

A PUBLICATION BROUGHT TO YOU BY MEMORIAL HEALTH

# wellaware

SPRING 2022

**CELEBRATING**  
40 YEARS OF MEMORIAL  
MOBILE MEALS &  
SHINING STARS IN  
CHAMPAIGN COUNTY

**NOW AVAILABLE**  
ROBOTIC-ASSISTED  
KNEE REPLACEMENT  
SURGERIES

**WE HAVE LEVELED UP**  
NOW A CERTIFIED LEVEL II CARDIAC CATH LAB

 **THE OHIO STATE UNIVERSITY**  
WEXNER MEDICAL CENTER

**THE HEART  
PARTNERSHIP**

 **Memorial** HEALTH

# Grit & Growth. *and all*

As our Memorial teams recap on 2021, we take pride in our continual growth, but more importantly, we value the advancements and expansions in care we offer you – like our new certified Level II Cardiac Cath Lab and our full spectrum of orthopedic care, including robotic-assisted surgeries. You are at the heart of all we do and all we plan to do in the future, pandemic or not. You are why we are here.

## SPECIALTY CARE ENCOUNTERS

**UP 17.3%** FROM 23,262 TO 28,135

Oncology **up 18%**    Pain Solutions **up 20%**    Wound Care **up 11%**

## URGENT CARE IN 2021

**17,896** visits at Marysville  
**13,003** visits at Urbana

Total of 30,899 Urgent Care visits versus 23,208 in 2020

## IMAGING SERVICES OVER 50,000 procedures in 2021

General Radiology – **up 19%**  
CT – **up 15%**  
MRI – **up 29%**  
Mammography – **up 11%**  
Ultrasound – **up 24%**  
Dexascan – **up 33%**  
PET – **up 25%**

## LABORATORY

**430,375** [↑18%]  
procedures in the year!

## EMERGENCY DEPARTMENT

**17,447** [↑14%]  
patients in 2021

## SURGERY VOLUMES

**UP 17.6% OVER 2019**  
Nearly 4,000 surgeries in 2021

## PHYSICAL THERAPY & SPORTS MEDICINE

### Patient Volumes

**UP 21%**

Hand & Upper Extremity – **up 14%**  
Speech & Language – **up 26%**  
Services at City Gate – **up 25%**  
Services at Plain City – **up 19%**  
Services at Urbana – **up 24%**  
Athletic Performance Training – **up 20%**  
Massage Services – **up 96%**

## RESPIRATORY THERAPY

Total treatments – **up 13%**  
Pulmonary function testing – **up 285%**  
Sleep Lab at home – **up 18%**

## CARDIOVASCULAR LAB

Total for all modalities

**↑16%**

Areas with the highest increases: venous ablation, arterial doppler/lower extremity, outpatient TEE, inpatient echocardiogram

## CRITICAL CARE

Inpatient Days of Care

**UP 153%**  
from 1,929 to 4,872

## AVERAGE INPATIENTS PER DAY

Across Med/Surg, Critical Care, OB/Nursery

**UP 176%**

## WELLNESS CENTER

Adult Exercise – **up 48%**  
Cardiac Rehab Exercise – **up 37%**  
Pulmonary Rehab Exercise – **up 76%**  
Employee Fitness – **up 69%**

## FOOD & NUTRITION

**OVER 390,951**

Meals served in 2021 – **up 19%**

Patient meals grew from 42,835 to 46,113

Memorial Meals jumped from 74,283 to 85,095 meals – both mobile and community

# wellaware

# Spring

## 2022

### In this Issue

**2** Grit & Growth. And All Heart.

**4** Delivering Advancements in Heart Care

**6** Meet Our Level II Cardiac Cath Lab Team

**8** Keeping You Informed on Heart Health

**10** Ask a Doc: Understanding Reconstructive & Plastic Surgery

**12** An Advanced Path Back to Your Active Life

**14** What's New at Memorial

Designed with oncology patients and caregivers in mind, a giftery named Journeys offers items for those undergoing treatments, like wig caps, turbans, specialty skincare, and more. In addition, the shop, located in the Outpatient Pavilion, has a selection of inspirational gifts, snacks, and candies. Patients can also be fitted for free wigs or access resource materials. Every cancer patient receives a complimentary comfort quilt, gifted to Memorial from local quilter groups, as a token of our combined love and encouragement. Proceeds from Journeys are allocated by our Memorial Hospital Auxiliary towards projects that benefit our oncology and hematology patients.

#### On the Cover >>

Expert clinicians like Tricia Daniels, RN, BSN, CCRN, Director of Memorial Cardiovascular Services, and Kristine Rausch, RN, join a highly specialized team of cardiologists, nurses, and radiologic technologists who stand ready to deliver advanced, life-saving care to patients.

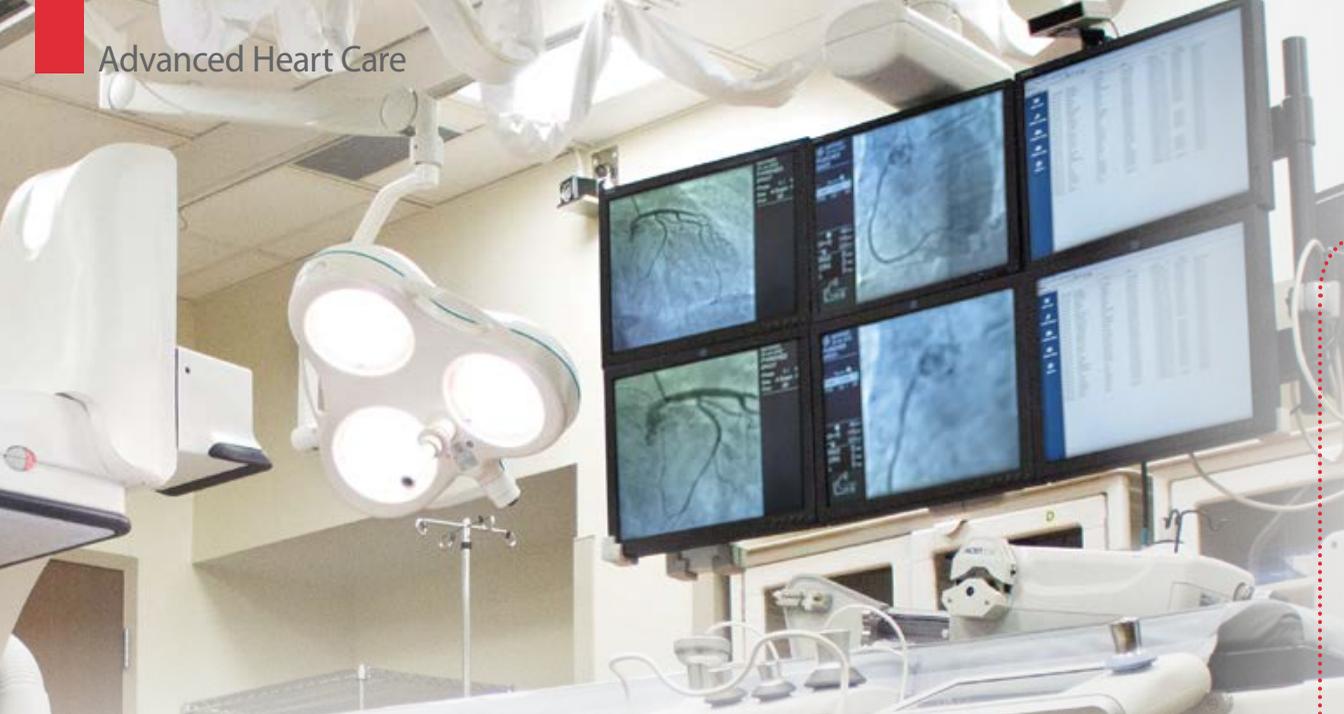
Our mission is to promote wellness and improve the health of people in our community.



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 **THE OHIO STATE UNIVERSITY**  
WEXNER MEDICAL CENTER

**THE HEART  
PARTNERSHIP**

 **Memorial** HEALTH

# WE HAVE LEVELED UP

Fulfilling a promise to deliver more advanced heart services to the region, Memorial Health announced the opening of a new Level II Cardiac Catheterization Lab in early 2022. The new heart care program offers emergent and elective interventional solutions, including balloon angioplasty and stent placement for blocked arteries, irregular heartbeats, and coronary heart disease, services never before offered in the area. Patients now have access to emergency heart care, with an interventional cardiologist and cardiac team available **24 hours a day, seven days a week.**

These advancements are a part of The Heart Partnership, formed between Memorial Hospital and The Ohio State University Wexner Medical Center in 2009, to bring exceptional heart and vascular care to surrounding communities.

Previously, as a Level I Cath Lab, Memorial was able to perform diagnostic procedures, such as heart catheterizations, as well as insert, remove, and/or replace devices such as pacemakers, defibrillators, and cardiac recorders. Through diagnostic procedures, interventional cardiologists measure the blood flow and internal pressures of the heart, assess heart valve leakage, and with angiography, examine the insides of the arteries throughout the body for blockages.

As a Level II Cath Lab, services at Memorial now include the above diagnostic services, as well as the newly added interventional services. Advancing the care available, Ohio State cardiologists can perform percutaneous coronary intervention (PCI) within the Cath Lab. PCI refers to a family of minimally invasive procedures used to open clogged coronary arteries (those that deliver blood to the heart). These procedures range from balloon angioplasty to angioplasty with stent placement.

## Heart Glossary

### What are diagnostic services?

Our team of cardiologists, nurses, and cardiovascular technologists works together to diagnose cardiovascular conditions using the latest technology and clinical techniques. As the word signifies, these services allow our team to “diagnose” heart issues.

### What does interventional cardiology mean?

Interventional cardiology is a subspecialty of cardiology. It includes non-surgical options that use a small, flexible tube called a catheter to repair damaged or weakened vessels, narrowed arteries, or other affected parts of the heart structure. These procedures are performed through a small incision in the wrist or upper leg.

### What is PCI?

PCI, or percutaneous coronary intervention, refers to a family of minimally invasive procedures used to open clogged coronary arteries (those that deliver blood to the heart). PCI is also known as balloon angioplasty with stent.

Interventional cardiologists use a long, thin tube called a catheter with a small balloon and stent on its tip. They inflate the balloon at the blockage site in the artery to flatten or compress the plaque against the artery wall. This expands the stent as well, thereby holding open the artery. The balloon is then deflated and removed.

### What is a stent?

A stent is a tiny, expandable, metal mesh coil that will act as a support or scaffold, keeping the vessel open permanently, thus, helping to improve blood flow to the heart muscle.

Interventional cardiologists will use PCI to open blocked or narrowed coronary arteries, manifestations of coronary artery disease that can lead to heart attacks and other life-threatening conditions. In addition, cardiologists utilize PCI to relieve symptoms of coronary heart disease and reduce damage to the heart during or after a heart attack. Patients experiencing a heart attack can now be treated locally with these procedures, rather than being transferred to another hospital.



Chip Hubbs, Memorial Health CEO/President, addresses the advancements, adding, “It has been thirteen years since we formed The Heart Partnership with The Ohio State University Wexner Medical

Center and we’ve been very pleased with the patient outcomes and progress. Leveling up our Cath Lab to include interventional capabilities is a vital evolution in care for Memorial and the patients we serve. We have assembled a highly specialized team of cardiologists, nurses, radiologic technologists, and non-interventional cardiologists that are prepared to provide life-saving, advanced care to our patients. **This is a big win for our region.”**

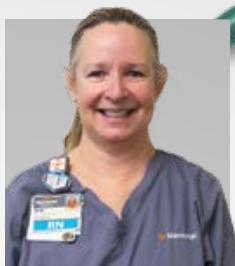
“This expansion of The Heart Partnership is the latest step in our longstanding relationship with Memorial Hospital,” adds Thomas Ryan, MD, MBA; Director, Ohio State Heart and Vascular Center; and John G. and Jeanne Bonnet McCoy Chair in Cardiovascular Medicine. “These new services will allow more patients with complex heart problems to receive state-of-the-art care, while remaining close to home.”



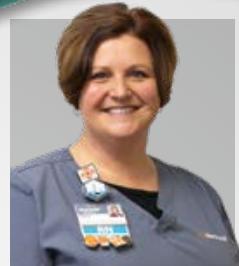
Umair Ahmad, MD, FACC, FSCAI  
*Interventional Cardiologist*



Cindy Baker, MD, FACC, FSCAI  
*Interventional Cardiologist*



Elizabeth Banning  
*Registered Nurse*



Tricia Daniels, RN, BSN, CCRN  
*Director of Cardiovascular Services*

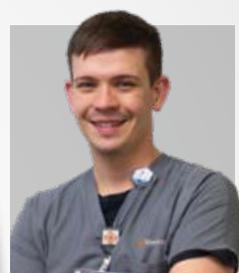


Randy James  
*Cardiac Intervention Specialist*

# MEET

## our team

### Expert Interventional Cardiology Care



Tyler Jones  
*Interventional Radiologic Technologist*



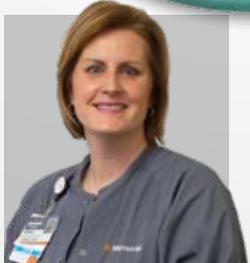
Mary Rose Klotz  
*Registered Nurse*



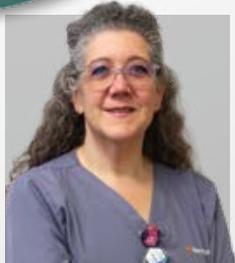
Bryan Lewis  
*Interventional Radiologic Technologist*



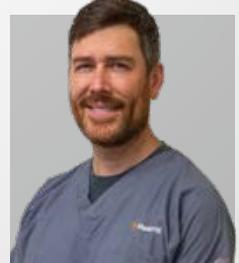
Diana McCoy  
*Registered Nurse*



Kristine Rausch  
*Registered Nurse*



Heather Spain  
*Registered Nurse*



Brandon Ziegler  
*Registered Nurse*

**Your heart health is our priority.  
And you can count on our Level II  
Cardiac Cath team to be there  
when you - and your heart - need it.**

Together, our team consists of board-certified and highly specialized interventional cardiologists, aligned with registered nurses, radiologic technologists, and cardiovascular sonographers who work together to provide leading treatments for our heart patients.



Ohio State interventional cardiologist **Cindy Baker, MD, FACC, FSCAI, and director of Memorial's**

**Interventional Program**, explains the critical nature of a Level II Cath Lab. "Minutes matter when it comes to caring for the heart. Our ability to diagnose and treat our heart attack patients here at Memorial Hospital allows us to save heart muscle, improve long-term effects, and impact the patient's life overall. Having a Level II Catheterization Lab in close proximity is game changing, since the most effective treatment is performed within 90 minutes of presentation to the hospital. When there is a blockage in the artery, the heart begins to suffocate from the lack of oxygen. However, if treated promptly, the damage can be reversed."



Dr. Baker is flanked by newly recruited Ohio State interventional cardiologist, **Umair Ahmad, MD, FACC, FSCAI**, who is also

fellowship trained in cardiovascular, advanced heart failure, and transplant cardiology. "Memorial's enhanced Cath Lab benefits our patients by streamlining local access to advanced cardiovascular technology. Our team is available 24/7, 365 days a year to handle these types of cardiac emergencies."



A key component of launching this new service was coordination and training between the Memorial Cath Lab team and local Emergency Medical Services (EMS) providers. **Tricia Daniels, RN, BSN, CCRN, is Director of Cardiovascular Services at Memorial Hospital** and shares, "During the month of December, EMS teams from surrounding counties and townships had the opportunity to tour our enhanced Cath Lab, meet and talk with our interventional cardiologists, and discuss best practices for ensuring time-saving protocols. In addition, the squad teams were provided training materials on past patient examples, including EKGs, transfer information, and feedback forms. We intend to continue these training opportunities with our community healthcare partners as it helps the entire continuum of care – from EMS to ER to Cath Lab to patient recovery."



Memorial also offers patients a tailored cardiac rehab program, to help cardiac patients post-event with education, exercise, nutrition, and more. Located within the hospital's Wellness Center in the Memorial Outpatient Pavilion, the program is well known for its high level of service and excellent patient success stories.

**Together with diagnostics and interventional cardiac treatments, it rounds out a full continuum of care that is key to restoring health in patients who require heart care. ❤️**

# Comprehensive Cardiology Services offered by The Heart Partnership



## Diagnostic Cardiovascular Services

- Heart catheterization
- Evaluation of blood flow to the upper body, legs, and kidneys
- Cardiac or Trans-Esophageal Echocardiograms (TEE)
- Venous reflux studies to identify varicose veins and insufficiencies
- Variety of stress tests ranging from regular treadmills to nuclear and ultrasound imaging
- Device clinic to evaluate pacemaker function and battery life

## Interventional Cardiovascular Services

- Cardiac stenting to open blocked arteries in the heart
- Implantation of stents in the upper body, legs, or renal arteries of the kidneys to improve blood flow
- Surgical insertion of vascular filters to prevent life-threatening blood clots
- Surgical implantation of pacemakers, defibrillators, event recorders, and battery replacements
- Venous ablation (radiofrequency) therapy to treat leg pain, varicose veins, or non-healing open wounds or ulcers

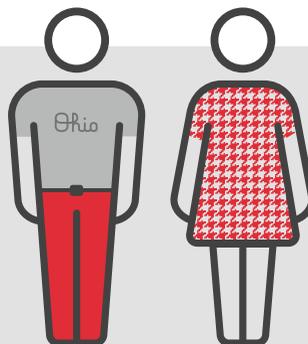
## Outpatient Cardiology Procedures

- Cardioversion to restore a heartbeat to a normal rhythm by applied electrical shock
- Trans-Esophageal Echocardiogram (TEE) ultrasound imaging of the heart, with or without cardioversion
- Tilt Table Testing to evaluate patients with dizziness and fainting spells

## HEART ATTACK SYMPTOMS: MEN VS. WOMEN

### MEN

Nausea or vomiting  
Jaw, neck or back pain  
Squeezing chest pressure or pain  
Shortness of breath



### WOMEN

Nausea or vomiting  
Jaw, neck or upper back pain  
Chest pain, but not always  
Pain or pressure in the lower chest or upper abdomen  
Shortness of breath  
Fainting  
Indigestion  
Extreme fatigue

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# 5 Numbers You Need to Know for a Healthy Heart

## 1 BMI (body mass index):



18.5 – 24.9 - Normal  
25.0 – 29.9 - Overweight  
30+ - Obese

## 2 Waist Size

(measured at your belly button):  
Women: less than 35"  
Men: less than 40"



## 3 Blood Pressure

Top number (systolic): under 120  
Bottom number (diastolic): under 80



## 5 Blood Sugar

Less than 100 (after fasting 8 hours)



## 4 Cholesterol

Keep your LDL and Triglyceride levels low



## Help Your Heart!

- Determine your BMI with a free online calculator.
- Use a tape measure to figure out your waist size.
- See your doctor to learn your levels. Or, you can do our cost-effective and quick Patient-Ordered Lab Testing – learn more!



Visit [memorialohio.com](http://memorialohio.com) to find a cardiologist or to learn how Memorial is advancing our heart care services.

# Ask a Doc

Memorial Hospital, in partnership with Ohio Plastic + Reconstructive Surgery (OhioPRS), can perform plastic and reconstructive surgeries. Together, we can serve those in need of both cosmetic and restorative care.

Leading these services for area patients is our **new plastic and reconstructive surgeon – Stephen Poteet, MD**. Located at the OhioPRS practice, Dr. Poteet is board-certified in plastic and general surgery and has completed his plastic/reconstructive surgery fellowship at The Ohio State University Wexner Medical Center.

**Q** What do plastic surgeons do?

**A:** Dr. Poteet – Let’s start with the word “plastic,” which means to shape or form. Plastic surgeons essentially work to improve form and function of the human body. We can repair damaged or deformed parts of the body with reconstructive surgery. Or, we can work to improve function, like repairing a hand tendon or facial bone. And finally, we can improve the appearance of the body, with a facelift or cosmetic surgery.

In both reconstructive and cosmetic surgery, the goal of each procedure is to improve a patient’s overall ability to function, as well as enhance their quality of life.

*The “Ask a Doc” 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.*



Q

What is the difference between cosmetic and reconstructive surgery? What are some common misperceptions?

**A:** Dr. Poteet – I like to think of reconstructive surgery and cosmetic surgery as parts of the same spectrum.

Reconstructive surgery seeks to bring patients back to normal from something like an injury or deformity, such as from a battle with cancer, or a trauma or injury.

**A great example of reconstructive surgery is breast reconstruction following a mastectomy for breast cancer. Breast reconstruction can involve the use of a patient's own tissue to remake the breast or the use of implants – both with the goal to restore a sense of wholeness following cancer treatment. Our team works closely with Dr. Katherine Kelly at Memorial General & Colorectal Surgery to serve patients after their breast cancer surgeries.**

Other examples include skin cancer reconstruction following skin cancer removal, hand surgery for traumatic injuries, wound closure, removal of excessive skin and tissue after weight loss surgery, nerve repairs, and more.

As for cosmetic surgery, our objective is to improve or enhance the normal changes of growing older as well as deformity issues – procedures range from a facelift, breast lift, or tummy tuck.

A common misconception is plastic surgery only involves cosmetic procedures. As you can see, there is a plethora of solutions for patients.

It is also misconstrued that plastic surgery is not covered by insurance. Most insurance companies cover common procedures like breast reduction, cancer reconstruction, and others.

## Services provided by OhioPRS at Memorial include:

### Reconstructive surgeries

- Breast cancer reconstruction
- Breast reduction
- Skin cancer removal and reconstruction
- Wound reconstruction
- Facial fracture repair
- Muscle and tissue flaps
- Skin grafts

### Cosmetic surgeries

- Facelift
- Necklift
- Eyelid surgery
- Rhinoplasty/nose surgery
- Liposuction
- Abdominoplasty/tummy tuck
- Breast lift
- Arm lift
- Body contouring
- Fat transfer

*Ready to learn more about reconstructive and aesthetic surgery options? Call OhioPRS at (937) 209-3100 or visit [ohioprs.com](http://ohioprs.com).*

# AN ADVANCED PATH BACK TO YOUR ACTIVE LIFE

Last year, Memorial expanded our total joint program with the addition of Forrest Schwartz, MD, a board-certified Orthopedic Surgeon. Dr. Schwartz completed his residency in orthopedic surgery at the Harvard Combined Orthopedic Residency Program and is fellowship trained in knee and hip replacements, as well as revision surgeries.



*Our Goals – Help our patients get back to the lives they want to live!*



## Provide modern surgical techniques, like...



**Anterior hip replacements** – higher patient satisfaction and a rapid return to activity



**Tourniquet-free knee replacements** – less post-operative pain, faster recovery, and increased range of motion



**Robotic-assisted surgical procedures** (see next page)

- Knee replacements – *currently available*
- Hip replacements – *available summer 2022*
- Shoulder replacements – *available 2023*

## SAME DAY DISCHARGE

These surgical techniques allow many patients to go home the same day of their surgery! Patients must meet certain health requirements and have support at home post-surgery.

## THANK YOU...

Dr. Schwartz and team,

I am beyond words of appreciation to you and the medical staff at Memorial Hospital. One week ago, I had a joint replacement – my right hip. You utilized the “anterior” approach (front) vs “lateral” (side). This recovery period has been outstanding with virtually minimal pain. Just know, I am dancing circles in my living room as I write this – I would highly recommend Memorial for any joint replacement surgery!

Pat Newman, Marysville

## THANK YOU...

Hello!

You replaced my right hip joint on December 14 at Memorial Hospital using the anterior approach. Well, I am happy to report that my surgery was 11:30 a.m. and I was on my way home at 5 p.m. Pain and swelling subsided within a week. I had my left hip joint replaced in 2012 using the posterior approach and I can attest that my current recovery is WAF faster than the previous one, despite me being 9 years older! I wholeheartedly recommend you and your team to anyone considering this medical option.

Bob Kroshefaky, Marysville

## Memorial recently purchased a state-of-the-art robotic surgical assistant (known as ROSA) for joint replacement surgeries.

### Things to know:

- The ROSA assists our specially trained surgeon - the surgeon is always in complete control of the robot and equipment.
- Past surgeries were based on thousands of averages of patient data. However, utilizing a robot allows the surgeon to have 3D bone modeling unique to each patient – resulting in a more precise match of the shape and size of implants. This information, combined with the surgeon’s skill, helps them know how to position your implant based on your unique anatomy.
- Using this robotic surgical assistant adds one more layer of safety and precision for optimal surgical outcomes.



**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.**

# What's New

## Happy 40<sup>th</sup> Anniversary Memorial Mobile Meals!

In 2022, we are proud to celebrate the 40<sup>th</sup> Anniversary of Memorial Mobile Meals!

Started on January 4, 1982, our Memorial Mobile Meals service provides nutritious lunches every weekday to people in their homes throughout Union County. Memorial Mobile Meals are planned by a registered dietitian and prepared in the kitchen by our teams, right here at Memorial Hospital. Each meal is delivered in a thermal container so it's just the right temperature when it's delivered to our clients' homes by one of our friendly Memorial volunteers.

As we celebrate this incredible milestone, take a peek at some fun facts!



Memorial Mobile Meals serves approximately 1,250 mobile meals a week – that's almost 65,000 meals a year!



Our meals include approximately 20 gallons of milk and 75 pounds of meat per day.



Our faithful volunteers drive 8,000 miles per month to deliver meals across Union County – that equates to almost four trips around the earth per year!

And, please join us, as we extend our gratitude to our Memorial Mobile Meal volunteers, our Memorial Health team, and our community who continue to support these efforts!



### How to Access Your After Visit Summary!

Need a refresher on what you discussed with your care team during your last visit? With MyChart, you can view an After Visit Summary with details of a past appointment or hospital stay, along with any notes that your provider has recorded and shared with you.

### How to sign up for MyChart today!

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.



**Memorial is celebrating our 70<sup>th</sup> anniversary this year!** On March 17, 1952, Memorial Hospital of Union County opened its doors with 40 beds and mission to care for those in our communities.

Our mission certainly hasn't changed over 70 years. However, our health system has. Memorial Health has continuously evolved to meet the needs of our communities, many of which continue to grow and prosper at accelerated rates. As the needs of those who come to us for care increase, we strive to advance our health services, as well as expand the capacity of our facilities.

Together, our teams are proud to deliver a new standard of healthcare for generations to come!

### Accolade Central

Memorial Hospital was recently recognized as one of the area's safest hospitals when we earned our seventh consecutive "A" Leapfrog Hospital Safety Grade. And, Ohio Auditor of State Keith Faber's office has returned a clean audit report for Memorial Health. This marks the ninth year for which Memorial has received the Auditor of State Award.



### Our Shining Stars in Champaign County

The Champaign County Chamber of Commerce recently announced the "Best of Champaign County" winners in 25 categories, ranging from best coffee shop to best employer. And Memorial Health was awarded the Best of Champaign County for Medical Service!

Congratulations to all of our team members who serve Champaign County!

Representing our teams in Urbana are: Left to right, front row: Diane Dunn, RT/Mammographer, Imaging and Alisha Hunter, Medical Assistant, Memorial Primary Care | Urbana. Middle row: Brandi Manson, Patient Representative, Registration and Jordan Eggleston, Lead Physical Therapist, Physical Therapy & Sports Medicine. Back row: Kiesha Warner, Patient Representative, Registration and Dr. Steven Scalise, Memorial Urgent Care | Urbana.



### Champaign County Healthcare Hero Award

Our team member, Stephani Rice, was recently awarded the Champaign County Healthcare Hero Award from the iLead Young Professionals Group and the Champaign County Chamber of Commerce. Stephani currently works in Memorial Physical Therapy & Sports Medicine at our Urbana location and previously served as the Memorial Sports Medicine Athletic Trainer for Mechanicsburg Athletics.

The iLead team shares, "This award is designed to recognize healthcare professionals who exhibit compassionate care and exemplify the kind of healthcare member that patients, their families, and staff recognize as an outstanding role model in their facility and in our community."

Congratulations, Stephani – you make us so proud!



# TRUST

PERSONALIZED CANCER CARE.

“ One never knows how they are going to react to a cancer diagnosis. But I wasn't going to let it get me down. Everyone at the Memorial Cancer Center made me feel like they were ready to care for me. And I knew we stood as a team, ready to fight my cancer together. ”

– *Barbara Rea, breast cancer warrior*