SUMMER 2021 OUR TEAM. OUR CENTER. J-K 4 CAN YOU REPEAT THAT? GAIN YOUR HEARIN

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The James Cancer Network



THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER

Team Updates

A key element in being a trusted, growing healthcare provider is the ability to be nimble and adjust to the needs of our community and patient base.

As more children and adults participate in sports and lead more active lives, Memorial is responding by expanding our sports medicine service line. In addition, we have a new family medicine provider. Read on to learn about the key players who are on your healthcare team roster!



120 Coleman's Crossing Blvd., Marysville, OH 43040

Go to MemorialOhio.com/Memorial-Orthopedics-Sports-Medicine to read about all our providers and services.



Dr. Jacob Boucher and Dr. Ryan Hunt will be transitioning to the Memorial Orthopedics & Sports Medicine practice in order to focus their care and expertise on sports medicine exclusively.

· Both providers have a passion for sports medicine,

A. Jacob Boucher, MD



Ryan Hunt, DO

they're even fellowship-trained in the specialty.
They can serve as your quarterback for non-surgical orthopedic needs – they can efficiently collaborate with orthopedic surgeons, physical therapists, and athletic trainers. They also can provide additional treatment options including Platelet-Rich Plasma (PRP), ultrasound-guided injections, and other beneficial therapies.

Sports Minute

In addition to their service as physicians, Drs. Boucher and Hunt serve as Team Physicians for local student athletes, as part of our exclusive sports medicine program at six area school districts.



140 Coleman's Crossing Blvd., Marysville, OH 43040

If you would like to become a new patient or have questions about your care at Memorial Family Medicine | Gateway, please call (937) 578-7950.





Dr. John Sutter will be joining Memorial Family Medicine | Gateway on August 2, covering primary care and family medicine needs. Your care can seamlessly transition to this experienced, trusted provider. We understand the patient-physician relationship is important so we wanted to share some comments with you from his previous patients.

- "I love Dr. Sutter! He has been fantastic since day one. I highly recommend him! He truly has helped me tremendously!"
- "Dr. Sutter is a wonderful doctor. You can tell he cares about his patients individually and does a good job connecting with them."

Memorial Health will continue to grow and add new providers to our trusted team as our region thrives and expands.

wellaware Summer

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Memorial

One plus one might be two...but your kiddo and our Pediatric Therapy team means the sky is the limit! Our staff at Memorial Pediatric & Speech Therapy | Mill Valley provides care to children requiring a special focus in meeting their needs, all from one location! Children can receive physical, occupational, and speech therapies in a facility designed just for them – a perfect-sized solution for patient progress and parent convenience. To understand how your children could benefit, call our team at (937) 578-2362.

On the Cover >>

In this Issue

Patients like Linda Osborn, pictured with Kayla Fogle, RN, were at the center of the design and planning for Memorial's new Cancer Center, with the goal of providing a comforting space, combined with compassionate care and advanced medical expertise.

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

h**ip Hubbs**, CEO/President ary McDowell, Chair, Board of Trustees

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

♀ 500 London Ave., Marysville, OH 43040

3 937 644 6115 | 800 686 4677

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ADVANCEMENTS

ACCESS

COLLABORATION ATIS BEST

Memorial HEALTH

The James Cancer Network

THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER

Continuing our focus and dedication to the fight against cancer, Memorial recently announced an official affiliation with The James Cancer Network.

Memorial has teamed up with one of the nation's leading cancer research and care providers, The Ohio State University Comprehensive Cancer Center – James Cancer Hospital and Solove Research Institute (OSUCCC – James), through their James Cancer Network, to provide oncology services at Memorial sites in our service area.

These services will continue to be led locally by Robert Rupert, MD, and Jenna Hoffman, CNP, along with Memorial's expert nursing and pharmacy teams in the Specialty Care Center.

By joining The James Cancer Network, Memorial will continue to provide broad, stateof-the-art, and compassionate cancer care to the region. As network members, Memorial providers and patients have a direct connection to the expertise and subspecialization at the OSUCCC – James. You see, cancer research by specialization is now at our fingertips. Not to mention a wealth of information on patient treatments and outcomes by cancer type. Memorial can utilize these expert connections and medical advancements to help patients navigate their cancer journey.

Additionally, Dr. Rupert and his team can tap into clinical trials and patient case reviews, as well.

Our team can access hundreds of open clinical trials at any given time, with some of the world's latest discoveries available to clinical trial patients. For cancer patients, clinical trials mean hope. Hope in a world without cancer and in better, more targeted ways to prevent, detect, treat, and cure individual cancers.

Additionally, case reviews enable Dr. Rupert to coordinate with OSUCCC – James specialists from surgery, medical oncology, radiation oncology, radiology, genetics, and pathology to review a patient's condition and determine the best treatment plan. Plus, Dr. Rupert served for years as the Medical Director for Oncology at The Ohio State University, James*Care* East, so he has strong connections, backed by years of oncology expertise.

Together, you've got the best and brightest cancer team, so you can be confident in the quality of your care.

EXPERTISE

And you never have to worry about facing your cancer alone. Our specialized cancer experts are here to help

you and your family through your cancer journey, with comprehensive guidance and support (read pages 8-9 to learn about all of our team members!).

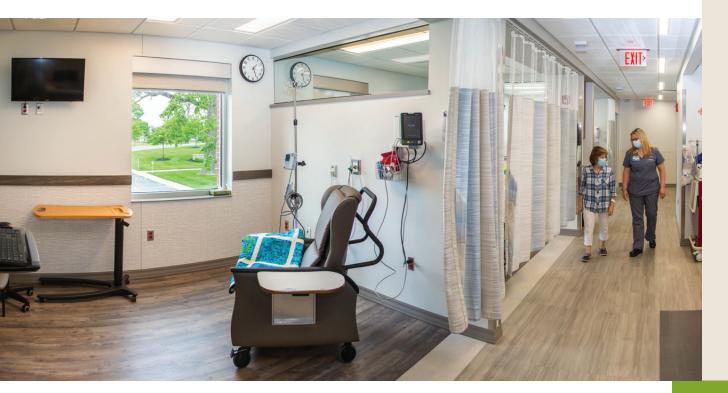
With our membership in The James Cancer Network, our team can also connect you to classes, virtual programs, and support groups for those fighting cancer. Take a peek at some of the topics:

- From Surviving to Thriving Monthly Music
 Workshop
- Meeting the Nutritional Needs of Older Cancer Survivors
- Living with Advanced Cancer
- Fertility Preservation and Reproductive Health Concerns in Cancer Survivorship

As a member of The James Cancer Network, Memorial is bringing leading-edge oncology care to patients in our region. To our patients, it means advanced cancer care while staying close to home, where they can be near their loved ones and their support system – a vital piece in the cancer patient's journey. It also means peace of mind knowing expert-level care is available seamlessly, if additional treatments are required at The James locations. This collaboration enables Memorial to make a difference in the lives of those who are battling this disease and those who are supporting them.

RELATIONSHIPS

An Embracing Haven... for those on their cancer journey



As part of our Memorial 2020 expansion and enhancement project, Memorial Health recently opened a new Cancer Center. Designed with more space for infusions/ chemotherapy, the new Cancer Center features communal and private treatment areas with natural light and outdoor views to enhance patient comfort. Memorial's Specialty Care Team worked side-by-side with current cancer patients, garnering their input and feedback on design elements. In fact, the team brought in a series of infusion chair options for patients to try out! They trialed each option, weighing in on leg comfort, back support, and more – the most popular design was selected and our patients feel honored to have been a part of the overall planning.



"Memorial is excited to open our new Cancer Center," states Chip Hubbs, Memorial Health CEO and President. "These best-in-class facilities and comfortable surroundings are blended with advanced medical expertise and compassionate staff, important elements as cancer patients navigate their journey. We feel honored to have an area that can serve as a haven of comfort and solace for patients who are coming to Memorial for treatments."

Features of the new Cancer Center include:

- Four treatment rooms for patients in need of blood transfusions or fluid/antibiotic infusions. These rooms are able to be private if the patient desires or the treatment requires discretion. The rooms are also designed with sliding walls, allowing for group conversations and interactions, if preferred.
- Specifically for those treatments that last less than two hours, five Rapid Treatment bays are designed for patients who will be receiving brief treatments, such as port flushes, iron infusions, injections, or therapeutic blood draws.
- Five chemotherapy and infusion treatment rooms feature open spaces, filled with natural sunlight and furnished with comfortable chairs. Patients can chat with others during treatment, or if they prefer privacy, the room can be closed off and quiet. Both design concepts allow a variety of patient desires and needs to be met.
- An optimized working area for clinical staff ensures nurses can be near each patient as they progress through their treatment. This allows the nurses to be in close proximity, but it also encourages team collaboration and efficiency.



Patients are greeted two-fold when they arrive at the Memorial Cancer Center – first, by team members as they check-in for their appointments. And secondly, by the reminder of the expertise of The James Cancer Network, as well as the Memorial 2020 donors who stand in support of their cancer journey.



This area signifies a heartfelt milestone where patients can ring the Celebration Bell to mark the end of their treatments. The central location was chosen so all patients, caregivers, and staff can join in on the patient's celebration and joy.

Designed with oncology patients and caregivers in mind, a new giftery named Journeys offers items for those undergoing treatments, like wig caps, turbans, specialty skincare and more. In addition, they have 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 love and encouragement. Proceeds from Journeys are allocated by the Memorial Hospital Auxiliary toward projects that benefit our oncology and hematology patients.

To learn more about the services provided at the Memorial Cancer Center, call (937) 578-2020.





Ready to Fight For You

In our patients' fight with cancer, their strength comes from a multitude of places – their deep resolve and hope, their family and support system, their faith. And that fight gets doubled, even tripled up, with the expertise and drive of the cancer fighters from Memorial.

Add to that, our team works hand-in-hand with the experts at the OSUCCC – James for an "all-in" approach for those who are confronting some of the most challenging times. Together, we all unite to walk every step of the journey with our patients.

Dr. Robert Rupert leads the cancer services for Memorial Oncology & Hematology. His expertise, along with Memorial's affiliation with The James Cancer Network (see story on page 4), brings leading-edge oncology care to patients.

Dr. Rupert's background includes over 28 years of experience in oncology and hematology, previously as Medical Director for Oncology at the OSUCCC – James' James*Care* East clinic in Columbus. In addition, he served as Assistant Professor-Clinical in the Divisions of Medical Oncology and Hematology at The Ohio State University College of Medicine.
 Image: Constraint of the state of

Jenna Hoffman, Certified Nurse Practitioner, joins Dr. Rupert to provide a continuum of care for patients diagnosed with cancer or malignant/non-malignant blood disorders.

Jenna additionally heads up a cross-functional team at Memorial that leads our Lung Cancer Screening Program. Her previous experience includes serving as an Oncology Hematology nurse practitioner in Columbus, as well as nearly five years at Memorial Hospital prior.

Together, Dr. Rupert and Jenna collaborate with those within their cancer journey, focusing on treatment option plans, nutritional guidance, patient education, in addition to continual oncological care. Let's meet the rest of the team!

- Our chemotherapy and infusions are delivered by **Registered Nurses** who specialize in cancer care and blood disorder treatments, as well as supportive symptom management. They are alongside the patient for each treatment, which can range from chemotherapy that works to reach and kill cancer cells, to infusions that deliver antibiotics, hydration, pain medication, and more.
- Our **Oncology Coordinators** serve as a patient liaison for matters such as appointments, treatment questions, and side effect resolutions. They are located in the heart of the new Cancer Center where they can be a source of knowledge and assurance for patients and caregivers.
- Our **Oncology Pharmacists** work with their fellow clinical teams to collaborate on cancer treatment options and progress, while providing medication education to those fighting cancer.
- Navigating cancer truly takes a team, and our **Patient Navigators** know the direction to take. They work closely with patients and caregivers to help maneuver the healthcare system and cancer treatment journey, searching for medication financial assistance from pharmaceutical companies, foundations, and local cancer societies.

Our navigators saved patients and the organization over \$5.2 million last year by accessing grants/foundations, free drug allowances, and more! This is double the amount of savings over 2019!

Photo is compiled from individual pictures taken with safety protocols in place.

On top of the resources available from The James Cancer Network, we can expand our team approach, calling on fellow fighters including surgeons from Memorial General & Colorectal Surgery, additional pharmacists, expert members of our Imaging or Laboratory team, as well as dietitians from Diabetes/ Nutrition Counseling and those within Spiritual Care, to help round out the care.

Memorial

Technology as a force in detection

The fight against cancer must start with each of us. A key in this crusade is knowing when to be screened (learn more on pages 12-13), as well as understanding the technology that is in our corner for detection.

Memorial is home to a host of imaging technologies that provide detailed information to assist doctors in the diagnosis and treatment of all types of cancer. It's one more weapon in our arsenal to fight this disease.

Digital PET-CT Scan

A PET, or positron emission tomography scan, takes pictures of the body at the cellular level and reveals how a patient's tissues and organs are functioning. This scan can sometimes detect disease before it shows up on other imaging tests and is usually combined with a CT scan.

For some types of cancer, a PET-CT scan is a way to help find cancer and learn its stage. "Stage" is a way to describe where the cancer is and if it has spread. The scan also allows our cancer team to distinguish the severity and see how the cancer is affecting the patient's body functions. The doctor uses all of this to determine the best treatment, as well as steps for recovery.

In addition to learning the cancer stage, a PET-CT scan can help the doctor:

- Find the right place for a biopsy.
- Learn if a cancer treatment is working.
- Check for new cancer growth after treatment has ended.
- Plan radiation therapy.

Memorial Hospital's digital PET/CT scanner features faster scans with shorter exam times for the patient. And, a 2.9mm resolution means smaller lesions can be detected – another step in the fight to stop cancer.

3D Mammograms

Memorial Health proudly offers advanced 3D mammograms with the Genius[™] 3D Mammography[™] exam.

The Genius exam allows doctors to examine breast tissue layer by layer, like the pages of a book. Fine details are more visible. The radiologist sees clearer, more precise images.

Producing extremely clear and more precise images gives the patient more accurate readings and reduces callbacks for retesting by up to 40%, compared to 2D alone. Which means less time spent wondering and worrying.

Moreover, the Genius 3D mammography exam is proven to detect 41% more invasive breast cancers. And it benefits women of all ages and breast densities – in fact, it is FDA approved as "superior" for women with dense breasts.

Memorial offers 3D mammography at three easily accessible locations with extended hours, for your convenience.

- Memorial Hospital, 500 London Ave., Marysville
- Memorial City Gate Medical Center, 120 Coleman's Crossing Blvd., Marysville
- Memorial Urbana Medical Center, 1958 E US Hwy 36, Urbana

You can call Central Scheduling at (937) 578-7777 to schedule your 3D mammogram appointment. All mammogram images at Memorial are promptly evaluated by one of our board-certified, in-house radiologists.

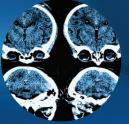
Stereotactic Biopsies

Additionally in our Women's Health services, Memorial Hospital is home to the Brevera® Breast Biopsy System that streamlines the entire breast biopsy process from start to finish.

Biopsies are traditionally recommended because a suspicious area was detected on the mammogram. The breakthrough system at Memorial features real-time imaging that allows for instant sample

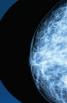
verification. This has the potential to save an average of 10 minutes per procedure. Faster procedures mean less time under breast compression for the patient, which can result in a more positive biopsy experience.

Our patients didn't pick this fight with cancer but Memorial is here to help them face it head on with state-of-the-art technology.



10





Testing Guidelines to Find Cancer Early

Below are the recommended screening guidelines from the American Cancer Society. In many cases, these tests can find cancer before a person has any symptoms. Please ask your doctor for more information about these tests and whether they are right for you. To find a local doctor accepting new patients, call the Physician Referral Line at (937) 578-2320.

40

30 25

	WHO	WHEN	WHAT	HOW OFTEN
BREAST CANCER	Women. Also, those women with a family history of breast cancer should discuss the right age to start screenings with their healthcare provider.	Women of all ages	Know how your breasts normally look and feel and report any changes to a health care provider right away. Be familiar with the known benefits, limitations, and potential harms linked to breast cancer screening.	
		Ages 40-44	Can begin breast cancer screening with mammograms (<i>x-rays of the breasts</i>) if you wish to do so.	Every year
		Ages 45-54	Get a mammogram.	Every year
		Ages 55 and older	Get a mammogram as long as you are in good health and are expected to live 10 more years or longer.	Every 2 years, or continue yearly screening
CERVICAL CANCER	Women (except those who have had a hysterectomy not due to cancer). If there is a family or medical history, testing may be needed yearly.	Starting at age 25	 A Primary HPV test (preferred) OR A Pap test AND an HPV test OR A Pap test alone 	Every 5 years Every 5 years Every 3 years
		Starting at age 65	May stop cervical cancer testing if you have had regular testing in the past 10 years and you have no history of any pre-cancers.	

	WHO	WHEN	WHAT	HOW OFTEN
PROSTATE CANCER	African American men. Or, men with a close family member who had prostate cancer before age 65.	Starting at age 45	Talk to your doctor about the pros and cons of prostate cancer testing so you can decide if getting tested is the right choice for you. If you decide to be tested, you should have the PSA blood test with or without a	Depends on PSA level
	All other men	Starting at age 50	rectal exam.	
COLON CANCER	Men and women starting at age 45, earlier if family history or other factors. If you're in good health, you should continue regular screening through age 75.	Starting at age 45	Tests that find polyps and cancer (preferred):• Flexible sigmoidoscopy* OR• Double-contrast barium enema* OR• Colonoscopy OR• A CT colonoscopy**If the test is positive, a colonoscopy should be done.Tests that mostly find cancer:• FOBT or FIT test (checks for blood in your stool) OR• Stool DNA test (checks for cancer cells in your stool)	Every 5 years Every 5 years Every 10 years Every 5 years Every year Every year Every 3 years
LUNG CANCER	Men and women ages 55 to 74, who are in fairly good health, have at least a 30 pack-year smoking history, and still smoke or have quit in the past 15 years.	Starting at age 55	Talk to your doctor about the benefits, limitations, and risks of testing for lung cancer with a low- dose CT scan.	Every year
OTHER CANCERS	Women	Starting at age 20	Your doctor or nurse should check your thyroid gland, mouth, skin, lymph nodes, and ovaries.	During your regular check-up
	Men	Starting at age 20	Your doctor or nurse should check your thyroid gland, mouth, skin, lymph nodes, and testicles.	During your regular check-up
				cancer.org, 5/2

Help lower your risk of cancer by following these guidelines



Ask a Doc

Hearing loss can be confusing. And frustrating. But having an expert medical team to walk you through the process of prevention, detection, assessment, and treatment can ease you in, step-by-step, with realistic expectations.

Let us introduce you to our new audiologist who can help with this process - Eryn Staats, AuD. Located at the Memorial Ear, Nose & Throat practice, Eryn is a Doctor of Audiology and has nearly twenty years of experience in the diagnosis and treatment of hearing loss and balance disorders. Additionally, Eryn is specially trained in hearing aid selection, fitting, and follow-up.

To gain your hearing back, call Memorial Ear, Nose & Throat at (937) 578-4300.

Memorial EAR, NOSE & THROAT

140 Coleman's Crossing Blvd., Ste. 200, Marysville

The "Ask a Doc" section

should not replace medical advice

medical history. If you have a

pressing matter you would like

addressed, please consult your

When should I get my hearing tested?

A: Eryn: First and foremost, hearing loss can occur at any age, so there is not a set age to start screening. Hearing loss can emerge from heredity issues or noise exposure, as well as from aging factors, so we always recommend a baseline hearing test. While we cannot predict hearing loss, we are able to see trends, so having the initial hearing test to compare to is a great way to monitor your overall hearing.

Do I need a hearing test?

- Do you ask others to repeat conversations frequently?
- Do you have tinnitus (ringing in your ears)?
- Are others suggesting you get your hearing tested?
- If you answer "yes" to any of these questions, it is recommended that you schedule a hearing test.



What is a hearing aid and how do they help with hearing loss?

A: Eryn: A hearing aid is a small electronic device we want to be smart enough to amplify the sounds we need to hear, while making the sounds we don't want to hear weaker – which is a challenge! Hearing aids do not correct or restore hearing loss like glasses do, but they do exactly as they are named – they aid your hearing. With proper counseling and a detailed understanding what a hearing aid can and cannot do, hearing aids can open up your world to better hearing again!

I know I need a hearing aid, but I don't want the old style like my grandparents had!

A: Eryn: Today's hearing aids are not like your grandparents' hearing aids. They now come in a variety of sizes and colors to help make them less noticeable and more fashionable. They also come in a variety of cost options as well. My recommendation on a hearing aid would be based on your particular hearing loss and your specific hearing needs, determined by what environments you are struggling to hear in everyday life situations.



How long will it take me to hear better?

A: Eryn: When patients have their complimentary hearing aid evaluation, I outline the realistic expectations one-on-one with each patient, so you can understand what a hearing aid can and cannot do - this encourages a successful outcome with a new hearing aid.

After we complete the hearing aid fitting, you will notice an immediate benefit once it is turned on. But it can take a few weeks to get accustomed to all the new sounds you had been missing. Your first days with hearing aids could be a bit overwhelming, so we typically set the hearing aids to gradually increase in volume each day over two weeks, helping you slowly adapt to all the sounds again. For most people, hearing loss is gradual, so you tend to forget how loud some sounds can be! This adjustment period helps ease you back incrementally.

What's New



Sehnert Joins Memorial Health **Board of Trustees**

Memorial Health has welcomed the appointment of a new board member, Greg Sehnert. Appointed by the Union County Commissioners and two local judges, Sehnert will complete the unexpired term for the seat formerly held by Chad Hoffman, and will take an active role on the eight-member volunteer Board of Trustees who govern the path of Memorial Health.

Sehnert has been a resident of Marysville for the last 30 years, after purchasing the Nuckles Insurance Agency in 1991, known today as Nuckles Sehnert and Associates Insurance. Following his appointment to the board, Sehnert comments, "I'm proud to be a part of the story of our community's healthcare system. I have witnessed the growth and expansion of services over the years and I look forward to the promising future ahead. We are fortunate to have this great asset in our area for our growing families and communities."

Sehnert will join the current board members including Chairperson Gary McDowell; Vice-Chairperson Doug Loudenslager; Secretary Emily Wieringa; Immediate Past Vice-Chair Dennis Stone; Past Chairperson Nikki Conklin; Tina Owens-Ruff; and Kent Hawkins, DDS.



500 London Ave., Marysville, OH 43040



Be ChartSmart! Did you know you can request to refill your prescriptions anytime, anywhere with MyChart? Ask your healthcare team at Memorial for more info!

Recent Awards for Excellence





Memorial Hospital Nationally Recognized with Prestigious "Straight A" Grade for Patient Safety

Memorial Hospital achieved "Straight A" recognition in the Spring 2021 Leapfrog Hospital Safety Grade, the nation's most prestigious honor for patient safety. This recent acknowledgement marks six straight 'A's' in protecting patients from errors, injuries, accidents, and infections. We are so proud of all 1000+ team members who strive every day to put our patients first!

Five-Star Rating, the Highest Available, Earned by Memorial Hospital

Memorial Hospital has earned a five-star rating by Hospital Compare, an initiative of the Centers for Medicare and Medicaid Services (CMS), which rates the quality of care at over 3,000 Medicare-certified hospitals across the country. The overall rating shows how well each hospital performed, on average, compared to other hospitals in the U.S. The comprehensive analysis places Memorial Hospital in the exclusive company of the top 14% of hospitals across the country.