A PUBLICATION BROUGHT TO YOU BY MEMORIAL HEALTH

EXPERT WOUND CARE FASTER HEALING

IS SINUS SURGERY RIGHTEOR YOU?

Memorial HEALTH

What's New



Juliet French, MD, MPH



Linda Staley, MD



Casey Converse

Memorial Family Medicine | Richwood Welcomes New Physician

Juliet French, MD, MPH, is now covering primary care and family medicine needs for patients of all ages at the Memorial Family Medicine | Richwood practice. Her specialties include hypertension/diabetes, depression/anxiety disorders, as well as obesity medicine and medical weight loss.

Prior to joining Memorial, Dr. French was Lead Physician at The Ohio State University Primary Care practice in Dublin, in addition to serving as an Assistant Professor. Dr. French is accepting new patients – appointments can be scheduled by calling (740) 943-2354.

Doctor of Neurology Joins Memorial

New neurologist, Linda Staley, MD, is now seeing patients at the Memorial Neurology practice located at the Specialty Care Center within the Memorial Outpatient Pavilion. For over 10 years, Dr. Staley has worked as a neurologist – her areas of focus include Alzheimer's/dementia/Parkinson's diseases, recurring headaches, concussions, epilepsy, multiple sclerosis, neuropathy, and strokes, as well as Botox injection services for migraine sufferers.

Patient appointments with Dr. Staley can be made by calling (937) 578-2020.

Casey Converse Joins Memorial Health Board of Trustees

Memorial Health has welcomed the appointment of a new board member, Cassandra (Casey) Converse. Appointed by the Union County Commissioners and two local judges, Casey will serve a six-year term and will take an active role on the eight-member volunteer Board of Trustees who governs the path of Memorial Health.

Casey is currently owner and agent of Converse & Associates, an American Family Insurance business in Delaware. She lives in Richwood with her husband, Dustin, and young son, Colby.

Casey shares, "As a Union County resident, I have always felt so fortunate to have access to great medical teams and facilities right in my backyard. I've been amazed by the change and growth the Memorial team has driven in recent years and I look forward to partnering with leadership and fellow board members as the organization navigates future growth, successes, and challenges."



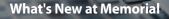
On Friday, November 18, the Memorial Health Foundation will host "Comedy for a Cause" at the Avalon Theatre in Marysville. Comedian Chad Thornsberry from St. Louis, Missouri will be featured and is known for his laid back, conversational sense of humor that is great for any audience. Tickets will go on sale September 6. Watch our Facebook page for more information!



Chad Thornsberry

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wellaware Summer 2022



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We've Gone Paperless For Our Patients Who Use MyChart!

Thank you for being a MyChart user and using the app to get your health information 24/7/365! We have updated billing notifications within MyChart and converted all MyChart users to paperless billing as of June 7, 2022.

This means MyChart users will no longer receive a statement in the mail. New billing statements are being sent via MyChart. For help viewing your monthly statement or to opt-out of paperless billing, visit **www.memorialohio.com/paperless** or call our Patient Financial Services team at (937) 578-2708.

On the Cover >>

Since 2012, Memorial has been providing Sports Medicine services to local schools. Today, the Memorial Sports Medicine team stands proudly behind nearly 1,400 junior high and 2,700 high school student-athletes across seven school districts. We are proud to feature an athlete from each of our partner schools!

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

Memorial

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Orthopedic Care for Student-Athletes

BACKREGAME

Whether your young athlete sprains it, tears it, breaks it, or just plain wears it out, our advanced team of sports medicine specialists and orthopedic surgeons can see them for evaluation within 48 hours. We offer a full spectrum of orthopedic care and we stand ready to assist – to get your athlete back in the game.

Our team determines an individualized treatment plan for your athlete, starting with non-surgical approaches first, like activity modifications, physical therapy, and medications. If these treatments do not relieve their symptoms, the next treatment plan could include minimally invasive surgical options. Timothy Lynch, DO, FAOAO, 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 school athletes.



Timothy Lynch, DO, FAOAO

"Athletes do not plan on injuries, but when one occurs, they are highly motivated to return to their competitive level," shares Dr. Lynch. "I enjoy playing a role in restoring these athletes to their optimal level of function that can be lost when a sports injury occurs. My focus is on an individualized treatment plan specific to the athlete, injury, and sport."

COMMON ATHLETIC INJURIES BY SPORT

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Knee sprain	•	•	•	٠	•	•	•	•
Torn ACL or meniscus	•	•	•	٠	•	•	•	•
Collarbone fracture				٠				•
Shoulder dislocation				٠			•	•
Shoulder sprain	•		•	٠			•	•
Torn rotator cuff	•			٠			•	•
Concussion	•	•	•	٠	•	•	•	•
Ankle sprain	•	•	•	٠	•	•	•	•
Stress fractures (lower body/feet)		•		•		•		•
Elbow MCL sprain	•			•		•		•
Back injuries	•	•	•	•	•	•	•	•

Avoiding these most common sport injuries requires prevention year round, says Dr. Lynch.

- Getting adequate rest between games and practices
- Maintaining a healthy body with good nutrition and proper hydration
- Working with your athletic trainer to create a strong, sport-specific program of muscular strengthening and regular stretching

See page 6 for even more tips!

Participating in sports carries the risk of being injured, but with proper prevention, we can help our athletes stay in the game! If surgery is determined to be a part of their treatment plan, Memorial Orthopedics & Sports Medicine specializes in the following:

- ACL reconstruction
- Surgical fractures/broken bones
- Meniscus injuries
- Over-use injuries: stress fractures and tendonitis
- Rotator cuff and labrum repair



If your athlete needs evaluation, you can schedule an appointment to meet with a member of the Memorial Sports Medicine & Orthopedics team within 48 hours and discuss your options! Simply call (937) 578-4200. The practice is located at 120 Coleman's Crossing Blvd. in Marysville as well as our Memorial Urbana Medical Center at 1958 E US Highway 36 in Urbana. Teaming Up with Our Region's Student-Athletes

Game On! Health Tips for the Student-Athlete

Stretch. Warm up. Cool down. All helpful ways to avoid injury.



Poor hydration. Poor performance. Hydrate before, during, and after training. Dehydration causes early fatigue, electrolyte imbalances, and altered decision-making.

Eat this... whole grains, lean meats, fruits, vegetables, low-fat dairy, and healthy fats. They supply all of the necessary nutrients needed for top performance.

Carb it up. Consume 30-60 grams of carbohydrates during exercise to help replenish glycogen stores for energy.

Make sure to grab:

- sports drinks such as Gatorade[®] or Powerade[®]
- peanut butter and jelly sandwiches
- pretzels
- trail mix
- dried fruit
- bananas

6

orange slices

Preventing an injury can be difficult. However, targeting weak muscles and strengthening those areas can help prevent an injury. Add strength training and prevention tips to your routine.

To learn more about Memorial Sports Medicine and how your athlete can benefit from Athletic Performance Training, call (937) 578-7841.

Get your zzz's! Studies show that athletes who got less than six hours of sleep at night had a higher incidence of injury during the next day's game. Be smart – create a bedtime routine and limit screen time 30 minutes prior to bed.

> Calcium is important for bone health and recovery – get it with:

- milk
 cheese
 leafy greens
- yogurt
 broccoli





West Liberty-Salem Local Schools Newest Partner for Memorial Sports Medicine

West Liberty-Salem Local Schools is the seventh area school system to join Memorial Sports Medicine's School Athletic Training Program, which provides designated on-site athletic trainers for junior high and high school sporting events and practices.

Randy Moore, PT, OCS, MBA, and Executive Director of Musculoskeletal Services at Memorial shares, "In today's school athletic world, it is crucial to have a team approach to healthcare for student-athletes in all sports, in all seasons. Memorial is honored to serve alongside the coaching staff, athletic department, and school nurses, in addition to the local EMT/ paramedics, to complete a comprehensive athletic healthcare model for the students of West Liberty-Salem."

Since 2012, Memorial has been providing these services to local schools.

Today, the Memorial Sports Medicine team stands proudly behind nearly 1,400 junior high and 2,700 high school student-athletes across seven school districts.

Memorial funds the salary and benefits of the athletic trainers at all of these schools as a community service.

"West Liberty-Salem Local School District is very excited about our new partnership with Memorial Health and we look forward to the upcoming school year," shares Kraig Hissong, Superintendent of the West Liberty-Salem Local School District. "Having Memorial as our sports medicine partner will provide our community with quality, professional resources for our student-athletes. I see a lot of future potential with this partnership - potential that will result in many benefits to our greater community and school district."

Join as we welcome the West Liberty-Salem Tigers to the Memorial Family!



Advanced Wound Care Services

Offering hope for Healing

Millions of people are affected by hard-to-heal wounds, resulting from poor circulation, diabetes, trauma, heart/vascular disease, or immune system problems. But there's no reason to live with a non-healing wound – our team at Memorial Wound Care can help.

Memorial Wound Care, together with Healogics[®], the nation's largest provider of advanced wound care services, delivers comprehensive wound care plans for those suffering from chronic, nonhealing wounds. Our team recently marked a **97.7%** heal rate, along with a patient satisfaction rating of **98%**.

With our caring staff, specialized treatment plans, and advanced, state-of-the-art equipment, we have what our patients need to get back on their feet again. Our experts have years of experience caring for people whose wounds have resisted traditional treatment.



Our Wound Care Center features two hyperbaric oxygen therapy chambers that work by surrounding the patient with 100% oxygen to help progress the healing of the wound. While enclosed in a chamber at greater-than-normal atmospheric pressure, patients breathe pure oxygen, saturating their blood plasma and allowing it to carry 15 to 20 times the normal amount of healing oxygen to the body's tissues.

Our advanced wound care services include:

- negative pressure wound therapy
- total contact casting
- · bio-engineered tissues
- biosynthetic dressings
- growth factor therapies
- hyperbaric oxygen therapy

25% families have a family member with a chronic wound



Memorial Wound Care received the Center of Distinction award by Healogics for outstanding clinical outcomes for twelve consecutive months, including a patient satisfaction rate higher than 98%. This is the sixth consecutive year we have obtained this prestigious award! And it means our patients are healing and getting back to their lives!

There are many medical conditions that often

result in the need for wound care – if you or a loved one have any of these conditions, it is important to follow all treatment plans to decrease the risk of a non-healing wound.

- Diabetes
- Amputation
- Infection
- Neuropathy
- Peripheral Vascular Disease
- Radiation effects
- Ulcers, including pressure and cancerous types

So when should we seek treatment for a wound?

Review this checklist to determine when to see a wound specialist at Memorial Wound Care:

- ✓ Do you have a wound that has not healed in 30 days?
- ✓ Do you have a sore with increasing pain, redness or swelling, or a change in color?
- ✓ Do you have a surgical wound that has become infected?
- ✓ Do you have diabetes or circulation problems, and have a wound below the knee?

If you answered **"yes"** to any of these questions, your wound may require special treatment and care. Our specialized clinicians and advanced services can help assist in healing.

Memorial Wound Care is located at 483 Coleman's Crossing Blvd., in Marysville – patients may call (937) 578-4325.

Watch for "hidden wounds!" They unfortunately do not get evaluated or treated as soon as they should! Annual foot exams are recommended if you are living with diabetes, a heart condition, or other vascular disorders. You can also perform regular self-foot checks to help identify wounds early and prevent wound-related complications.

HOW TO PERFORM A SELF-FOOT CHECK:

Sit in a well-lit room. Examine your feet closely. You can use a magnifying glass and/or mirror to help see the bottom of your feet and between your toes. Ask a family member or friend for help, if needed.



TAKE CARE OF YOUR FEET:



Wash your feet daily with warm water and mild soap, and use moisturizing lotions. Dry them with care, especially between the toes.



Always wear socks and shoes that are comfortable and fit well. Check your shoes for any objects, tears or sharp edges. Never walk barefoot.



Exercise as you are able. Physical activity can help increase circulation in your feet. Consult your healthcare team to see which exercises are right for you.

Call your healthcare provider immediately if you have any of the following symptoms:

- A blister, cut, or other foot injury that doesn't start to heal after a few days
- A foot injury or wound that feels warm to the touch
- Tingling, numbness, pain, swelling, burning sensations, or difficulty walking
- Redness around a foot injury
- A callus with dried blood inside it
- Wounds that are dark and smelly, which may be a sign of gangrene

Caring for the Hospitalized Patient

What is a

Heapiral Physicians

Jay R. Gaglani, DO, and Delanie Hegenderfer, RN, review health information in the Memorial Inpatient Pavilion.

şΜ,

hospitalist?

Maybe you have heard the term "hospitalist" and wondered what it meant. Or, maybe you or a loved one have been treated by one while being hospitalized. Understanding the role of a hospitalist and how they interact with you and your primary care physician can make your hospital stay more comforting.

Simply put, hospitalists are physicians who most often complete a three-year residency in internal medicine or family medicine. Hospitalists are committed to patient care and are available twenty-four hours a day, seven days a week for admitted or hospitalized patients.

According to Jay R. Gaglani,

DO, MedOne, and Medical Director for the Hospitalist Program at Memorial Health,

"Our best description is to say

who is an expert in taking care

that a hospitalist is 'a doctor



Dr. Jay R. Gaglani

of people in the hospital. Our physicians and advanced practice providers work hand-in-hand with the Memorial Hospital clinical team to deliver comprehensive care for you before, during, and after your hospitalization."

In fact, Dr. Gaglani remarks, hospitalists can be equated to the quarterback of a hospitalized patient's team, providing general medical care during your stay. After you are admitted and examined, hospitalists often do more investigation – by ordering x-rays, diagnostic tests, or lab/blood work.

From there, hospitalists examine test results, diagnose problems, order treatments and medical services, and prescribe medications, as necessary, for each patient and their specific condition. They may also bring in "other players" like a specialist, if deemed necessary.

In addition, a hospitalist can perform procedures or monitor a patient after surgery. They also may prescribe antibiotics for a variety of infections, like pneumonia or a UTI.



Dr. Jason Russell

But perhaps, the most frequently asked question about a hospitalist, is how they coordinate care with your primary care physician, shares Dr. Jason Russell, Chief Medical Officer for Memorial Health.

"Rest assured, your hospitalist will not only act as an advocate for your hospital care, they will also coordinate back with your doctor."

– Dr. Jason Russell, Chief Medical Officer

Dr. Russell adds, "Our hospitalists work collaboratively with your primary family doctor. During your stay, they document each day with a progress note. At discharge, all of this information is provided to your family doctor – everything needed so they can resume management of your care, safely and efficiently."

Members of the Memorial and MedOne hospitalist team also conduct a post-discharge phone call to each patient – to ensure the patient is clear on all information – including prescribed medications, after-admission instructions, as well as next steps with their family doctor.

You see, it all aligns together – to ensure we deliver best-in-class patient experiences, across the entire continuum of care, for you and your family.





Surgeries & Procedures at Memorial

f you are in need of surgery, our highly trained, board-certified surgeons and expert nursing staff are dedicated to delivering the best outcome possible for every patient. Your Memorial surgeon will consult with you to determine the most appropriate surgical options for your individual situation, and together our team will provide you with information on pre-operative preparation and post-operative care and recovery.

Many procedures are done on an outpatient basis, allowing you to return home the same day. Others require one or more night's stay in the Memorial Hospital Medical/Surgical Care unit within our Inpatient Pavilion, where your recovery will be monitored. We also provide **pre-admission testing** (**PAT**) for patients prior to surgery. If PAT is required for your procedure, these matters will be discussed more fully with you before your scheduled surgery. Our ultimate goal is patient safety and PAT is the best way to prepare our patients for positive surgical outcomes.

PAT is inclusive of testing such as lab work, EKG, and pulmonary studies, if necessary, after reviews of your medical history and physical. This assures that as a surgical patient, you are "optimized" or prepared in every way possible for surgery. You may need a referral to a specialist for clearance or further testing. Our PAT team will collaborate with these specialists to streamline your experience and help prevent additional visits.

Surgery can be an effective treatment option for a wide range of diseases and disorders. Whether you are facing a complex, innovative surgical procedure or a technique that has been used successfully thousands of times, rest assured that the board-certified surgeons at Memorial are among the region's most experienced physicians using state-of-the-art medical technologies.

Memorial to Expand Surgery Department

Memorial recently approved a \$7.7 million expansion of the hospital's surgery department, adding another operating suite and allowing for the expansion of central sterile services.

The expansion will utilize existing space vacated when our new Inpatient and Outpatient Pavilions were opened.

Spence Fisher, Executive Vice President, provides that the hospital's current operating rooms are at capacity. "By adding another operating suite, we will be able to do more surgeries overall, but also more during the preferred daytime hours, which is better for the patient, team members, and surgeons."

In 2021, Memorial performed nearly 4,000 surgeries and projections indicate that number will grow with the recent additions of a fellowship-trained joint replacement surgeon (*Dr. Forrest Schwartz at Memorial Orthopedics & Sports Medicine*) and a plastic surgeon (*Dr. Stephen Poteet with Ohio Plastic + Reconstructive Surgery*), in addition to the expansion of surgical services for ENT (*Dr. Benjamin Bush at Memorial Ear, Nose & Throat*).

"We have amazing team members who are experts in providing these services, and as a result, we continue to grow the surgical services we provide to patients."

-Spence Fisher

Our wide range of surgeries and procedures are provided at two locations and include:

- Cardiology
- Ear, Nose & Throat
- Gastroenterology
- General & Colorectal
- Gynecology
- Interventional Peripheral Vascular
- Obstetrics
- Ophthalmology
- Orthopedics & Sports Medicine
- Plastic Surgery
- Podiatry
- Urology

Read about our sinus surgery services on pages 14-15!

Including robotic-assisted hip and knee





Memorial Hospital Heart & Surgical Pavilion 500 London Ave. Marysville, OH 43040 (937) 644-6115

Memorial Outpatient Surgery Center 122 Professional Pkwy. Marysville, OH 43040 (937) 578-7900

Ask a Doc

Benjamin Bush, MD, sees patients at Memorial Ear, Nose & Throat, where he focuses on care for both pediatric and adult patients. Together, Dr. Bush and his team specialize in conditions of the nose/sinuses/head/neck, in addition to pediatric conditions (adenoidectomy, ear tube placement, tonsillectomy). Other specialties include sleep apnea, ear and hearing issues, as well as voice and swallowing functions.

Sinus problems. For some, the symptoms and discomfort are enough to send them to their primary care doctor for help. If the problem is chronic and recurring, however, your doctor may refer you to an ear, nose and throat (ENT) specialist. Dr. Bush shares how he and his team diagnose sinus conditions and provide proper treatment.

How do I know when a sinus infection isn't healing on its own?

A: Dr. Bush – The symptoms of a sinus infection are known to many of us. Nasal congestion. Runny nose. Headaches. Facial pressure and pain behind our cheekbones and around our eyes. Most of the time these sinus infections go away with proper home care.

But for many, they don't go away. You may have tried long-term medications or nasal sprays with no significant improvement. You may have been dealing with symptoms, month after month. But truthfully, it is not normal to constantly feel like your nose is runny or you can't breathe.

So, if you are dealing with chronic sinusitis, symptoms that last more than 12 weeks, or recurring infections (at least four infections in one year), it may be time to look at other solutions. Speak to your family physician about a referral to an ENT specialist.

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.

& Memorial

Q When do you recommend sinus surgery?

A: Dr. Bush – If you have proceeded through a long course of antibiotics and steroid medications, and have not seen any relief, the next step would be to conduct a CT scan. If there is evidence of chronic sinus disease or there is an obstruction of the sinuses that can only be relieved by surgery, we would discuss your surgical options together, deciding as a team what makes sense for you.



I still remember my father having sinus surgery – I'm not sure I want to go through what he did!

A: Dr. Bush – We can all remember a loved one having sinus surgery years ago. But just like other surgical procedures and techniques, sinus surgery has progressed! Long gone are the days of "packing the sinuses", black eyes, swollen faces, and tough, painful recoveries.

Currently we have two sinus surgical procedures available to patients:

- Non-invasive balloon sinuplasty In this surgical procedure, we will insert a catheter with an inflatable balloon into the sinus and inflate the balloon to widen the sinus openings. This is truly non-invasive there are no incisions and recovery is minimal.
- Functional endoscopic sinus surgery This surgical procedure uses a lighted tube called an endoscope to look directly into the nose and sinuses. During an endoscopy, we make a small incision through the nose so we can remove tissue, clean out the sinuses, and enlarge sinus openings for drainage. This surgery is conducted with small instruments through the nose, a natural opening/orifice recovery is minimal.

Chronic sinusitis can impair breathing, reduce your sense of smell, and cause facial pressure. All of which can impact our exercise, sleep, and overall well-being. Some people experience problems but can't find much to alleviate the symptoms. Fortunately, you can find long-term relief through sinus surgery. Together, we can discuss what options makes sense for you and your life!

Memorial Ear, Nose & Throat is located at:

Memorial Gateway Medical Center 140 Coleman's Crossing Blvd., Suite 200, Marysville

Memorial Urbana Medical Center 1958 E US Hwy 36, Urbana

Patient appointments can be made by calling (937) 578-4300.

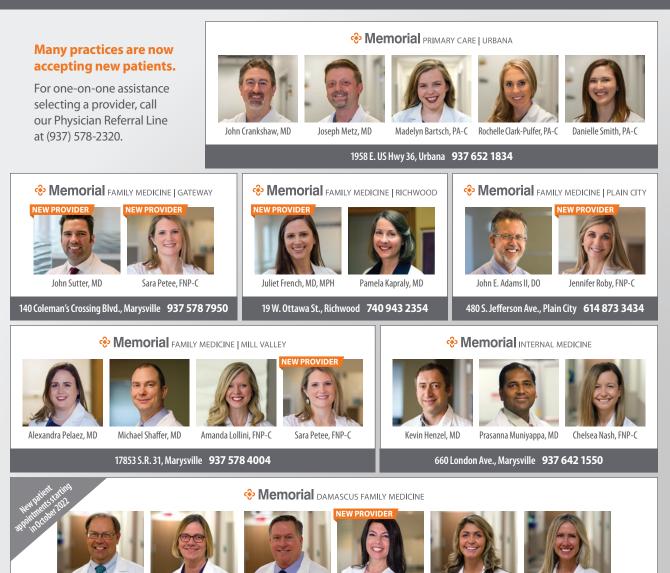


Daniel Badenhop, MD

Delia Herzog, MD

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Quality care, all around.



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