

A PUBLICATION BROUGHT TO YOU BY MEMORIAL HEALTH

wellaware

FALL 2023

LEARNING TO
NOT IGNORE
**YOUR
PELVIC
FLOOR**

**A LIFE-
CHANGING
REBOUND**
AFTER A STROKE

SOLUTIONS TO IMPROVE YOUR
SLEEP QUALITY

 **Memorial** HEALTH

wellaware
Fall
2023

WE LOVE AWARDS AND RECOGNITION — WHO DOESN'T!

But they are more to us at Memorial – they are a sign, an indicator, a measurement of our teams' focus on patient care and improving the lives of those we treat.

Our continued focus on the safety and well-being of our patients has earned us 5-STARs from CMS, the highest rating available! Receiving this five out of five rating demonstrates the continuation of our reputation as a high-performing healthcare system with caring, expert team members, physicians, and providers.



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

Memorial Hospital is proud to be a Gold Certified Safe Sleep Hospital! The Cribs for Kids® National Safe Sleep Hospital Certification program awards recognition to hospitals that demonstrate a commitment to reducing infant, sleep-related deaths by promoting and educating on best safe sleep practices. We ❤️ our babies and we ❤️ helping them sleep safer!



Some of the country's best doctors choose Memorial Health and we are proud of the Medical Staff members who have been recognized for their outstanding care! Congratulations to these top-notch doctors who were named to the America's Top Doctors list published by Castle Connolly.



28 PHYSICIANS representing 16 areas of medicine received honors.

- **Cindy M. Baker, MD** (Cardiovascular Disease)
- **Michael R. Donnally, MD** (Cardiovascular Disease)
- **Susanna E. Johnson, MD** (Family Medicine)
- **Joseph C. Linscott, DO** (Family Medicine)
- **Scott W. Arlin, MD** (Gastroenterology)
- **Kiran T. Bidari, MD** (Gastroenterology)
- **Shail M. Govani, MD** (Gastroenterology)
- **Bruce L. Hennessy, MD** (Gastroenterology)
- **Sean McCarthy, MD** (Gastroenterology)
- **Jon Walker, MD** (Gastroenterology)
- **John J. Ward, MD** (Gastroenterology)
- **Kevin P. Henzel, MD** (Internal Medicine)
- **Ernest L. Mazzaferri, MD** (Interventional Cardiology)
- **Christopher Valentine, MD** (Nephrology)
- **Matthew Hazelbaker, MD** (Obstetrics and Gynecology)
- **Trista K. Schrickel, MD** (Obstetrics and Gynecology)
- **Trent D. Albright, MD** (Ophthalmology)
- **Brad deSilva, MD** (Otolaryngology)
- **Naomi J. Kertesz, MD** (Pediatric Cardiology)
- **Cheryl Kirkby, MD** (Pediatrics)
- **Justin K. Krueger, MD** (Pediatrics)
- **Smitha Patel, MD** (Psychiatry)
- **Stella Ogake, MD** (Pulmonary Disease)
- **Jonathan P. Parsons, MD** (Pulmonary Disease)
- **Abha Gupta, MD** (Rheumatology)
- **Adam Barker, MD** (Surgery)
- **Jeffrey W. Hazey, MD** (Surgery)
- **Michael D. Jordan, DO** (Urology)



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A warm, familiar face provides such a special level of comfort and caring. And, we couldn't be more grateful for some of the most familiar faces at Memorial – our awesome volunteers! Last year, our hundreds of adult and student volunteers contributed over 33,000 hours to make Memorial a brighter place! Does this sound like something you would like to be a part of? Scan the QR code below to learn how to join this AMAZING TEAM!

Pictured clockwise, starting top left: Karen Weizer and Annie Anklam; Jeanne Lowe, Mary Ellen Miscovich, and Rita Hayes; Dee and John Junkans; Tonya and Steve Dunton.



On the Cover >>

Simply look at the smile and you can see the pride on Bob Snyder's face. Bob is a patient of Memorial's Neurological Rehabilitation Program and is making tremendous strides after a large stroke left him bed- and wheelchair-bound in 2017. His story is one of inspiration, tenacity, and love.

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



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 Robin Coffey, Evie Collins, Jason Hollback,
 Stefan Minnig, and Melanie Ziegler

A Life-Changing WALK

The saying goes:

LIFE IS NOT MEASURED BY THE BREATHS YOU TAKE, BUT BY THE MOMENTS THAT TAKE YOUR BREATH AWAY.

For Joy Snyder, watching her husband of 52 years, Bob, walk across the house and make coffee takes her breath away – every day.

After Bob's large middle cerebral artery stroke in 2017, he was wheelchair bound, unable to walk or move. For years, Joy has been by his side, physically assisting her husband to/from the wheelchair and bed, as well as helping him with activities of daily living.

Then in 2022, Joy noticed Bob moving his leg a little more each day. Now living in Marysville, Joy reached out to Memorial to learn more about the Physical Therapy program. Another moment that takes Joy's breath away.

"For nearly five years, Bob and I hadn't lost hope, although he had made little progress in that time," expresses Joy. "But we were unsure of what the future might hold. Looking back now, I can't believe the milestones we are celebrating!"

Led by Neurologic Clinical Specialist Ashlin Hundley, PT, DPT, NCS, Bob's physical therapy team first initiated electrical stimulation to promote muscle contractions and improve signaling from his brain. The team also obtained an appropriate bracing for his right leg/ankle/foot to assist with standing and walking.

Next, Bob began high-intensity gait training, a walking and stepping practice that is vigorous enough to keep the heart rate over a certain target level, while helping improve gait speed, walking distance, and balance.

After two months, Bob started taking 10-15 steps by himself.

At the three-month mark, he was able to stand up by himself, complete various activities, as well as navigate walking on both tile and carpet around the house.

Now today, Bob is getting out of bed in the mornings and getting dressed completely independently.



He is ready to start each day, greeting Joy in the kitchen with fresh coffee...and a proud smile.

He also takes multiple walks a day throughout the house. A feat that wasn't lost on Bob and Joy's grandkids. "The first time the grandkids saw Bob walk from one end of the house to the other, they all stopped in their tracks. Next thing I know, I hear of chorus of 'Go, Grandpa, Go!'"

Currently, Bob takes part in two physical and occupational therapy sessions a week – a combination of hard work and "visiting and socializing with family," as Joy describes his time with the therapists.

More milestone achievements are on his goal list, as Bob continues to build endurance during these sessions, with speech therapy not far behind. And, up next, Bob is looking forward to visiting family in Florida this winter and walking around their house, something he hasn't been able to do since 2017.

Another incredible moment in Bob's journey.

Neurologic conditions can be life changing, but the Neuro Rehabilitation Program at Memorial is here to help those along a journey of recovery and regaining independence. Our team of skilled experts in physical, occupational, and speech therapies work together to provide restorative care to help individuals with neurologic conditions improve mobility, independence, and quality of life.







Our team has experience treating patients with a variety of neurologic conditions including:

- Balance disorders/falls
- Brain injuries/traumatic brain injuries
- Brain tumors
- Cerebellar disorders
- Cerebral palsy
- Concussions
- Degenerative disorders
- Functional Neurologic Disorder (FND)
- Guillain-Barre syndrome
- Multiple Sclerosis (MS)
- Parkinson's disease
- Spinal cord injuries
- Strokes
- Vertigo/vestibular conditions

To learn more about Memorial's Neuro Rehabilitation Program, call our team at (937) 578-7841.

Learn the stroke warning signs!

Every 40 seconds, someone in the U.S. has a stroke. It could happen on your street, in your workplace, at a store where you shop – anywhere. Your readiness to spot the stroke warning signs and call 911 could save a life or make the difference between a full recovery and long-term disability.

- B**  Balance Loss
- E**  Eyesight Changes
- F**  Face Drooping
- A**  Arm Weakness
- S**  Speech Difficulty
- T**  Time to call 911

New Faces at Memorial!

Memorial FAMILY MEDICINE | GATEWAY



Joining our Memorial Family Medicine | Gateway practice is **Kelly Loman, DO**. Dr. Loman provides family medicine needs for patients of all ages. Her dedication is rooted in taking care of her community, a labor of love that has been inspired by her father who is a physician in Indianapolis.



Kelly Loman, DO

Board-certified in Family Medicine, Dr. Loman completed her residency at St. Rita's Medical Center. She graduated with her Doctorate in Osteopathic

Medicine from Marian University College of Osteopathic Medicine.

A self-declared foodie, Dr. Loman enjoys hiking, home improvement projects, and being a new mom!

To become a new patient of Dr. Loman, call (937) 578-7950.

Memorial DAMASCUS FAMILY MEDICINE



Two new providers join Memorial Damascus Family Medicine.

Megan Keighley, FNP-C, is a familiar face at Memorial, as she served as a nurse for 12 years within our Critical Care Unit and Emergency Department.



Megan Keighley, FNP-C

Megan earned her Master and Bachelor of Science in Nursing, both from Ohio University. For the past two years, Megan has worked as an NP at Mary Rutan Urgent Care, in addition to seven months at Logan View Pediatrics in Bellefontaine.

Outside of medicine, Megan, her husband, and their three boys are active in sports – flag football, soccer, and basketball. She also enjoys traveling and gardening.

Sara Morrison, FNP-C, joins Memorial with over 20 years of experience as a nurse, with extensive expertise within the Cardiac Intensive Care Unit. She served ICU patients at Dublin Methodist Hospital most recently, with 15 years prior at Riverside Methodist Hospital. She earned her Master of Science in Nursing from Mount Carmel College of Nursing and her Bachelor of Science in Nursing from Ohio University.

Sara is married with two teenagers and a family dog. The Morrisons, who live locally, love to visit parks and take long nature walks.



Sara Morrison, FNP-C



Olivia LeMaster, CNP

A new face is gracing the halls of our Memorial Cancer Center – **Olivia LeMaster, CNP**, has joined our Oncology & Hematology team.

Olivia has been serving hematology/acute leukemia patients for over 10 years, most recently at The James Cancer Hospital & Solove Research Institute. She has her Master of Science in Nursing with an Adult-Gerontology Acute Care Nurse Practitioner specialty from The Ohio State University.

Originally from Richwood, Olivia loves this region and is excited to be at Memorial. She and her husband have two children and together they live on a mini-farm in Ostrander.

Memorial ONCOLOGY & HEMATOLOGY



Jennifer Bissel, FNP-C

Jennifer Bissel, FNP-C, joins Memorial Family Medicine | Mill Valley with over 11 years of nursing experience, six of those as a family nurse practitioner. Previously, she served at The Little Clinic in Marysville, with numerous years in a dual role as a provider and clinic manager. Prior to that, Jennifer was a staff RN at Mount Carmel West. Jennifer earned her Master of Science and Bachelor of Science in Nursing, both from Mount Carmel College of Nursing.

She and her family live locally and enjoy traveling and outdoor activities, especially hiking.

Jennifer is accepting new patients – the practice can be reached at (937) 578-4004.

Memorial FAMILY MEDICINE | MILL VALLEY



Memorial PRIMARY CARE | SCOTTS LAWN



Amanda Myers, FNP-C

We are excited to welcome **Amanda Myers, FNP-C**, to our Memorial Primary Care | Scotts Lawn practice. Amanda has been in practice as an FNP-C for 10 years, most recently at the Mercy Health Family Medicine & Pediatrics practice in Urbana. Amanda has her Master of Science in Nursing from The Ohio State University, with her Bachelor of Science in Human Ecology from OSU as well.

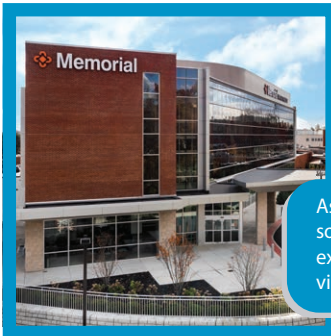
Amanda and her husband are the parents to three young boys. Together, they relish being outside – free time is spent at local parks where they love to hike and bike.

Those interested in joining the practice may call (937) 578-5555.

Inpatient Pavilion, Entrance A **A**

Enter here for:

- Inpatient care/visits (med/surg, ICU/critical care)
- Medical Records
- Community meeting rooms
- Bistro '52 and The Giftery



Emergency Department, Entrance ER **ER**



As the need for healthcare services in our region has grown, so has Memorial. We have officially opened the final 12-room expansion of our Memorial 2020 project, continuing our vision to advance a new standard for healthcare.



Outpatient Pavilion, Entrance E **E**

Enter and register here for:

- Laboratory
- Imaging/X-ray/Mammography/Radiology/PET Scan/Nuclear Medicine
- EEG/EKG
- Patient Financial Services/Cashier
- Respiratory Therapy
- Specialty Care Center
 - Gastroenterology
 - Nephrology
 - Neurology
- Oncology/Hematology (plus Journeys Gift Shop)
- Pre-Admission Testing
- Pulmonary Medicine
- Rheumatology
- Sleep Medicine
- Medication Therapies
- Nutrition Counseling/Diabetes Education
- Wellness Center
 - Cardiac/Pulmonary Rehabilitation

Miracle Life Center, Entrance B **B**

Enter here for:

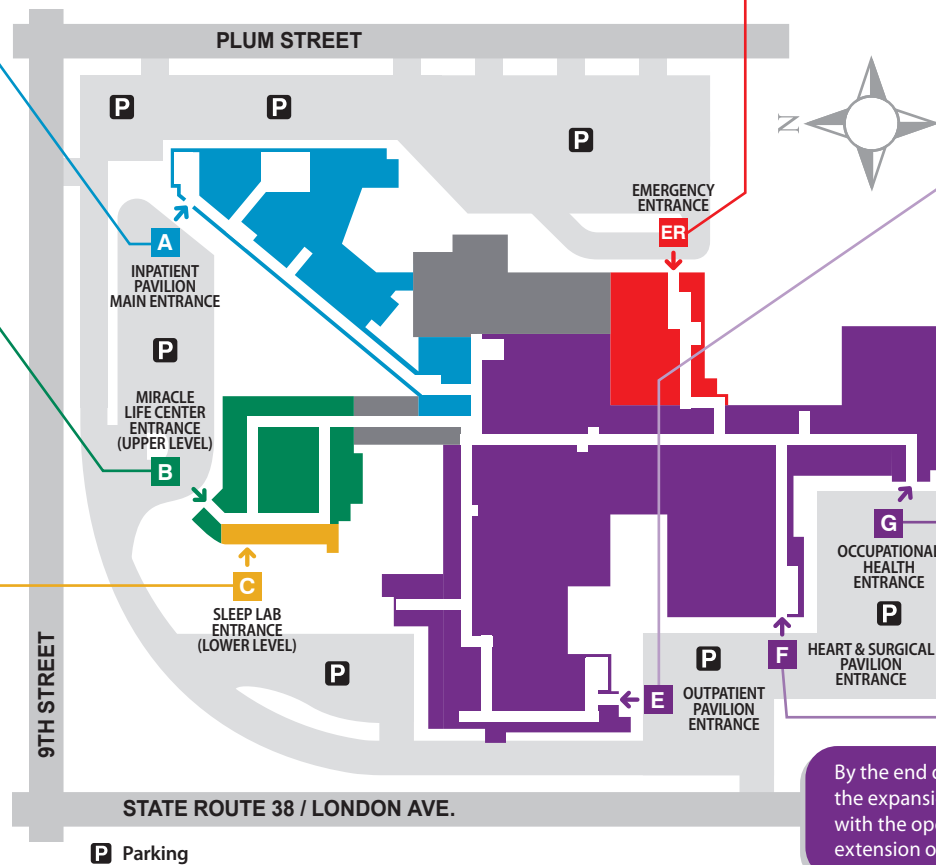
- Obstetrics

Entrance B is closed from 9 pm – 6 am. Please enter through the ER entrance during this time.



Sleep Lab, Entrance C **C**

Read more about our Sleep Medicine program on pages 14-15.



By the end of the year, Memorial will be marking the expansion of the hospital's surgery department, with the opening of another operating suite and the extension of central sterile services.

Heart & Surgical Pavilion, Entrance F **F**

Enter and register here for:

- Cardiac Cath & Vascular Lab
- Ohio State's Heart & Vascular Center, Suite O
- Surgery
- Colonoscopy/Endoscopy
- MRI/CT
- Stress Testing



Occupational Health, Entrance G **G**

Enter here for:

- Occupational Health
- Memorial Family Medicine | Japanese Clinic

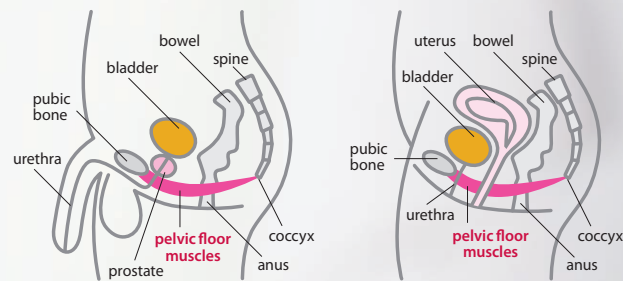


Guiding Your Visit to the Memorial Hospital Campus

Memorial Hospital was founded in 1952 by the community, for the community. And as our neighborhoods and region have grown, so has our hospital campus. Our guide can help you determine which entrance to access for your health care services – we look forward to caring for you!

Next Stop, the Pelvic Floor!

You may have heard the term “pelvic floor” and brushed it off – thinking, I don’t need to know about that! But ignoring these muscles can lead to incontinence or pelvic organ prolapse. Take a step-by-step walk-through pelvic floor 101.



What is the pelvic floor?

At times, it may feel like we are from different planets, but in this case, we are the same! Both men and women have a pelvic floor that consists of muscles, ligaments, connective tissues, and nerves:

- In women, it supports the bladder, uterus, vagina, and bowels and helps these pelvic organs function.
- In men, the pelvic floor supports the bladder and bowels.

Think of the pelvic floor muscles much like a *hammock* – the muscles stretch from the tailbone (coccyx) to the pubic bone (front to back) and from one sitting bone to the other (side to side). These muscles are normally firm and thick.

But this hammock can also act like a *trampoline*. The ligaments, muscles, and fascia need to provide the right amount of tension so the pelvic floor can move down and up – similar to springs on a trampoline.

Pelvic floor disorders occur when the trampoline or hammock that supports the pelvic organs becomes weak or damaged. The three most common pelvic floor disorders are:

- Urinary incontinence, or the involuntary leakage of urine.
- Fecal incontinence, or lack of bowel control.
- Pelvic organ prolapse, such as rectal prolapse, a condition in which the bowel can bulge through the anus.

What contributes to pelvic floor disorders?

Common risk factors for pelvic floor dysfunction include:

- Childbirth is one of the main causes of pelvic floor disorders. A woman's risk tends to increase the more times she has given birth or with a third/fourth degree laceration.
- Having pelvic or prostate surgery can cause dysfunction, due to potential nerve damage to the pelvic floor, as well as damage of supporting tissues due to chronic intra-abdominal pressure.
- Those who are overweight or obese also have a greater risk for pelvic floor disorders.
- Chronic constipation.

Are pelvic floor disorders a normal part of aging?

They can become more common as we get older, but they are not a normal or acceptable part of aging. These problems can have a significant impact on a person's quality of life. Fortunately, these disorders often can be reversed with pelvic floor physical therapy.

What does pelvic floor physical therapy do?

Although the pelvic floor is hidden from view, it can be consciously controlled and therefore trained, much like our arm, leg, or abdominal muscles.

Treatments can include a wide range of therapies, such as manual therapy and therapeutic exercise techniques, in addition to electromyography (EMG) biofeedback and behavior/lifestyle modifications.



Kylie Hayes-Akers, PT, DPT

Read stories from our Pelvic Floor Physical Therapy patients!

Memorial offers a Pelvic Floor Physical Therapy program led by

Kylie Hayes-Akers, PT, DPT. Kylie is a pelvic floor therapist who is trained through the American Physical Therapy Association. Our program offers personalized, one-on-one physical therapy sessions in a private setting tailored to your symptoms and health goals. To schedule an evaluation, ask your doctor for a referral.



See our quick 10-question QUIZ on the next page!

Five Important Roles Pelvic Floor Muscles Play



Organ Support



Bone Support



Sphincteric Function



Sexual Function



Circulation

Pelvic Health Quiz

Continued from page 11.



Answer YES or NO to the following and learn if you have pelvic floor dysfunction:

- 1 I sometimes have pelvic pain (in genitals, perineum, pubic or bladder area, or pain with urination) that exceeds a "3" on a 1-10 pain scale, with 10 being the worst pain imaginable.
- 2 I can remember falling onto my tailbone, lower back, or buttocks (even in childhood).
- 3 I sometimes experience one or more of the following urinary symptoms:
 - Accidental loss of urine.
 - Feeling unable to completely empty my bladder.
 - Having to void within a few minutes of a previous void.
 - Pain or burning with urination.
 - Difficulty starting or frequent stopping/starting of urine stream.
- 4 I often or occasionally have to get up to urinate two or more times at night.
- 5 I sometimes have a feeling of increased pelvic pressure or the sensation of my pelvic organs slipping down or falling out.
- 6 I have a history of pain in my low back, hip, groin, or tailbone or have had sciatica.
- 7 I sometimes experience one or more of the following bowel symptoms:
 - Loss of bowel control.
 - Feeling unable to completely empty my bowels.
 - Straining or pain with a bowel movement.
 - Difficulty initiating a bowel movement.
- 8 I sometimes experience pain or discomfort with sexual activity or intercourse.
- 9 Sexual activity increases one or more of my other symptoms.
- 10 Prolonged sitting increases my symptoms.

If you answered YES to three or more of the above, you are likely experiencing pelvic floor dysfunction. Speak to your physician about a referral to the Memorial Pelvic Floor Physical Therapy team to set up an appointment.

The Cozean Questionnaire was created by Nicole Cozean, PT, DPT, WCS, CSCS and Jesse Cozean, MBA.

TELL ME MORE!

Interested in learning more about your pelvic floor and our therapy program at Memorial? Sign up for our **Virtual Ladies Night In** – a 45-minute confidential discussion group that will be held in November 2023. Scan the code to learn more!



Your Health Information, *At Your Fingertips!*

MyChart® is a free, handy health app that lets you communicate with your doctors, access medical data, schedule appointments, and ask for prescription refills.

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.

I want to:

- **Get my test results** With MyChart, you receive timely notification of test results when they are posted, plus you can view past results, too.
- **View my plan of care** You can view your information related to a specific health condition, all in one place, including medications, test results, preventive care, treatment summaries, and patient goals assigned by your healthcare provider.
- **Ask for medication refills** It is easy to ask for a prescription renewal and receive notification when your medications are sent to your pharmacy.
- **Access my billing account summary** With MyChart, you can view a summary of your clinic and hospital billing accounts, including outstanding balances, details of account, charges, and recent payments.

Top 3 FAQs about MyChart:

1. **How do I create a MyChart account?**
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. Simply click on the link and follow the instructions.
2. **My link expired. What can I do?**
After 24 hours, if the link has expired, you can call your provider's office or (866) 966-6975 to request a new one.
3. **I see the notification for pre-registration. Do I need to complete it?**
This can save you some time at your appointment. By using online pre-registration, you can complete some of your pre-visit paperwork ahead of time, including verifying your medical history, insurance information, current medications, allergies, and consent forms. During pre-registration you may be asked by your care team member to complete questionnaires specific to your visit.

MyChart® is a registered trademark of Epic Systems Corporation.



Kim Cutler

Kim Cutler Joins Memorial Health Board of Trustees

Memorial has welcomed a new board member, Kim Cutler. Appointed by the Union County Commissioners and two local judges, Kim will serve a six-year term and will take an active role on the eight-member volunteer Board of Trustees.

Discussing her appointment, Kim shared, "As demonstrated in areas across the country, a healthcare system is a focal point for a region's identity. And that is certainly true for Memorial and our rapidly growing communities. Memorial has proven itself to be a huge regional asset to the patients they serve, with offerings and services expanding with our population's needs. It is an honor to be a part of the impact they are making daily for patients and their families."

Kim has practiced as an attorney for 21 years. Currently, she practices at Cutler Law Office in Marysville. Kim resides in Union County with her husband and two children.

Ask a Doc

Logan Dalal, MD, is the Medical Director of the Sleep Medicine program at Memorial Hospital. He is a board-certified sleep medicine physician with a strong passion for helping people get better quality sleep. Dr. Dalal believes sleep is essential for our health and well-being, and he is committed to providing his patients with the care they need to get the sleep they deserve.

Dr. Dalal's areas of specialty include the management of sleep apnea, circadian rhythms, restless leg syndrome, and hypersomnia (also known as excessive daytime sleepiness). He takes a comprehensive approach to patient care, working with each person to develop a personalized treatment plan utilizing the latest technology and treatments.



Q How does your Sleep Medicine program help patients with sleep issues?

A: Dr. Dalal – Our Sleep Medicine team has expertise to both diagnose and treat those with sleep disorders. If you have difficulty falling asleep, staying asleep, or if you have trouble staying awake during the daytime, you may have a sleep disorder. The inability to get sufficient, quality sleep can contribute to serious health issues, which can cause high blood pressure and heart/brain problems.

Sleep disorders we treat can include:

- Insomnia: trouble falling asleep or staying asleep
- Sleep apnea: stopping breathing for short periods of time while sleeping, may snore or gasp
- Restless legs syndrome: a creeping, crawling, or tingling sensation in legs while sitting or lying still
- Narcolepsy: uncontrolled attacks of sleep at inappropriate times while awake

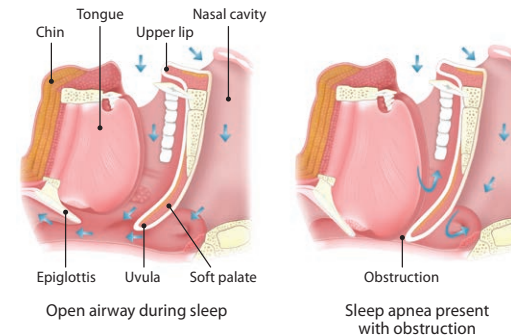
Do you see yourself in any of these symptoms? If so, you may have a sleep disorder.

- Morning headaches
- High blood pressure
- Daytime sleepiness
- Snoring or pauses in breathing during sleep
- Low energy
- Lack of concentration
- Memory problems
- Falling asleep while driving or at work
- Aching legs
- Restless sleep

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 I hear a great deal in the news about sleep apnea and I am worried my spouse may have signs of it – can you tell me more?

A: Dr. Dalal – Sleep apnea is a very common sleep disorder that occurs when your breathing is repeatedly interrupted during sleep. This can happen when your airway becomes blocked, either partially or completely. Sleep apnea can cause a number of problems, including daytime sleepiness, fatigue, difficulty concentrating, memory loss, and mood swings.



About Sleep Apnea

Sleep apnea is a sleep disorder that occurs in one third of the population. If left untreated, sleep apnea can worsen existing health problems or lead to new health problems.



Minimize the Risk

Untreated sleep apnea can lead to:

- 3x** more likely to have a stroke
- 2x** greater risk for heart disease
- 2x** increased risk for dementia

Q What are my options for sleep testing?

A: Dr. Dalal – If you think you may have a sleep disorder, your doctor will likely recommend you undergo a sleep study (polysomnogram or PSG). A sleep study is a seven- to eight-hour test that records your breathing, heart rate, and other body functions during sleep. Memorial offers a variety of sleep testing options with state-of-the-art monitoring equipment, including in-home and Sleep Center testing for our patients.

- Patients who meet the clinical criteria and are eligible through their insurance provider may qualify for in-home testing, allowing them to wear the monitor while enjoying the convenience of being at home.
- For some, spending the night in one of our comfortable Sleep Center diagnostic suites for monitored testing is the best option.

Through tracking of your brain activity, heart rate and rhythm, and oxygen levels while you sleep, our sleep specialists will diagnose your specific sleep disorder and provide solutions to improve your sleep quality.

Talk to your physician to determine if a sleep study would be beneficial for your health. Our Sleep Medicine program offers quicker access for diagnosis and treatment than traditional urban sleep centers – our team can work with you to find the appropriate testing needed, and schedule it at a time that is convenient for you. Patient appointments can be scheduled by calling (937) 578-2020.

The Memorial Hospital Sleep Center is accredited by the American Academy of Sleep Medicine.

Memorial Sleep Medicine Center
Memorial Outpatient Pavilion
 Entrance E
 500 London Ave., Marysville, OH 43040

Memorial Hospital Sleep Lab
 Entrance C
 500 London Ave., Marysville, OH 43040

ADVANCED CARE.

Hundreds of lives saved.

There is a saying in cardiology: “Time is muscle.”

Meaning, the sooner doctors can restore blood flow after a cardiac event, the healthier the heart muscle and the patient will be.

Our Level II Cardiac Catheterization Lab puts time on the patient’s side.

- ♥ Our cardiac team offers emergent and interventional solutions, including balloon angioplasty and stent placement.
- ♥ Our community has access to emergency heart care 24 hours a day, seven days a week.
- ♥ 90% of all patients who were previously transferred can now stay here locally for their cardiac care.
- ♥ We can provide the necessary treatment at Memorial, decreasing the time from diagnosis to restored blood flow – leading to healthier heart muscles and healthier patients.

It’s lifesaving care, right here at home.

