

Meds-to-Beds: Bedside Delivery of Prescription Medications

Get your prescription BEFORE you leave the hospital!

As healthcare workers, we are daughters/sons, parents, siblings, and caretakers, too. We know how stressful it can be when a hospital stay is brought into our alreadybusy lives.

Not to mention, being in the hospital and then waiting in line for medications at the pharmacy after discharge can be taxing. Memorial is helping simplify this process by bringing your prescription to you prior to discharge so you can heal and rest once at home.

That's why we offer Meds-to-Beds, a convenient bedside delivery service for prescription medications. Taking your medications as prescribed is the best way to help make sure you have a safe return home and a complete recovery—and to ensure you won't need to return to the hospital.

And, don't worry, a pharmacist is available to answer your prescription questions during your stay, as well as after you leave the hospital.

At Memorial Hospital, we're committed to making you feel at home during your stay with us. And to getting you back there.

When it's time for you to leave our hospital, we want to make sure you get home as quickly and safely as possible – so recovery can be your #1 priority.

Totally appreciated having meds in hand before I left the hospital!

Saved my wife from having to get them...great service.

-Kelsey, Memorial Hospital patient, December 2023

How Meds-to-Beds Works

- A pharmacy team member will visit you while you're in the hospital and review a complete list of your current medications, plus discuss any new prescribed medications.
- Our team member will ask if you would like to sign up for Meds-to-Beds bedside delivery and will then collect your insurance, as well as any prescription copays.
- Your prescription medication cost (copays) will be comparable to other retail pharmacies.
- Memorial provides this convenient and timely delivery at no extra cost to you.
- When your doctor places an order for your take-home prescriptions, we will coordinate any prior authorizations with your insurance to ensure there are no delays in starting your medications.
- If financial assistance is requested, our team is knowledgeable about free medication trials, prescription coupons, as well as a prescription medication program offered by our local United Way – to help you get the medicines you need.
- A pharmacy team member will then deliver your prescriptions directly to your hospital bedside and answer any questions before you leave.



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We are proud to celebrate the 40th Anniversary of Memorial Community Meals! Started in April 1984, our Community Meals program features regular and reduced-calorie meals served at three locations throughout Union County: Windsor Senior Center (top right), Richwood Civic Center (bottom right), and Pleasant Valley Senior Center (left). Our Memorial staff prepares and serves these nutritious lunches, planned by a registered dietitian, to over 350 seniors a week!

Thank you to our Memorial Community Meals volunteers, our Memorial Health team, and our community who continue to support these efforts! And Happy 40th Anniversary Memorial Community Meals!

On the Cover >>

Golf season is ramping up for those who love the links, but the season is special for Terry Sowder of Richwood, Ohio. Terry had a knee replacement at the end of 2023 with Forrest Schwartz, MD, at Memorial Orthopedics & Sports Medicine. Now that Terry is feeling stronger and ready to golf, he began his season at The Ridge Golf & Gardens in Marysville.

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



- **3** 937 644 6115 | 800 686 467
- memorialohio.co
- 500 London Ave Marysville OH 43040

Chip Hubbs, CEO/President

Emily Wieringa, Chair, Board of Trustee

Editorial Te

bin Coffey, Evie Collins, Jason Hollback,

Family & Faith First. Golf, A Close Second.

Often my friends ask if I would recommend knee replacement surgery – and I say, yes, just do it! Get it done! I feel better than I have in years! I am so grateful to Drs. Schwartz and Stover, and Memorial Orthopedics & Sports Medicine!

ichwood resident Terry Sowder has one of those personalities. A beaming smile with an infectious laugh, Terry lights up a room and you instantly know you want to spend time with him. He captures you with his friendliness and genuine charm. But that smile faded last year, as Terry's left knee pain grew more and more.

An active, on-the-go guy, Terry's weekly list of activities includes his sales position in the automotive industry which takes him from state-to-state. An avid runner, Terry loves to stretch his legs with a good run. Add to that hiking and walking with his beloved wife, Tami, family time with his three sons and their families (including "the cutest" five grandchildren!), and yes, golfing with his buddies.





But Terry's knee pain was starting to get in the way of the favorite parts of his life.

He had been managing the pain for years with the guidance of Mark Stover, DO, FAOAO, of Memorial Orthopedics & Sports Medicine. Initially, the less invasive strategies of non-steroidal anti-inflammatory medications and joint injections were helpful in dealing with his knee issues. But as time wore on, so did his knee.

And Terry found himself having to back out of life. In the early spring of 2023, driving became a challenge. He couldn't stand in one place for more than 5 minutes or walk for more than 15. Playing with the grandkids was painful. And golf? Well, golf suddenly was no fun at all.

After a conversation with Dr. Stover about next steps and options, he was introduced to Forrest Schwartz, MD, a total hip and knee replacement surgeon at Memorial. An appointment that Terry says, turned that smile around.

"I was so impressed by Dr. Schwartz's knowledge of my pain and his expertise in joint replacement, I knew I was ready to take on a new knee. My surgery was in November 2023, and frankly, it was so easy. Dr. Schwartz has this incredible bedside manner that is so compassionate and encouraging. In two short weeks, I was back to work. And, of course, doing my physical therapy with Memorial – another amazing team of people!"

Now, spring 2024 has rolled around, and Terry is back to almost 100%. He is working out on the treadmill and stationary bike. He is loving chasing his grandkids and walking with Tami.

And, he is ready to hit the links this spring – and summer – and fall.

There's that famous Terry smile!

Telltale Signs It's Time for a Knee Replacement

Minor aches and pains can be a normal part of aging, but how do you know when chronic knee pain is something more serious?

How to know when it is time for knee replacement surgery:

- 1. You have chronic knee pain or your pain is bone-on-bone.
- 2. You're having trouble performing daily tasks.
- 3. You've exhausted conservative approaches.
- 4. You experience mobility and instability issues.
- 5. You're prepared to commit to your recovery.

The verdict: if you've answered "yes" to one or more of our 5 telltale signs, it's time to consider an option that will give you long-term relief: total knee replacement surgery. When it is time for replacement surgery, you should discuss all options and make the decision together with your doctor. Learn more about our **Total Joint Replacement Program** at Memorial by calling Memorial Orthopedics & Sports Medicine at (937) 578-4200.

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Expanding Care with New Providers



Ritu Madan, DO *Memorial Rheumatology*

We are pleased to announce that Ritu Madan, DO, has joined our team as a rheumatologist, replacing Abdu Gupta, MD, who departed in

February. Dr. Madan is an experienced rheumatologist, having worked at institutions such as The Ohio State University and Mount Carmel. During her tenure, she has gained extensive experience in diagnosing and treating a wide range of rheumatic conditions, including arthritis, rheumatoid arthritis, osteoarthritis, and osteoporosis. Her commitment to patient care and her dedication to implementing the latest advancements in rheumatology have earned her a strong reputation in her field. Call (937) 578-2275 to schedule.



Carolyn Ricketts, FNP-C *Memorial Damascus Family Medicine*

Carolyn joins Memorial with nearly 16 years in healthcare. Her philosophy of care revolves around a collaborative approach with her patients – working

to understand each patient as a whole person as well as their health goals. She has expertise in high blood pressure, diabetes, and weight management, along with women's health. In her personal time, Carolyn loves to be outside at her country home in Union County with her husband and two children.



Todd Wiley, MD *Memorial Primary Care | Scottslawn*

Todd Wiley, MD, will join Memorial in early April. He recently practiced at the Family Health Centers of Community Memorial Hospital in Hicksville, where

he provided comprehensive family medical care for the last 27 years. Dr. Wiley and his wife are relocating to the area. In his spare time, he enjoys anything outdoors – fishing, hiking, and camping. Dr. Wiley will see patients of all ages and is accepting new patients. Those interested may call (937) 578-5555 to schedule an appointment.

Memorial ear, nose & throat



Gretchen Waggoner, AuD *Memorial Ear, Nose & Throat*

Gretchen is a Doctor of Audiology and has nearly 27 years of experience in the diagnosis and treatment of

hearing loss and balance disorders. Additionally, Gretchen is specially trained in hearing aid selection, fitting, and follow-up.

It is recommended those ages 50+ have a baseline hearing test – to schedule yours with Gretchen, call Memorial Ear, Nose & Throat at (937) 578-4300.

Comprehensive ENT & Audiology Services

Hearing is so vital to our quality and enjoyment of life. Our Memorial Ear, Nose & Throat practice combines the medical expertise of our ENT providers with the diagnostic skills of our audiologists to provide the most comprehensive care possible.





Benjamin Bush, MD

Eryn Staats, AuD

Karen Smith, PA-C

Memorial Ear, Nose & Throat

Marysville – 140 Coleman's Crossing Blvd., Suite 200

Urbana – 1958 E US Hwy 36







Memorial PRIMARY CARE | SCOTTSLAWN



New Location for Dr. Henzel

Dr. Kevin Henzel's MDVIP-affiliated practice is now seeing patients at a new location:

Memorial Primary Care | Scottslawn 14210 Scottslawn Rd, Marysville, OH 43041 (937) 578-4288

Interested in becoming a MDVIP member?
Call the office to learn more!

Memorial urology

Memorial Urology Plans Expansion & Relocation

Memorial Urology (Michael Jordan, DO, and Stephanie Kracker, PA-C) will relocate to the main campus of Memorial Hospital in May 2024. With this move, the practice will be able to expand its services and add an additional physician later in the year. Memorial has also purchased an Aquabeam Robotic System to aid in the treatment of an enlarged prostate. The system allows for better visualization of the targeted prostate tissue, thereby delivering better results for the patient. Stay tuned to future issues of WellAware to learn more!



Memorial occupational health

Occupational Health Expands into Urbana

Memorial is expanding its Occupational Health services for those businesses and entities in the Champaign County area. The clinic hours are now 7 a.m. to 4 p.m., Monday through Friday. Occupational health services include preemployment physicals and fit-for-duty exams, in addition to injury management, treatment, and follow-up protocols. Memorial Occupational Health is located at 1958 E. U.S. Highway 36 in Urbana.



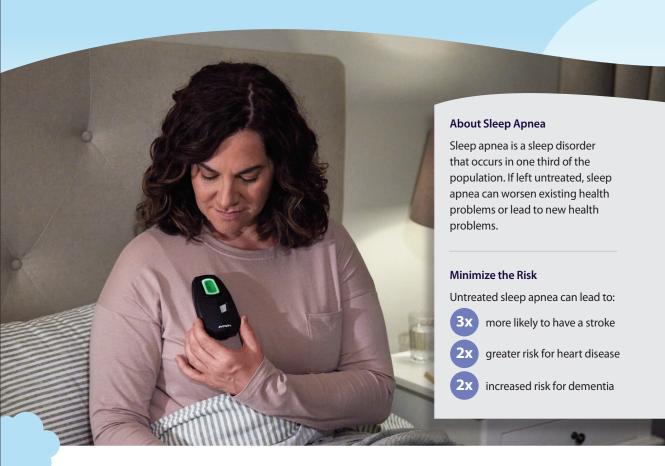


Amanda Brannon, FNP-C *Memorial Occupational Health | Urbana*

Join us in welcoming Amanda to Memorial! Amanda has nearly 20 years in healthcare with experience as a nurse practitioner as well as a registered nurse for inpatient/emergency/ urgent care. She will utilize her years of cross-training and healthcare expertise to provide care to employees of our Occupational Health program. Amanda is married with four children and together, they live in Champaign County.

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Get the sleep you've been dreaming of!



For those who have been diagnosed with moderate to severe obstructive sleep apnea (OSA), Memorial is delivering a sleep solution – the Inspire® implant.

Inspire is a long-term, low-maintenance solution to treat OSA – and it doesn't require a mask or hose.

You see, Inspire is an alternative to CPAP that works inside your body while you sleep. When you're ready for bed, simply click the remote to turn Inspire on. While you sleep, Inspire opens your airway, allowing you to breathe regularly and sleep peacefully.

Let's walk through the Inspire process, step-by-step:

1 Your initial appointment: What to expect



You will first visit **Logan Dalal, MD,** Medical Director of the Sleep Medicine program at Memorial Hospital. He is a Harvard-trained sleep medicine physician with a strong passion for helping people get better quality sleep.

Dr. Dalal will determine if Inspire is the right fit for you. He will look at your sleep study and, if needed, assist in getting an updated study. For insurance purposes, most sleep studies need to have been performed in the last two years.

Together, you will discuss your experience with sleep apnea and CPAP. You can also ask any questions you may have.

Qualifications for Inspire

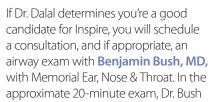


You may qualify for Inspire if you meet the following FDA criteria*:

- You are age 18 or above
- ✓ You have been diagnosed with moderate to severe OSA
- ✓ You are unable to use or get consistent benefit from your CPAP therapy

*To be eligible for insurance coverage, you typically need a BMI, or body mass index, below 36. Talk to your doctor about any concerns you may have regarding your BMI, and how they may be able to help.

Airway exam



will look inside your airway with a small camera to ensure Inspire is the right treatment for you.

3 Outpatient procedure

If you pass the airway exam, you will next be scheduled for the two-hour outpatient procedure, during which Inspire is placed under the skin, with two small incisions. Most patients take over-the-counter pain medication and resume non-strenuous activities within a few days.

4 Turning on Inspire

About a month after the procedure, Inspire will be turned on during an office visit with Dr. Dalal. This is when you will learn about your Inspire Sleep Remote and how to use it. As you step up levels and get used to sleeping with Inspire, you'll have follow-up appointments with Dr. Dalal to determine which settings are best for you.

After using Inspire at home for a few months, you will return to Memorial Sleep Medicine to fine-tune Inspire during an overnight sleep study.

Questions you may curious about:

Is Inspire covered by insurance?

If you have medical coverage, you will likely have coverage for Inspire. The Inspire implant is widely covered by a majority of traditional, Medicare, and Veterans Affair (VA) insurance plans if you meet policy criteria.

How long does the battery last?

The battery in Inspire is designed to last for approximately 11 years. Once it is running low, it is replaced during an outpatient procedure.

How often should my doctor check the Inspire implant?

Once you and your doctor determine the best settings for you, your doctor will check the status of your device once or twice a year.

Tell me more! You can speak to our Inspire Navigator by calling (937) 578-2735.



And then it's time for - Good night, sweetheart, good night!

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Ask a Doc

Michael R. Donnally, MD, is a cardiologist serving patients as part of The Heart Partnership between Memorial Hospital and The Ohio State University Wexner Medical Center. The Heart Partnership puts state-of-the-art prevention, diagnostic, and treatment delivery systems alongside expert physicians to provide comprehensive heart and vascular care to the region.

Dr. Donnally's expertise is in treating cardiovascular diseases, heart valve conditions, hypercholesterolemia, and hypertension, among other conditions. He currently serves as Medical Director for the Lipids Clinic at Memorial.



What are lipids and why are they important to my overall health?

A: Dr. Donnally – We might each remember learning about lipids in school – they serve as the building blocks for all living cells. These fatty, waxy, or oily compounds are essential to many body functions – they help regulate hormones, transmit nerve impulses, cushion organs, and store energy in the form of body fat.

The three main types of lipids are phospholipids, sterols (including the different types of cholesterol), and triglycerides (which account for over 95% of lipids in food). Lipids are found in higher quantities in fried foods, animal fats, and dairy products like cream, butter, and cheese.

Though lipids are important to your health, consuming excessive amounts in food can lead to high lipid levels. On the other hand, some people have high levels because they have an inherited disorder. High lipid levels may also be caused by medical conditions such as diabetes, hypothyroidism, alcoholism, kidney disease, liver disease, and stress. What's important to know is, high cholesterol can lead to diseases like atherosclerosis ("hardening of the arteries"), hypertension (high blood pressure), and coronary artery disease.

Having too much of some lipids is harmful. Depending on your test results, your healthcare provider will decide whether you need lifestyle changes or prescription medications to lower your cholesterol.

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.

I have a family history with a high-risk of cardiovascular disease. My doctor would like to monitor my health with a lipid panel test. What does this entail?

A: Dr. Donnally – More than likely, you have heard of a cholesterol test or "checking my cholesterol." Your doctor is ordering a lipid panel or lipid profile to measure the amount of cholesterol and triglycerides in your blood. A lipid panel measures these fats:

- · Total cholesterol
- LDL ("bad") cholesterol
- HDL ("good") cholesterol
- Triglycerides

The results can indicate to your provider if you are at risk for cardiovascular (heart and blood vessel) disease.



To get the most accurate results for your lipids test, you will need to avoid eating anything (fast) for 12 hours before.



Why has my provider referred me to a Lipids Clinic?

A: Dr. Donnally – Patients are referred to a Lipids Clinic because they have high lipids that have been resistant to standard therapy, or they have experienced intolerable side effects from cholesterol-lowering medications. Sometimes, patients are referred to a Lipids Clinic if they are on higher-cost medications and could benefit from prescription financial assistance, too.

Memorial Health offers a Lipids Clinic, staffed by expert clinical pharmacists and nurse practitioners with our Pharmacy Department. When a patient is referred to us, during the initial consultation, we perform blood tests to determine what lipid disorder you have, as well as to determine if the lipid problem is due to something other than diet or heredity. There are many disorders that could be responsible for the lipids, so treating the illness can also treat the lipid disorder.

Total cholesterol (adult ranges):

- Normal: Less than 200 mg/dL
- Borderline high: 200 to 239 mg/dL
- High: At or above 240 mg/dL

LDL cholesterol (adult ranges):

- Optimal: Less than 100 mg/dL (This is the *goal for people with diabetes or heart disease)*
- Near optimal: 100 to 129 mg/dL
- Borderline high: 130 to 159 mg/dL
- **High:** 160 to 189 mg/dL
- Very high: 190 mg/dL and higher

The above numbers are general guidelines, because actual goals depend on the number of risk factors you have for heart disease. Some patients, in fact, may need to maintain LDL levels below 70, or even 55, based on their conditions.

HDL cholesterol:

Your HDL cholesterol levels should be above 40 mg/dL. This type of fat is actually good for you because it lowers your risk of heart disease. The higher the number, the lower your risk – in fact, 60 mg/dL or above is considered an ideal level to protect you against heart disease.

Triglycerides (adult ranges):

- Normal: Less than 150 mg/dL
- Borderline high: 150 to 199 mg/dL
- **High:** 200 to 499 mg/dL
- Very high: Above 500 mg/dL

High levels of triglycerides are linked with a higher heart disease risk.

Concerned about your lipid levels or your risk of cardiovascular disease? Speak to your primary care physician about your concerns and whether a referral to a Lipids Clinic is right for you.

John and Kathy Chapman

Around the holidays, the Union County Singsations dazzled the audience with their holiday-filled song and dance. And one face really shined for us at Memorial!

Last fall, Kathy Chapman was a short-term resident at Memorial Gables while she underwent therapy and rehabilitation after breaking her hip and femur. She shares, "Admittingly, when I learned I would have to rehab at the Gables, I immediately cried, because I was worried I wouldn't be able to dance in the Christmas Program this year something I have done the last 19 years."

"But oh, what I know now! My two-weeks of rehab were filled with wonderful care. My therapy sessions were awesome, and frankly a little fun! I am so grateful to the nurses, therapists, and aides that provided my care while at Memorial Gables and helped me regain my independence!"

Congratulations to our wonderful Memorial Gables team for helping Kathy get back on her feet, literally, so she could dance again – for year #20!

Up next, we are sharing a special note submitted by a patient's husband, regarding the dedicated and focused care delivered by David Hammond, PT, DPT, a physical therapist at our Physical Therapy location in Urbana. We love to share these words of appreciation!

"I am writing to express my sincere thanks and praise for David Hammond and his work with my wife, who is an Alzheimer's patient with arthritis in her knees. A knee replacement is not a viable option for her, but on my request for anything that might help her mobility, including physical therapy, we were connected to Memorial's Urbana location and soon after met David."

"David's sense of support and empathy for my wife's mental condition was superb, and his understanding and patience were outstanding. His kind, supportive attitude in finding appropriate exercises for her was exemplary – and in turn, they have been quite helpful in increasing her mobility from what it was before we began. While a total recovery to her previous level of motion and daily activities is not possible, due to her condition, David's efforts and skill have made a tremendous impact on her functioning. For this, I and all my family are thankful!"

We are proud to have David as part of the Memorial Team! And thank you to this family for sharing their appreciation with us!



David Hammond PT, DPT

Changing Lives, One Patient at a Time

We are so grateful when patients take the time to send us feedback on their care! The wife of a patient recently reached out to share the story of her husband who was an inpatient at Memorial Hospital, two weeks prior to his double-lung transplant at Cleveland Clinic. Words that stand out to us? "Amazingly skilled nurses. Fantastic, compassionate care. VIP boutique hospital." Read on to hear her story!

"I am so grateful for Memorial and your team! My husband and I became acquainted with your health system as 'frequent flyers' at Memorial Urgent Care. My husband has been on the lung transplant list for some time, and we were often seen as we worked diligently to head off respiratory infections."

"But in October, this round of infection became more questionable, and it was suggested we head to the ER at Memorial. I will admit I had under-estimated the hospital and worried if the care of my husband's complex illness would be on par with what we had experienced at Cleveland Clinic and other regional hospitals."

"What we found was the best VIP boutique hospital right here in our hometown."

"The care was fantastic. The physicians and their expertise, in both the ER and within the inpatient unit, were wonderful and skillful. All the nurses and techs – on every shift – were amazing."

"After four days of observation and treatment at Memorial, it was recommended that my husband be transferred to Cleveland Clinic to await his transplant. The call came in very late on that Friday night to make the transfer – and we were encouraged to do it quickly."

"Jodi Love, RN, BSN, was our charge nurse in the Critical Care Unit (CCU) that night. Jodi could have waited until case management arrived later the next day. But instead,



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A WORLD OF WELLNESS

The health and wellness of you and your family are at the top of your priority list, just as they should be. And, we know the list can be long, with work, school/sport activities, family obligations, church, volunteer commitments – we could go on and on!

But while you focus on your family, let us focus on you! As a patient of one of our Memorial Medical Group practices, you have a wealth of items in your Healthcare Toolkit, ready for you!



Kelly Loman, DO Memorial Family Medicine | Gateway

Video Visits with Your Provider

"We know sometimes it is a challenge to come to the office for a sick visit. Memorial offers Video Visits via MyChart that allow you to access care from the comfort of your own home, or any other convenient location, using a mobile device, PC, or laptop. You even complete the pre-registration prior to the appointment, so our time together is efficient – and focused on getting vou back to feeling healthy."



FNP-C *Medicine* Mill Valley

& Collaboration "All Memorial providers utilize Epic®, an electronic

Team Communication

medical records (EMR) platform, for each patient's medical records. When you have shoulder surgery with me, your Memorial primary care provider can access the summary notes from our appointments. In addition, I can read your progress report while you are with the Physical Therapy team at Memorial. Each provider that you see can read and understand your medical history and current conditions. Together, we can focus on your care as a team, to give you a more positive and supportive healthcare experience."



Timothy Lynch,

DO, FAOAO

Orthopedics &

Sports Medicine

Even More

Health Resources

"We have a wealth of additional

services that we can refer you to as

a patient, too! Many of my patients

have found the Medication Therapies

Center a valuable resource to manage

their various prescriptions. We also have

a robust Diabetes Education program

that focuses on both pre-diabetic

and diabetic needs. We are all-in

to deliver you the healthcare

you need."

Memorial

Amanda Lollini, Memorial Family

Memorial Medical Group Practices

Primary Care:

Memorial Damascus Family Medicine Memorial Family Medicine | Gateway Memorial Family Medicine | Mill Valley Memorial Family Medicine | Plain City Memorial Family Medicine | Richwood Memorial Internal Medicine Memorial Primary Care | Scottslawn Memorial Primary Care | Urbana

Specialty Care:

Memorial Ear, Nose & Throat Memorial General & Colorectal Surgery Memorial Neurology Memorial Oncology & Hematology Memorial Orthopedics & Sports Medicine Memorial Pain Solutions Memorial Psychiatry Memorial Rheumatology Memorial Urology



Kevin P. Henzel, MD Memorial Primary Care | Scottslawn MDVIP Affiliate

Multi-Cancer Early Detection Tests

"Being a devoted proponent of wellness checks and screenings, I am pleased that Memorial offers the Galleri™ Test to our patients. Galleri is a first-ofits-kind multi-cancer early detection (MCED) blood test. It can alert you to hard-to-detect, aggressive, and often fatal types of cancer like pancreatic, ovarian, and esophageal. A simple blood draw, the test has demonstrated the ability to detect a signal in the bloodstream shared by more than 50 types of cancer. Payment is out-of-pocket – speak to your provider to explore if this test is right for you!"





Delivering the Best Care

To Our Patients & Our Region!



Great Community Hospitals 2023















