

A PUBLICATION BROUGHT TO YOU BY MEMORIAL HEALTH

wellaware

FALL 2024

**NEW LACTATION
RESOURCES FOR
MOMS & BABIES**

**WHAT IS RAISING
YOUR BLOOD
PRESSURE**

**COMPREHENSIVE
UROLOGIC CARE**

 **Memorial** HEALTH

As Our Region Grows, So Does Our Lactation Team!

It is an honor when families entrust the labor and delivery of a precious bundle of joy to our team at the Memorial Miracle Life Center. We love being with you every step of the exciting journey!

And one of those steps may be breastfeeding your newborn. While lactation is a natural process, many moms need help. Breastfeeding is truly a family endeavor and is most successful when there is a strong support system for the person doing the feeding.

Together, our team is here to assist you – we can provide breastfeeding support and consultation – while you are here at Memorial and after you leave! Our Certified Lactation Team is available to:

- answer questions and provide counseling
- educate on best practices
- link you to many local resources available to breastfeeding families

The communities in our region have certainly grown and expanded, and our Certified Lactation Team has kept in step! We now have three consultants who are here for you and your family – whether you are welcoming your first baby or sixth!

MEET OUR TEAM



Our Memorial Certified Lactation team is represented by Kritika Girard, RN, BSN, CLC; Lisa M. Shaw, RN, IBCLC; and Jamie Ruane, RN, BSN, IBCLC.

LATCH & LEARN WITH MEMORIAL

Breastfeeding Class

There are so many questions when it comes to breastfeeding your newborn. Our board-certified lactation consultants will provide helpful tips during this class – support partners are welcome to attend.

Breastfeeding Support Group

Attend twice-a-month meetings to learn proper techniques, have your questions answered, talk with other breastfeeding mothers, and have your baby weighed.



For information or to register, go to memorialohio.com/events or call (937) 578-2329.

Lactation Resources

We have a host of great resources for lactation!



When to Call a Lactation Consultant



Tips for the Exclusive Pumping Mother

GOOD THINGS TO KNOW ABOUT OUR "LABORHOOD"



Memorial is certified as a GOLD LEVEL Safe Sleep Hospital! We are on a mission to share safe sleep tips for the precious infants in our lives.



For eight consecutive years, our Obstetrics team has achieved high levels of patient experience ratings! From 2016-2023, we ranked in the top 4% among obstetrical services IN THE NATION.



Memorial Health is excited to welcome **Margaret Stroup, DO**, back to the Marysville area and to the Avina Women's Care Team! Dr. Stroup is accepting new patients. Her care philosophy is treating each patient with compassion, empathy, and respect. Schedule with Dr. Stroup by calling (937) 644-1244.



wellaware Fall 2024



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BECKER'S
HOSPITAL REVIEW
QUIETEST HOSPITALS
IN OHIO
2024

BECKER'S
HOSPITAL REVIEW
Great Community
Hospitals
2023 & 2024

BECKER'S
HOSPITAL REVIEW
TOP RECOMMENDED
HOSPITALS IN OHIO
2024

Day in, day out, our team members are taking strides to advance care for our patients across the region. And, having our organization receive these prestigious recognitions is a direct reflection of Memorial's nationally-recognized quality of care. Memorial is proud to be recognized with

- A Five-Star rating in patient care by the Centers for Medicare & Medicaid Services.
- The 2024 "Great Community Hospitals" award by Becker's Hospital Review.
- One of 16 hospitals in Ohio that patients would highly recommend.
- One of the quietest hospitals based on patient feedback.

On the Cover >>

The team at Memorial Urology is expanding with a new specialist joining the practice. Pictured, left to right, are Stephanie E. Kracker, PA-C; Michael Jordan, DO; and newly-recruited physician Elizabeth Snajdar, DO. Together, our team is dedicated to those experiencing health or lifestyle issues due to urologic conditions.

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



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memorialohio.com
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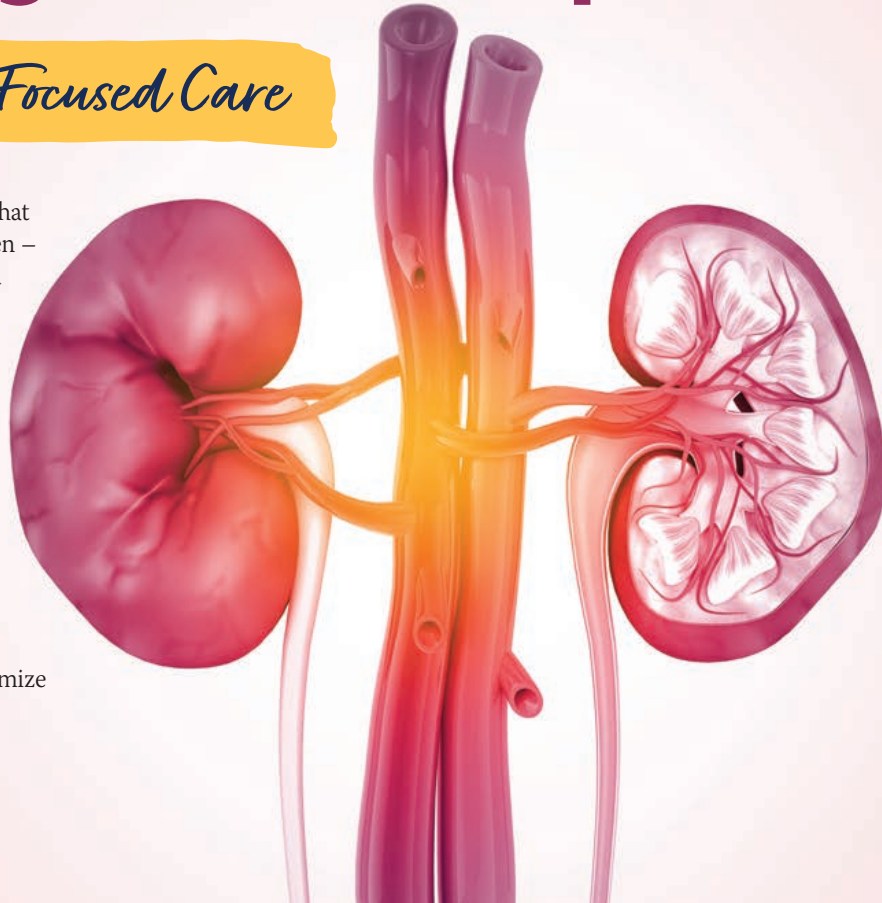
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New Home. Advanced Technologies. Growing Team of Experts.

Same Patient-Focused Care

Urology is a field of medicine that touches both men and women – in fact, 50% of us will experience a urologic condition in our lifetime. Maintaining your urologic health is especially important as it covers so much of our body's functions.

And while we are often embarrassed about having to see a urologist for problems such as incontinence and sexual dysfunction, taking preventive measures when it comes to your urologic health can help you minimize the risk for the future.



GROWING TEAM OF EXPERTS



Michael Jordan, DO

President of the Memorial Hospital Medical Staff

"Dr. Jordan is my provider of choice. I travel in excess of an hour to be seen by him because of the years he has provided optimum and even lifesaving care."

4.9

OVERALL



(472 Reviews)

Memorial Health Patient – July 2024



Stephanie E. Kracker, PA-C

"I was treated very well, everyone was polite, respectful. My provider, Stephanie Kracker, PA-C, I put a lot of trust in her – she is compassionate, shows empathy, knowledgeable, listens, and answers questions."

4.9

OVERALL



(350 Reviews)

Memorial Health Patient – July 2024



Our urology team is dedicated to those experiencing health or lifestyle issues due to urologic conditions. With your comfort and privacy as our priority, our specialists offer solutions to improve your health and your life if you are experiencing:

- Urinary infections
- Erectile dysfunction
- Overactive bladder
- Incontinence
- BPH (benign prostatic hyperplasia) – see pages 6-7 for information on Aquablation therapy
- Hematuria (blood in urine)
- Kidney stones
- Bladder cancer
- Prostate cancer
- Enlarged prostate
- Low testosterone levels



NEW HOME at 500 London Avenue

Memorial Urology is excited to expand our urologic services with a new practice location as well! Patients are now seeing the team at our office at Entrance D on the hospital campus.

ADVANCED TECHNOLOGIES

▶ Memorial Hospital is proud to introduce our new da Vinci Xi® Robotic Surgical System by Intuitive!

Robotic-assisted surgery is minimally invasive and can provide significant advantages to our patients, including **minimal scarring, reduced pain and discomfort, shorter hospital stays, and faster recovery times.** The new system will be used for surgical care across a spectrum of procedures in urology, in addition to general surgery and gynecology.

▶ Memorial Urology now offers Aquablation Therapy, a minimally invasive, effective solution for lower urinary tract symptoms (LUTS) caused by BPH. Using robotic precision, Aquablation therapy delivers lasting results with a low risk of complications – see pages 6-7 for more information.



NEW PROVIDER!

Elizabeth Snajdar, DO

Dr. Snajdar has recently joined Memorial Urology and is a welcome addition to the team. She completed her residency in Urologic Surgery at McLaren Macomb in Michigan and her medical degree was achieved at Ohio University Heritage College of Osteopathic Medicine in Dublin. She holds a Bachelor of Science in Nursing from Cleveland State University and a Bachelor of Science in Molecular Genetics from The Ohio State University.

Dr. Snajdar is focused on treating a wide range of urologic conditions and genitourinary cancer, from routine to complex, in both men and women. Additionally, she is experienced with the da Vinci Robotic Surgical System.

Discover What's Possible WITH AQUABLATION THERAPY

New Surgical Treatment for BPH

Aquablation therapy is a new type of surgical treatment for benign prostatic hyperplasia (BPH). At Memorial Urology, we are proud to be among the first in the Central Ohio region to offer this advanced, minimally invasive treatment. You see, we believe in helping men suffering from BPH to get their life back and feel like themselves again.

What is BPH? Benign Prostatic Hyperplasia (BPH) is a prostate that has grown to be larger than normal. BPH is not prostate cancer. As the prostate grows, it may constrict the urethra, making it difficult to urinate and applying pressure on the bladder, causing it to weaken and have difficulty emptying.

Do you see yourself in these symptoms?

BPH may cause two kinds of symptoms that can impact your quality of life:

- Ability to hold urine – causing you to search for bathrooms throughout the day or to wake up several times a night
- Emptying your bladder – causing you to push or strain when urinating or to have a weak stream that starts and stops

If BPH symptoms are left untreated, bladder and kidney function may be impacted over time. Additionally, using medications for a long time to manage BPH symptoms have been shown to increase risk of heart failure and dementia.

Aquablation therapy is a one-of-a-kind procedure that aims to minimize this compromise.

Aquablation therapy is the only ultrasound-guided, robotic-assisted, heat-free waterjet for the treatment of BPH. **Let's break all these terms down:**

"Ultrasound-guided"

Aquablation therapy provides a real-time, ultrasound-guided view of the prostate during the procedure so our surgeons can:

- Personalize the treatment plan to your anatomy
- Protect important tissue to preserve sexual function and continence

"Robotic-assisted precision"

Aquablation therapy is completed with robotic-assisted execution, which enables the surgeon to remove problematic tissue no matter the size of the prostate.

"Heat-free Waterjet Technology"

Aquablation therapy is the only procedure that uses a heat-free waterjet to remove prostate tissue. Most procedures that remove prostate tissue utilize heat, but heat may be damaging to the parts of the prostate that control erectile function and ejaculatory function.

Why Choose Aquablation Therapy?

There are numerous surgical treatment options for BPH. Aquablation therapy is a different kind of procedure, and there are many reasons that it may be right for you.



Low rates of irreversible complications

In clinical studies, men who had Aquablation therapy had very low rates of irreversible complications (incontinence, ejaculatory dysfunction, or erectile dysfunction).



Confidence in procedure

Aquablation therapy is the only procedure that resects prostate tissue with a robotically-controlled waterjet, designed to minimize human error.



Exceptional results vs TURP

When compared with transurethral resection of the prostate (TURP), Aquablation therapy demonstrated:

- Significant symptom relief
- Lower complication rate
- Fewer retreatments



Exceptional effectiveness

Aquablation therapy patients, on average, experienced:

- 16-point improvement in International Prostate Symptom Score
- 2x improvement in urinary flow rate

This one-of-a-kind procedure can be performed on prostates of any shape and size to deliver durable, long-lasting relief. Ready to speak to our Memorial Urology Team? Call us at (937) 578-2626 to schedule an appointment with our Aquablation therapy experts.

LEARN MORE



Fighting Renal Cell Carcinoma

“Blessed. Honored. So very, very grateful.”



These are the words Marysville-native Karla Holton repeatedly expressed as she spoke about her cancer journey at Memorial Health over the last three years. Diagnosed in March 2021 with stage four renal cell carcinoma, in April Karla underwent kidney removal surgery for a seven-centimeter tumor in her left kidney, and quickly began immunotherapy in May. Today, there is no evidence of disease and Karla is enjoying every moment of her life.

But she is quick to reflect back on her experiences and the Memorial team members who were there by her side.

Karla and her husband, Rich, began hiking during the pandemic, like so many of us. Following a short hike one day, Karla experienced some nagging back pain with blood in her urine later that evening. After an urgent appointment with her physician, **Dr. Michael Shaffer**



Michael Shaffer, MD



Michael Jordan, DO

at Memorial Family Medicine | Mill Valley, Karla was immediately sent for a CT scan. She still marvels how the results came in late Friday night and Dr. Shaffer called her immediately with the news – he arranged appointments with **Dr. Michael Jordan** at Memorial



Robert Rupert, MD

Urology first thing on Monday morning and Tuesday was scheduled with **Dr. Robert Rupert** at Memorial Oncology & Hematology. She knew instantly she had a focused, caring team on her side.

Her smile widens as she talks of her medical team – Dr. Jordan? “Oh, how I love him!” Dr. Rupert? “He is wonderful – I can’t imagine this journey without him!” **Dina Hill** of the Oncology Team is “My navigator of



Dina Hill, LPN



Jenna Hoffman, CNP

every step.” The oncology nursing team is “top-notch.” And **Jenna Hoffman, CNP**, is “So wonderful – a breath of reassuring, calming air.”

Karla got to know this team quite well through her immunotherapy regimen – with a daily targeted medication on top of a monthly immunotherapy infusion. During this time, Karla and Rich relocated to the Miamisburg area, to be closer to their daughter, Bethany, and her young family. But Karla insisted that her care remain at Memorial – a non-negotiable, she says.

But those many, many trips were taxing on their already increasing medical bills. Here’s where her team steps up again. **Devyn Bollack**, a Pharmacy Financial Navigator at Memorial, suggested Karla apply for mileage assistance with Memorial’s Oncology Patient Financial Assistance Program (OPFAP). She was awarded funds to help with mileage to her immunotherapy appointments – an outcome that “meant the world” to her.



Devyn Bollack

Today, Karla is back to hiking when she can, with some limitations. Her best advice? “Find a support system who will be with you every step of the way. For me – it is, and continues to be, my family; my childhood friend, Pam; and my team at Memorial. They are my everything.”

Gifts of encouragement and support.

Our Memorial Health Foundation offers the Oncology Patient Financial Assistance Program to financially assist patients receiving oncology care at Memorial Health. Our hope is to alleviate some of the financial burden for patients so they may focus on their health while undergoing cancer treatment.

The program is backed by generous corporate and individual contributors, special fundraisers, as well as dollars from the United Way of Union County as a Funded Partner.

Ways we can help.

Our program supports oncology patients of Memorial Health with financial assistance in three areas:

\$200	\$600	\$400
\$200/Year Per Patient	\$600/Year Per Patient	\$400/Year Per Patient
Appointment Co-Pays, Co-Insurance, and Deductibles	Prescriptions	Transportation



Is helping patients like Karla a passion of yours? We invite you to discover more about our Oncology Patient Financial Assistance Program.



Memorial is a member of The James Cancer Network at Ohio State – learn about our state-of-the-art cancer care.

Ask a Doc

Katherine H. Kelly, MD, is a general surgeon at Memorial General & Colorectal Surgery, with a special focus on breast health. She first considered becoming a physician during her mother's breast cancer diagnosis and mastectomy, over 20 years ago. It means the world to her to help guide her patients through that same journey.

Dr. Kelly believes it is important for women to understand their breast health and address any issues immediately.

Memorial GENERAL & COLORECTAL SURGERY

937 578 2650

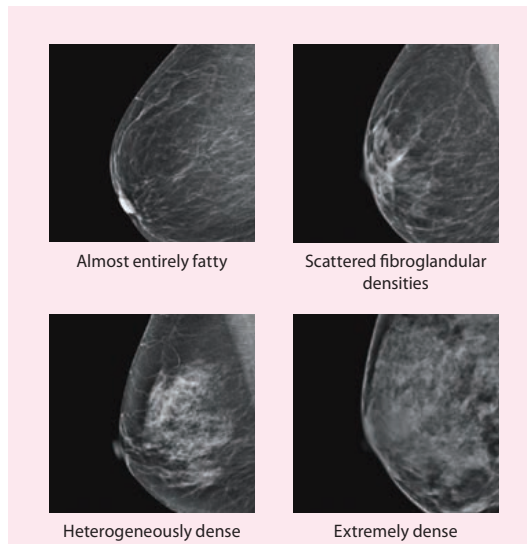


Katherine H. Kelly, MD
General Surgeon |
Breast Health Champion

Q I have been told my breasts are dense – what exactly is breast density?

A: Dr. Kelly – While all breasts are made up of fatty tissue and breast tissue, not all breasts have the same combination of the two. Some breasts have more fatty tissue than breast tissue, while others have more breast tissue than fat. Your breasts are considered dense if you have a lot of fibrous or glandular tissue. Density may decrease with age, but there is little, if any, change in most women.

Breast density is determined by the radiologist – the doctor who reads your mammogram. They will assign each mammogram to one of four density categories. Your doctor can tell you whether you have dense breasts based on where you fall on the density scale.



Breast density is determined by the radiologist who reads your mammogram and classifies the density into one of four categories. Your doctor will tell you if you have dense breasts based on your mammogram's classification on the density scale.

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 Why is breast density monitored?

A: Dr. Kelly – Having dense breast tissue may mildly increase your risk of getting breast cancer. Dense breasts also make it more difficult for doctors to spot cancer on mammograms. On a standard 2D mammogram, dense breast tissue appears white. Since masses or lumps also appear white on a mammogram, a suspicious lump can be masked by dense breast tissue.

Q Are any tests better than a mammogram for dense breasts?

A: Dr. Kelly – A 3D mammogram, or tomosynthesis, creates 3D pictures of dense breast tissue so any masses or lumps can be more clearly identified and smaller lesions can be better visualized, aiding in early detection of breast cancer.

3D mammograms utilize X-ray to take numerous images at different angles and locations throughout the breast to produce a 3D image of the breast. It is performed at the same time as your annual screening mammogram.

The cost of a 2D mammogram is covered by all insurance companies under federal law. Although 3D mammograms are becoming the standard of care, it may not be covered by insurance, and you may have out-of-pocket expenses. Coverage for 3D mammograms may vary by insurance carrier – Memorial Health can assist you with understanding your insurance provider's coverage when you call to schedule.

If additional diagnostics are required, Memorial also offers breast ultrasound and MRI for patients.

3D Mammography Services at Memorial Health

Memorial Health proudly offers advanced 3D mammograms through the Genius™ 3D Mammography™ exam.

This state-of-the-art, yet simple exam:

- Is FDA approved as superior for women with dense breasts
- Can be taken at any of our three easily accessible locations with extended hours for your convenience

To learn more or to schedule your annual mammogram, call (937) 578-2020.

Mammogram Locations

Memorial Hospital
500 London Ave., Marysville
(937) 644-6115

Breast ultrasound and MRI also available!

Memorial City Gate Medical Center
120 Coleman's Crossing Blvd., Marysville
(937) 578-4310

Memorial Urbana Medical Center
1958 E US Hwy 36, Urbana
(937) 652-5019

Walk-in mammograms available!

Breast Health Resources



The American Cancer Society and most health experts recommend

women receive an annual screening mammogram beginning at age 40 (or earlier if you have a family history). It is the best way to detect breast cancer at its earliest, most treatable stage.



Free mammograms are available at Memorial for women who are

uninsured or underinsured, thanks to two supporting groups: the Breast and Cervical Cancer Project (BCCP) and the Blackburn Chasing the Cure Foundation. Scan to learn more.



October is Breast Cancer Awareness Month – take this opportunity to schedule your annual mammogram! Do it for your family. Do it for your girlfriends. Do it for you!

Call (937) 578-2020 today!

Expanding Care with New Providers



Maria Kellermier, MD
Memorial Family Medicine | Richwood

Our Richwood practice is welcoming a new family medicine provider – Maria Kellermier, MD. Dr. Kellermier recently served as a hospitalist at Memorial Hospital, providing care to inpatients. Prior to that, she served as a hospitalist at the University of Rochester Medical Center, as well as an Assistant Professor of Clinical Medicine at the University of Rochester School of Medicine & Dentistry. Dr. Kellermier and her husband have two daughters and as a family, they enjoy outdoor activities and hiking. **Patients may call (740) 943-2354 to become a patient of Dr. Kellermier.**



Monica V. Tejani, DO
Memorial Neurology

As a general neurologist, Dr. Tejani provides comprehensive diagnosis and treatment of disorders of the brain, spinal cord, peripheral nerves, and muscles in adults. Her areas of focus include headaches/migraines, stroke, epilepsy, neuropathy, tremors, Parkinson's disease, and dementia including Alzheimer's disease. She is trained to administer Botox injections for chronic migraines.

Dr. Tejani describes herself as a strong advocate for her patients, aiming for open communication and joint decision making to create a personalized plan of care. In her free time, Dr. Tejani loves to travel, explore local parks, and try out new restaurants. **Memorial Neurology can be reached at (937) 578-2020.**



Chait Vadlamudi, MD
Memorial General & Colorectal Surgery

Joining our surgical practice is Chait Vadlamudi, MD. His experience spans the gamut of leading-edge general surgery techniques, including specialization in open abdominal surgeries as well as minimally invasive surgical procedures, ranging from laparoscopic and robotic-assisted surgery with the da Vinci surgical system, to endoscopic procedures. Dr. Vadlamudi completed his residency at MedStar Georgetown Washington Medical Center within the General Surgery Program. His fellowship at The Ohio State University focused on Minimally Invasive Surgery and Advanced Therapeutic Endoscopy.

Dr. Vadlamudi offers, "Developing a relationship with my patients is something that I take seriously, and I understand each patient is different. My training and practice in a variety of modalities allows me to design a tailored approach to each patient's needs, with better outcomes and shorter recovery times."

To schedule an appointment with Dr. Vadlamudi, call (937) 578-2650.

News from Around Memorial



Jeff Hazey, MD
Chief Medical Officer

Memorial Health has announced the selection of Jeff Hazey, MD, as the new Chief Medical Officer for our growing system. Dr. Hazey will bring significant clinical physician leadership experience and assist with the strategic vision and management across the entire Memorial Health enterprise.

Dr. Hazey joined Memorial Health in 2017 as a highly respected general surgeon. He previously served as President of the Medical Staff at Memorial Hospital, as well as Department of Surgery Chair on the Medical Executive Committee.

Prior to joining the Memorial team, Dr. Hazey was the Chief of the Division of General and Gastrointestinal Surgery at The Ohio State University Wexner Medical Center, and a tenured Associate Professor in the Department of Surgery at The Ohio State University.



Jacob Boucher, MD
Medical Director, Memorial Medical Group

Jacob Boucher, MD, has been tapped to serve as Medical Director of Memorial Medical Group (MMG), the employed provider network for Memorial. In this role, Dr. Boucher will be engaged in creating opportunities for the continued growth of the medical group that now includes a network of 55 providers, more than 140 employees, and office locations throughout Marysville, Richwood, Plain City, and Urbana.

Dr. Boucher joined MMG in 2017 as a fellowship-trained sports medicine and family practice provider. Due to the growth of Memorial's sports medicine program, in 2021, he transitioned to a focus on that specialty as part of the Memorial Orthopedics & Sports Medicine team. He has also served as team physician for many of Memorial's school partners, including Marysville Exempted Village School District, Fairbanks Local School District, and North Union Local School District.



Be In the Know for Your Health!
Get health tips and the latest in wellness!
Sign-up today for our e-WellAware newsletter!

THINGS YOU MAY NOT KNOW ARE IMPACTING YOUR BP

Blood pressure. We know about it. We can feel when something raises it. But do we know what factors in our lives might be impacting our overall numbers?

Blood pressure refers to the internal force that your blood exerts on your blood vessels as it travels through your body. When this force measures above the normal range, it indicates high blood pressure, also known as hypertension.

High blood pressure is a dangerous condition that can lead to heart failure, stroke, or kidney disease.

Though there are some unavoidable risk factors for hypertension, such as age or genetics, simple lifestyle changes can help keep you within a normal range. Let's look at four factors that may be contributing to your high blood pressure.

1 SLEEP APNEA

Snoring can make for a bad night's sleep, for you and your bed mate. But if it happens because you have obstructive sleep apnea (OSA), it can also impact your blood pressure. You see, when you wake up often during the night, your body gets stressed, thereby making your hormone systems go into overdrive, which boosts your blood pressure levels. A lose-lose situation for your body.

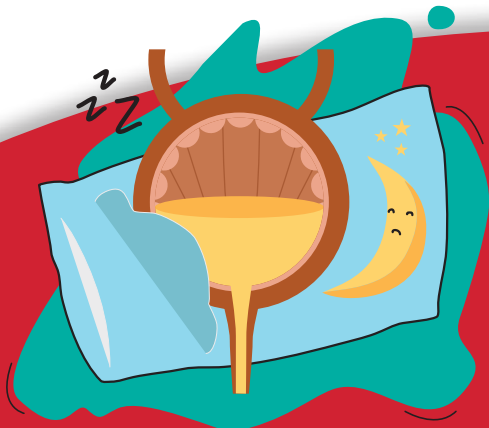
Treatment can make a difference, though. Some people with high blood pressure who get help for sleep apnea will see their blood pressure improve.

If you believe you have OSA, talk to your physician to determine if a sleep study would be beneficial for your health. Our Sleep Medicine program offers quick access for diagnosis and treatment. We can help you get the sleep you need.



2 HOLDING IN URINE

We know the scenario – we want to finish binge-watching our favorite show or continue the conversation with neighbors – which can mean putting off heading to the restroom. But when our bladder is full of urine, it puts pressure on our kidneys. This can lead to higher blood pressure. In fact, this is the reason many physicians suggest using the restroom prior to having your BP taken. So, ease up on your bladder – and your heart.



3 DRINKING TOO MUCH ALCOHOL

Having more than two drinks per day can cause hypertension because the alcohol activates your adrenergic nervous system, causing constriction of blood vessels and simultaneously increasing your blood flow and heart rate. According to American Heart Association recommendations, if you don't drink already, don't start. If you do drink, talk with your doctor about the benefits and risks of consuming alcohol in moderation.



4 LACK OF FRUITS AND VEGETABLES

This seems like one we probably know. Dietary changes can help manage your high blood pressure.

Certainly, cutting back on high-sodium processed foods is a good start, but filling your plate with a variety of fruits, vegetables, and whole grains can move the needle even more. But are there certain ones we can target?

Yes! Eating potassium-rich foods like sweet potatoes, avocados, spinach, leafy greens, and beans can work to regulate blood pressure. Incorporating many of these foods into your diet can be a great way to facilitate a healthier lifestyle – and lower BP.

What's the best fruit? Blueberries! Regularly consuming more blueberries can help add fiber in your diet and lower your blood pressure at the same time. According to the USDA, one cup of blueberries has four grams of fiber, which is more than many popular fruits like bananas, apples, or grapes.



Talk with your family medicine provider about your high blood pressure and whether any of these factors are impacting your health.



Memorial Hospital is partnered with the nationally ranked The Ohio State University Wexner Medical Center for The Heart Partnership, offering state-of-the-art prevention, diagnostic, and treatment delivery systems alongside expert physicians to deliver comprehensive care.

This partnership provides a single location Center of Excellence, devoted to outstanding cardiovascular care.

Get the Sleep You Have Been Dreaming of!

Lock-in your spot in our upcoming virtual event!

Hear from our Sleep and ENT experts all about Inspire® Sleep Therapy! Join Dr. Logan Dalal and Dr. Benjamin Bush from the comfort of your home and ask questions anonymously – plus get real-time answers!

VIRTUAL EVENT

THURSDAY, NOVEMBER 14, 7-8pm



*Scan to RSVP – additional details
will be emailed prior to the event!*

