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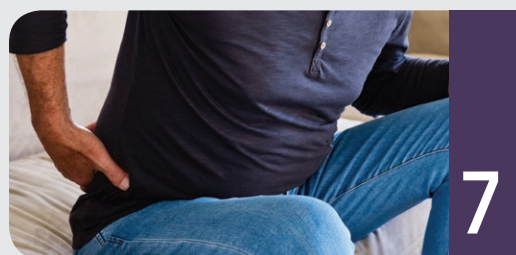
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COVER PHOTO: Dr. Divya Vijendra consults with oncology patient Randy Partee.

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# CHWC staff share THEIR THOUGHTS

Last summer, an employee survey was administered to the staff at Community Hospitals and Wellness Centers (CHWC). The survey was taken by nearly 70% of CHWC staff, and it has been helpful in gauging areas of success and where improvements can be made. The following are some figures and responses worth sharing.

*"I enjoy the staff I work with. It is a great feeling, like you are part of a team focused on making the patient experience a priority."*

*"I am very proud to be an employee of CHWC. I am proud of being able to be a part of enhancing the health, safety and well-being of our community."*

**83% of respondents feel that CHWC emphasizes delivering the best possible patient care.**

*"CHWC is focused on the patient and providing excellent patient care. Leadership allows the staff to focus on providing care, not on productivity and margins. Staff treat each other like family."*

*"As a whole, CHWC does such a fabulous job of putting our patients and community's best interests first. I have worked at other facilities, and I can honestly say that CHWC is blessed beyond measure with their staff. From dietary, environmental, to nursing staff; we have the best of the best!"*

**76% of respondents feel that our patients' well-being is a priority over financial or procedural concerns.**

*"CHWC truly feels like home to me. The work I do is valued and appreciated, and I feel like I make a difference. I have the opportunity to spend my days with some incredibly dedicated and fun people. I've never enjoyed a job more than I do now."*

*"I feel CHWC is family oriented, caring and supportive to all its co-workers. WE ARE FAMILY!"*

**72% of respondents are satisfied with their jobs.**

*"This place is like a family. We are all close knit and I come to work every day knowing that if something was wrong with me and/or my family I would bring them here for care."*

*"I have always felt a deep sense of pride as being a part of the CHWC family. I feel that it is a GREAT place to work!"*

*"I highly respect the people I work with. I see them as competent and compassionate, and often have a lot to learn from them. I believe that feeling is reciprocated, as I am treated as an authority in my field and shown great respect."*

**75% of respondents would recommend CHWC to friends as a good place to work.**

## JOIN OUR TEAM

of energized, engaged and dedicated hospital staff! Open positions are listed at [chwchospital.org/careers](http://chwchospital.org/careers).

# CHWC welcomes interventional cardiologist Dr. Khalid Minhas

Interventional cardiologist Dr. Khalid Minhas joined the team at Community Hospitals and Wellness Centers (CHWC) in December 2020, bringing with him a wealth of experience and knowledge in the prevention and treatment of cardiovascular disease.

“Heart disease is the No. 1 cause of death in the United States, and it has been for many decades,” says Dr. Minhas. “A lot of advancements have been made over the years, which have saved and improved lives. First and foremost, prevention is the best cure. That is the bottom line when it comes to heart disease: prevention.”



## ABOUT INTERVENTIONAL CARDIOLOGY

Dr. Minhas explains that interventional cardiology is a subspecialty that focuses on heart disease in instances when the arteries become blocked. “If one does not eat well, chooses not to exercise, smokes or chews tobacco, has high blood pressure and high cholesterol, in addition to genetic predispositions to heart disease — these risk factors contribute to atherosclerosis, which is a plaque buildup in the arteries that cuts off blood supply,” Dr. Minhas explains.

There are different ways that patients seek care from Dr. Minhas. Some arrive under emergency circumstances, such as a heart attack. These patients are taken to the cardiac catheterization lab, where a catheter is put into an artery, either through the arm or the leg and threaded through blood vessels toward the heart. The blocked artery in the heart is then opened and a stent is placed to reestablish the blood flow.

Other patients identify that there’s a problem and seek help before it becomes urgent. Dr. Minhas notes that when activities like walking or climbing stairs cause pressure in the chest, shortness of breath, palpitations, dizziness or unusual fatigue and tiredness, it’s important to make an appointment with a cardiologist. “When we work in non-emergency situations, we can obtain a detailed history, perform a physical examination, advise certain tests and plan further measures accordingly. It’s crucial that when people start feeling any of the aforementioned or other unusual symptoms, they seek care as early as possible to avoid potentially debilitating or life-threatening issues,” he says.

## PREVENTION IS THE BEST CURE

When talking about cardiovascular health, Dr. Minhas explains that prevention is the best cure. “There are things that we can change, and things that we cannot,” he notes. “We cannot change our family history or genetics. But we can change our behaviors; for example, stop smoking or tobacco abuse. Smoking contributes to many diseases,

“First and foremost, prevention is the best cure. That is the bottom line when it comes to heart disease: prevention.”

*Prevention*

including the narrowing of arteries.” He also points to diabetes, high blood pressure and high cholesterol as major contributors to heart disease. It’s important to manage these conditions early to prevent serious and sometimes fatal consequences. Additionally, eating a balanced diet and getting regular exercise are important elements of a healthy lifestyle.

## WELCOMING DR. MINHAS TO BRYAN HOSPITAL

Dr. Minhas moved to northwest Ohio from Fort Lauderdale, Florida this fall. He is board certified in cardiovascular disease, interventional cardiology and nuclear cardiology. He earned his medical degree with honors from Kazan State Medical University in Russia before beginning postdoctoral research in the U.S. He completed fellowships in cardiology and in otolaryngology/head and neck cancer at The Johns Hopkins University, then completed residency training in internal medicine at West Virginia University and fellowships in cardiology and interventional cardiology at University of Miami in Florida. Dr. Minhas has been practicing cardiology for more than eight years.

Dr. Minhas explains that he is impressed with CHWC and northwest Ohio as a whole. “When I visited with my family during the interview process, we saw genuine hospitality and kindness. That is important to me. I was born in a very rural farming area in Pakistan, and Bryan gives me that same feeling as I’m used to, of openness, kindness, respect and hospitality. Bryan is a unique place, a rural area that gives you state-of-the-art medical facilities. This is a great opportunity,” Dr. Minhas states.

Dr. Minhas works with Dr. Jodi Tinkel and Certified Nurse Practitioner Vaishali Patel at the CHWC Cardiology Clinic. Learn more by visiting [chwchospital.org/cardiology-clinic](http://chwchospital.org/cardiology-clinic) or make an appointment by calling 419-630-2028.



# CANCER CARE AT CHWC:

## A multidisciplinary approach

A cancer diagnosis is a life-changing event for patients and their loved ones. On top of stress and fear, there can be an overwhelming amount of information, tests and appointments to keep track of throughout the course of cancer treatment. The cancer care team at Community Hospitals and Wellness Centers (CHWC) is proud to provide a well-rounded multidisciplinary approach to cancer care, with practically any needed service available right in Bryan.

### MEDICAL ONCOLOGY NOW AVAILABLE

The field of medical oncology focuses on treating cancer and other tumors with chemotherapy, hormone therapy, immunotherapy and other treatment modalities as appropriate. Medical oncologists are typically instrumental in delivering and coordinating supportive care and treatments provided by other specialists as well.

Medical oncologist Dr. Divya Vijendra helped oversee the development of the medical oncology program that launched at Bryan Hospital in November 2020. Her years of experience in medical oncology with a subspecialty in geriatrics (patients over the age of 65) put her in a unique position to advise on what would be needed to provide the very best level of cancer care in northwest Ohio.

“I am very passionate about practicing medicine, and oncology specifically. Our ultimate goal is to defeat cancer. I will do whatever it takes to make our patients’ lives easier,” Dr. Vijendra says. “We treat all cancers: lung, breast, central nervous system, lymphoma, prostate, gastrointestinal and many others. We personalize every patient’s treatment because no two patients are alike. I believe it is important to treat all patients like you would treat a family member or like you would want to be treated yourself.”

### SEAMLESS CANCER CARE

One of the major benefits to the burgeoning oncology program at CHWC is that care is fairly seamless for the patient. If specialists are needed that are not available at CHWC, patients will be referred to the specialists of their choice, however, in most cases, the entirety of cancer treatment can be given at CHWC.



### MEET DR. VIJENDRA

- » Board certified in medical oncology
- » **Medical degree:** Bangalore Medical College, Bangalore, India
- » **Internship in internal medicine:** McLaren Regional Medical Center, Flint, MI
- » **Residency in internal medicine:** McLaren Regional Medical Center, Flint, MI
- » **Fellowship in geriatric medicine:** University of Michigan, Ann Arbor, MI
- » **Fellowship in medical oncology:** University of Toledo, Toledo, OH

“Let’s say breast cancer is detected in a patient after her mammogram. Our general surgeon, Dr. Haque, will plan her surgical management. Our pathologist, Dr. Keil, is right here at CHWC to read the pathology and reports, and I plan her medications and care — chemotherapy or whatever the case may be — so that it is consistent with national guidelines and treatment that is specific for the tumor. If the patient is a candidate for radiation, she would see our radiation oncologist, Dr. Jaggernauth. The best practices for







**TO MAKE AN APPOINTMENT** at the new medical oncology clinic at Bryan Hospital, call **419-630-2291**.  
Learn more about cancer care services at CHWC by visiting [chwchospital.org/cancer-care](http://chwchospital.org/cancer-care).

treatment and care will be discussed at the tumor board, where all of the involved will be present in one room. The patient's entire plan of care, which can take months, can all happen here," Dr. Vijendra says, adding that CHWC has a number of skilled specialists who are versed in detecting and sometimes treating cancers. This includes Dr. Michael Nosanov (ear, nose and throat), Dr. Matt Cooley (gastroenterology), Dr. Daniel Murtagh, Sr. and Dr. Ahmed El-Zawahry (urology), Dr. Samar Hassounah and Dr. Hanan Bazzi (OB/GYN) and others, including providers from Parkview Physicians Group and other local health care organizations.

#### **MULTIDISCIPLINARY APPROACH**

There are numerous non-medical services at CHWC that are important parts of a well-rounded cancer care program as well. "There is so much to take in when you get a cancer diagnosis and begin treatment. It's easy to lose track. Navigating medicine itself

can be so hard, and navigating oncology is exponentially harder," Dr. Vijendra states.

For that reason, CHWC's cancer care patient navigators, Brenda Schofield and Cheri Yokum, are hugely beneficial in advocating for patients. Schofield and Yokum, both registered nurses, begin working with patients from their very first appointment throughout the entire duration of treatment. They keep track of tests and coordinate appointments, take notes and answer patient questions, follow through on physician requests and keep in close communication with patients.

Other important pieces of the well-rounded cancer care program at CHWC include nutrition and dietary services, physical therapy for lymphedema, speech therapy for head and neck cancers, pain management, on-site laboratory and pathology, imaging and radiology, surgical services, radiation oncology, social services and even massage therapy.

*Continued on page 6 »*





The CHWC  
Radiation Oncology Center  
consistently receives a  
99% patient satisfaction rating,  
and is nationally accredited  
through the American  
College of Radiology.

## CANCER CARE AT CHWC: A multidisciplinary approach

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### RADIATION ONCOLOGY AT CHWC

Nearly every type of cancer can be treated at the CHWC Radiation Oncology Center, which is located just across High Street from Bryan Hospital. Following a patient's cancer diagnosis, a multidisciplinary treatment plan is developed, and for patients who require radiation, the radiation oncology team utilizes a highly technical computer system that produces a patient-specific plan to treat the tumor while limiting the radiation to the surrounding tissues and organs.

CHWC radiation oncologist Dr. Wainwright Jaggernauth explains that the radiation is similar to that of a chest X-ray or CT scan, but using greater energy. Patients generally do not feel the radiation when it enters the body, and although side effects differ from case to case and depending on the cancer site, they have improved as the technology has become more fine-tuned. "Our ability to monitor and help alleviate side effects has allowed us to continue through a patient's entire course, limiting or eliminating treatment breaks. That has helped us with better survival," Dr. Jaggernauth says.

The advancement in technology has greatly improved patient outcomes in the field of radiation oncology. Dr. Jaggernauth states, "Within the last five years or so, there has been great advancement in what people call the pinpoint, or focused radiation. We were limited in the past, but we now have the ability to localize the tumor by doing special CT scans." These CT scans, he says, can better show where the tumor and critical structures surrounding the tumor are located, mimic different scenarios to help with accuracy of dosing to the tumor and follow the tumor as it moves throughout the breathing cycle.

Dr. Jaggernauth notes that the multidisciplinary approach to cancer care is a key element to the cancer program at CHWC. "We work very closely with medical oncology, pathology, radiology, surgeons, and associated specialists: dentists, nutritionists and speech therapists for head and neck cancer; pulmonologists for lung cancer;

surgeons for breast and gastrointestinal tract cancers are just a few. We utilize all of these services to better serve our patients," he says.

### MODALITIES OFFERED AT CHWC

**Intensity-modulated radiation therapy (IMRT)** has the ability to treat tumors that may have been considered untreatable in the past due to the close proximity of other vital organs, and provides higher and more effective doses of radiation while minimizing harm to surrounding healthy tissue and reducing the likelihood of side effects.

**Stereotactic body radiation therapy (SBRT)** delivers a higher dose of radiation for a shorter amount of time. The best candidates for SBRT are patients with small, well-defined tumors who cannot tolerate surgery. For some patients, SBRT may be able to replace surgery as a primary cancer treatment.

**Image-guided radiation therapy (IGRT)** obtains radiographic images of a patient's tumor site each day, then compares the images to those acquired in the treatment planning process. More powerful doses of radiation can be concentrated on the tumor itself while protecting the surrounding healthy tissue.

**Prone breast radiation therapy** is a breast cancer treatment that administers radiation on a specially-designed table to help women lay on her stomach, allowing the breasts to fall away from the body, better isolating the area for treatment and reducing radiation exposure to the surrounding organs and tissues, especially the heart.

### MAKE AN APPOINTMENT TODAY

Dr. Jaggernauth works with a dynamic radiation oncology team that includes oncology-certified nurses, radiation therapists, cancer navigators, social workers, dietitians, speech therapists and many others. To make an appointment at the CHWC Radiation Oncology Center, call **419-636-9800** or learn more by visiting [chwchospital.org/cancer-care](http://chwchospital.org/cancer-care).

# CHWC PAIN MANAGEMENT CLINIC

## HELP FOR CHRONIC PAIN CLOSE TO HOME

The Pain Management Clinic at Community Hospitals and Wellness Centers (CHWC) has treated thousands of local patients who suffer from chronic pain conditions since opening its doors in 2012. The CHWC pain management team is committed to designing a balanced, comprehensive treatment plan that is specific to each patient.

### INTRODUCING DR. DARIN SCRIBNER

Dr. Darin Scribner is a pain management physician who is passionate about his field of medicine. "It's pretty much impossible to go through life without pain. Our goal in pain management is to assess a patient who has chronic pain, and look at the ways we can improve their quality of life, improve their function and reduce their pain," he explains. "Most patients come back after treatment and a round of physical therapy and they tell me how much better they feel. They're walking more, they're spending more time with their kids or grandkids, they're back to work, they're happier all around."



A northwest Ohio native, Dr. Scribner earned his medical degree from Ohio University Heritage College of Osteopathic Medicine in Athens. He completed his residency in physical medicine and rehabilitation at University of Michigan in Ann Arbor, then completed a fellowship in pain medicine at University of California-Irvine. "My wife and

I knew we wanted to come back to northwest Ohio to start a family. It feels good to get back to the community that served me so well growing up," he says, adding that he and his wife had their first child, a boy, in November.

### TREATING MANY TYPES OF PAIN

Dr. Scribner and his colleagues, Dr. Andrius Giedraitis and Certified Nurse Practitioner Greg Durham, treat many types of pain at the CHWC Pain

Management Clinic, including neck and low back pain, arthritis pain, joint pain, nerve pain, disk herniations, migraines and others. These conditions can be treated with medications; injections that block pain generators; ablation techniques, which heat up nerves to reduce pain; epidurals to relieve pain and improve function; Botox to reduce the intensity, duration and frequency of migraines; and neuromodulation to target nerves and decrease pain signals.

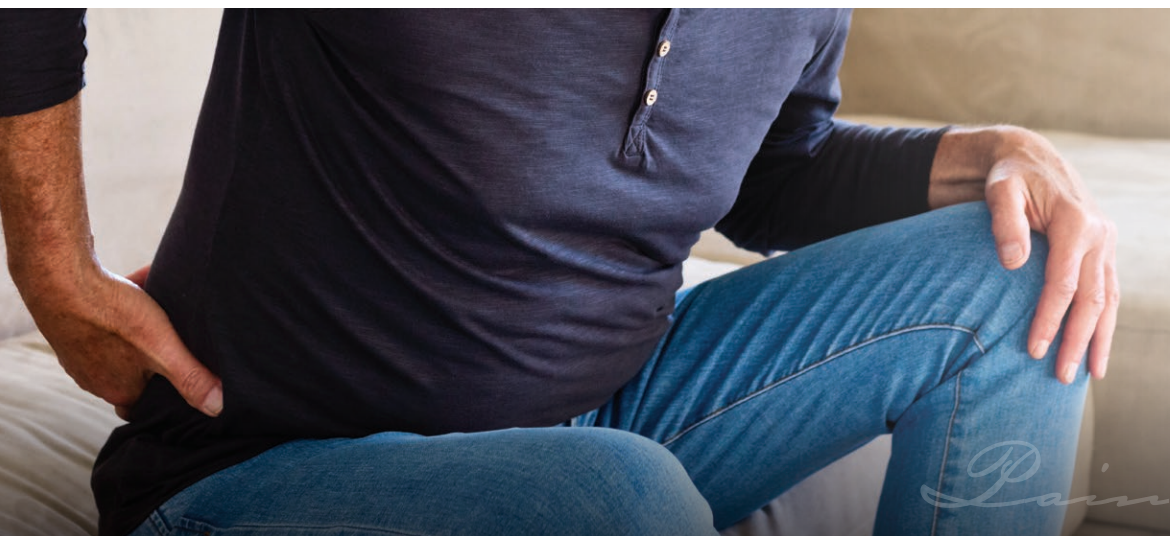
With all these treatment techniques at his disposal, Dr. Scribner confronts any misconceptions about pain management regarding addictive opioid medications. "We know about the dangerous side effects from opioid medications like addiction potential, tolerance effects, and they can actually cause worsening pain, called opioid hyperalgesia," he says. "These drugs aren't really a part of my practice since they cause more problems than solutions over the long term. There are other medications that are non-addictive and are much better for certain pain conditions, such as anti-inflammatories or nerve pain medications."

Dr. Scribner speaks with great excitement about the effectiveness of the treatments currently available in the field of pain medicine. He states that injections typically last anywhere from a few months to two years. Similarly, some of the medications used to treat migraines are injectable and are only needed a few times per month, and Botox therapy — an effective treatment for migraines — is typically done every three months. "It's a huge win because a lot of patients report back that they can enjoy their lives again," Dr. Scribner says. "They really appreciate the convenience of occasional injections instead of taking a daily medication as well."



### MAKE AN APPOINTMENT

The CHWC Pain Management Clinic serves patients at Bryan Hospital, Archbold Medical Center and now offers clinic days at Community Memorial Hospital in Hicksville! Call **419-633-7343** to make an appointment, or learn more by visiting [chwchospital.org/pain](http://chwchospital.org/pain).



*Pain Management*



# ORTHOPEDICS CLINIC *continues to grow*

**A** number of exciting additions have taken place at the Orthopedics Clinic at Community Hospitals and Wellness Centers (CHWC) over the past several months, including new services, new physicians and clinic days now being offered at Archbold Medical Center.

## TWO NEW PHYSICIANS JOIN THE TEAM

There are now five skilled orthopedic surgeons practicing at the CHWC Orthopedics Clinic. Joining established physicians Dr. Maged Hanna, Dr. Osama Elattar and Dr. Chris Sanford are Dr. Mina Tanios and Dr. Ryan Hamilton.



**Dr. Mina Tanios**

- Medical school: Keck School of Medicine of University of Southern California
- Residency in orthopedic surgery at University of Toledo Medical Center
- Fellowship in complex reconstructive spine surgery at The Johns Hopkins University

Dr. Tanios specializes in spinal surgery and has special interests in spinal trauma, spinal deformities and disorders, degenerative disk disease, scoliosis and many other spine-related surgeries.



**Dr. Ryan Hamilton**

- Medical school: Wright State University School of Medicine
- Residency in orthopedic and sports medicine surgery at University of Toledo Medical Center
- Fellowship in hand and upper extremity surgery at The Ohio State University

Dr. Hamilton specializes in hand and upper extremity surgeries with special interests in rheumatoid arthritis, wrist injuries, tennis elbow, arthroscopy, cubital tunnel syndrome, carpal tunnel syndrome, peripheral nerve injuries, trigger fingers, microsurgery and more.



## PATIENTS ARE NOW SEEN FIVE DAYS A WEEK

at the CHWC Orthopedics Clinic at Bryan Hospital and Archbold Medical Center! Call **419-633-0746** to schedule an appointment or visit [chwchospital.org/orthopedics](http://chwchospital.org/orthopedics) for more information.

## A RANGE OF SERVICES

At the Orthopedics Clinic at Bryan Hospital and Archbold Medical Center, a number of musculoskeletal conditions are treated, including bone and joint, tendon, muscle, soft tissue and more. Services include:

- Shoulder replacements and arthroscopies
- Care for sports injuries
- Primary hip replacements (now including the anterior approach!) and primary knee replacements
- Spinal surgeries
- Pediatric orthopedics (including but not limited to hip dysplasia, foot and knee deformities, and trauma/fractures)
- Adult orthopedic trauma (including but not limited to upper and lower extremity fractures, fracture nonunions and malunions, amputations)
- Foot and ankle surgeries, including ankle replacements and foot/ankle arthroscopies
- Tendon transfers
- Treatments and surgeries for injuries and conditions affecting the arm, elbow, hand, wrist and fingers
- Microsurgery