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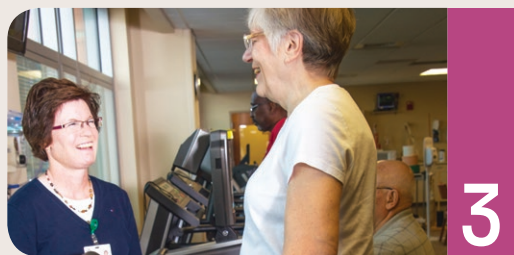
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Screening helps detect problems early



Navigating the fears of surgery

COVER PHOTO: Orthopedic Nurse Navigator Cindy Seaman happily goes over patient Robert Rowan's discharge information. Find out what an orthopedic nurse navigator does on page 8.

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NEW PROCEDURE ADVANCES WOMEN'S HEALTH

A new procedure, now offered at Bryan Hospital, is advancing women's health like no other option before. Uterine fibroid embolization (UFE) is a minimally invasive treatment for fibroid tumors of the uterus. Fibroid tumors typically are benign (non-cancerous) tumors that arise from the muscular wall of the uterus and can cause heavy bleeding.

"Fibroids are often the cause of abnormal uterine bleeding," says Sharon Ransom, MD, Ob/Gyn, at Parkview Physicians Group. "These are overgrowths of the uterine muscle."

In addition to abnormal uterine bleeding, indicators of uterine fibroids include heavy or long periods, pelvic pressure or pain and menstrual bleeding that results in anemia. Appropriate candidates for embolization are women who have completed their reproductive desires and are not post-menopausal, and are seeking treatment without surgery.

"The most important thing women need to know about abnormal uterine bleeding is not to assume that it's a funky period, or a little heavy," says Dr. Ransom. "If it's a problem that persists or appears out of the blue, you really need to seek medical attention, particularly if you're menopausal."

The embolization procedure is part of an existing program throughout the nation, with the first UFE performed in 1995.* "The embolization procedure impedes or blocks the blood flow thereby depriving the fibroid of its essential blood supply," says Dr. Ransom.

Benefits of this procedure include local anesthesia, no surgical incision and shorter recovery time compared to a surgery. "Thousands of UFE procedures are safely performed across the country each year with a short recovery period," says Interventional Radiologist John Slaby, DO, who performs the procedure at the Interventional Radiology Lab at Bryan Hospital.

The UFE procedure requires a referral from Dr. Ransom. For more information or to request an appointment with Dr. Ransom, please call 419-633-4186.

* Source: National Institutes of Health



Shown above is the Interventional Radiology Lab at Bryan Hospital. Interventional Radiologist John Slaby and Dr. Sharon Ransom are shown right.



Preventing heart disease



As February is fast approaching, many of us associate the month with love and chocolate hearts. However, there is a heart that is more important than all the candy hearts — your heart, the organ. February is American Heart Month, specifically Women's Heart Health Month.

"Heart disease is the No. 1 killer of women and is more deadly than all forms of cancer," says Judy Mayes, heart failure navigator at Community Hospitals and Wellness Centers. "It causes one in three deaths per year. That's approximately one woman every minute."

As a heart failure navigator, Mayes works closely with patients who have heart failure, the inability of the heart to pump blood effectively. "I help patients learn how to modify their lifestyles to improve their quality of life," she says. "I educate them on medications, diet, activity and working with their doctors."

WHAT IS HEART DISEASE?

According to the American Heart Association, heart disease, also called coronary disease, is a simple term used to describe several problems related to plaque buildup in arterial walls. As the plaque builds up, the arteries narrow, making it more difficult for blood to flow and creating a risk for heart attack or stroke. Heart failure, irregular heartbeat and heart valve problems are other types of heart disease.

Heart attacks are a result of heart disease. Not all heart attacks have well-known symptoms such as chest pain, radiating discomfort to the left arm or shortness of breath. A silent heart attack has either no symptoms, minimal symptoms or unrecognized symptoms, according to the American Heart Association. "Some studies suggest silent heart attacks are more common in women than men," says Mayes.

"Women are more likely to attribute symptoms of a heart attack to anxiety and dismiss them," says Mayes. "Women often struggle to breathe a few weeks prior to a heart attack. If you're used to doing a certain activity and you can't get enough air, you should talk to your doctor."

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TAKING CARE OF YOURSELF



Fran Schlachter exercises in the physical therapy department at Bryan Hospital as part of her cardiac rehabilitation program.

HEART ATTACK SYMPTOMS IN WOMEN

- 1 //** Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
- 2 //** Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- 3 //** Shortness of breath with or without chest discomfort.
- 4 //** Breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

If you have any of these symptoms, don't wait more than five minutes before calling for help. Call 9-1-1 and get to a hospital right away.

Source: American Heart Association.

Heart Health

Groundbreaking surgery at Bryan Hospital

Our sense of sound ... is it something we take for granted? Those who have been living without hearing surely wouldn't think so. Now there is hope for those who are profoundly deaf or severely hard-of-hearing.

Michael J. Disher, MD, neurotologist/otologist, performed the first two cochlear implant surgeries at Bryan Hospital for local residents in September. He has been practicing in northern Indiana since 1996 and began offering his services once a week in Bryan last April. By offering this groundbreaking technology, Bryan Hospital is now able to fully address the needs of patients for whom hearing aids have stopped providing meaningful benefit.

COCHLEAR IMPLANTS

A cochlear implant, indicated for individuals with severe to profound hearing loss in both ears, is very different from a hearing aid. Hearing aids make sounds louder, providing a volume boost for the inner ear. Hearing aids are ineffective when the inner ear is damaged to the point that sound, even amplified sound, is no longer meaningful.

A cochlear implant, consisting of an electrode array surgically inserted into the inner ear and an internal implant under the skin, bypasses the damaged inner ear. An external processor, worn like a hearing aid, collects sound and converts it to a speech code that is transmitted to the implant via a radio signal. The electrode array then stimulates the auditory nerve, and the brain receives meaningful sound.

SURGERY CLOSE TO HOME

"Community Hospitals and Wellness Centers is a sophisticated and up-to-date facility," says Dr. Disher, who is one of only 250 board-certified physicians with a subspecialty in neurotology, otology and skull base surgery in the United States. "They have a great staff and state-of-the-art equipment. To be able to do this type of surgery locally is an amazing opportunity for residents."

In the past, patients had to travel to larger metropolitan areas in order to access this technology. For several years, Mary Beth Burton, MD, an audiologist with Parkview Physicians Group, has provided services to patients who already have cochlear implants and has tested patients for candidacy. These patients still had

Dr. Michael J. Disher

Dr. Disher examines a patient prior to cochlear implant surgery.



 **FOR MORE INFORMATION OR
TO SCHEDULE AN APPOINTMENT,**
please call **855-826-5609**.

to travel outside the area to have their surgery, but for the first time, they are now able to have the device implanted here in Bryan. Dr. Burton will provide follow-up for the patients.

“I want people to know they can get our help here at home,” Dr. Burton says. “Cochlear implants are not just for people with profound hearing loss. They have broadened the criteria so if you were told in the past you weren’t a candidate, you may be now. Also children as young as 12 months with severe hearing loss may be candidates for the device.”

A LASTING SOLUTION

Cochlear implants require very little maintenance and run on batteries similar to those of a hearing aid. The devices are activated one month after surgery with several additional appointments needed to adjust the levels.

Then checkups are scheduled about twice a year to manage progress.

“The implant is designed to last a lifetime,” says Dr. Disher. “The outside portion then is updated and reprogrammed as needed, similar to updating the operating system on your smartphone or computer.”

The costs of cochlear implants are covered by most insurance plans, including Medicare. Research shows that they improve quality of life and are therefore cost-effective interventions.

“Most patients tell me they wish they had it done sooner,” says Dr. Burton.

“The new technology is amazing,” Dr. Disher says. “Hearing health is not what it used to be 20 years ago and even three years ago. Things have really changed so people need to know the option for help is out there.”

Preventing heart disease

Continued from page 3 »

PREVENTION

Heart disease is prevented by controlling conditions, such as obesity, metabolic syndrome, high cholesterol, diabetes, high blood pressure and substance abuse, that can lead to heart disease. “Maintaining a healthy diet and regular exercise are key to fighting heart disease,” says Mayes. She suggests a diet with low sodium, low fat and cholesterol, vegetables, low-fat dairy, fiber-rich whole grains, lean meats and fish. One should also cut back on added sugars and saturated fats.

Other important aspects of preventing heart disease are managing blood pressure, maintaining a healthy weight, managing stress and avoiding smoking. “Quitting smoking is the best thing you can do for your health, period,” says Mayes. “Smoking increases your risk for coronary heart disease, hardened arteries, aneurysm and blood clots.”

With heart disease the No. 1 killer of women, Mayes hopes that educating the public about the prevention of heart disease will help save more lives. “Working with this particular population of women, I see how preventable heart disease can be if we would take better care of ourselves,” she says. “Women need to make themselves a priority.”



Kathy Coolman, cardio pulmonary rehabilitation specialist, works with Fran Schlachter while she walks as part of her cardiac rehabilitation program.

ating Solution

Screening helps detect problems early



We all know we need to visit a doctor when we're sick, but getting your health checked when you're feeling well is essential too. It can reveal health conditions you may be unaware of and prevent them from worsening.

This spring, Community Hospitals and Wellness Centers is holding a Health Awareness screening event, where the general public can get a complete checkup.

Between Thursday, April 9, and Saturday, April 11, from 6 to 9 a.m., you can visit Bryan Hospital and choose one, two or three tests:

A GENERAL HEALTH PROFILE (\$40)

This test includes:

- » A complete blood count, which can detect problems including anemia, infection and leukemia.
- » A comprehensive chemistry panel, which gives an overall picture of your body's chemical balance and metabolism, including nutrient deficiencies and your liver and kidney functions.
- » A lipid profile, to test cholesterol levels.
- » A thyroid screen, which helps evaluate thyroid gland function and diagnose thyroid disorders. Your thyroid function may be related to a number of health conditions, including weight gain and weight loss, tiredness, aches and pains.

It's essential to fast for 12 hours before this test, which means consuming nothing but water and any medications you take.

PROSTATE-SPECIFIC ANTIGEN (PSA) TEST FOR MALE PATIENTS (\$20)

Prostate cancer is the second leading cause of cancer-related death in men, after lung cancer, and is the most common non-skin cancer in males. Early detection is an important tool in getting treatment, as well as saving lives. This test is especially important if you have a family history of prostate cancer. Even if you're young, it's a good idea to get a baseline level

CHWC Volunteer David A. Brown has his blood drawn by Becky Roehl, medical lab technician.



of your PSA — the protein your prostate gland produces — so you can monitor it as you age.

A HEMOGLOBIN A1C TEST FOR DIABETES (\$10)

This test reveals your average blood sugar level for the past two to three months and is used to detect pre-diabetic conditions as well as monitor diabetes. If you are pre-diabetic and make lifestyle changes, you can potentially prevent diabetes.

"We want to educate the public on the importance of having these tests and catch potential health problems early," says Heather Mendez, lab assistant at Bryan Hospital.

"If you detect a problem early and get it treated, it might not cause permanent damage to your body," says Bobbi Case, laboratory assistant director.

Results of the tests are mailed to patients immediately; if a serious health condition is detected, the lab will call with that information.

"We follow up with any abnormal results and encourage people to seek care with their physician," says Case. "This enables patients to be proactive with their health."

The most common problems the lab tests reveal are high cholesterol and pre-diabetes.

Patients can pre-register for the event using the form below or online at chwchospital.org. Payment is due at the time of service. Cash, check, credit card or health service funds are accepted.

CHWC also provides health screenings for local industries. We conveniently bring our services to your specific location to test your employees. If you are interested in this service, please contact Kanti Patel, lab director at Bryan Hospital, at **419-630-2103** for more information.

CHWC 2015 HEALTH AWARENESS PRE-REGISTRATION FORM

Name: _____ Date of Birth: ____/____/____

Tests Requested: ☐ Health Profile ☐ Hemoglobin A1c ☐ PSA

Email Address: _____

(This will be used to send a reminder notice a few weeks before the event.)



Please mail this form to the address below or drop off to the Bryan Hospital Lab:
CHWC Lab // Attn: Health Awareness // 433 West High Street // Bryan, Ohio 43506-1690

FRIDGE REMINDER

CHWC Annual Health Awareness

April 9-11, 2015

6 — 9 a.m.

Faces of CHWC

TAMMY DEGRYSE

Tammy Degryse, licensed professional counselor, guides patients in the right direction to solving their issues and struggles.

Sometimes we all need a little help and encouragement to get us through times of challenge, change or growth. Tammy Degryse, LPC/CR, licensed professional counselor at Community Hospitals and Wellness Centers (CHWC), is available for those difficult times in our lives.

Degryse received her bachelor's degree in psychology from Defiance College and her master's degree in clinical mental health counseling from the University of St. Francis in Fort Wayne, Indiana.

When Degryse first started her education to be a radiology technician, she wasn't headed on this track; however, once she took an introductory psychology class, she was fascinated. "I was so fascinated by human behavior and the human brain," says Degryse. "It's one of those subjects in which there is always more to learn. I wanted to learn more and I took every single psychology course that Defiance College offered."

After graduation, Degryse knew she wanted to be able to sit with people and help them work through their problems, help them to tap into the resources and talents that they have within themselves. Her ultimate goal as a counselor is to focus on a holistic health psychology perspective. "It's not all just about mental health," she says. "It's about teaching people that it's all connected. There is no hard line between physical and mental wellness."

HELPING OTHERS HELP THEMSELVES

Degryse helps people focus on finding true happiness. As we live in a goal-driven world, she reminds us "life is a journey, not a race." She says that when many people are really struggling, it's usually because they feel like they don't have a choice. Degryse works with individuals to take the first steps to change and helps them realize that they do have choices.

In counseling, Degryse tries hard not to give people the answers to their life. "I'm nobody's expert," she says. "Each person is their own expert. I will not be so bold to say I know someone better than they know themselves. I have not walked their journey."



Instead, she allows clients to identify what causes them the most distress. Degryse acknowledges that most often it's not that people don't know the answer to their challenges; they just don't know how to get there. "Some people just don't know what to do, and giving them the answers is just a temporary Band-Aid," she says. "I try to teach people how to work through issues on their own."

Degryse finds her job rewarding. "One of the most rewarding things is when a person who was not well in their first session transitions to change and says to you 'I don't think I need the next appointment,'" says Degryse. "It is the best feeling in the world. They are proud of themselves and they feel like they have accomplished something. To help another human being in that way feels incredible."

Life is a Journey

NAVIGATING THE FEARS OF SURGERY

ORTHOPEDIC NURSE NAVIGATOR



Community Hospitals and Wellness Centers
BRYAN | MONTPELIER | ARCHBOLD

433 W. High St.
Bryan, OH 43506-1690

For most people, surgery is a scary, seven-letter word that holds many unknowns. For some, they may live with chronic pain before they would ever consider surgery. For others, it's intimidating to go through the process, especially without knowing much about the medical field.

Luckily, Community Hospitals and Wellness Centers (CHWC) is working toward making surgeries less scary. An orthopedic nurse navigator is on staff at Bryan Hospital to help educate patients in every aspect of their health care. She assists in eliminating some of the stress that comes with major surgeries. For those having orthopedic surgery at Bryan Hospital, they have Cindy Seaman, BSN, RN in their corner.

GUIDING AND ASSISTING

Seaman recently transitioned to her role as a nurse navigator. She has eight years of experience as a registered nurse at CHWC.

“As an orthopedic nurse navigator, I am striving to be that familiar face patients see from the time they decide to have surgery to the time they leave for home or rehabilitation,” she says. “I hope to remove any barriers that patients may encounter when they choose to have surgery.”

From the time the surgery is scheduled, Seaman is in contact with patients, answering questions about the process and letting them know what to expect. She is also there the day of the surgery and often the first person they see upon arrival. Sometimes questions arise that the patient or their family forgets to ask the doctor, so Seaman makes herself available to pursue the answer for the patient and to gather all of the necessary information.



Cindy Seaman, orthopedic nurse navigator, discusses with patient Robert Rowan as to what he can expect as he recovers from his surgery.

“My ultimate goal is to be available to patients and their families to maintain that open line of communication and be able to provide the patient with current and up-to-date education with regard to their specific orthopedic surgery,” she says.

COMMON FEARS OF SURGERY

Many patients have fears about surgery, which is normal. Seaman says that many patients simply fear the unknown. “Most patients aren’t sure what’s going to happen or fear the atmosphere — the room, the doctors or nurses or even the equipment,” she says. CHWC has been trying to alleviate these fears with patients by hosting an orthopedic class

three times a month. This class is for any patient and their family members who may be having surgery or thinking of having surgery.

“This class is meant to prepare those who are having surgery and their family members. It’s a class that covers top to bottom information — what they may see or hear and what to expect,” says Seaman.

PATIENTS ARE THE FOCUS

“I love talking with patients,” she says. “I want them to feel more confident about their hospital experience, to lessen anxiety and feel more educated about the whole process. I value the face-to-face contact this job brings.”