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What motivates you?

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Sports Enhancement
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Program

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Positive changes
made possible
by hypnotherapy





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What motivates you?



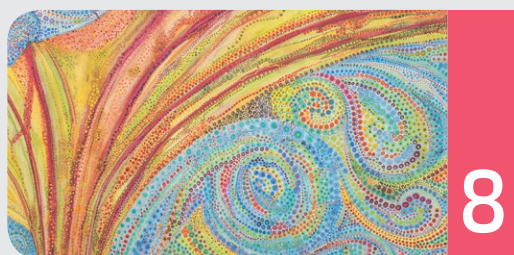
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Artisan Collection continues to grow

COVER PHOTO: Local mother of two Cindy McCarthy and her son, Colton, take their family Pomeranian Freddy for a walk at Woodland Park in Archbold. McCarthy's motivation to make healthy choices is to set a positive example for her boys.

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WELCOME

Anselm Tintinu, MD, general surgeon



Community Hospitals and Wellness Centers is pleased to welcome Anselm Tintinu, MD, general surgeon, to Bryan Hospital. Dr. Tintinu recently completed his surgical residency at Akron General Medical Center. Prior to that, he finished an internship at the University of Maryland Medical Center in Baltimore after receiving his medical degree from the University of Maryland School of Medicine. He earned an undergraduate degree in biochemistry from the University of Maryland, completing the degree in just three years while working part-time as a licensed practical nurse.

Dr. Tintinu's interest in becoming a doctor was piqued when he was growing up in Cameroon, in central Africa: "When I was 14 or 15 years old, I had appendicitis," he recalls. "I was so sick I couldn't play soccer at all, and that's what I liked to do most. I went to the hospital and had an appendectomy. I felt so much better after the surgery; it was amazing! After that, I wanted to be like that doctor who was able to make me feel so well."

After graduating high school in Cameroon, Dr. Tintinu came to the United States and joined an older brother who was living in Texas.

CHOOSING A SPECIALTY

His decision to become a surgeon came when he had the chance to go into the operating room during medical school. "I just felt at home there," he notes. "I was excited. On other rotations I did, the day seemed long, but on the surgery



MAKING BRYAN 'HOME'

Dr. Tintinu and his wife are both from small communities in Cameroon, so they wanted to settle in a small town to raise their family. Bryan fits the bill perfectly, and is not too far from his wife's family in Columbus. The couple has a one-year-old daughter Anselma.

rotation, the day went by really quickly, so I knew that was what I wanted to do."

Dr. Tintinu considers himself a medical doctor who can offer more treatment options. "I can treat a problem with medications, and if that doesn't work, I can do surgery," he says. "Being able to do surgery gives me another tool in my toolbox."

"There are many conditions for which surgery provides very quick relief — within 24 hours you can see a big change. That's very satisfying. The patient feels better, the family's concern is relieved and I know I've done something good for the patient. That's what I enjoy most."

VACCINES: PREVENTING OUTBREAKS, PROTECTING OTHERS



When looking back at the dangerous, debilitating, deadly diseases that once plagued humanity, it's clear that we live in a very different world from just a generation or two ago. The Centers for Disease Control and Prevention (CDC) reports that before the 1950s, whooping cough, polio, measles, *Haemophilus influenzae Type b* and rubella struck hundreds of thousands of people, and thousands died every year from these illnesses. The rise of immunizations is to thank for the very low rates of serious diseases in the United States and the eradication of smallpox from the planet.

Luvenia Tantoco, MD, is a pediatrician at Parkview Physicians Group in Bryan, and cannot stress the importance of immunizations enough: "We used to be very busy with kids who would get sick from extremely serious diseases. Since immunizations have become such a respected preventive measure, we don't see many sick kids at all anymore, and we rarely admit them to the hospital."

FALSELY ACCUSED

Medical professionals the world over have fought to recover from vaccination mistrust that largely stems from false accusations. In 1998, a fraudulent study was published that claimed a link between autism and vaccines. It was later revealed that the physician who led the study, Andrew Wakefield, MD, falsified his data. He was stripped of his medical license and the study was retracted, but the damage had already been done and to this day, anti-vaccination advocates continue to make baseless, disproven arguments against immunizations.

Another common misconception is that children can be overloaded by getting too many vaccinations at once. This is simply not how it works, explains Dr. Tantoco. "A newborn is like a blank slate, and when it is born, its immune system goes to work right away. But it's vulnerable to diseases until immunization is possible," she says. "Kids can take a lot; their systems are very strong. And when kids get a shot, it may hurt for a minute but then they've moved onto the next thing."

"We used to be very busy with kids who would get sick from extremely serious diseases. Since immunizations have become such a respected preventive measure, we don't see many sick kids at all anymore, and we rarely admit them to the hospital."

— Dr. Tantoco, pediatrician



Axl McCarthy is a happy and healthy one-year-old who is up-to-date on his vaccines.

Health care experts largely agree on the safety of immunizations, and the mild side effects some people feel after receiving a vaccine — such as soreness around the injection site or chills after a flu shot — pale in comparison to the alternative. It's best, Dr. Tantoco notes, for adults and children alike to receive their immunizations according to, or as close as possible to, the CDC-recommended schedule to protect themselves and others from disease.

HERD IMMUNITY

People undergoing cancer treatments, the very young and very old, and individuals with other medical conditions are most vulnerable to diseases because of restrictions that keep them from getting vaccinated. That's where herd immunity comes in: when enough people are immunized, they protect those who can't be.

"When people are simply choosing not to get immunized, they put everyone else at a higher risk," Dr. Tantoco says. "It's a matter of responsibility and a matter of respect for those who can't get vaccinated. It takes a community to protect one another. It takes a village."

Visit [cdc.gov/vaccines](https://www.cdc.gov/vaccines) for immunization schedules and more information.

WHAT MOTIVATES YOU?

HEALTHY LIVING CAN BE HARD. FINDING MOTIVATION MAKES IT EASIER.



We all know the long list of seemingly simple keys to healthy living, yet the rise of obesity in America is startling. Why is it that while we know what we need to do in order to get healthy, it's so hard for so many people to achieve a healthy lifestyle?

Jeanette Roberts calls this “the knowledge-behavior gap.”

Roberts is a registered nurse and certified health and wellness coach who works with Community Hospitals and Wellness Centers (CHWC) employees to help them identify and reach their wellness goals. She insists that simply knowing just isn't enough. “First, we talk about what's important to each person. What are your values? What is your healthiest vision of yourself: what does that look like and feel like? These are our internal motivators that help drive us toward success.”

Roberts explains that while outside motivators can be a great driving force, such as a spouse or doctor encouraging you to get healthy, finding what motivates you from within is where you'll find success and fulfillment.



WHEN GETTING STARTED IS THE HARDEST PART

Looking at the numerous ways we can improve our health can be pretty overwhelming. A good starting point

is to figure out what you can do right now, based on how confident you are that a real change can be made. Roberts says, “We all need to start somewhere, and sometimes it's best to start where it's easiest to succeed.” She outlines the four major interrelated areas of health that we can begin with: sleep, food, mood and exercise. “If someone says, ‘yes, I can improve my sleep habits right now,’ they're going to see how proper rest impacts those other areas. When you get adequate sleep, your energy and your mood improves, your body is in balance so your sugar cravings are minimal ... your whole self is better off, you're setting yourself up for success and positive changes in other areas.”



SETTING SMART GOALS

After your internal motivators are identified, the next step is to set a goal that's Specific, Measurable, Action-based, Realistic and Time-bound, or SMART.

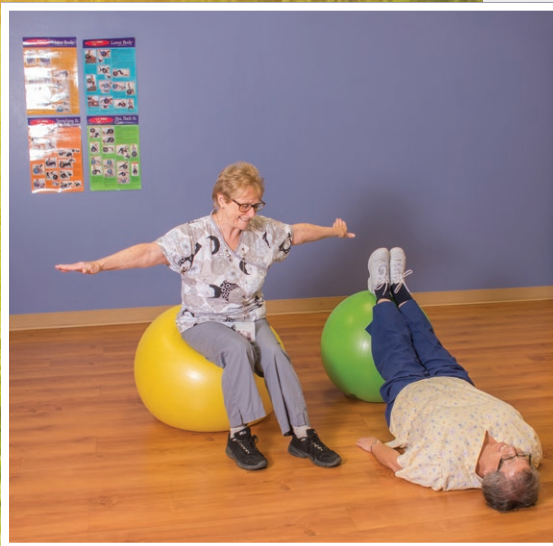
The SMART model is a popular way to establish achievable goals in all areas of life because it pins down the details necessary to turn an idea into action.

Here's an example of a not-so-SMART goal:

» Eat healthier.

Here's a SMART revision to that goal:

» Plan a weekly menu and shopping list every Sunday morning that reflects the USDA MyPlate guidelines.



CHWC employees Dorothy Myers, RN and med-surg supervisor, and Delores Dietrich, unit secretary supervisor, exercise together three to four days every week during their lunch break in the staff fitness center at Bryan Hospital. Delores (left) and Dorothy (right) stretch out and share some laughs before hitting the treadmill on their lunch break.

WHAT MOTIVATES YOU?

Delores: It's fun to get away and catch up with Dorothy during the day. I lost 65 pounds about a year ago, and keeping that weight off is what keeps me motivated!

Dorothy: I just want to be healthy. I know that I'm supposed to be exercising and eating healthy. That's motivation enough for me.

Ben Fiser is the assistant director of CHWC's IT Department, and supervises the North Central High School weight room three to four days each week. While there, he works out and helps students and athletes reach their own fitness goals.

WHAT MOTIVATES YOU?

Working in IT means a lot of sitting, and after a while it hit me: what good is having your dream job if your health suffers? My family has a history of cardiovascular issues, so I got serious about weight training and conditioning. I will admit that my form of cardio may be intimidating, but it's proven to be effective and is a lot more fun to me than running!



IDENTIFYING SUCCESSES

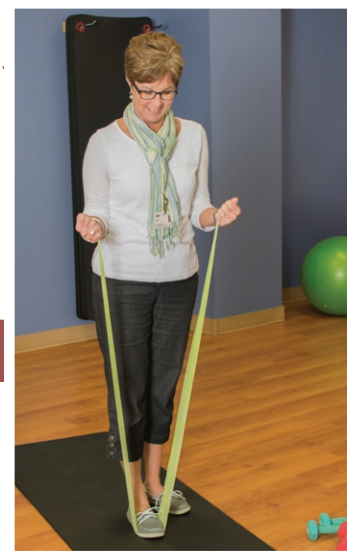


Identifying your successes is tied to setting a realistic SMART goal. Roberts explains: "It's important for people to do this because when it comes to risk factors, 5 percent weight loss is huge. Some people get discouraged at the pace of their results, but you don't have to lose 30 pounds for it to be an achievement." She continues, "All the smaller successes contribute positively to our overall health. And small successes provide motivation to work toward the next goal or change."

Pain Management Secretary Sue Held uses a resistance band for stretching exercises, also in the CHWC staff fitness center, during her lunch break. Sue also enjoys walking with her family and friends after work and on weekends.

WHAT MOTIVATES YOU?

Keeping my weight down, staying energized and feeling good. Working in pain management is a daily reminder how important it is to be active and healthy as I get older.



TRY IT YOURSELF

The behavior or goal I want to work on first is:

Now, answer these questions:

- Why do I want to change this behavior?
- What are the benefits of this change?
- What are my personal strengths that will help me reach this goal?

- What challenges will I face as I work toward this goal?
- What is my strategy to overcome these challenges?
- I'm internally motivated by:

If you haven't already, shape this desire to change into a SMART goal:



Bryan High School sophomore Bryce Wagner uses the Dynavision board to expand his visual reaction time under stress.



Physical Therapist Assistant Jeannie Batt builds up student athlete Addison Keller's speed, agility and endurance.



Bryan soccer player Lauren Robinson performs a scanning and tracking exercise using Matrix Blocks.

DESIGNED TO HELP STUDENT ATHLETES

Sports Enhancement & Injury Prevention Program

Bryan Hospital has an exciting new program geared toward assisting student athletes who want to enhance their athletic performance while also preventing injuries. The Sports Enhancement & Injury Prevention Program is designed for middle school and high school athletes who play a variety of contact sports including football, soccer, baseball and basketball.

This two-week program, Monday through Friday, consists of a half-hour session each day. Each session is made up of 15 minutes working on a Dynavision light board, which has 64 lights in a starburst pattern that athletes react to as they light up in different sequences, and 15 minutes working on other visual, concentration and memory exercises. Enrollees must commit to completing all 10 sessions.

WHAT VISION TRAINING CAN DO

The program helps athletes improve their:

- » Anticipation timing
- » Concentration under stress/fatigue
- » Depth perception
- » Endurance
- » Eye-to-hand coordination
- » Focus and tracking
- » Mental decision-making
- » Performance under stress
- » Peripheral awareness
- » Situational awareness
- » Speed and span of recognition
- » Visual acuity
- » Visual reaction times

“We live in a world where we focus on our smartphones, laptops and tablets. This decreases the visual fields that our youth use on a daily basis,” comments Martha Jones, occupational therapy assistant. “The sports program improves an athlete’s visual field and helps them take in the whole field so they can see more of what’s going on around them and react sooner.”

INJURY REDUCTION

“Quicker reactions and a wider visual field can enhance athletic performance and help prevent injuries,” says Jeannie Batt, physical therapist assistant. “For good athletes, looking toward college scholarships, this program could give them the edge they need. For parents, it can help prevent injuries by improving their child’s reaction time to avoid a collision on the field. What parent wouldn’t want that?”

The University of Cincinnati football team initiated a vision training program using the Dynavision light board in 2010. The number of concussions experienced by team members fell from an average of 8.75 a year in the four years before the program began to an average of 1.50 a year in the four years afterward. Other participants of the program include: the Air Force Academy, Cincinnati Bengals, Alabama Crimson Tide, Detroit Red Wings, NASCAR, New York Rangers, Pittsburgh Steelers, Texas A&M, The Ohio State University, University of Michigan and West Point.

Ideally, students would enroll in the program just before the start of their sport’s season. However, it can be beneficial at any time. To learn more or enroll in the Sports Enhancement & Injury Prevention Program, please call Bryan Hospital at **419-636-1131, ext. 11353 or 11345** to speak with Martha Jones or Jeannie Batt.

WATCH THE VIDEO! Go to chwchospital.org

and click on the Sports Performance Program video near the bottom of the page to see the Sports Enhancement & Injury Prevention Program in action.

Athletic Performance

Positive changes made possible by HYPNOTHERAPY



When you think about hypnosis, you probably picture a dark auditorium, a swinging pendulum and someone in the audience clucking like a chicken. These stage performances, while entertaining, are a far cry from the amazingly effective world of hypnotherapy.

Hypnosis involves learning how to use your mind and thoughts to manage pain, distress, habits or behaviors through relaxation, visualization and aversion therapy techniques.

“The simplicity of hypnosis is what I like most about it,” says Mike Freeman, director of counseling and wellness services at Community Hospitals and Wellness Centers (CHWC). “There are traditional therapies that require a lot of digging into a person’s life and background, but you can accomplish a great deal and make great progress with just a couple of hypnotherapy sessions.”

OVERCOMING ADDICTION

Freeman notes that he’s helped a number of people overcome smoking, drinking, gambling addictions and other unwanted habits. And while it’s extremely difficult to measure the success rate of counseling as a whole, he estimates that around 50 percent of people he’s worked with have been able to quit smoking from hypnosis alone. A large number of new patients come in, Freeman adds, based on referrals from people who saw significant success in overcoming an addiction or changing a behavior.

The process sounds almost too simple. “Let’s say someone comes in for help to quit smoking,” Freeman says. “Aversion techniques can be powerful with smoking. While they’re hypnotized, I’ll suggest to them that the very smell of cigarette smoke will make them nauseous. I drive that point home,



Mike Freeman, director of counseling and wellness services at CHWC, demonstrates hypnotherapy techniques with volunteer Amanda Best.



The CHWC Counseling Department currently has two therapists on staff, Mike Freeman and Tammy Degryse, and both are certified in clinical hypnosis. They are taking new patients Mondays-Fridays from 6 a.m. to 5 p.m. Learn more at chwchospital.org or make an appointment by calling 419-630-2125 or 419-633-7489.

and their subconscious mind grabs onto that cue. When they come back for their next session they’ll tell me, ‘I can’t believe it. I put it up to my lips and got sick just thinking about it, just smelling it, just lighting the match.’”

It’s not uncommon, he says, for people to completely quit smoking after just one hypnosis session. By the second session, Freeman can usually determine if hypnosis will work for a particular individual.

MANAGING ANXIETY AND PAIN

Hypnotherapy doesn’t solely focus on curbing or overcoming addiction. Phobias, anxiety disorders, stress, anger, grief and pain management are just a few on the long list of issues that hypnosis is known to tackle.

Conquering a fear of elevators is one of many interesting examples Freeman gives. In this case, hypnotherapy was just one piece of the pie. The other pieces included research and first-hand experience. “First, we went to an elevator and the patient went inside while I made sure the door didn’t close,” he recalls. She saw for herself that there was a phone

inside the elevator so she could call for help if need be. Then she researched how elevators work from a mechanical perspective and wrote up a short essay about what she learned. The goal of doing these exercises, he explains, is desensitization and learning cognitively about the elevator. It wasn’t until after taking these steps that hypnotherapy was used to visualize a positive elevator-riding experience mentally before going back and doing it in real life.

“The power of the mind is just unbelievable,” Freeman marvels, moving on to discuss pain management in hypnotherapy. “I’ll say to a patient while they’re in trance, ‘Remember when you made snowballs without gloves as a child and your hands felt wooden and numb? Now re-experience it, place that cold sensation on your back, knee, jaw, wherever. Transfer that numbness.’ You can touch that patient’s hands while they’re hypnotized and they actually, physically, turn cold. Through their mind alone, they are able to actually reduce discomfort.”

Continued on page 8 »

Artisan Collection continues to grow



Community Hospitals and Wellness Centers
BRYAN | MONTPELIER | ARCHBOLD

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



A new watercolor was acquired for Community Hospitals and Wellness Centers (CHWC) in July, bringing the ever-growing Artisan Collection to an impressive 238 pieces.

The watercolor, *Mermaid Descending*, was painted by Lisa Bumb of Archbold and was accepted into the Ohio Watercolor Society 37th Annual Juried Exhibition. The family of the late Robert Winzeler sponsored the purchase, and Mrs. JoAnn Winzeler presented the donor check, officially transferring ownership of the painting to CHWC.

"Seeing it in person is just breathtaking," Winzeler says, her face up close to the finely detailed watercolor. "I absolutely love it."

Both the hospital and the Artisan Collection hold special meaning to Winzeler; her son has several photographs on display at the facility, including the popular canvas print entitled *Bluefield*. On sponsoring the purchase, Winzeler says, "it's a way to honor my husband, who had a very strong connection with the hospital and the community."



Mermaid Descending by Lisa Bumb of Archbold

Mermaid Descending is Bumb's fourth piece to become part of the Artisan Collection, among other watercolors *They'll Never Leaf Us*, *PINECONES III* and *Bee & Pear*.

Her newest painting was inspired by the tsunami that struck Japan in 2011. Bumb notes that like a tsunami, her painting is strong and formidable, continually shifting from painting

table to paper drawer and back out again. "After many concepts, the painting was retrieved and conquered," she says of the three-month project. "This painting demanded to be completed."

The piece is housed just outside the newly-expanded wound care center, which opened its doors in August.

The Artisan Collection began the summer of 2009 in anticipation of the East Tower opening the following fall at Bryan Hospital. The idea started simply as a

way to add decoration to the new hospital walls using donated funds. The first six art pieces were funded with a \$10,000 check from the Bryan Hospital Auxiliary and has since grown to feature 238 pieces, including paintings, photography, digital art, glasswork, woodworking, pottery, ceramics and weaving. The collection can be found at all three of CHWC's facilities in Bryan, Montpelier and Archbold, and features local artists from northwestern Ohio.

Positive changes made possible by hypnotherapy » Continued from page 7

This unconventional but effective way to manage pain has been used for natural childbirth and even in lieu of anesthesia for dental surgery.

WHO CAN BE HYPNOTIZED?

The people who try the hardest are often the ones who have the most problems getting hypnotized, Freeman explains. "The

more you can relax and let yourself go, the more likely you are able to enter a trance. Everyone has the potential to do it. Some people just take a few deep breaths and they're in a deeply hypnotic state. Others need more prompting and visualization."

Everyone experiences hypnosis differently, he says, and some of those

who see the highest success are the people who understand the collaborative nature of therapy. "When people come in for counseling, a lot of them think I'm going to do something for them or to them. But in order to achieve their goals, we have to be in it together; they will get out of it what they're able to put into it."