

WELLNESS

Matters



Community Hospitals and Wellness Centers
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COVER PHOTO: Dr. Kesireddy and Kathy Park, CST, demonstrate a cardiac cath procedure with volunteer Alyssa Eckley.

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Dr. Murtagh (right), Jessica McCormick, LPN (center), Vikki Regal, MA (left) and Pam Walz, LPN (not pictured) lead the urology team at Bryan Hospital.



Urology Clinic sees enthusiastic response in first year

Since opening the Urology Clinic at Bryan Hospital in April 2015, Daniel Murtagh Sr., MD, has addressed a tremendous local need that hadn't been met for a number of years.

"Bryan Hospital is a great place to work and a great place to receive care," Dr. Murtagh raves.

A range of services have been provided since the clinic's inception: prostate surgery, bladder cancer, incontinence, infections and a variety of treatments for kidney stones to name just a few. The clinic is open Tuesdays and Fridays, with office appointments available 8 a.m. — 12 p.m. Procedures are performed in the afternoon. This patient-friendly and efficient process is the result of a strategic partnership between Community Hospitals and Wellness Centers and University of Toledo, Medical College of Ohio.

"The hospital board has made a commitment to the urology service line by making a substantial investment in the latest equipment. They have the philosophy that a lack of equipment shouldn't be the reason someone doesn't come here, so they have made the best and most advanced equipment a priority," says Dr. Murtagh. "I've had the advantage of going to a lot of

different hospitals, and I can tell you that Bryan Hospital is second to none. The staff on the floor, in the operating room and in the clinic is excellent."

Dr. Murtagh notes that many of his patients are older, and ambulation is an issue. It's important, he says, to provide the services they need right here in their hometown so they don't have to travel great distances.

A year and a half into the Urology Clinic at Bryan Hospital, Dr. Murtagh describes his greatest success being the relationships he has developed with his patients. "I'm now starting to get patients who refer their friends and neighbors, which is really rewarding to me," he remarks. "We get patients from the ER and from primary care doctors, but referrals from other patients are the nicest ones you can get. It really holds significance."



ANYONE SUFFERING FROM UROLOGICAL PROBLEMS is encouraged to make an appointment with Dr. Murtagh, no referral necessary: **419-633-7596**.

THE HEART OF THE MATTER

Bryan Hospital welcomes cardiologist Dr. Jodi Tinkel



A new cardiology clinic at Bryan Hospital opened in August under the leadership of Jodi Tinkel, MD, and her team, providing services for patients with a spectrum of issues such as high blood pressure, congestive heart failure, evaluations for athletes experiencing symptoms during exercise and more.

Dr. Tinkel was previously with the University of Toledo Physicians Group and is now with Community Hospitals and Wellness Centers (CHWC). She is seeing patients ages 13 and older in the completely new clinic on the second floor of the west tower. She will be full-time in Bryan and has made it a priority to be flexible with patients' schedules to make sure they can be seen.

DIAGNOSTIC CATHETERIZATIONS

A diagnostic catheterization involves passing a soft catheter through vessels, and a contrast dye is injected to see how well a patient's heart is functioning.

"We can then see if there's blockage or anything wrong," she explains. "At that point, the diagnostic portion is over, and if we detect significant blockage, the intervention part with Dr. Kesirredy begins, and there's the option to put in a stent or balloon and open up the blockage."

A PASSION FOR PREVENTION

Dr. Tinkel is particularly passionate about preventive cardiology: cholesterol management, exercise-related evaluations, diet and other ways to prevent the progression of atherosclerosis (also known as hardening of the arteries).

"If I had one thing to plug here it's for people to get up and get active in whatever ways they can. Exercise and physical activity has been shown to improve heart health, prevent cancer and make an impact across all disease spectrums," she says.

Another special interest of Dr. Tinkel's is women's heart health. "Women tend to be caregivers, and don't take time to monitor their own symptoms and look at what's happening with themselves. It's true that women have a lower risk of heart disease than men, but as women age it becomes more prevalent so prevention is really key," she advises.

THE DOC'S BACK IN TOWN

Some may remember Dr. Tinkel from her work at Bryan Hospital in 2006 – 2009, and she is enthusiastic about returning. "I'm thrilled to be working in the community again. There are so many great physicians here, and this is such a supportive, tight-knit, community-oriented hospital. It's neat to be a part of it and it's great to be back."

Dr. Tinkel adds that she's excited to be back working where she and her family live. She and her husband, Chad, have two daughters: Morgan, a high school senior, and Maci, an eighth-grader. "I'll be able to invest more time in the community and the great folks that live here, as well as investing more time in my family," she says with a smile.



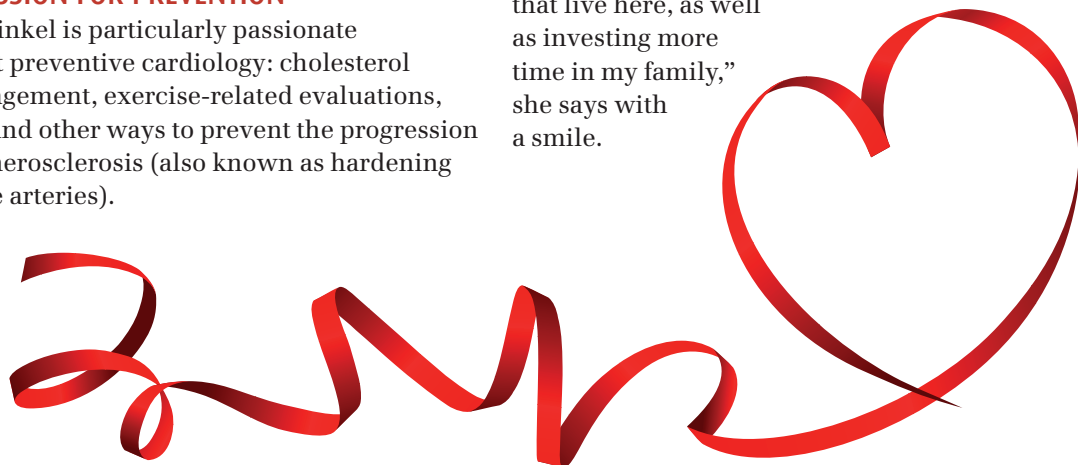
DR. TINKEL'S SERVICES

CONSULTATIVE:

- » Preventive cardiology
- » Cholesterol management
- » Refractory hypertension management
- » Coronary artery disease
- » Arrhythmias, including atrial fibrillation
- » Congestive heart failure
- » Peripheral vascular disease
- » Syncope and autonomic dysfunction
- » Valvular heart disease
- » Pacemaker and ICD (implantable cardioverter defibrillator) follow-up
- » Pulmonary hypertension
- » Pericardial disorders
- » Inpatient consultation
- » Clinical and translational research

DIAGNOSTIC:

- » ECG
- » Diagnostic Doppler echocardiography
- » Transesophageal echocardiography
- » Cardioversions
- » Telemetry, including Holter monitor, event and loop recorders
- » Tilt table testing
- » Diagnostic cardiac catheterization
- » Stress testing
- » Nuclear and echo stress imaging
- » Carotid/Aortic arteries and peripheral vascular ultrasound



CHWC CARDIAC CATHETERIZATION LAB

15TH ANNIVERSARY

The Community Hospitals and Wellness Centers (CHWC) Cardiac Catheterization (Cath) Lab at Bryan Hospital is celebrating its 15th anniversary this year. A lot has changed since the doors opened in 2001 and the lab was located in an area of the CHWC Imaging Center. Back then, the lab could only provide diagnostic catheterization services to identify abnormalities that might indicate a problem with the function of the heart muscle, valves or the blood flow through the heart.

In 2005, CHWC received permission from the state of Ohio to perform emergency stenting and in 2006, began elective cardiac interventional services. In August 2011, CHWC opened a new Cardiac Cath Lab on the third floor of the hospital with new, state-of-the-art equipment.

"Thanks to the CHWC Cath Lab, we've been able to improve the quality of patients' lives and save lives locally. It's not only critical for the patients but for their families, too. Often not having to travel to the cities makes a big difference to the families."

— CHWC Director of Imaging Pam Alpaugh

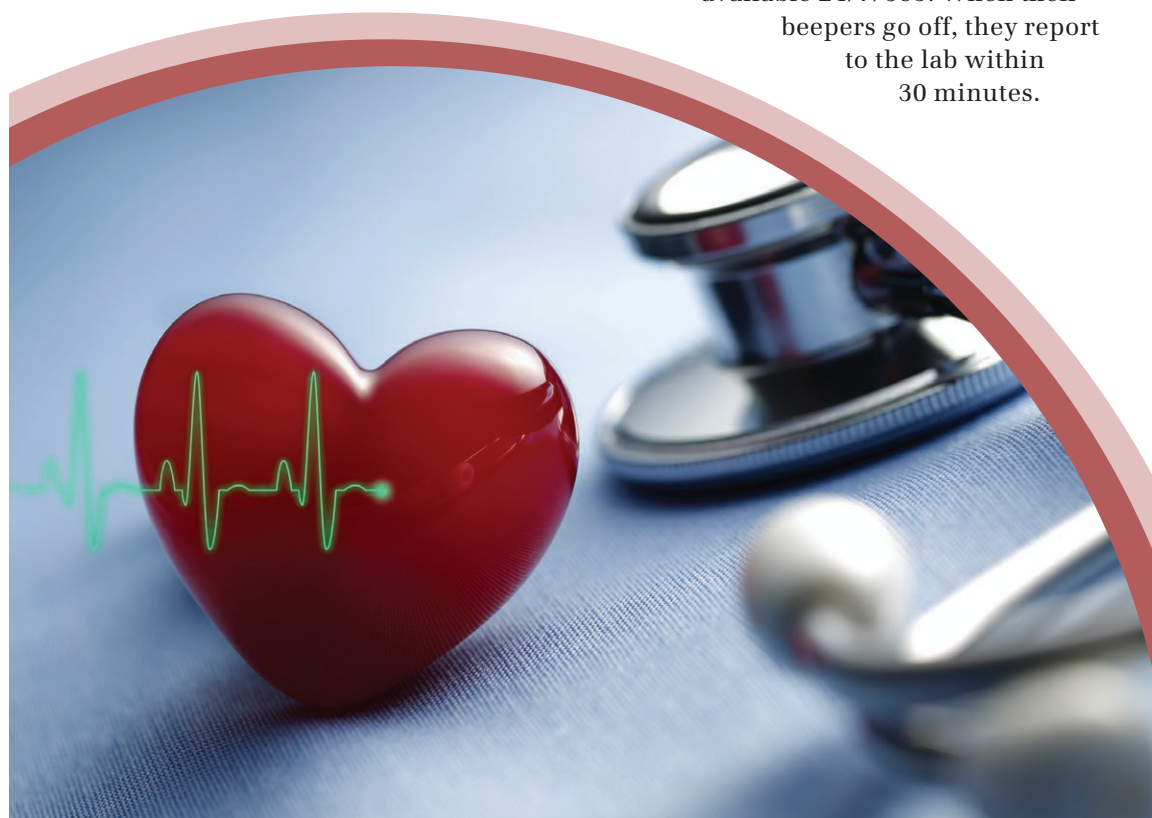
The Cath Lab, as it is referred to, is staffed by an interdisciplinary team of nine, headed up by interventional cardiologist Damoder Kesireddy, MD, and Marilyn Nussbaumer, RN, CEN, Cath Lab Coordinator, who work in conjunction with an X-ray technician, an RN and a scrub technician. This dedicated group of individuals are available 24/7/365. When their beepers go off, they report to the lab within 30 minutes.

EXPERT CARE CLOSE TO HOME

Both Dr. Kesireddy and Nussbaumer have been with the lab from day one. Dr. Kesireddy is with Parkview Physicians Group, and spends a great deal of his time at the Cath Lab. His commitment to the community has been huge. "I do everything from heart catheterizations to inserting stents and pacemakers, to defibrillators to peripheral interventions. We are one of only four or five centers in Ohio allowed to do cardiac interventions without on-site surgical backup. That's a very big deal."

Before the Cath Lab opened, Pam Alpaugh, CHWC Director of Imaging, says, "Patients had to travel out of town for treatment, and we're an hour away from Toledo and Ft. Wayne. Thanks to the CHWC Cath Lab, we've been able to improve the quality of patients' lives and save lives locally. It's not only critical for the patients, but for their families, too. Often, not having to travel to the cities makes a big difference to the families."

Dr. Kesireddy reflects, "I think the folks in Williams County are lucky to have this facility. When someone is having a heart attack,





The CHWC Cardiac Catheterization Lab staff, from left to right: Kathy Park, CST, Jennifer Zuver, RN, Angie Weber, RT, Marilyn Nussbaumer, RN, Lori Fisher, RN, Dr. Kesireddy, Kim Snaveley, RN, Ben Gomez, RT, Rachael Tabilon, RT, Kelly Short, RN. Not pictured: Trina Wyse, RN.

being able to go to a local facility is huge. We can open their arteries in anywhere between half an hour to an hour. If we had to transfer them to another facility, time would be lost, as well as muscle.”

Nussbaumer explains that though the national standard for “Door to Dilation” is 90 minute, “we aim for 60 minutes so we can start the heart cath and re-establish blood flow to decrease damage to the heart muscle. That is why it’s so important that this is done quickly, so we can save heart muscle for those patients.”

The Cath Lab also treats elective cases. If a patient has an abnormal stress test or

EKG, or had a heart attack and didn’t know, they can come in for a scheduled, non-emergent diagnostic visit.

Other services the Cath Lab performs include:

- » Inserting pacemakers and implantable cardiac defibrillators.
- » Implementing cardiosynchronized therapy, which helps patients who are in heart failure have a better quality of life and may prevent the need for heart transplant.
- » Performing peripheral arteriography and stenting (arms, legs, kidneys).
- » Performing diagnostic heart catheterizations and interventional cardiology if a patient needs stenting or ballooning to open a coronary artery.

TAKE CARE OF YOUR HEART

To learn more about cardiac catheterization services at Bryan Hospital, call **(419) 636-1131, ext. 11275.**

NEW ENT CLINIC FOR ARCHBOLD MEDICAL CENTER



Early this summer, Community Hospitals and Wellness Centers opened their ENT, Sinus & Allergy Clinic at Archbold Medical Center. The clinic is open every other Thursday from 1–4 p.m. and if there's sufficient demand, hours will be expanded.

Patients can consult a doctor for conditions including chronic ear disease, hearing and balance, sinus problems, sore throats, throat infections, voice and neck problems and skin cancers. People with allergies to environmental triggers such as trees, grasses, wheat and mold are also treated using testing and allergy shots.

"If it's above the shoulders and not the eyes or the brain, I treat it," says Michael Nosanov, MD, who runs the clinic at Archbold Medical Center and spends the remainder of the week at Bryan Hospital. An ENT specialist for 27 years, he's experienced in the field and is equally confident treating children and adults.

A TYPICAL DAY

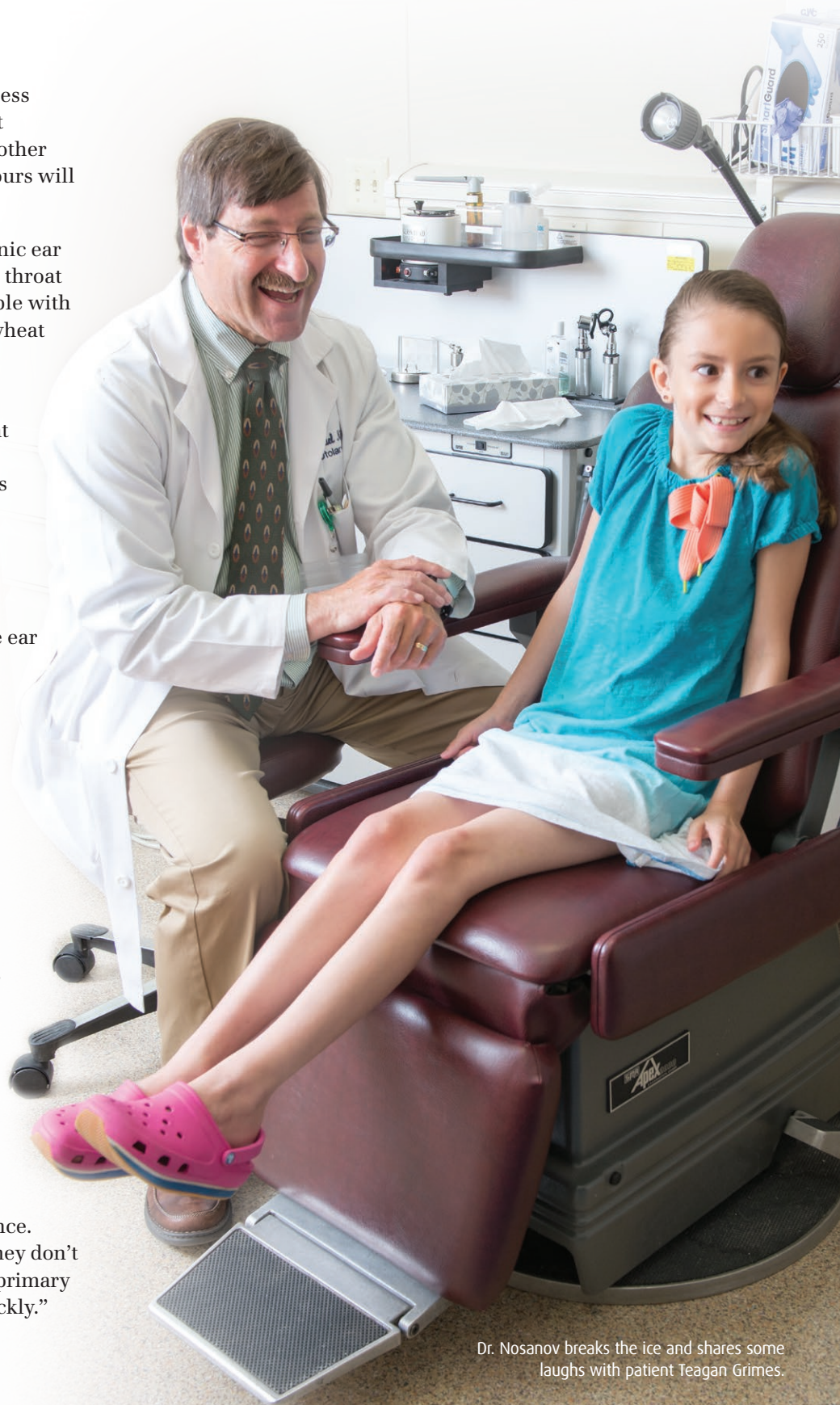
Mornings at the Archbold ENT clinic are for surgeries, beginning at 7:30 a.m. These include simpler surgeries like ear tubes for kids, tonsillectomies and infant nasal surgeries.

More complicated surgeries take place at Bryan Hospital, where the ENT clinic was established in January. Since then, that clinic has treated around 600 patients for everything from thyroid issues, to facial dog bite repairs and tongue lacerations. The Archbold Medical Center sees 10 to 15 patients per half day, as well as the morning surgery patients.

In his time as a surgeon and doctor, Dr. Nosanov has seen many changes in the ENT field, he says. "There have been tremendous advances in just about every aspect of surgery, especially sinus surgery. I now use much less invasive techniques, which means faster recovery for patients, better healing, less discomfort and less morbidity."

Dr. Nosanov is thrilled to offer the new clinic, which is growing steadily. "I'm excited to provide ENT help to the local community and to expand my services. It keeps me busier and happier," he says.

"The benefit of the Archbold clinic is the patients' convenience. It's there in their hometown. If they're working in the area they don't have to take time off to travel. It's not hard to get in, and if a primary care doctor thinks it's urgent, a patient will be seen very quickly."



Dr. Nosanov breaks the ice and shares some laughs with patient Teagan Grimes.

HEALTHY SLEEP IMPACTS OUR WHOLE SELVES



From heightened energy and improved focus to preventing serious chronic medical conditions, adequate sleep is crucial to our health. We've all experienced fatigue and moodiness after a fitful night, but too few really understand the profound impact sleep has on our long-term health.

WHAT IS SLEEP HYGIENE?

Sleep hygiene refers to the habits we adopt to maintain quality sleep. Here are some important sleep hygiene practices to follow:

- » Sustain a consistent sleep and wake pattern.
- » Determine the appropriate amount of sleep time you need. Most people are at their best when they get at least 7 hours of uninterrupted sleep each night.
- » Lighten up your dinners, stick to a healthy diet and get adequate fluids throughout the day.
- » Establish a regular, vigorous exercise routine to do three or more hours before bedtime. Yoga, tai chi and other relaxing exercises just before bed can also initiate restful sleep.
- » Give yourself 30 minutes or more without electronic devices before bedtime. Turn off the sound and charge your smartphone in another area of the house, get rid of that TV in the bedroom and associate the bed with sleep and relaxation.
- » As you power down electronics, power yourself down too. Take a bath, read a paperback, engage in deep breathing ... whatever is needed.

» Avoid caffeine and other stimulants close to bedtime. This includes alcohol, which can initiate sleep at first but later cause arousals, diminishing sleep quality.

SLEEP DISORDERS ... WHAT ARE YOU WAITING FOR?

The Regional Sleep Disorders Center at Montpelier Hospital has a calming, quiet atmosphere that removes patients from unnecessary sleep arousals, thanks to darkened windows and queen-sized beds with soft mattresses and comfortable bedding.

In order to observe and analyze a usual night of sleep, it's important to keep patients comfortable, explains Todd Davis, director of the center. Individuals who visit the center typically suffer from sleep disorders — like apnea or restless leg syndrome — that negatively impact their lives. “A lot of the patients we see are really sick. They waited too long and are already dealing with high blood pressure, diabetes, heart disease.”

Sleep apnea is estimated to affect more than 18 million Americans. Diagnosis and treatment is fairly simple and can turn peoples' lives around with a proper titration of a CPAP or BiPAP device, both of which work to keep airways open, so patients can breathe consistently throughout the night, allowing restful sleep.

People with sleep apnea stop breathing for sometimes up to a minute, Davis says. The ultimate goal is to get into a deep sleep called REM (rapid eye movement), which paralyzes and allows your body to truly rest.

Some warning signs of sleep apnea and other sleep disorders include excessive daytime sleepiness, drowsy driving, short-term memory loss, difficulty focusing and ineffective antidepressant medication, among others.

If you suspect you or someone you know has a sleep disorder, see your doctor to discuss your concerns. To learn more, visit chwchospital.org/sleep or contact the Regional Sleep Disorders Center at **419-485-3154, ext. 2136**.

Sleep well



Community Hospitals and Wellness Centers
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433 W. High St.
Bryan, OH 43506-1690

BRINGING COUNSELING SERVICES DIRECTLY TO SCHOOLS

CHWC joins forces with Safe Schools/Healthy Students

Safe Schools/Healthy Students (SS/HS) promotes the healthy development of youth and prevents youth violence. A federal grant program established in the aftermath of school shootings in the late 1990s, the effort has successfully provided services to over 13 million youth across the nation — and it's rapidly growing right here in Williams County.

SS/HS came to Williams County in 2013 with a four-year grant. During the first two years, significant background work took place to prepare the program for in-school implementation. During year three, care coordinators were hired to work with students who have been identified as needing mental or physical health care, or basic needs assistance.

Michelle Kannel, student & family service supervisor with the Williams County SS/HS initiative, explains, "This could be anything that doesn't seem right about a student. It could be as simple as working with the parents on establishing a better bedtime routine." At this point, care coordinators connect students and families with resources, like food and furniture assistance, mental health services and more.

RESPONDING TO OUR COMMUNITIES' NEEDS

Of the county's seven school districts, six of them have taken advantage of SS/HS care coordination: Bryan, Edon-Northwest, Millcreek-West Unity, Montpelier, North Central and Stryker. Now, in the fourth and final year of the grant, SS/HS is working to ensure the program continues beyond the federal funding cycle. The three care coordinators who were initially hired have been so highly valued that participating school districts are considering sustaining their positions beyond the life of the grant. Additionally,

SS/HS has partnered with Community Hospitals and Wellness Centers (CHWC) to bring a licensed social worker, specially trained in student counseling, into the schools to directly benefit students, eliminating cost and travel barriers that in the past may have prevented kids from getting help they need. CHWC is also providing financial support, in response to the 2016 Community Health Needs Assessment, where the need for counseling for children was made very clear.

Up until the SS/HS program was implemented at Williams County districts, Kannel says, schools were left to figure out these kinds of problems on their own. Unlike many states, Ohio does not require social workers or psychotherapists to be part of the public school system. This program strengthens the role of schools as healthy learning environments that support academic, social and emotional growth.

Some of the notable concerns commonly addressed through care coordination in the Williams County SS/HS program include trauma, aggression and abuse. "These students need coping mechanisms," Kannel explains. "If they have experienced trauma or if they have a serious mental health issue and aren't getting help, they don't know how to appropriately handle everyday stressors."



TO LEARN MORE about Safe Schools/Healthy Students, visit samhsa.gov/safe-schools-healthy-students.