

## Breastfeeding & Safe Sleep

Both work together to lower your baby's risk of Sudden Infant Death Syndrome (SIDS)

### Breastfeeding

- Your milk gives nutrients to your baby and helps keep them happy and healthy. It is great for your health too!
- Formula fed babies are more at risk for SIDS.
- It is best to give only breastmilk for the first 6 months. Continuing to breastfeed to 12 months and beyond (with foods added at 6 months) extends the many great benefits.
- Giving your baby a pacifier can reduce the risk of SIDS, but you should wait to use a pacifier until you and your baby are comfortable with breastfeeding.

### Safe Sleep

- Always place your baby on his or her back for all sleep times - naps and night, until their 1st birthday.
- Place your baby in a crib, bassinet, portable crib, or play yard with a firm mattress and tight fitting sheet.
- Do not use pillows, blankets, soft toys, or crib bumpers anywhere in your baby's sleep area. Dress baby in a sleep sack or pajamas to match the temperature of the room.
- Do not smoke or let anyone smoke around your baby. This can increase the risk of SIDS.

### Share the room, not the bed

- Breastfeeding helps you bond with your baby. Being near your baby can help you learn signs for when baby is hungry and helps support breastfeeding.
- Room share - keep baby's safe sleep space in your room for at least 6 months.
- You can breastfeed baby in your own bed. When finished feeding, put your baby back into his or her own separate safe sleep space, within view and reach from where you sleep.



APCs of Safe Sleep  
Back. Crib.  
Every Sleep.  
Ohio gov

FIRST STEPS

A breastfeeding initiative for the  
new mothers, experienced and  
the most knowledgeable of women

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Massage therapy  
clinic beneficial  
to many

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Safe sleep and breastfeeding  
lower risk of SIDS

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Helping to keep your kids safe from poison





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*Why CHWC's independence matters,  
part 1*

COVER PHOTO: New Beginnings Birthing Center nurses Kari Shuck (left) and Haley Borchardt (right) display goodies that are sent home with families of newborns to remind them of the importance of safe sleep practices.

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## Unique organ donation program offered at UT

**T**he field of organ donation and transplantation is one of the most exciting in the world of medicine, and The University of Toledo now offers a program that is the only one of its kind in the world to academically train students to work as organ donation coordinators.

Students who complete the program earn a Master of Science in Biomedical Science - Human Donation Science, designated as a Professional Science Master Degree program. Throughout the course of the program — which can be completed in a single calendar year — students go through a combination of classroom lectures, in-depth job training and an on-call element during which the student accompanies a transplant coordinator on the job during an actual organ recovery. Additionally, students learn how to work with patients and families, and complete internships at two different organ procurement organizations.

“I would recommend this career path to anyone who has the stamina to survive demanding on-call work and the emotional strength to handle an environment saturated with death and dying,” says UT Human Donation Science Program Director Jake Judkins, MSBS, CPTC.

“The environment can be emotionally difficult because of the immediate, severe grief and loss suffered by the families and loved ones of accident victims,” Judkins continues. “Graduates of our program have gone on to PA programs, medical school and a variety of other endeavors after practicing for a small number of years. It is a great portal of entry into the medical professions; however, most of our graduates fall in love with the career and never leave it.”

### TO LEARN MORE ABOUT THIS ONE-OF-A-KIND PROGRAM

offered at University of Toledo, visit [utoledo.edu/med/donation\\_science](http://utoledo.edu/med/donation_science) or contact Judkins at [james.judkins@utoledo.edu](mailto:james.judkins@utoledo.edu).



# Massage therapy clinic beneficial to many



When you think of massage therapy, your first thought is probably of a Swedish massage that relaxes the muscles throughout the entire body. However, the specialty massage therapy modalities offered at Bryan Hospital by Licensed Massage Therapist Crystal Surbey are drastically different from Swedish massage, and come with numerous benefits to health and overall wellness.

## NEUROMUSCULAR THERAPY

The biggest difference between Swedish massage and neuromuscular therapy, explains Crystal, is that Swedish massage focuses on relaxing the muscles throughout the entire body. Neuromuscular therapy, in contrast, is used to correct dysfunction and relieve pain, with an entire session usually focused on one specific part of the body. “The purpose of neuromuscular therapy is to determine where issues are coming from and to make corrections in the body. It’s not a real feel-good massage but it’s very beneficial,” she says.

Every day, Crystal works with people who suffer from chronic headaches and migraines, lower back pain, shoulder injuries, leg and knee pain, and permanent conditions like degenerative disc disease or spinal stenosis. Crystal notes that neuromuscular therapy cannot fix permanent conditions, but it can help her clients deal with symptoms so they can function better without being in excruciating pain.

## ONCOLOGY MASSAGE

Oncology massage is a unique type of massage that Crystal describes as an eye-opening experience that provides a positive, gentle, nurturing touch to help those with cancer feel a little bit better.

Licensed Massage Therapist  
Crystal Surbey



“It’s extremely serious work,” she says. “A lot of people have been traumatized by their cancer or the treatment involved, so you need to be very sensitive to it and be willing to be there in any way they need.”

Oncology massage is appropriate for people at any stage of cancer, and modifications are made to each client’s specifications — whether they have a device implanted, can’t lie down on the massage table or if there is an area on their body that can’t be or they don’t want to have touched. “It’s all about getting to know each person and understanding what they need from me as a therapist, and making their experience a pleasant one,” she states.

## PRENATAL, DOULA AND POSTPARTUM MASSAGE

Crystal most recently completed her training and certification in prenatal, doula and postpartum massage therapy. Prenatal massage can reduce anxiety, relieve pain and swelling, as well as improve labor outcomes and newborn health. Postpartum massage, which is offered to moms in the 14 days after a baby is born, allows for a quicker recovery and better overall wellness. Reduced swelling, hormone regulation, pain relief and improved breastfeeding are just a few of the known benefits of postpartum massage.

Massage doula — being present during labor and delivery to keep moms comfortable — has shown that women experience shorter labors, are less likely to require pain medication, are less likely to have cesarean births and feel an improved bond with their babies.

“Having four children myself, knowing what it’s like, it would have been amazing to have this available to me,” Crystal says. “It’s also great for the mother’s support partner because it takes a lot of pressure off them. They are there for emotional support but don’t need to worry about making her feel better; that’s my job. It’s very exciting.”

**TO SCHEDULE AN APPOINTMENT AT THE CHWC MASSAGE THERAPY CLINIC,** call **419-630-2284**. Learn more about Crystal’s experience and the

massage therapy specialties she offers by visiting [chwchospital.org/massage-therapy](http://chwchospital.org/massage-therapy).





# Safe sleep and breastfeeding *lower risk of SIDS*

**S**udden infant death syndrome (SIDS) is the unexplained death, typically during sleep, of a seemingly healthy baby under 1 year old. Heartbreaking and frightening, the exact cause of SIDS is unknown. Although a definitive method to prevent SIDS has not yet been discovered, the obstetrics team at Community Hospitals and Wellness Centers (CHWC) do all they can to educate and encourage safe sleep practices and breastfeeding — both of which have been proven to reduce the risk of SIDS.

## EDUCATE AND DEMONSTRATE

Upon admission at New Beginnings Birthing Center — the maternity department at Bryan Hospital — families are given educational materials and take-home goodies that detail the benefits of breastfeeding and safe sleep guidelines. New Beginnings staff members demonstrate best practices, and provide support and encouragement throughout a mother's stay at the hospital.

“We work hard to educate moms and families, but we also model it ourselves,” says Tammy Bernath, Director of Obstetrics at CHWC. “It’s important for us to do this because you don’t get a do-over. Sometimes we hear comments like, ‘I slept with my last child and he’s OK’ and my thought is, ‘You got lucky.’ Research shows that there are issues and we need to stop, because something can go wrong. Once it happens, you don’t get to relive that night. It’s a tragedy.”

## RISK FACTORS

A combination of risk factors associated with SIDS are important to note. First, age is a factor: infants between 1 month and 1 year are at risk, but most SIDS deaths happen in babies between 2 and 4 months. Other factors like family history, birth weight, sex and even race have been shown to impact SIDS risk. Additionally, studies have revealed that some infants are born with a defect in the part of the brain that controls breathing and arousal from sleep. Unfortunately, to date, scientists have been unable to develop proper screening tests to identify babies with this abnormality.

For many reasons, including reducing SIDS risk, mothers should not smoke, use drugs or drink alcohol during pregnancy or after birth, and babies should not be exposed to secondhand smoke.



New Beginnings Birthing Center nurses Kari Shuck (left) and Haley Borchardt (right) display goodies that are sent home with families of newborns to remind them of the importance of safe sleep practices.

## BREAST IS BEST

Among the numerous health benefits of breastfeeding, babies who are breastfed are at lower risk for SIDS. Exclusive breastfeeding, with no additional foods or liquids, is recommended for the first six months. Then adding fruits and vegetables while continuing to breastfeed to 12 months extends the benefits, such as providing nutrients and protecting against disease and obesity. Breastfeeding also lowers the risk of ear infections, asthma, respiratory infections and diarrhea.

Bryan Hospital has certified lactation consultants on staff at New Beginnings Birthing Center to support moms as they learn how to feed their babies.

## THE ABCS OF SAFE SLEEP

The Ohio Department of Health states that every week in Ohio, three babies die in unsafe sleep environments. One of the most notable practices to reduce the risk of SIDS are the ABCs of safe sleep: babies should sleep alone, on their backs, in a crib. These guidelines should be taken at their literal meanings:





# New Beginnings

## BIRTHING CENTER

You can find more information about infant safety, breastfeeding and safe sleep at [odh.ohio.gov/safesleep](http://odh.ohio.gov/safesleep). Learn more about CHWC's New Beginnings Birthing Center by visiting [chwchospital.org/new-beginnings](http://chwchospital.org/new-beginnings).

**A** **Alone.** Sharing a room with babies is recommended, but they should not sleep with anyone. Babies can be suffocated if sharing a bed, either by a sleeping parent who rolls over or by getting trapped in an unsafe space.

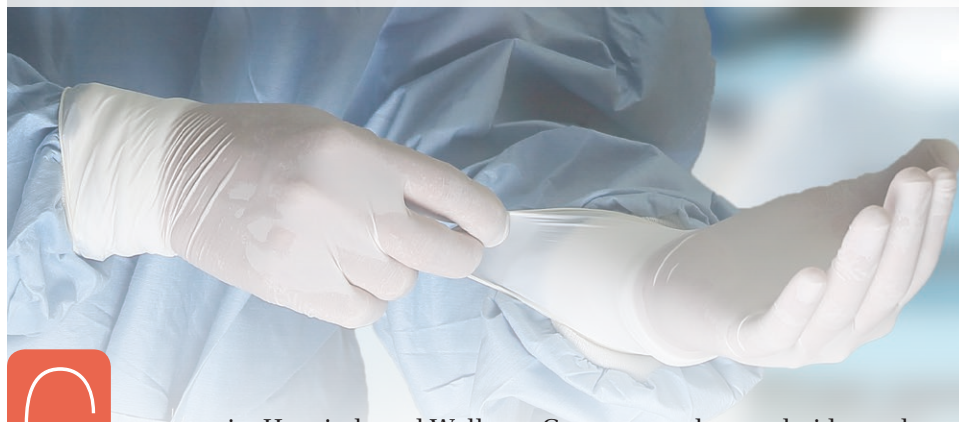
**B** **Back.** Proven research has found that babies should sleep on their backs until they are 1 year old. When babies are able to roll over on their own, they can be left in the position they feel most comfortable but should still be put to sleep on their backs during their first year. Some caregivers fear that babies could choke on spit-up while sleeping on their backs; however, studies show that reflexes cause babies to cough up or swallow fluid and keep the airway clear. Additionally, babies who sleep on their backs are less likely to get fevers, stuffy noses and ear infections.

**C** **Crib.** Babies should not sleep in beds or on chairs, sofas, blankets, pillows or cushions. Babies should always sleep in their cribs that have a firm mattress and fitted sheet with no other bedding. Cribs should be free of pillows, bumpers, toys or loose blankets; any of these items could cause injury or death.





# New surgeons continue tradition of excellence



Stenneth Adams, MD, PPG – General Surgery



Michael Liu, MD, PPG – General Surgery



Neil Shah, MD, PPG – Orthopedics

**C**ommunity Hospitals and Wellness Centers (CHWC) is proud to work with the expert providers at Parkview Physicians Group (PPG) to serve the community with health care that is trustworthy, compassionate and close to home.

Please help us welcome three of the newest additions to the PPG care team.

## **STENNETH ADAMS, MD, PPG – GENERAL SURGERY**

Stenneth Adams, MD, earned his medical degree from Howard University College of Medicine in Washington, D.C. He is certified by the American Board of Surgery and has been a practicing surgeon since 2002.

Dr. Adams has expertise in performing surgical procedures such as gastrointestinal, breast, hernia, laparoscopy, endoscopy, thyroid, hysterectomy and others.

## **MICHAEL LIU, MD, PPG – GENERAL SURGERY**

Michael Liu, MD, earned his medical degree at Cleveland Clinic Lerner College of Medicine of Case Western Reserve University in Cleveland, Ohio. He earned his MD with special qualification in biomedical research. Additionally, Dr. Liu went on to complete a residency in general surgery at the Cleveland Clinic in Cleveland, Ohio, and completed a fellowship in colorectal surgery at Cleveland Clinic Foundation. Dr. Liu is board-certified in general surgery and board-eligible in colorectal surgery. He is a member of the American College of Surgeons and the American Society of Colorectal Surgeons. He specializes in general surgery and colorectal surgery.

His services include the treatment of abscesses, acid reflux, appendicitis, constipation, diseases of the breast, gall bladder and spleen, hernias, fistulas,

hemorrhoids, prolapse, colon and rectal cancer, anal cancer and anal lesions, ulcerative colitis and Crohn's disease.

## **NEIL SHAH, MD, PPG – ORTHOPEDICS**

Neil Shah, MD, is an orthopedic surgeon who earned his medical degree from Wayne State University School of Medicine in Detroit, Michigan. He completed an orthopedic surgery residency at Wayne State University School of Medicine in Taylor, Michigan, and completed a fellowship at the Christine M. Kleinert Institute for Hand and Microsurgery.

Dr. Shah is board-eligible in orthopedic surgery and is a member of the American Academy of Orthopaedic Surgeons and the American Medical Association. He also holds memberships with the Alpha Omega Alpha Honor Medical Society and is a candidate member for the American Society for Surgery of the Hand, American Association for Hand Surgery and Mid-America Orthopaedic Association.

Dr. Shah has spent years conducting volunteer and research work in the orthopedic field; his surgical experience includes the team completion of the 12<sup>th</sup> ever bilateral hand transplant performed in the United States. Dr. Shah specializes in upper-extremity surgeries and hand surgery.

## **SCHEDULE AN APPOINTMENT**

**PPG – General Surgery and PPG – Orthopedics** are located at 442 W. High Street, Bryan, Ohio.

Dr. Stenneth Adams and Dr. Neil Shah also practice in Archbold, Ohio, at 121 Westfield Drive, Suite 4.

To schedule an appointment with any of these providers, please call **419-636-4517**.



# Helping to keep your kids safe from poison



Mr. Yuk has been a familiar face in U.S. households since the 1970s, an iconic green yuck-faced symbol that has warned children about the dangers of poisoning. For 12 years, Amy Eriksen, a pharmacist at Community Hospitals and Wellness Centers (CHWC) has taken Mr. Yuk and her trusty puppet sidekick Kiki into area preschools to reach out to kids who are at the greatest risk of accidental poisoning.

“Kids under age 6 are at high risk for accidental poisonings; toddlers especially, because they explore their world by putting everything in their mouths,” Eriksen says. “Many vitamins and over-the-counter medications are made into gummies and candy forms today, and even prescription medication can look like candy. There are a number of household items as well that look like candy, food and drinks.”

## REAL-LIFE LESSONS

To help kids recognize the dangers of poisoning, Eriksen has fine-tuned a 30-minute presentation that emphasizes three major points:

1. Kids should always have their parents give them their medications.
2. Kids should always ask before eating or drinking something located in an area outside of the kitchen.
3. When kids see Mr. Yuk on an item, it means stay away.

To illustrate the similarities between medications and candy, Eriksen opens a medicine cabinet display that visually compares a red capsule to a Mike and Ike, a chocolate laxative to a piece of a Hershey's bar, a lozenge to a NECCO Wafer and others to Skittles, Smarties and jelly beans.

Eriksen gives each child a take-home bag of poison prevention information to review with their family members and Mr. Yuk stickers to put on containers around their homes.

To date, Eriksen has presented to nearly 400 classrooms, including almost every preschool in Williams County, local day care centers, and autism and learning disability centers. To contact Eriksen about bringing her poison prevention program to your event or preschool, call **419-630-2112** or



Pharmacist Amy Eriksen and her puppet sidekick Kiki discuss dangerous items around the home that can be mistaken as candy. In the audience, pictured left to right: Harvey Saverino, Lyla Stanley and Luke Stanley.

email [amyeriksen@chwchospital.org](mailto:amyeriksen@chwchospital.org). Additionally, a sleeve of Mr. Yuk stickers can be ordered for free from the Children's Hospital of Pittsburgh by sending a self-addressed stamped business-size envelope to:



Mr. Yuk  
Pittsburgh Poison Center  
200 Lothrop Street  
PFG 01-01-01  
Pittsburgh, PA 15213



Medical Technologist Rachel Grieser runs laboratory tests on a chemistry analyzer in the Bryan Hospital lab.

## Hiring event for LPNs and RNs

Community Hospitals and Wellness Centers is looking for registered nurses and licensed practical nurses who want to learn and grow in our patient-focused, professional environment.

Join us at our hiring event on Tuesday, February 13 from 4–7 p.m. at Bryan Hospital. We're hiring RNs and LPNs for full-time, part-time and 1 percent positions on multiple shifts. On-the-spot offers are available for exceptional candidates!

Registration is preferred and available at [chwchospital.org/events/hiring0218](http://chwchospital.org/events/hiring0218) or by calling Tricia at **419-630-2139**. Walk-ins are welcome.

## Health awareness event

Get your general health profile, hemoglobin, A1C and/or PSA (prostate) screening lab tests for a low cost at our annual health awareness event on April 5 and 6 from 6–8 a.m. For pricing and more details, visit [chwchospital.org/events/healthawareness2018/](http://chwchospital.org/events/healthawareness2018/).



# Why CHWC's INDEPENDENCE matters, part 1



Our organization's Board of Directors and the entire CHWC family are proud to remain an independent community hospital. Some may wonder if anything would really be that different if CHWC were owned by a larger health care organization. Trust me. It would.

If CHWC were unable to sustain itself, we wouldn't close, but rather be taken over by a regional health care system. When the owners of a company no longer live in the same community, things change. There isn't the same sense of commitment ... it's not purposefully wrong or mean, it's just the truth. If the owners aren't in our community, they won't see what we see and what we feel.

I recently received a letter of appreciation. I share this excerpt:

*"Until you have personal experience, I don't think you can realize how important it is to have quality health care close to home. During my appointments in the 'big city' the personnel were nice, but did not give you the feeling of being important or being part of their family. We have something unique in Williams County. We have really good people doing their jobs. We need to be proud of it, and we should also promote it."*

Independence gives CHWC the ability to respond rapidly to our community. We don't have to "get approval from corporate" before we can act. So, when the community supports a new program, doctor or service, CHWC can quickly move toward achieving the advancement.

If CHWC was already owned by a larger health system our specialty clinics at Bryan Hospital and Archbold Medical Center would not exist, and our first-rate rehabilitation

services might not be available at Montpelier Hospital. No cath lab. No pain management. No wound care or ENT. No Radiation Oncology Center, no heartburn program. Local control has made all of these offerings possible. Regional ownership won't see the opportunity.

Eliminating specialist health services in our community would also mean eliminating the jobs that support those specialists. Back-office jobs would be moved to corporate centers, and management would likely be replaced by people who might not even live here. The new owners would certainly do good primary care work, but anyone who remembers the way things used to be would know it's not the same.

Really, our *entire* medical community is a source of good paying jobs. Local doctors,

dentists, optometrists, chiropractors, counselors, home health agencies and nursing homes ... all of these professions create jobs that in turn, support a lot of Williams County families. When people have quality health care right in town, the community is more attractive, benefiting local government, schools, businesses and industry. It's a continuous, renewing cycle.

Does this mean CHWC is *entitled* to remain independent? Heck no! We will have to earn it every day. Watch your mailbox in early April for the next issue of *Wellness Matters* as I detail how we plan to continue earning our independence for years to come.



Community Hospitals and Wellness Centers  
BRYAN | MONTPELIER | ARCHBOLD

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Bryan, OH 43506-1690

