

**Grateful to
nurses and staff**

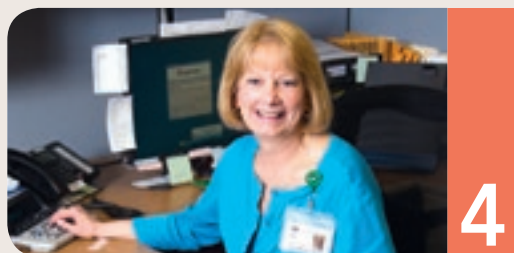
2

**Proper sleep, losing
weight key to health**

4

A survivor's story

6



*Proper sleep, losing weight
 key to health*



*Springing back after winter
 heart attack*



A survivor's story



Back to firing on all cylinders

COVER PHOTO: Leah Snodgrass is shown at home in Jonesville, Michigan after recovering from a stroke at Montpelier Hospital. See related article on page 6.

This publication does not constitute professional medical advice. Although it is intended to be accurate, neither the publisher nor any other party assumes liability for loss or damage due to reliance on this material. Websites not belonging to this organization are provided for information only. No endorsement is implied. If you have a medical question, consult your medical professional. Images may be from one or more of these sources: ©Thinkstock, ©iStock, ©Fotolia. ©2014 BlueSpire Strategic Marketing | bluespiremarketing.com

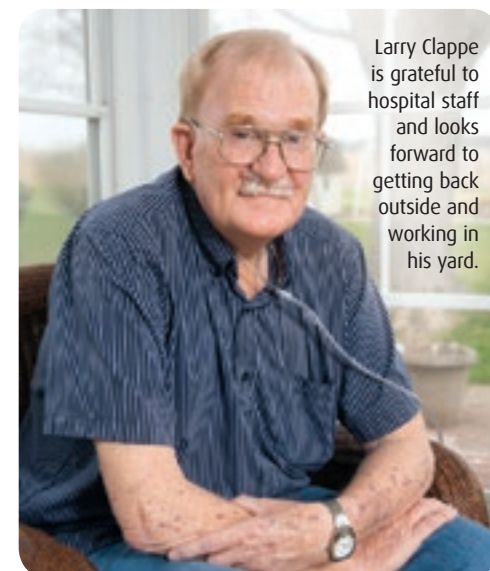
GRATEFUL TO NURSES AND STAFF

Since the beginning of the year, Larry Clappe of Bryan had been getting more tired than usual during his days as a janitor at the First Presbyterian Church in Bryan, but he wasn't quite sure why. "I'd have to sit and rest," he says. "I knew I was getting sick."

In March, he was diagnosed with leukemia, specifically myelodysplastic syndrome. "It used to be called pre-leukemia," Susan, Larry's wife, says. "So, it's not as aggressive." On March 25, Susan noticed he was breathing funny. "His doctor had said if he got sick, I should take him to the emergency room," she remembers.

"It was a Tuesday. I was either not breathing correctly or seemed out of it," Larry explains. "My wife called and the doctor said 'Get him to the emergency room.' She walked me out to the car and when I got to the hospital, I started to fall. The next time I woke up, it was 10 o'clock Thursday."

Larry spent that Tuesday to Thursday at Bryan Hospital in the intensive care unit. He was released on April 2 with multiple diagnoses, yet feeling pleased with the care he received. "Everybody was wonderful," Larry says. "They went way beyond what I would think was required."



PERSONAL ATTENTION

"We knew one of the nurses in charge personally," Susan says. "I think it helps if you have more personal attention. You feel like you can ask them anything. Having local people really does make a difference. They are not strangers."

Larry says he felt respected and was grateful that hospital staff helped him make contact with those who are assisting with his care at home. Larry is currently undergoing chemotherapy for his leukemia. While it is unknown how long his treatment will be, Larry says he is very fortunate.

"The nurses were great," he says. "If I wanted to talk, they would listen. They always seemed to have time for me. Very professional."

Larry is now home and has his mind set on getting back outside and being able to do his yardwork.

thank you notes • thank you notes

*Throughout the
 Summer edition of Wellness
 Matters, we have incorporated real
 thank you notes from former patients.
 Make sure to read through their
 testimonies of CFWC's
 level of dedication.*

thank you notes • thank you notes



*Thank you to all the doctors
and nurses that helped me bring my beautiful
boy into the world. I thank you for all of the
support, kind words and advice to help get me
started on my new journey of parenting.
Thank you and God Bless!*



Jim Ping now considers himself well following a prostate cancer diagnosis in 2012.

PROSTATE CANCER

After continued fluctuation in the beginning of 2012, his PSA levels started rising again — faster. Dr. Palli ordered another biopsy. “I never will forget,” Jim says. “He called me up within three days of doing the biopsy and said ‘You’ve got to come in. I want to talk to you.’”

Jim was diagnosed with a very aggressive (fast-growing) prostate cancer. Dr. Palli set up tests and contacted the Community Hospitals and Wellness Centers Radiation Oncology Center. “We started working together,” Jim remembers. “I had a bone scan, a PET scan. All of these were designed to look for cancer cells outside of the prostate.” Luckily, Jim’s cancer had not metastasized to other areas of his body.

RADIATION ONCOLOGY CENTER

In June 2012, Jim started radiation therapy at the Radiation Oncology Center. He received treatment five days a week for eight and half weeks, a total of 42 treatments. “I couldn’t have been happier with the kind of care that I’ve received at the hospital,” Jim says. “I was very impressed with the people at the oncology center. I don’t see my doctors outside of work, but I’ve seen my nurses several times and end up talking with them and their children.”

Jim acknowledged that the first people you see when you walk in the door at a medical office can set the tone for the entire place. “They’ve been very friendly all the time,” he says. “I thought the people were great.”

He has had some complications from radiation, and once his prostate starts producing testosterone again, the PSA levels may fluctuate again. Jim continues to have his PSA levels checked every six months. The last three times his levels were tested they were at zero. “So far so good,” Jim says.

RIDING ALONG

“I consider myself well,” Jim says. “I get tired a lot easier than I used to, but I hope to build my stamina back.” Jim and his wife, Katherine, enjoy riding motorcycles, fishing and squirrel hunting. They are actively involved with veterans’ organizations, such as the American Legion and a group for submarine veterans, which Jim is.

Throughout this process, Jim says he felt supported by his wife and family and informed by the medical staff. “Everybody I’ve been associated with during this process told me what to expect,” Jim says. “Nothing they did came as a surprise.”

Riding through the rough roads of life

In the late '90s, during a routine physical, Jim Ping was alerted that his prostate-specific antigen (PSA) levels had risen. Because high levels of PSA can indicate prostate cancer, following that appointment, Dr. Palli would check his PSA levels every six months. They would rise and fall, and his prostate did eventually enlarge. “Dr. Palli prescribed Flomax for me,” Jim says. “Flomax shrinks the prostate and drives the PSA levels down.”

Over the years, Flomax worked for a while, and a biopsy didn’t show anything worrisome. However, Jim’s PSA levels continued to rise. Under the direction of another doctor, Jim also tried Finasteride, another drug to block the body’s production of the male hormone that causes the prostate to enlarge, and his PSA levels dropped a little bit.

PROPER SLEEP, losing weight key to health

Jody Strahle has been employed at Bryan Hospital for the past 38 years, applying her skills in fiscal services doing accounts payable and, recently, as a cashier in the afternoons. Any job that requires sitting at a desk for long periods of time can contribute to weight gain, and Jody found herself putting on pounds.

GETTING SLEEP RIGHT

Over the last seven or eight years, Jody also began to have trouble sleeping. "I would toss and turn all night long," she

shares. "I was lucky if I got any sleep at all some nights." So she went to her doctor and was scheduled for a sleep study. "I remember almost canceling the sleep study because I heard that allergies might be the reason for my sleepless nights. Thank

goodness, I didn't!"

Jody says the assistance she received at the Montpelier Hospital Sleep Center, under the direction of Todd Davis (director), was wonderful and she highly recommends that anyone not sleeping well should consider getting checked for sleep apnea. Both the Bryan and Montpelier hospitals and staff have been supportive and continue to be.

During her sleep study, she was diagnosed with severe sleep apnea. The study discovered that her oxygen level was very

low for 55 percent of the night, and she also had very high blood pressure. "These things indicated that I may have eventually had some major heart issues if gone untreated," she says. She was fitted for a CPAP machine in November 2012 and has been sleeping great ever since.

LOSING THE WEIGHT

Not only did Jody find out that she had sleep apnea, she also discovered that her weight gain might have been connected to the lack of sleep. In January 2013, she joined the Weight Watchers program at the hospital, weighing in at 212 pounds. The 5-foot-1-inch-tall 56-year-old says, "It took a lot of discipline, determination and motivation, but I am so glad I did it because I have lost 76 pounds." Jody, who now weighs 136 pounds, says she feels better than she has in years. She went from a size 20 to a size 8/10 in one year of hard work and persistence.

Jody explained that she did not do it all alone, though. She had encouragement on a number of fronts including her Weight Watchers group at the hospital, with whom she continues to meet weekly. Jeanette Roberts, who is her coach in the Healthy Horizons wellness program at the hospital, helped her a great deal as well. Jody also took advantage of hypnosis with Mike Freeman in the fall of 2012. She says it helped her subconscious to accept that she wanted to lose weight and be healthier.

Jody says when asked about her impressions of the facilities for helping people get healthier, "We have fitness centers, a Weight Watchers program, wellness coaches, dietitians and education classes, and the cafeteria is continually improving on its healthy food options."

Jody Strahle, shown with her husband, Mike, and granddaughter, Vera, has lost 76 pounds and feels the best she has in years.



*I was extremely blessed
to have the staff that
I did and wouldn't change
anything about my labor,
delivery or stay.*

FOCUSING ON WHAT'S AHEAD

Because she is sleeping better and has lost weight, Jody is happily able to get on the floor and play with her granddaughter, walks up flights of stairs without pulling herself up and doesn't have to sit down and rest the minute she gets home from work anymore. "It has helped me physically, mentally, emotionally and spiritually," she says. "I feel like I am more thankful and find myself thanking God for things in my life more often."

Jody is now focusing on maintaining her weight loss and continuing her weekly Weight Watchers meetings. She has received lifetime membership through Weight Watchers, by reaching her goal and maintaining it. Lifetime membership allows participants to continue Weight Watchers without a charge.

"I know without still maintaining the discipline that I have developed through a year of hard work," she says, "I could go back to where I was. I did not set out to be a role model but I am thankful that I am and I want to encourage people that they can do it, too!"

Jody says that focusing on five pounds at a time makes weight loss more manageable and less overwhelming. "And the important thing is that after the weight is off, don't stop!" she says. "Keep making good food choices, sleep well and exercise."

Making her new eating habits a priority and focusing on the future, Jody hopes to never go back to where she was a year ago.



SPRINGING BACK AFTER WINTER HEART ATTACK



murphy's law states, "Anything that can go wrong will go wrong." It ought to include that when things do go

wrong, it's always at the worst possible time.

Mike Trausch had a heart attack on Feb. 5, one of the worst snow days of 2014 when the whole county was locked down under a Level III snow emergency.

"I was out running the snow blower in the morning and felt fine," he says. "I came in and got cleaned up, but I didn't feel quite right. I felt pressure on my chest when I sat down for lunch."

A HISTORY OF HEART TROUBLE

It was the same kind of pressure he felt two years ago on March 31, 2011. He was shopping at Walmart when it hit and "I know I shouldn't have, but I drove myself to the hospital," he says. "Turns out that one wasn't a heart attack, but they said I was within days of having a major one."

Mike ended up spending the weekend at Bryan Hospital's intensive care unit (ICU) and received three cardiac stents, a tool used to reopen arteries. He went back to work five days later. "I thought that was pretty amazing," he says. "When I asked Dr. Damoder Kesireddy about it, he said, 'Well, you feel better don't you?'"

RECOGNIZING THE SYMPTOMS

When the pressure came back on Feb. 5, Mike took a nitro tablet and laid down.

Pictured above: Mike Trausch is glad to be able to play basketball with his son, Jake, following a heart attack in February.

He also called Bryan Hospital. "They pulled my file and called back within a couple minutes," he says. "They said to come in right away and call an ambulance if I needed to."

He didn't. Mike's son, 20-year-old Jake Trausch, jumped in the truck with his dad and pushed through the snow. "We live at Lakeland Woods (east of Bryan) so it wasn't that far," Mike says. "Jake did a good job driving that day." When they got to the emergency room, they didn't stay long. Dr. Kesireddy was right there, waiting to get Mike into the catheterization lab and up to ICU.

"We did the catheterization, and I had another stent put in, all done that afternoon," Mike says. "I had to lie still for hours before and after the procedures. It wasn't all that pleasant, but the nurses were great and kept me as comfortable as they could."

Mike spent the night in ICU and got his results first thing the next morning. It was an actual heart attack this time. He stayed in ICU one more night under observation and went home Friday. He took it easy over the weekend and went back to work the following Monday.

"Couldn't have found better treatment anywhere else," he says. "I'm doing pretty good; a little more tired and slower than I was before, but I'm bouncing back."

A SURVIVOR'S STORY

Leah Snodgrass is living many retirees' dream. At 68, she spends her days at home taking care of her house, spending time with her dog and cutting wood, a hobby she finds relaxing. But it hasn't always been this easy. Leah is recovering from a serious stroke she suffered in January, which left the left side of her body paralyzed. Life changed in an instant for Leah, and she turned to Community Hospitals and Wellness Centers (CHWC) to learn how to get her life back.

CHOOSING MONTPELIER HOSPITAL

Like many strokes do, Leah's happened suddenly. One day in January, she had been shoveling snow and running errands around town. The next day, she got up from bed and quickly realized she didn't feel right. Unstable on her feet, she noticed her left hand was tingling. After waiting a few minutes contemplating what to do, Leah decided to call a friend. "I knew something was wrong," she says. "The ambulance took me to a local hospital near my home in Jonesville, Michigan."

While at the hospital, Leah suffered from a stroke and became completely paralyzed on the left side of her body. The hospital treated her and told her she would need to go to another facility for follow-up care and physical therapy. "I immediately knew I wanted to go to Montpelier Hospital," says Leah. "I had co-workers who were treated there before, and my sister lives in Bryan. It came highly recommended, so it felt like the best fit."

RECOVERING WITH THERAPY

After arriving at Montpelier, Leah still had many struggles and complications from her stroke. Swallowing was so difficult that she was only eating pureed food. Walking and any movement of the legs were difficult, so she needed a walker to move around. In addition, her left arm was nearly immobile.



Leah Snodgrass rehabilitated at Montpelier Hospital after suffering a stroke in January.

The therapists at Montpelier started Leah on a physical therapy schedule. She received two hours each of physical and occupational therapy a day and one hour of speech therapy a day. Though grueling, Leah began to quickly show progress. The team at Montpelier helped improve her swallowing by touching Leah's mouth with a flavored swab to increase that reflex. For physical therapy, the team encouraged Leah to move all the time. "They would have me walk everywhere. I would navigate around chairs and tables in a conference room to improve my movement," she says. "Occupational therapy helped me get ready for life at home again. They would assist me in everyday tasks like tying my shoes and bathing myself."

LEARNING AGAIN — WITH HELP

Leah credits her success to the therapists and nurses who kept her spirits up

throughout the five weeks she was at Montpelier Hospital. "I have improved so much. By the time I left the hospital, I was back to my original diet and could swallow normally," she says. "And I move around so well now, I don't need to use my cane or walker in the house."

Leah also regained complete movement of her left side and continues to do physical therapy from her home twice a week. "The therapists and nurses had such positive attitudes. They were so down-to-earth, but could get me to laugh when we needed to lighten the mood," she says.

Everyone I dealt with was amazing. All the nurses helped me so much!

You have a very caring, compassionate staff. I truly appreciate the respect and care that I received.

FOR MORE INFORMATION

on rehabilitation at Montpelier Hospital, please call 419-485-3154.

Back to firing on all cylinders



When it comes to cars, Mark Chamberlain knows his stuff. A true people-person, Mark works at Estle Chevrolet-Cadillac in Defiance, Ohio, and thrives on using his more than 20 years of auto expertise to help customers find the perfect vehicle to meet their needs. But when it came to getting a good night's sleep, like the nearly 70 million Americans suffering from a sleep disorder, Mark was in the dark.

"I found myself tired all the time," he says. "I often work from my desk and I'd frequently catch myself nodding off. If I was up and moving around or working with a customer it wasn't a problem. But when I was trying to do something, I'd catch myself falling asleep at my computer."

Mark's daytime drowsiness began impacting other aspects of his life. While his nodding off at church or at home had become a joke between his wife and her friends, Mark's bouts of sleepiness behind the wheel during his long commute weren't a laughing matter. "It was starting to worry me that it could get bad," Mark says. Speaking to his doctor or having a sleep study had always been on Mark's mind. His wife, friends and coworkers had encouraged him, but he found himself putting it off.

CONNECTIONS THROUGH WORK

One day at the dealership, Mark found himself chatting with Todd Davis, director of the Montpelier Hospital Sleep Center. Having been referred to Mark by a mutual friend, Todd had come in to get a new car. The two soon started talking, and Mark suddenly found himself getting a quick on-site consultation and a firm recommendation to get checked out.

"I guess it was just God being involved," Mark says. "He brought us together to get me to do what I needed to do. He said I wouldn't be able to believe the difference, and he was absolutely right."

Mark made an appointment for his initial consultation, and his sleep apnea was quickly diagnosed. Sleep apnea is a common sleep disorder impacting as many as 18 million Americans* and results in one or more pauses in breathing or shallow breaths while sleeping. Those with sleep apnea frequently move out of deep sleep into light sleep, resulting in overall poor sleep and drowsiness during the day.

RESTED AND REFRESHED

After his diagnosis, Mark received a prescription for a continuous positive airway pressure (CPAP) machine and made an



Following a sleep study at Montpelier Hospital Sleep Center and fitting for a CPAP machine, Mark Chamberlain no longer finds himself nodding off at his desk.

appointment to get his the next day. "After using the machine for the first time, it felt unbelievable," Mark says. "I woke up an hour earlier than normal and hadn't felt that rested in years. I didn't want to sleep another night without it!"

Throughout the entire process, Mark found the staff at the Montpelier Hospital Sleep Center friendly and helpful. "My work hours vary, and they were really accommodating," he says. "They just told me to get there when I could." Reflecting on his experience, Mark couldn't be happier. "It's changed the way I feel altogether. I'm more rested and I totally recommend it," Mark says. "I just wish I'd gone sooner."

*Source: American Academy of Dental Sleep Medicine.

*You made me
feel very comfortable
in an uncomfortable
situation. I was always
greeted with smiles
and good morning.
Thank you!*

*5-star care.
Everyone here is
wonderful!*
★★★★★

*A very positive
place, even in light
of the circumstances.
Best kept secret in
the county.*

*The meals
have all been
beautifully and tastefully
prepared. Thanks for
bringing joy into
a tough time.*



Community Hospitals and Wellness Centers
BRYAN | MONTPELIER | ARCHBOLD

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

*I definitely had
an excellent hospital stay!
Not knowing what to expect
was a little scary but I had no
worries. You can tell the nurses
certainly enjoy what they do!
Thank you doesn't even seem
enough, but thanks so much!
We appreciate
everything.*

Patient becomes like family



Kim Camp, shown
with nurse
Amanda Knauer,
receives care for lupus,
an autoimmune disease, at
Archbold Medical Center every
other week for five hours.

In July 2000, Kim Camp of Defiance was diagnosed with lupus, an autoimmune disease. Over the past 14 years, Kim has been dealing with recurring pain, usually involving the swelling of her joints as well as life-threatening complications. However, her flare-ups and pain severity have decreased since receiving care at Archbold Medical Center.

LUPUS CARE

Seven years ago, one of Kim's doctors in Cleveland tried a new medicine for lupus. Unfortunately, she had an allergic reaction to the medication. "I was in Toledo Hospital and had a 5 percent chance of living," Kim says.

Following the allergic reaction, Kim started coming to Archbold Medical Center to receive an immune globulin treatment called Gammagard. Under the direction of her physician, Dr. Lois Nelson, she receives the Gammagard through an IV every other week for five hours. She has been doing this treatment now for six years and will probably continue for life. "I do not have near the amount of flare-ups I used to have," says Kim. "Bad days are fewer, and this treatment has helped with the severity of flare-ups."

A lupus flare-up occurs when the body's immune system attacks its own tissues and organs. Kim describes, "The body doesn't know what is good versus bad, so it attacks everything. Colds can quickly become bronchitis or pneumonia." Pain in her joints also can be an issue. "It depends on which one is affected," says Kim. "On bad days, it's painful to move, and I have to walk with a cane."

TREATED LIKE FAMILY

Being cared for by the same people for six years has established a family-like relationship between Kim and her nurses at Archbold Medical Center. "I couldn't ask for better nurses," says Kim. "They are just wonderful. I walk in, and they have my coffee sitting there."

Nurse Cindy Ames has been caring for Kim since 2006 when she started the Gammagard treatments at Archbold Medical Center. "I love that girl," says Cindy. "We have gotten to know each other well, sharing lots of conversations. We talk about everything. I feel very fortunate to take care of Kim. Besides being a wonderful patient, she is a great friend."

In addition to her Archbold Medical Center family, "her mom, husband and four boys are her biggest supporters," says Cindy.

Treated like Family