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COVER PHOTO: Dr. Shannon Keil, pathologist.

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For the community:

Programs offered by CHWC free of charge

MINDFULNESS COURSES

Each year, Community Hospitals and Wellness Centers (CHWC) offers mindfulness courses to community members free of charge. Classes offered in the past include: mindfulness-based stress reduction, mindful self-compassion, mindful eating and mindful self-compassion for teens.

Coming soon!

Mindful Self-Compassion *for adults*

A four-part course:

- » Friday, April 17, from 6 – 8 p.m.
- » Saturday, April 18, from 9 a.m. – 4 p.m.
- » Sunday, April 19, from 9 a.m. – 4 p.m.
- » Monday, April 20, from 6 – 8 p.m.

Held at Bryan Hospital.

Registration is required! Learn more by visiting chwchospital.org/mindfulness0420.



FACE OF A FIGHTER

Face of a Fighter teaches makeup, hair, skin and wig techniques to those undergoing cancer treatment and survivorship. Led by CHWC social workers and local stylists/cosmetologists, Face of a Fighter classes are offered free of charge in both group and one-on-one settings.

Held at the Park Place building behind Bryan Hospital.

Registration is required! Learn more by visiting chwchospital.org/faceofafighter.

CANCER SUPPORT GROUP

This support group is open to anyone impacted by cancer, with a goal of connecting patients, survivors and caregivers and providing a strengthening community of support.

Held on the first and third Thursday of each month at 4 p.m. at Bryan Hospital in the Bard Room.

Please RSVP by contacting Kelly at 419-551-7044.



DIABETES MANAGEMENT SUPPORT GROUP

This support group is open to anyone who has diabetes or family members of people diagnosed with diabetes. Each meeting features diabetes-related education or a cooking demonstration.

Held on the second Wednesday of each month from 10 – 11 a.m. at Bryan Hospital in the Bard Room.

Registration is not required.

Keep fruits and veggies fresh

REFRIGERATOR

Asparagus — Trim the ends and store in a glass of water.

Melon — Store whole melon loose in the fridge.

Mushrooms — Keep in a container or paper bag.

Berries, cherries and grapes — Store in a single layer in a covered container.

Beets, carrots, parsnips and turnips — Remove green tops; keep loose in produce drawer.

Broccoli and cauliflower — Store in a plastic or cloth bag.

Fresh herbs — Keep stems moist and wrap loosely in plastic.

Lettuce and leafy greens — Wash, spin and pat dry, then wrap loosely in a paper towel and place in a storage container.

Zucchini and yellow squash — Store in a cloth bag or plastic bag with holes.

Apples and pears — Store in a plastic bag with holes.

MAIN
COMPARTMENT
OF FRIDGE



CRISPER
DRAWER ON
HIGH-HUMIDITY
SETTING FOR
VEGETABLES



CRISPER
DRAWER WITH
LOW-HUMIDITY
SETTING FOR
FRUIT



PANTRY

Onions, garlic and shallots

Hard squash

Sweet potatoes, potatoes and yams



STORE
THESE ITEMS
IN A COOL,
DARK PLACE.

COUNTERTOP

Avocados, apricots, nectarines, peaches and plums — Ripen in a paper bag on the counter.

Bananas — Keep away from sunlight, heat and moisture.

Citrus fruit — For longer storage, keep in a mesh bag in refrigerator.

Cucumbers, eggplant and peppers — Store in a cool spot in kitchen.

Tomatoes — Store at room temperature with stem side up.



Faces of CHWC:

Dr. Shannon Keil, pathologist

A pathologist is a medical doctor who studies diseases and provides diagnoses by examining tissues, body fluids, cells, organs and molecules. “The rule is that pretty much anything that gets taken out of or off of a patient comes to pathology,” explains Dr. Shannon Keil, a board-certified pathologist at Community Hospitals and Wellness Centers (CHWC).

Dr. Keil has been with CHWC since 2006, and spent her first couple years tweaking the workflow until the Pathology Department was as efficient as possible. Now, she considers it to run like a well-oiled machine and credits much of how the department functions to her colleagues, Kristi Cooley and Nikki Ayers. “We make an awesome team,” Dr. Keil says. “We keep things moving and we do way more volume than this department has ever seen. It’s so important to make sure you have a good relationship and communicate well with the people you work with. It’s important at any job, but I think it’s especially important in health care.”

HER PATH TO PATHOLOGY

On her way to get to where she is today, Dr. Keil explains that it wasn’t easy. “I didn’t think becoming a doctor was an option for me; I thought it was out of my league. Growing up, my family didn’t have money. When I was in college, I was a young single parent on welfare. I thought about going into business, or being a science teacher or a nurse. But when I was at community college, someone in one of my classes was pre-med and planted the idea in my head. I learned about how to make it happen and what kind of academic track you had to take, and I just went for it,” she says.

As she mapped out her future, Dr. Keil considered pediatrics or obstetrics, but the reality of working in a highly demanding physician role with a lot of on-call hours wasn’t a great fit for her life as a single mom. This led her to pathology. “I wasn’t sure about pathology at first because I’m a people person and was worried that I would never work with patients. But I have never once regretted it. It’s a different world, a different dynamic. I love pathology.”

After graduating with a bachelor’s degree in biology from Lourdes University in Sylvania, Dr. Keil recalls the stress of taking her MCAT — Medical College Admissions Test — while seven months pregnant with her second child. Regardless, she earned her medical degree from Medical College of Ohio (now University of Toledo College of Medicine and Life Sciences) and continued there to complete her residency. She then completed a fellowship at The Ohio State University in surgical pathology. As she was completing her education, she already had her job at Community Hospitals and Wellness Centers (CHWC) lined up — and, she notes, “by that time I had five kids.”

Grossing specimens and examining slides under a microscope are completely outside the norm for most people, but are the fascinating everyday tasks of a pathologist. In addition to her work at the hospital, she is also president of the Williams County Medical Society, active in coordinating local continuing education courses for medical professionals and is deputy coroner for Williams County.





OUTSIDE THE WALLS OF CHWC

For Dr. Keil, life outside the walls of CHWC consists of spending time with her kids, her grandson and her five dogs — two sheepdogs with whom she has competed in dog shows, two Australian shepherds and an Aussie doodle.

Active and outdoorsy, Dr. Keil is also an avid gardener, kayaker and runner. She began running with Dr. Hanan Bazzi, OB/GYN at CHWC, while their kids were in swim class at the YMCA and they had free time. “I do a lot better when there is a deadline and a goal, so we signed up for and finished a half-marathon together in May of 2018,” she says. “But I wasn’t keeping up with running too much after that was over. I found out that Dr. Tinkel [cardiologist at CHWC] and Jessica Young [radiology nurse at CHWC] were considering doing a full marathon, so I convinced them to sign up with me. We called ourselves ‘Team Now or Never,’” she laughs, showing off a photo of her and her colleagues at the finish line at the Columbus Marathon, held in October 2019.

Above all else, Dr. Keil stresses the importance of finding what makes you happy. “It’s easy for people to imagine that doctors and administrators have it all figured out, but everybody has their own insecurities and needs. Everyone has struggled, and everybody wants to know they are doing a good job and feel appreciated,” she says. “Finding a place where you are happy and content in your job and in life can make all of that so much easier. To be comfortable and confident in your work, to communicate, to not be afraid to ask questions. I want the clinicians I work with to be happy with their place at CHWC, and I try to instill in them a feeling of, ‘this is your thing. You created this. You own this.’”

“I wasn’t sure about pathology as a career at first because I’m a people person. But I have never once regretted it. It’s a different world, a different dynamic. I love pathology.”

Dr. Shannon Keil,
pathologist, grosses a polyp
from a colonoscopy.

Pathology

Cervical CANCER AWARENESS

January is Cervical Cancer Awareness Month and a good time to talk about the disease that impacts thousands of women each year. A

type of cancer that occurs in the cells of the cervix, it's nearly impossible to discuss cervical cancer without mentioning the human papillomavirus (HPV), a sexually transmitted disease that plays a major role in causing most cervical cancer. The good news is that cervical cancer and HPV are both highly preventable with proper screening and an HPV vaccination.

"About 99.9% of cervical cancer is caused by exposure to the HPV virus. For this reason, we recommend children get the HPV vaccine as early as age 9 or 10, so they're fully protected years before they become sexually active," says Dr. Samar Hassouneh, OB/GYN at Community Hospitals and Wellness Centers (CHWC).

When exposed to HPV, the body's immune system usually prevents the virus from causing harm. However, in a small percentage of women, the virus survives for years, contributing to a process that causes cancer cells to develop in the cervix.

At one time, cervical cancer was one of the most common causes of cancer death for American women. But with increased use of the Pap test (a screening procedure that can find changes in the cervix before cancer develops), the number of deaths from cervical cancer has dropped significantly.



RISK FACTORS

While HPV is the most common risk factor for developing cervical cancer, additional factors to consider include:

- » Having other sexually transmitted infections, such as chlamydia, gonorrhea or syphilis, which increase your risk of developing HPV.
- » Living with a weakened immune system. You may be more likely to develop cervical cancer if your immune system is weakened by another health condition, such as HIV/AIDS.
- » Smoking. Smoking is associated with squamous cell cervical cancer. Talk to your doctor about strategies for quitting.
- » Being exposed to a drug called diethylstilbestrol (DES), given to prevent miscarriage in pregnant women in the 1950s. If your mother took DES, you may be at increased risk for a type of cervical cancer called clear cell adenocarcinoma.



PREVENTION

According to Dr. Hanan Bazzi, an OB/GYN at CHWC, cervical cancer is highly preventable with a routine Pap test and HPV vaccination. "Screening through a Pap test can detect precancerous cells in the cervix, so they can be monitored or removed in order to prevent cervical cancer. A Pap is a very simple test done at a routine pelvic exam," explains Dr. Bazzi.

Dr. Bazzi and Dr. Hassouneh urge all their young female patients to begin screening for cervical cancer with a Pap test at age 21 and, if the results are normal, repeating the test every few years. The Food and Drug Administration recently approved a vaccination formulated for older women ages 27 – 45 who may not have received the HPV vaccination as adolescents.

"I recommend the new vaccine to someone who has not yet been sexually active, or perhaps is exiting a long-term relationship and reentering the dating scene," says Dr. Hassouneh.



TREATMENT

Treatment options for cervical cancer, according to Dr. Bazzi, depend greatly on the individual and the stage of the cancer.

"If we've determined a patient has cervical cancer, we will do further tests to determine the stage of the cancer. Depending on the stage, treatment options could include radiation therapy, chemotherapy, surgery or radical hysterectomy (removal of the cervix and uterus). But it is our hope that through routine screening and the HPV vaccination, cervical cancer will not develop."



IS IT TIME FOR A SCREENING?

Find out if the HPV vaccination is right for you. Schedule an appointment with Dr. Bazzi or Dr. Hassouneh by calling the Women's Health Clinic at Bryan Hospital: **419-633-0755** or learn more by visiting chwchospital.org/obgyn.

NEW

improvement initiatives underway



Exciting improvements are in the works at Community Hospitals and Wellness Centers (CHWC) that were initiated by Chad Tinkel, President/CEO of CHWC in the spring of 2019. The purpose of these initiatives is to enhance the patient experience and continue to elevate CHWC as the preferred health care provider in our community.

CONCIERGE SERVICE

Goal: Help patients and visitors find their destinations with ease, and implement a more welcoming, comforting environment.

Actions in the works:

- » Hired a director to develop program.
- » Provided education to all CHWC employees and volunteers.
- » Created care carts with snacks and drinks for loved ones of critically ill patients.

ER EXPERIENCE

Goal: Provide exceptional patient experience in the CHWC Emergency Department.

Actions in the works:

- » Improved the registration process.
- » Evaluating ease of access to ER.
- » Redesigning intake and discharge processes.

ENHANCING THE PATIENT EXPERIENCE at CHWC is the driving force behind five improvement initiatives.

SURVEY FEEDBACK

Goal: Streamline process of surveying discharged patients and utilize feedback for improvements.

Actions in the works:

- » Revised, refined and shortened existing patient satisfaction survey.
- » Developed and implemented patient satisfaction surveys in areas at CHWC that had not surveyed patients in the past.
- » Implementing measures to increase survey completion rates.

FACILITIES IMPROVEMENTS

Goal: Improve the aesthetic of our facilities.

Actions in the works:

- » Matching signage on the exterior of CHWC's buildings.
- » Added benches and landscaping.
- » Installed flagpoles at each CHWC facility.

ADMISSIONS & REGISTRATION

Goal: Improve the registration process at CHWC.

Actions in the works:

- » Coordinating with concierge so patients are made aware of the registration process as soon as they enter our buildings.
- » Better communication that registrars are available in the main registration areas at our facilities.
- » No-stop registration for ER patients, point-of-service registration available in certain departments like physical therapy.



Improvement Initiatives

CHWC WELCOMES second massage therapist to Clinic

The Massage Therapy Clinic at Bryan Hospital recently welcomed Tonya Imm, Licensed Massage Therapist. In addition to the services that Crystal Roehrs has been offering since the clinic opened in the summer of 2017, Imm will be bringing her own set of skills. She is a 2007 graduate of the massage therapy program at Stautzenberger College and has worked for a chiropractor, a massage studio and currently spends most of her massage hours at a factory where she provides massages for its employees.

Imm is excited and enthusiastic about offering her services at Bryan Hospital. "It's so nice here," she says, gesturing around the clinic, which has a quiet, calm atmosphere. "It's going really well. I love it."

MASSAGE SPECIALTIES



Tonya Imm

- » Relaxation/Swedish massage
- » Pregnancy and postpartum massage
- » Women's wellness and fertility massage to help women establish a regular cycle
- » Infant massage (teaching parents how to massage their baby)



Crystal Roehrs

- » Neuromuscular massage for correcting dysfunction and relieving pain
- » Oncology massage
- » Pregnancy, doula and postpartum massage

TO SCHEDULE AN APPOINTMENT

at the Massage Therapy Clinic at
Bryan Hospital, call **419-630-2284**.

Get more information at
chwchospital.org/massage-therapy.

Massage Therapy