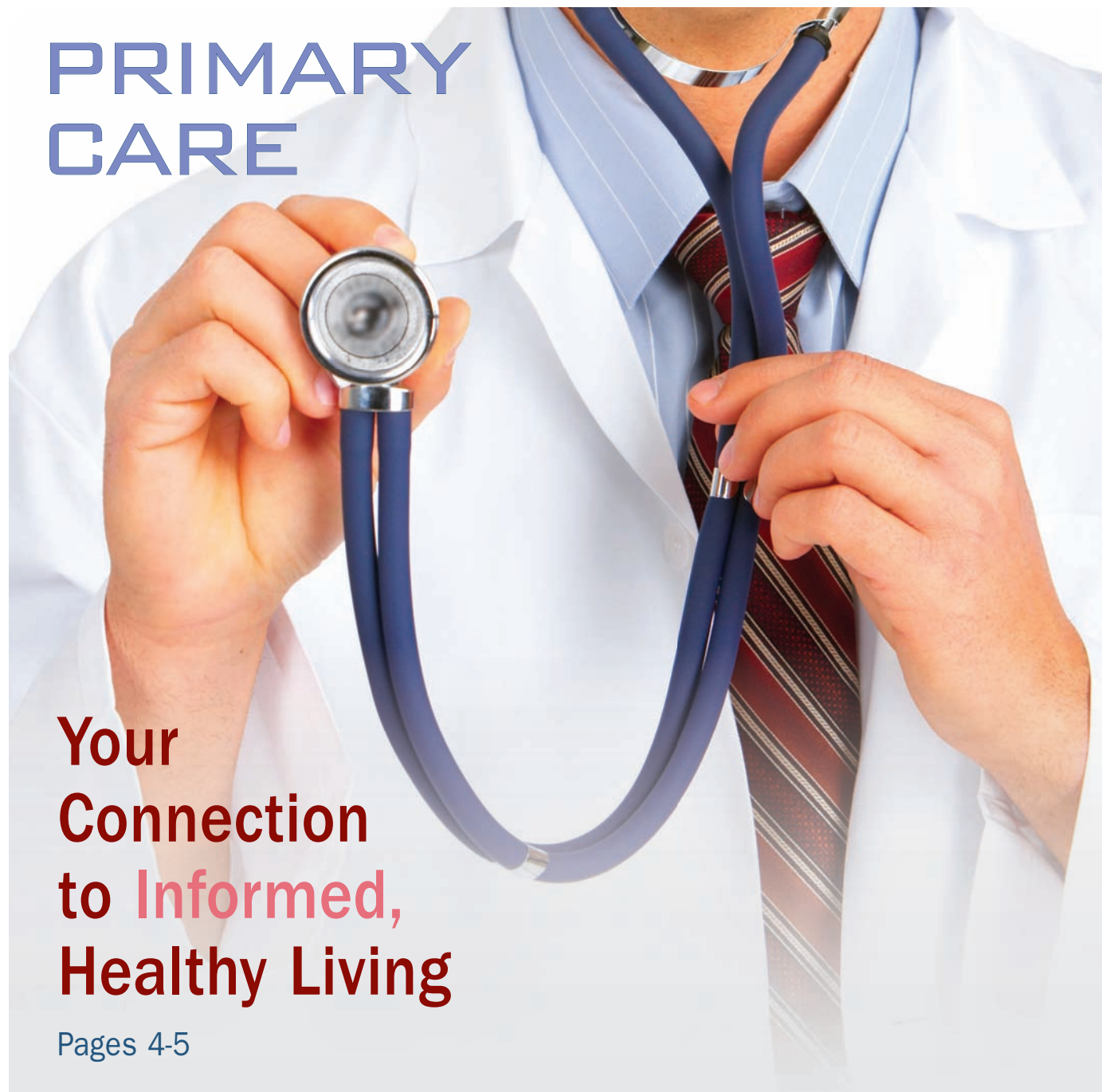


Caring.
Close to
Home.



PRIMARY CARE



**Your
Connection
to Informed,
Healthy Living**

Pages 4-5

HIGHLAND
DISTRICT
HOSPITAL
newsletter

FALL 2010

inside:

The value of
preventive health

Good advice for
lifestyle choices

Active youngsters
reap benefits

Learning ways to avoid
chronic diseases

PRIMARY CARE: *your partner in healthy living*

"HAVING your healthcare provider involved in your care for an ongoing period has many advantages," says

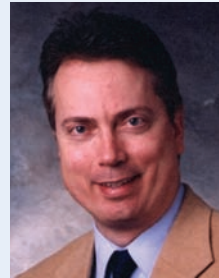
Dennis Holderman, M.D., Family



Practice, Highland Family Medicine. "He or she can educate you on preventive care and healthy lifestyle choices, identify and treat common medical conditions, assess the urgency of your medical problems, and refer you to a medical specialist when necessary."

"BEING familiar with your health record and your family history allows your primary care provider to make better decisions in keeping you well," says

Dirk Juschka, M.D., Family Practice, Health Source of Hillsboro. "Provide



your medical history, including chronic illnesses, hospitalizations, and medications. Be up front about your health and your habits. The information always remains confidential. And remember, you and your primary care provider are a team in maintaining your good health."

"UNLIKE much healthcare in the U.S., which focuses on curing disease, the role of a primary care provider is to focus on



preventive medicine," says **Rita Storts, C.N.P.**, Certified Nurse Practitioner, Highland Family Healthcare. "Develop a rapport with a healthcare provider before getting sick.

That way you may be able to prevent it from happening. He or she can answer your questions, explain diagnoses, procedures, test results, medications and more."

PREVENTING ILLNESS *to ensure good health*

"PREVENTIVE health makes good sense," says **Jeannette Morgan, M.D.**, Family Practice, Greenfield Medical



Services. "It focuses on saving lives and money by keeping people healthy and better managing chronic conditions. Keeping current with immunizations, getting a flu shot,

and in some cases the pneumonia vaccine, are important preventive measures.

"According to the Centers for Disease Control, pneumonia is the leading cause of vaccine-preventable death and, combined with the flu, it is the fifth leading cause of death in the U.S. Having the flu is especially dangerous for those under the age of two or over the age of 65, and anyone with suppressed immune system or chronic health issues such as diabetes."

"THE BENEFITS of the pneumonia and flu vaccines greatly outweigh the risks or



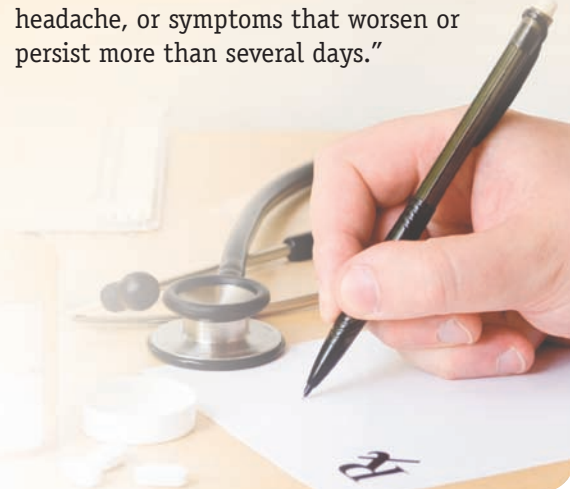
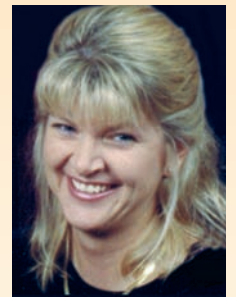
minor side effects," says **Ray Mick, C.N.P.**, Certified Nurse Practitioner, Greenfield Medical Services. "Although flu shots do not give 100 percent protection, they do

make it harder for you to catch the flu for about six months. The shot doesn't take effect for two weeks, so get it early in the flu season. This year, the seasonal flu vaccine will include the H1N1 strain; so you will only need one shot."

"WITH COLDER weather approaching, there are several things you can do to ward off colds and the flu," says **Judith Boris, C.R.N.P., F.N.P., P.N.P.**, Certified Nurse Practitioner, Health Source of Hillsboro. "There is no vaccine to prevent you from catching a cold, but basic prevention includes frequent hand washing; covering your nose and mouth by coughing or sneezing into the

crook of your arm; not touching your eyes, nose or mouth; avoiding close contact with sick people; and staying home if you have a fever (100°F or 37.8°C).

"See your primary care provider if you have concerns about a cough, runny nose, sore throat, chest pain, earache, fever, headache, or symptoms that worsen or persist more than several days."



LIFESTYLE CHOICES *for living in style*

"**WE KNOW** diet plays a vital role in our health," says **Julie Karnes, M.D.**, Family Practice, Rocky Fork Family Practice.



"Sometimes needed nutrients or vitamins are not readily available in foods or our environment. One of those is Vitamin D, which has

been getting a lot of attention and for good reason.

"Public Health at Harvard University reported that a vitamin D deficiency could increase risks of everything from colds to cancer. The good news is your healthcare provider can check your levels of vitamin D with a blood test and advise you. The benefits of adequate Vitamin D are impressive. Taken along with calcium it has been shown to decrease fractures and bone loss, lower the risk of colorectal cancer and upper respiratory infections, and help keep blood pressure low. It may also reduce your risk of diabetes."

"**BE SURE** your family uses medications properly," says **Franklin Baker, P.A.-C**, Physician Assistant with Health Source of Hillsboro.



"There are about 12,000 distinct prescription drugs declared safe and effective by the FDA and available for sale in some 140,000

formulations. For high blood pressure alone, there are around 60 approved drugs.

"Ask your healthcare provider or pharmacist about using medicines safely. Know the name and whether it is the brand or generic name.

Know what the medicine is for and if it is working. Know what side effects to expect and what to do if they occur. Know when to take the medicine and for how long. Get written information on the medicine and know if it will interact with foods or other medicines, including vitamins and over-the-counter drugs such as aspirin. Medications contain powerful chemicals—use them safely."



"**ATTITUDE** is everything in maintaining good health," says **Michael Steely, P.A.-C**, Physician Assistant, Lynchburg Medical Center. "Allowing yourself to go into a mode of fear and stress suppresses your immune system and may put your organs at risk.



"Regular exercise is a one way to reduce stress by shifting your mental gears from

negative

to positive thinking. Exercise is also important in preventing diabetes and high blood pressure and reducing your risk for heart disease. In fact, by reducing your body weight by 5 to 10 percent, in combination with 30 minutes of moderate exercise five days a week, you can significantly reduce your risk for diabetes."

HEALTH SCREENINGS *can save your life*

"**BLOOD PRESSURE**, cholesterol and sugar levels are key health markers. All three can be impacted by diet, exercise and other lifestyle choices," says **Ronnie Zile, M.D.**, Family Practice, Highland



Family Healthcare.

"After the age of 18 you should have

your blood pressure checked every two years or more often if you have had high blood pressure. Often referred to as the silent killer because it has no symptoms, high blood pressure can cause serious problems such as stroke, heart failure, heart attack and kidney failure if left untreated. Even a reading between normal (120/80) and high (140/90) is pre-hypertension, which needs to be addressed."

—Continued on page 4

—Continued from page 3.



“CHOLESTEROL and sugar numbers also need to be kept in check for good health,” says **David Gunderman, M.D.**, Family Practice, Health Source of Hillsboro.

“Cholesterol cannot dissolve in blood, so it has to be transported to and from cells by carriers called lipoproteins.

“Low-density lipoprotein (LDL) is known as “bad” cholesterol because too much in the blood can clog arteries, increasing the risk of a heart attack or stroke. High-density lipoprotein (HDL) is known as “good” cholesterol because it helps keep the LDL cholesterol from

lodging in artery walls. With a blood test, your primary care provider can explain the numbers and help you successfully manage cholesterol.”

“TWO TESTS are used for diagnosing pre-diabetes and diabetes,” says **Kelly Colliver, C.N.P.**, Certified Nurse Practitioner, Highland Family Healthcare. “Fasting Plasma Glucose (FPG) measures



the amount of glucose in the plasma to determine if you are at risk for type 2 diabetes. Type 2 diabetes develops when your body doesn’t make enough insulin

or can’t make efficient use of the insulin it does make. The other diagnostic test, Oral Glucose Tolerance Test (OGTT), measures how well the body processes a standard amount of glucose.

“How important are the screenings? More than 23 million Americans have diabetes and 57 million have pre-diabetes. Having diabetes puts a person at greater risk for heart disease—the leading cause of death in the U.S. and the number one killer of people with diabetes. With these basic screenings, your healthcare provider can advise you on preventive measures or treatment options you may need.”

Safety first keeps CHILDREN ACTIVE



“MOST CHILDREN should get about 60 minutes of physical activity daily,” says **Melissa Gargasz, D.O.**, Family Practice, Greenfield Medical Services.

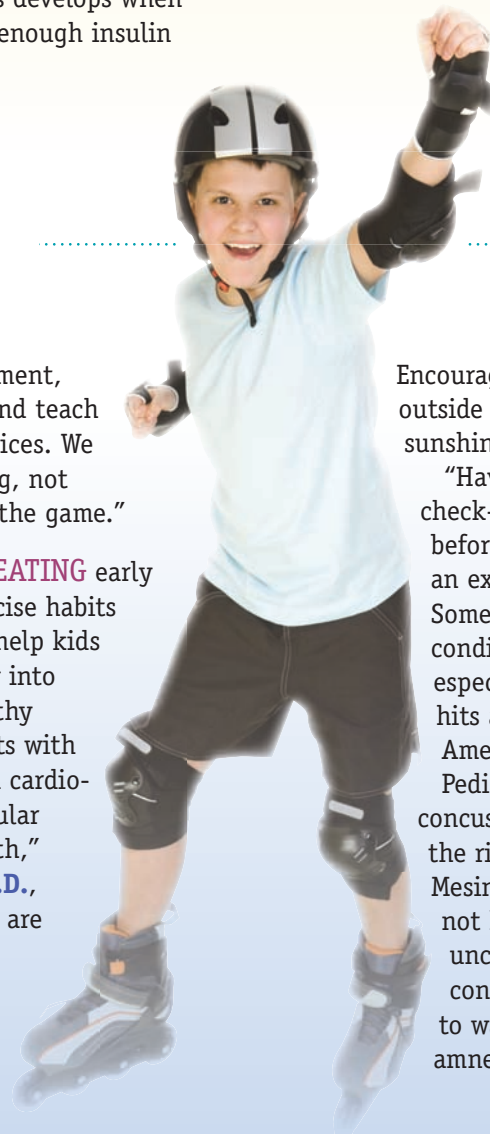
“It’s terrific to see children improve their physical fitness and coordination as they play sports or engage in recreational activities. You can watch them gain a sense of satisfaction and accomplishment.

“While these young athletes are growing and gaining motor skills as well as cognitive skills, they sometimes don’t anticipate a collision or know how to dodge or duck when it is most useful,” says Dr. Gargasz. “Protect kids with

helmets, the right equipment, and appropriate shoes, and teach them proper safety practices. We want to keep kids moving, not hurt or afraid to stay in the game.”



“CREATING early exercise habits can help kids grow into healthy adults with good cardiovascular health,” says **Sophela Mesina, M.D.**, Pediatrician. “While they are having fun, they are also building strength, bone density, healthy joints and muscles.



Encourage them to be outside in the fresh air and sunshine.

“Have a thorough check-up for your child before enrolling her in an exercise program. Some sports require more conditioning than others, especially if direct hits are possible. The American Academy of Pediatrics reports that concussions have been on the rise,” cautions Dr. Mesina. “A child does not have to be knocked unconscious to have a concussion. Symptoms to watch for include amnesia, confusion,

Take steps to prevent CHRONIC ILLNESS

"REGULAR medical check-ups will keep you current with medications, immunizations and important health screenings," says **Paul Schreiber, M.D.**, Internal Medicine, Lynchburg Medical Center. "Early detection of



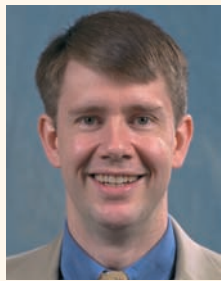
disease is critical, and having complete physical checkups and tests can add years to your expected life span.

"Research shows that cervical and colorectal screening

can allow the detection and treatment of precancerous lesions before they become cancerous. Mammograms also help find breast cancer at an early, often highly treatable stage. You should also check your skin and in particular the condition of moles. If a mole's borders are ragged

or irregular, if a portion of the mole is raised, if the color is not uniform or the mole is itchy, these are reasons to have your physician take a look. Skin cancer, if caught early, is usually easily treated by removing the mole."

"GOOD PREVENTIVE medicine is a team effort between patient and doctor," says **Jeffrey Beery, M.D.**, Hillsboro native and owner of an internal medicine practice in Hillsboro. "It is the physician's responsibility to



recommend proper stroke, heart disease and cancer prevention strategies, and the patient's responsibility to follow those recommendations and come for planned follow-up visits. Some of the most

helpful strategies do not even involve medicine, but rather involve six pillars of good health: diet, exercise, sleep, family counseling, prayer and avoidance of unhealthy substances. With these," says Dr. Beery, "doctor and patient can work together to greatly improve the patient's health."



headache, dizziness, ringing in the ears, nausea, slurred speech, and fatigue. Have your child examined if you recognize any of these symptoms and for your own peace of mind."

"CHANCES ARE, if you have been raising toddlers, that you've heard about croop," says **Robert Moore, M.D.**, Highland Family Healthcare. "It



is a viral illness that causes a characteristic cough that sounds like a barking seal.

Croop can cause fever, hoarse voice, and noisy breathing. It tends to be

most severe in the middle of the night and early morning, but often vanishes in the daytime. This can frustrate parents who bring their children to see the doctor and then have them appear perfectly healthy when they get to the office.

"Not to worry, the history is often all the doctor needs to diagnose. The illness is most common in the fall and winter. Mild cases usually respond in seconds to breathing cold air, which helps to confirm the diagnosis. More severe cases are treated with a single dose of steroids and can help both the child and parents get a good night's sleep."

ACHIEVEMENTS AND RECOGNITION



Nikki Hagler, M.L.S. (ASCP), passed the American Society for Clinical Pathology examination to become certified as a Medical Laboratory Scientist. Preparations for the exam were made over several years, which included academic courses as well as laboratory rotations through Compunet and Hoxworth. A five-year employee of Highland District Hospital, Nikki received a scholarship from the hospital's Board of Governors to assist in pursuing her studies. She also has a bachelor's degree in Clinical Laboratory Science from the University of Cincinnati.



Paula Armstrong, MOTR/L, received her master's degree in Occupational Therapy from the University of Findley (Ohio) and passed her licensure examination to become a Certified Occupational Therapist. Paula has been employed at the hospital's Center for Rehabilitation & Sports Medicine as a Physical Therapy Assistant for almost five years. In her new role as an Occupational Therapist, Paula works with outpatients at the Center and with inpatients at the hospital.

GIFT SHOP OFFERS "MAGIC" OF HOLIDAYS

The Gift Shop at Highland District Hospital invites you to "Believe in the Magic" during this holiday season. Unique gifts and treats are available, including toys, decorations and more. Come in and browse.



OPEN:
Monday – Friday 9 am – 5 pm,
Saturday 9 am – 2 pm

All proceeds
benefit Highland
District Hospital



Holiday Rock!

Highland District Hospital
Foundation

Saturday, November 20th
6:30pm

Elks Lodge in Hillsboro

\$50 per ticket

hors d'oeuvres & dinner buffet
music & dancing

live & silent auctions including:

OSU tickets

Bengals tickets

jewelry

antique nativity scene
& many more

Save
the
Date!

For tickets or more information,
call 937.393.6101



VISIT OUR NEWLY REDESIGNED WEB SITE



At www.hdh.org you will find the latest in hospital news, featured physicians, upcoming events and employment opportunities. Interact with health-wise calculators and browse hospital departments and services.

NEW EMPLOYEES

JULY

Bob Burns, *Security*
Debbie Burns, *Obstetrics*
Michelle Stroud, *Medical/Surgery*
Taylor Wilkin, *Edith Brown Pavilion*

AUGUST

Paula Carroll, *Medical/Surgery*
Aaron Elliott, *Cardiopulmonary*
Mathew Jeffers, *Medical/Surgery*
Erin Meade, *Cardiopulmonary*
Kelly Smith, *Medical/Surgery*
Ashlie Stevens, *Medical/Surgery*
Carolyn Willey, *Medical/Surgery*

SEPTEMBER

Leslie Calentine, *Obstetrics*
Abigail Campbell, *Laboratory*
Jacklyn Fite, *Case Management*
Bryan Hattan, *Security*
Andrea Whitley, *Emergency*

Childbirth Classes

For expecting women and their partners
Provided by Obstetrics Nurses
(937) 393-6118
November 16–December 14, each
Tuesday
6:30–9:30 pm
January 4–Feb. 22, each Tuesday
6:30–9:30 pm
At North High Office Complex,
1487 North High St.

Breastfeeding Classes

Presented by Ashley Free, R.N.,
Lactation Counselor,
and Juanita Walker, R.N.,
Lactation Consultant
Maternity Dept. (937) 393-6118
December 14, Tuesday 6:30–7:30 pm
January 11, Tuesday 6:30–7:30 pm
At Hospital, Second Floor
Meeting Room

Sibling Classes

Provided by the Obstetrics Dept.
(937) 393-6118
December 13, Monday 6:30–7:30 pm
January 10, Monday 6:30–7:30 pm
At Hospital, Second Floor
Meeting Room

Diabetes Education Classes

Provided by the Diabetes & You Program
Pre-registration required: (937) 840-6674
November 23, Thursday 1–5 pm
December 9, Thursday 1–5 pm
December 21, Thursday 1–5 pm
January 11, Thursday 1–5 pm
January 25, Tuesday 1–5 pm
At Diabetes & You Center,
1404 North High St.

CPR

Provided by The Center for Rehabilitation
& Sports Medicine
Call (937) 393-6296 for pre-registration
and cost
Highland District Hospital also offers
Heartsaver Adult, Child, and Infant
CPR, Heartsaver AED, and Heartsaver
First Aid courses. Special arrangements
may be possible for courses not
scheduled, please call Eric Dick at
(937) 393-6296.

Alzheimer's Support Group

Provided by Geriatric Behavioral Health
Services (937) 840-6581
December 20, Monday 5 pm
January 17, Monday 5 pm
At Hospital, Second Floor Meeting Room

5th Annual Diabetes Extravaganza

THURSDAY, NOVEMBER 18

JOURNEY TO OPTIMAL DIABETES MANAGEMENT

5:00 pm: Browse diabetes companies' booths and register for prizes

6:30 pm: Holiday dinner, presentation, holiday meal tips

FREE EVENT

Southern State Community College, Patriot Center,
100 Hobart Drive, Hillsboro

RSVP Required: (937) 840-6674



How do I avoid holiday overeating?



W. Bradley
Strauch, M.D.

HEALTHCARE PROVIDER ANSWER

By W. Bradley Strauch, M.D., Sports Medicine

"I think the biggest problem is that holiday foods look so enticing and there is always so much of it. Keep plenty of fruits and vegetables on-hand at home. When shopping, don't be tempted to buy the desserts, packaged and pleasure foods on display. The main culprit at meals is portion size. Put 20 percent less on your plate than you think you want and don't go back for seconds. Leave the table, give your food time to digest and you'll find you've eaten plenty. If you need a snack before or after meals, eat fruits, not chips and soda. Also, get off the couch. For the sake of your health, get out and walk, go to the gym, stay active."

DIRECTORY OF SERVICES

▶ General Information	937.393.6100
Toll free	1.866.393.6100
▶ Billing Questions	937.393.6193
▶ Cardiopulmonary	937.393.6162
▶ Diabetes & You Program	937.840.6674
▶ Emergency Services	937.393.6140
▶ Geriatric Behavioral Health Services	937.840.6580
▶ Home Health Services	937.393.6371
▶ Human Resources	937.393.6471
▶ Laboratory Services	937.393.6274
▶ Maternity	937.393.6118
▶ Occupational Health	937.393.6398
▶ Outpatient Clinic	937.393.6169
▶ Outpatient Clinic Scheduling	937.393.6461
▶ Radiology	937.393.6126
▶ Rehabilitation & Sports Medicine	937.393.6163
▶ Surgery Department	937.393.6147

SERVICES OFFERED AT HIGHLAND DISTRICT HOSPITAL'S HEALTHCARE CENTER

Allergy	Endoscopy
Audiology	Gastroenterology
Cardiology	IV Outpatient Therapy
Includes Stress Testing	Nephrology
Dermatology	Oncology
Ear, Nose & Throat	Orthopedics
Echocardiogram/ Vascular Studies	Ophthalmology
EMG	Pulmonology
	Urology

Visit our website at: www.hdh.org

If you have questions or comments about the
Highland Health Newsletter, please call 937-393-6376.