

Caring.
Close to
Home.



Women's Wellness



**Good advice for developing
healthy habits**

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inside:

Keeping kids safe
during the holidays

Meeting the need
for in-home care

The best maternity
experience is right here

Make plans for
Black & White Gala

CLINIC WELCOMES NEW CARDIOLOGISTS

Highland District Hospital welcomes two new cardiology specialists to the Outpatient Clinic at 1275 North High Street in Hillsboro. Please call Outpatient Clinic Scheduling at (937) 393-6461 for an appointment.



Joel Reginelli, M.D., earned his medical degree at The Ohio State University and completed fellowships at the Cleveland Clinic, Cleveland, Ohio, in Cardiology and Interventional Cardiology. Dr. Reginelli's practice is with Ohio Heart & Vascular Center, Cincinnati, and he is board certified by the American Board of Cardiology.



Gaurang Gandhi, M.D., earned his medical degree at Baroda Medical School, Baroda, India, and completed a fellowship at Cornell University, Brooklyn, New York, in Cardiovascular Diseases. Dr. Gandhi's practice is with The Cardiology Center of Cincinnati, and he is board certified by the American Board of Cardiology.

Holiday safety for kids

"Safety in the home is really important when there are children, whether members of the family or visitors," says Dr. Gargas. "A few days before holiday activities start, take some time to make sure



*Melissa Gargas, D.O.,
Family Medicine*

your home is child safe."

Get down on all fours and look at things from a child's perspective. You may see paint chips, loose screws, dust balls, small shining objects, and plants that could be

hazardous, but look like something good enough to eat to a child.

Cover open electrical sockets. Secure long electrical cords to prevent children from getting tangled in them or pulling on them. Put all cleaning materials and medications out of reach. Put up gates at stairways if necessary.

MAKE SAFE ZONES

Everyone seems to congregate in the kitchen; does yours have a safety zone for kids?

- Don't allow children near the stove or where sharp utensils are stored.

- Never hold a child while tending to hot food on a stove or when opening containers from the microwave.
- Keep kids away from the oven doors, open or closed.
- Always turn pot handles toward the back of the stove.
- Keep coffee makers and containers out of children's reach.
- Put a small child in a high chair within view if you have to tend the food area alone.

EASILY OVERLOOKED DANGERS

Dr. Gargas also advises parents not to leave drinks or tobacco products unattended. Even a small amount of alcohol is poisonous to a child.

If children are going into a separate area to play, such as a basement, make sure they are supervised and do not have access to areas with tools or where a furnace is located. Adequate lighting at both the top and bottom of stairs and secure handrails are a must for any age group.

There are probably harmful things in a handbag such as vitamins, birth control pills, cigarettes, jewelry and calculators with small, poisonous batteries. According to the U.S. Consumer



Product Safety Commission, cosmetics and personal care products are the most frequently reported causes of poisoning in children under the age of six.

Dr. Gargas says, "Giving close attention to children and their activities will ensure that everyone has a happy *and* safe holiday."

Dr. Gargas treats patients of all ages. Please call (937) 981-1121 to schedule an appointment at Greenfield Medical Services or Highland Pediatric Services in Hillsboro.

FOURTH TIME A CHARM

When Angie Miller found out she was expecting her fourth child, she was surprised. Pleasantly surprised. However, having recently returned to the Hillsboro area she was



Angie and Jeff Miller with their four children.

concerned that a small hospital might not meet her obstetric needs as well as had the Dayton area hospitals where her three older children were delivered. Initially, she considered traveling to a larger hospital, but decided to stay in Hillsboro

for the convenience of the entire family.

She was again pleasantly surprised, this time by the results of her decision. "Everything went really well. There was nothing lacking in the prenatal care or the delivery," says Angie.

"Dr. Craig Forbes was great the whole way through and the nursing staff was terrific. Tracy, my delivery nurse, shared that she had five children of her own, so I knew I was in good hands.

"The birthing facilities at Highland District Hospital were comfortable and every bit as accommodating as what larger hospitals offer," says Angie.

"There was continuity and consistency of care throughout my pregnancy and delivery, and everyone was helpful," she says.

Daughter Camilyn, "Cammy," was born July 20 after five hours of labor. "It was pretty fast," says Angie. "I'm glad I stayed close to home."

CDL PHYSICALS, DRUG SCREENINGS AVAILABLE

Physicals and drug screenings for commercial drivers licenses, as required by the Department of Transportation (DOT), are available at the hospital's Occupational Health Unit. Other physical exams performed include pre-employment, fitness for duty and for sports. Diagnostic testing such as laboratory, audiometry, pulmonary function, and TB skin testing can also be scheduled. Most tests can also be administered onsite at businesses.

For more information
or to schedule an exam,
call (937) 393-6398.

THERE'S NO PLACE LIKE HOME

It is estimated that about 12 million Americans are in need of in-home health services today.

"As our population ages, more people are experiencing the need for home health services, either for a period of recuperation or for an acute illness," says **Robyn Gleadle, L.I.S.W.** "Whether they are seniors or those living with chronic health conditions, they don't require institutional care but do need some assistance in meeting their healthcare needs."

According to research gathered by The National Association for Home Care nine out of 10 people prefer home care over institutional care. Home care also provides efficiency and compassion combined with the latest state-of-the-art technology. Having care at home encourages independence for those receiving care and it keeps the family

together. There is also evidence that people heal more quickly at home as compared to being in an institution. And at a lower cost overall.

Home Health Services of Highland District Hospital provides in-home services in two categories: skilled care and supportive care. Skilled care is given under the general



Home Health nurse, Ellen Zink, R.N., provides in-home care for a patient.

direction of a physician for services provided by licensed professionals such as registered nurses; physical, occupational or speech therapists; and licensed social workers. Supportive care provides assistance with personal needs such as walking, bathing, dressing, etc.

Patients are referred by physicians, hospitals, and nursing homes, as well as family and friends.

Home Health Services of Highland District Hospital has consistently ranked significantly higher than national and state averages for quality measures. For more information about qualifying for these services, please call (937) 393-6371.

Women, care for yourselves

Daughter. Wife. Mother.

In that line-up insert “self” and maybe right beside it “girlfriend.” Because women often forget to take care of themselves, girlfriends can help them stay focused on health,



Todd Slater, M.D.

provide a support system when the going gets tough, and be role models, according to a study by the Centers for Disease Control. Whether it is your friend, a family member or your

Blackberry, find a way to keep yourself on track for a healthier life.

“A woman usually puts her family first, but she needs to also take care of herself,” says **Todd Slater, M.D., Medical Director of Obstetrics and Gynecology.** “Having someone to encourage you to take a walk, to eat healthy foods, to stop smoking, or just to STOP and take a breath is a good thing.”

Dr. Slater recommends women move their health higher up their list of priorities and create healthy habits for a better quality of life.

VALUE IN EXERCISING

Craig Forbes, M.D., OB/GYN, says, “Women tend to exercise less with marriage, childbirth and the busy pace of family life—even if their own health declines. Although studies have shown that exercise often increases with retired or widowed women, I recommend that women not put off exercise until later.



Craig Forbes, M.D.

“Exercise for younger women promotes bone density and can prevent menstrual cramps. It can also increase blood flow and oxygen to your cells, increase energy levels, help you maintain a

healthy weight and,” he adds, “give you a more positive outlook on life.”

START EARLY

Most teenage girls want to be their own bosses, so choosing to be healthy women starts then. Healthcare providers recommend a woman get her first pelvic and breast exam at 18 (or earlier if sexually active) and no later than 21.

“How well a woman takes care of herself in her teen years and early 20s can have a big impact on her pregnancies, her post-delivery recovery, and life

after menopause,” says **Certified Nurse Midwife Linda Brackett.**

Linda recommends women under the age of 30 also feed their bones (with calcium and vitamin D) and practice safe sex to prevent unwanted pregnancies and sexually transmitted diseases, which can impact their health and fertility.



Linda Brackett, C.N.M.

OTHER BASICS

Michael Kenner, D.O., GYN, says, “Proper nutrition is essential for building strong bones.” He advises a woman to discuss her eating habits with her healthcare



Michael Kenner, D.O.

provider and inquire whether taking calcium, vitamin D, and other supplements is advisable.

“Taking time to eat healthy foods and prepare nutritious meals is important and the basis for good health,” says Dr. Kenner. “It also sets an excellent example for your children.”

Brian Jolitz, D.O., GYN, reminds women to be proactive in maintaining their health. “Do that by getting exams, screenings and vaccinations; getting adequate sleep; avoiding risks that can lead to injury or disease; and not smoking.



Brian Jolitz, D.O.

“Maintaining a healthy weight through diet and exercise, having regular health screenings, and keeping records of any health concerns,” Dr. Jolitz says, “are all part of a woman’s preventive healthcare.”

HEALTH SCREENINGS

“Dual Energy X-ray Absorptiometry or DEXA scanning is currently the most widely used method to measure bone mineral density or the true mass of bone,” says **Kristy Greer, RDMS, Co-manager, Radiology Dept.** “This test can help a healthcare provider determine the potential risk for a fracture.”

The test is non-invasive and women should have the test starting at age 65. Testing should begin earlier if risk factors are present, such as family history of osteoporosis, low body weight, smoker, sedentary lifestyle, or alcohol consumption.

Other recommended screenings for women include:

- Blood pressure – Every two years beginning at age 18, then yearly at age 40.
- Cholesterol – Every five years beginning at age 20, if previous test was normal.
- Colonoscopy – Not advised until the age of 50, then screen every 10 years if normal.
- Fecal occult blood test – Not advised until the age of 50, then it may be tested yearly.
- PAP smear and pelvic exam – Every three years beginning at age 18, then yearly at age 40.
- Clinical breast exam – Every three years beginning at age 18, then yearly at age 40.
- Mammogram – Every one to two years beginning at age 40, then yearly at age 50.



For appointments with Dr. Slater, Dr. Forbes or Linda Brackett, C.N.M., please call Physicians for Women at (937) 393-3406. For Dr. Kenner or Dr. Jolitz, please call (937) 393-4390.

VOUCHER PROGRAM THROUGH FOUNDATION

Women who do not have insurance coverage may qualify for low-cost mammograms and DEXA scans. Please call the Highland District Hospital Foundation office at (937) 393-6101 for more information.



Seasonal Influenza and H1N1 Virus—

BE PREPARED

If you think you have the flu, call your health care provider—especially if you are pregnant or have other health factors such as asthma, diabetes, a heart condition or emphysema, or feel the need for medical attention.

Highland District Hospital must comply with state and CDC guidelines with regard to testing for H1N1. Therefore, only patients with influenza-like illness who are being hospitalized will be tested for H1N1. The only exception may be requests from state health departments to test individuals who are part of a group or cluster that is at high risk.

PROVIDING CARE

The CDC says typical flu symptoms can include: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea.

Isolate the ill person to prevent the spread of the flu and ensure that he or she:

- Gets plenty of rest.
- Drinks clear fluids (water, broth, sports drinks, electrolyte beverages for infants) to keep from being dehydrated.
- Stays home for at least 24 hours after the fever is gone.

MONITOR SYMPTOMS

Know what flu symptoms are severe enough to warrant a trip to the emergency room.

For adults and children, emergency warning signs requiring urgent medical attention include:

- Fast breathing, trouble breathing or shortness of breath.
- Bluish or gray skin color and/or discoloration of the lips.
- Signs of dehydration such as dizziness.
- Severe or persistent vomiting, unable to keep liquids down.
- Flu-like symptoms that improve, then return with a fever and cough.
- Seizures (such as uncontrolled convulsions).
- Children being less responsive than normal or irritable and not wanting to be held.

Perinatal Fitness

For pregnant and postpartum mothers
 Provided by Maternity Dept.
 Call for dates and times: (937) 393-6118
 At Highland County Family YMCA
 Mothers delivering at Highland District Hospital – FREE
 YMCA members not delivering at HDH - \$50
 Non-YMCA members not delivering at HDH - \$100

Childbirth Classes

For expecting women and their partners
 Provided by Obstetrics Nurses
 (937) 393-6118
 January 7 - February 4, 2010, each
 Thursday 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
 November 11, Wednesday 6:30–7:30 pm
 At Hospital, Second Floor Meeting Room

Sibling Classes

Provided by the Obstetrics Dept.
 (937) 393-6118
 November 16, 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 19, Thursday 1:00–5:00 pm
 December 3, Thursday 1:00–5:00 pm
 December 17, Thursday 1:00–5:00 pm
 At Diabetes & You Center,
 1404 North High St.

Carbohydrate Counting Tour

Provided by the Diabetes & You Program
 December 1, 10:00–11:30 am or
 1:00–2:30 pm
 Tour Kroger of Hillsboro
 Space is limited. RSVP (937) 840-6674

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 Dept. (937) 840-6581
 November 16, Monday 5:00 pm
 December 21, Monday 5:00 pm
 At Hospital, Second Floor Meeting Room

HIGHLAND DISTRICT HOSPITAL FOUNDATION'S

Black and White Gala

SATURDAY, NOVEMBER 21, 2009
 6:30 P.M.

ELKS LODGE OF HILLSBORO
 \$50 PER TICKET - CALL 937-393-6101

HORS D'OEUVRES AND DINNER BUFFET
 LIVE AND SILENT AUCTIONS
 MUSIC PROVIDED BY FANATICS AND TRAITORS

ACHIEVEMENTS AND RECOGNITION



Pam Barnett, R.N., received her Bachelor of Science in Nursing (B.S.N.) degree from Ohio University. A hospital scholarship recipient and an employee for 17 years, Pam is a RN Shift Coordinator.



Tracy Binkley, R.N., received her Bachelor of Science in Nursing (B.S.N.) degree from University of Phoenix. Tracy is a hospital scholarship recipient and a 10-year employee. She serves as a RN Shift Supervisor.



Melanie Foxx, R.N., received her Bachelor of Science in Nursing (B.S.N.) degree from Ohio University. A hospital scholarship recipient, Melanie has worked in the Emergency Department for eight years.



Valerie Gaines passed the national examination for licensure as a Registered Nurse in Ohio. Valerie joined the Medical/Surgical Department in July 2009.



Melody Kier received her associate's degree in Respiratory Care from California College of Health Sciences. Melody joined the Cardiopulmonary Department in January 2007.



Cynthia Jackman passed the national examination for licensure as a Registered Nurse in Ohio. A hospital scholarship recipient, Cynthia has worked in the Cardiopulmonary Department for six years.



Gwen Stevens received her bachelor's degree in Business Administration & Human Resources Management from Franklin University. A hospital scholarship recipient, Gwen joined the hospital nine years ago.

NEW EMPLOYEES

These employees have joined the hospital staff in recent months:

JULY

Angela Crothers, *Medical/Surgical*
 Valerie Gaines, *Medical/Surgical*
 Linda Lengefeld, *Medical/Surgical*
 Ellen Marrinan, *Sports Medicine*
 Angela Minton, *Obstetrics*
 Tabitha Moon, *Emergency*
 Sue Thompson, *Outpatient Clinic*

AUGUST

Danielle Alexander, *Obstetrics*
 Erica Briles, *Medical/Surgical*
 Jessica Clark, *Medical/Surgical*
 Bonnie Drake, *Laundry*
 Samantha Flannery, *Outpatient Clinic*
 Wendie Rivers, *Surgery*

Larry Roberts, *Laboratory*

SEPTEMBER

Amanda Holt, *Nutrition Services*
 Kristi Kattelus, *Laboratory*
 Melissa Williams, *Radiology*

4th Annual Diabetes Extravaganza



**Holiday Dinner
 & Meal Tips
 Thursday,
 November 12**

FREE EVENT

Diabetes Education

PRIZE DRAWINGS

5:00 pm: Browse diabetes company booths and register for prizes.

6:30 pm: Meal and presentation

At Southern State Community College's Patriot Center
 100 Hobart Drive, Hillsboro

**Please call (937) 840-6674
 to register**

HIGHLAND DISTRICT HOSPITAL

Caring. Close to Home.

1275 North High Street
Hillsboro, Ohio 45133
www.hdh.org

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U.S. POSTAGE
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CINCINNATI, OH
PERMIT NO. 1481

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: Mon – Fri 8 am – 5 pm, Sat 9 am – 2 pm
All proceeds benefit Highland District Hospital



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.