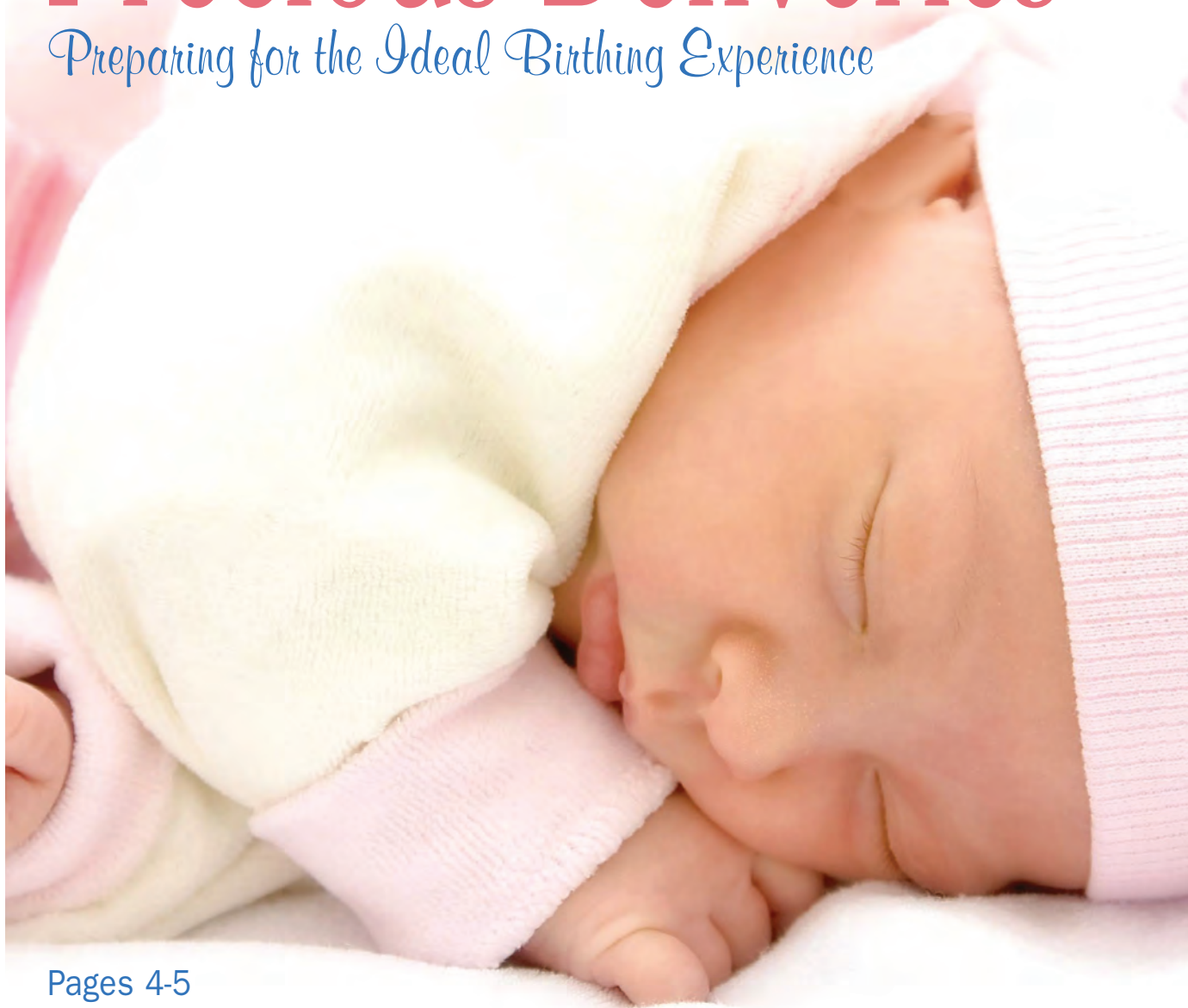


Caring.  
Close to  
Home.



# Precious Deliveries

*Preparing for the Ideal Birthing Experience*



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HIGHLAND  
DISTRICT  
HOSPITAL

*newsletter*

SUMMER 2010

***inside:***

Labels help facilitate  
good food choices

Patient says pain  
relief is "a miracle"

Eye problems need  
specialized care

Volunteers provide  
important services

# Physician SPOTLIGHT

Building a medical practice can take years, but for **Melissa Gargasz, D.O.**, it has been like one big reunion with people who feel like family. "They are my best advertisers," she says, for building her family medicine practice with Greenfield Medical Services.

A native of Greenfield, Dr. Gargasz says coming back to the area in which she grew up was the best decision she could have made.

"Even on a difficult day someone will say the right thing to lift me up, just confirming why I'm here," says Dr. Gargasz. "I am blessed to be able to provide services and establish great relationships. It is amazing how

people, despite the economy or hard times, keep on keeping on. I appreciate their heart." And, she says, there is great support from Highland District Hospital and its outpatient specialists in meeting the needs of patients, close to home.

Dr. Gargasz graduated with honors from Wright State University with a bachelor's degree in Biology. She is a graduate of Pikeville College School of Osteopathic Medicine in Kentucky, and completed her residency in Family Medicine and Osteopathic Manipulation at Grandview Hospital in Dayton, Ohio.

She looks forward to getting involved with the community and youth sports again, especially volleyball and softball,



Melissa Gargasz, D.O.,  
Family Medicine

she says, because "Fun wise, I like acting like a kid!"

Dr. Gargasz treats patients of all ages at Greenfield Medical Services on Tuesdays and Wednesdays (extended

hours) and on Thursdays at Highland Pediatric Services in Hillsboro. Please call (937) 981-1121 to schedule an appointment.

## PAIN RELIEF THAT WORKS

When severe arthritis pain took over Jack Bennington's life, the 73-year-old decided he had to find answers. Jack had arthritis in his knees for some time, but the back pain was much more difficult to live with. When he walked, the Samantha resident had knife-biting pain radiating from his hips to his abdomen. For more than a year Jack sought consultation and treatments from Cincinnati neurologists and had an epidural to block the spinal pain, but found no relief. Their



Amol Soin, M.D.

suggestion was to live with it and take medication.

"You are out of hope when you have to take narcotics. I was not ready to do that," says Jack, who had been active and in "perfect" health

except for the arthritis.

During a visit with Paul Schreiber, M.D., with Lynchburg Medical Center, he learned about a non-narcotic pain management physician with the hospital's

Outpatient Specialists. **Amol Soin, M.D.**, was Jack's last hope.

"During my first appointment with Dr. Soin he told me 'Don't worry about a thing. I can fix you right up!'" says Jack. That was music to his ears and he is a walking testimony to the new Minimally Invasive Lumbar Decompression or MILD® procedure.

### A SIMPLE OPERATION

Through two small incisions on either side of Jack's spine, Dr. Soin removed tissue causing pressure on the nerves and the pain. Following the outpatient procedure, Jack left the hospital without pain or stitches and continues to be pain free.

"I haven't had a pain since I was wheeled out of the hospital," says Jack. "Dr. Soin said I can have the procedure repeated if I ever have the need or I might not ever have the pain again." Jack says he would have no problem doing it again because of



Jack Bennington living pain-free.

the high level of care and the outcome.

"I had a nurse directly in front of me, watching my every expression during the procedure. There was a team taking care of me," says Jack. He was released the same day, given care instructions, and a follow-up call was made by the nurse to check on his condition.

"I'd do anything to help this doctor," says Jack. "He's a miracle worker."

Please call Dr. Soin's office at (937) 434-2226 for more information or to schedule an appointment.



“Don’t take eye health for granted,” says **Louis Schott, M.D.**, ophthalmologist with the hospital’s Outpatient Specialists services. “Vision is important for our livelihoods, independence and our pleasure. So if something is compromising your vision, visit your healthcare provider to ensure years of good eye health.”



Louis Schott, M.D.

A graduate of Ohio State University Medical School, Dr. Schott completed his residency at Eastern Virginia Graduate

School of Medicine and is board certified by the American Board of Ophthalmology.

He sees patients requiring general eye care and also provides medical and surgical eye care such as: chalazion repair to remove lumps in the eyelid, ectropion repair to correct sagging and outward turning of the lower eyelid and eyelashes, glaucoma implants, cataract removal and lens implant, removal of tear duct blockage, temporal artery biopsy and trabeculectomy to relieve pressure in the eye due to glaucoma.

People with symptoms of or at risk for eye disease, such as a family history

of eye disease, diabetes or high blood pressure should see an ophthalmologist to determine how frequently to have their eyes examined. At age 40, all adults should have a baseline eye disease screening because several common diseases can occur with aging eyes—even with no problem being evident.

“You want to see the world around you as perfectly as possible,” says Dr. Schott. “Have your eyes checked before problems develop and cause a serious loss of vision.”

For an appointment with Dr. Schott, please call Outpatient Specialists services at (937) 393-6461.

## Read any good **food labels** lately?

“Nutrition labels on packaged food serve a good purpose for eating healthy,” says **Ashley Bolender, R.D., L.D.**, the hospital’s clinical dietitian, “particularly for someone with diabetes



Ashley Bolender, R.D., L.D.

who needs to count carbohydrates.” Bolender partners with Cathy Faulconer, R.N., C.I.C., Diabetes Education Coordinator, to help people with diabetes or pre-diabetes choose

the right foods and the right portions for meal planning.

“In our classes we focus on serving size and total carbohydrate grams,” says Bolender. “Total carbohydrates break down to sugar in our bloodstream once consumed, so total carbohydrate grams include sugar. You do not need to look at sugar grams.”

Carbohydrates recommended for meals and snacks are:

- 30-60 grams per meal (x 3 meals per day)
- 15-30 grams per snack (x 1-3 snacks/day)

It’s important to eat three meals a day at planned times (don’t skip a meal), and time meals and snacks 2 to 5 hours apart.

Look at labels for:

- **Serving size**—To control portions, see how many servings are in the package and measure out and eat just one serving.

Nutrition Facts			
Serving Size 8 oz (227 g/8 oz)			
Servings Per Container About 3			
Amount Per Serving			
<b>Calories</b>	180	Calories from Fat 60	
		% Daily Value*	
<b>Total Fat</b>	6g		10%
Saturated Fat	1g		5%
Trans Fat	0g		
<b>Cholesterol</b>	5mg		2%
<b>Sodium</b>	75mg		3%
<b>Total Carbohydrate</b>	26g		9%
Dietary Fiber	5g		19%
Sugars	11g		
<b>Protein</b>	8g		
Vitamin A	60%	Vitamin C	70%
Calcium	8%	Iron	10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
		Calories	2,000    2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
		Fat 9	Carbohydrate 4    Protein 4

■ **Calories**—Choose products by comparing calories per serving.

■ **Percent Daily Value (% DV)**—Choose foods that are high in fiber, vitamins A and C, calcium, and iron, and low in fat, cholesterol, and sodium: 5% or less means a food is low in a nutrient; 10% to 19% of the DV is a good source of a given nutrient; 20% or more means a food is high in a nutrient.



To learn how you can benefit from a carbohydrate counting class or other diabetes education programs, please call (937) 840-6674.

# Precious Deliveries

“Perhaps the most important choice an expectant mom makes is where to have her baby,” says **Todd Slater, M.D.**, Obstetrician/Gynecologist with Physicians for Women. “She wants a high quality of care by competent physicians and attending nurses, as well as that compassion and warmth that comes from a nurturing, home-like atmosphere.”

“Because no two pregnancies or moms are alike,” says **Craig Forbes, M.D.**, Obstetrician/Gynecologist with Physicians for Women, “there are choices to be made on everything from physician or midwife philosophies on delivery methods to personal concerns to pain management options.”

“Continuity of care—from in-office visits to a healthcare provider, through labor and delivery, and postpartum care—is a must for a new or experienced mom,” says **Linda Brackett, C.N.M.**, Certified Nurse Midwife with Physicians for Women. “Babies born at Highland District Hospital have all of that plus nursing care 24/7 for both mom and baby.”



*Todd Slater, M.D.*



*Craig Forbes, M.D.*



*Linda Brackett, C.N.M.*

## ALONG THE WAY

Health and fitness are serious issues during any pregnancy. A Perinatal Fitness Class, offered free to woman delivering at Highland District Hospital, uses moderate exercise to improve strength and flexibility, and reduce back pain, stress and incontinence.

During the second trimester, a pregnant woman meets regularly with her physician or midwife. At this time, couples are encouraged to enroll in the Prepared Childbirth Class led by Obstetrics nurses to learn what can be expected during pregnancy and delivery.

A Sibling Class is also offered by the Obstetrics Department to help youngsters in the family better understand the coming event.

In the third trimester, a woman typically visits her physician or nurse midwife more often and can expect some tests or screenings. The doctor or midwife will also discuss pre-term labor indicators.

Women may want to enroll in the Breastfeeding Class to learn more about the benefits and techniques of breastfeeding and other options for newborn nutrition.



# Preparing for the Ideal Birthing Experience

## SECOND TO NONE

"Our delivery nurses are second to none," says Obstetrics Manager **Katy Meeker, R.N.** "While they are nurturing, compassionate and helpful, they are also alert to anything out of the ordinary. They have quick minds, fast feet and endurance."

The nurse manager explains that both mother and baby get all the support and medical care needed for a healthy delivery. But every attempt is made to include family members as well.

"Family time is important, so accommodations are available to make this a whole family event," says Katy. Birthing suites are designed for comfort and efficiency with state-of-art medical equipment if needed.



*Katy Meeker, R.N.,  
B.S.N.*

## SKILLED CARE

While not the only option, epidural anesthesia is the most popular means for pain relief during childbirth. Whether the baby is delivered vaginally or by cesarean section, an epidural allows the mother to be alert and an active participant.



*The team of Certified Registered Nurse Anesthetists that provides delivery room anesthetics includes (l to r) John Crenshaw, CRNA, Todd Hofacker, CRNA, and Ted Schweikert, CRNA.*

"Our goal as anesthetists," says Todd Hofacker, CRNA, "is to collaborate with the mom, delivery nurses and obstetrician to make the delivery a positive birthing experience. In addition to alleviating pain, we monitor the important functions of the mother's body so we can modify the anesthetic at any time to ensure maximum safety and comfort."

"And after delivery," Katy emphasizes, "our labor and delivery nurses provide postpartum care, monitoring both mother and baby. Also, moms are given special instructions for caring for themselves and the new arrival at home so everyone leaves here feeling secure."

"We are all team members for the big event," says Dr. Forbes. "A healthy duo of baby and mother is our goal."

Please call Physicians for Women in Hillsboro at (937) 393-3406 or in Washington CH at (704) 335-4435 for information or an appointment.

## Maternity Nurses and New Arrivals



## ACHIEVEMENTS AND RECOGNITION



Linda Welder, M.D.

**Linda Welder, M.D.**, of East Surgical Group in Hillsboro, has been listed in the *Guide to America's Top Surgeons*. Consumers' Research Council of America compiled a list of qualified physicians from throughout the U.S. by using a point value system. This method uses a system based on criteria deemed valuable in determining top healthcare professionals. Simply put, medical specialists who accumulated a designated number of points qualified for the list. The criteria upon which the value system was established is: experience, training, professional associations and board certification. Congratulations to Dr. Welder for being honored as one of America's top surgeons.

**Tracy Binkley, R.N.**, Shift Supervisor/Capacity Manager, and an 11-year employee of the hospital, was nominated for the Greater Cincinnati Health Council Richard M. Smith, M.D., Leadership in Safety Award. Through Tracy's leadership, healthcare-associated infections are being prevented. She has accomplished this through patient communication and by stressing the role staff members play in delivering safe, quality care in an atmosphere of compassion.



Tracy Binkley, R.N.

**Angie Miller, R.N.**, who has worked in the hospital's Pre-Admissions Testing for 18 years, was nominated for the Ohio Hospital Association Health Care Worker of the Year Award. Angie has instituted many changes and improvements within her department to the benefit of patients and the hospital. To ensure success, she communicates with doctors, surgeons and anesthesiologists about scheduled surgeries and she provides information and answers questions to educate surgery patients.



Angie Miller, R.N.

## VOLUNTEERS' SPECIAL CONTRIBUTION

To celebrate Volunteer Week, Highland District Hospital held its annual luncheon to recognize its own 72 volunteers who gave generously of their time and talent over the past year. During 2009, the volunteers contributed 17,782 hours of support services to the



hospital, which is equal to having an additional 8.55 full-time employees.

They donated many hours and much energy to several areas of the hospital, such as: Surgery waiting area, Gift Shop, Outpatient Specialists, Emergency,

Information Desk, Cancer Care and Hematology, and Nutrition Services. The smiles and pleasant demeanor of the volunteers in providing these services makes a caring contribution to patients and the hospital.

At the luncheon, the volunteers were recognized for their service, with Clara Porter topping the list with over 14,143 cumulative hours. The hospital staff is grateful to these wonderful volunteers for being an essential part of the HDH team.

To learn how you can volunteer at the hospital, please call Volunteer Coordinator Winona Swayne at (937) 840-6543.

## NEW EMPLOYEES

### APRIL

Cathy Jones, *Foundation*  
Nonnie Sexton, *Medical/Surgery*

### MAY

Haley Blair, *Cardiopulmonary*  
Kris Donley, *Obstetrics*  
Tammy Gambill, *Obstetrics*  
Arthur Tokar, *Materials Management*

### JUNE

Donna Bowen, *Nutrition Services*  
Chad Carroll, *Housekeeping*  
Lindsey Farahay, *Cardiopulmonary*  
Carly Haines, *Obstetrics*  
Heather Loudin, *Medical Records*  
Teresa Morgan, *Nutrition Services*  
Diana Myers, *Obstetrics*  
Debra Norris, *Housekeeping*



**Are you ready to rock?** The Foundation is ready as it prepares for its annual gala—Holiday Rock! An evening of dinner, dancing, auctions and fun is planned for November 20 at the Hillsboro Elks Club. How about some Strawberry Fields Salad, ZZ Top Sirloin and Dark Side of the Moon Pies? All money raised will support the hospital's 2011 Health Fair as well as the ongoing Mammogram Voucher Program. Tickets will be available for purchase this fall from Foundation Board members or by calling 393-6101. Save the date as we rock n' roll into the holiday season.

**The Foundation mission is** to communicate Highland District Hospital's vision to our community and friends who are willing to invest through dedicated charitable giving. The 2010 goal is \$102,000 for the following programs: Health Fair, Medication Assistance Program, Diabetes Prevention and Early Intervention, Dexascan Bone Density-Bone Loss Detection, Mammogram Screening, and PACS Monitors for Radiology. Funds will be raised throughout the year. To support or hear more about these programs, please call Cathy Jones at (937) 393-6360.

**Mammogram and Dexascan vouchers** continue to be offered through Foundation support. Vouchers may be purchased in the Administration Office for \$20.00 and \$35.00 respectively.

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# Community Outreach Calendar

## Perinatal Fitness

For pregnant and postpartum mothers  
 Provided by the Maternity Dept.  
 (937) 393-6118  
 Call for dates and times: (937) 393-6398  
 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  
 Sept. 16 – Oct. 14, each Thursday  
 6:30 – 9:30 pm  
 Oct. 21 – Nov. 18, 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  
 Sept. 14, Tuesday 6:30 – 7:30 pm  
 Oct. 12, Tuesday 6:30 – 7:30 pm  
 At Hospital, Second Floor Meeting Room

## Sibling Classes

Provided by the Obstetrics Dept.  
 (937) 393-6118  
 Oct. 4, Monday 6:30 – 7:30 pm  
 At Hospital, Second Floor Meeting Room

## Diabetes Education Classes

Provided by the Diabetes & You Program  
 Pre-registration required. Call  
 (937) 840-6674

Aug. 19, Thursday 1 – 5 pm  
 Sept. 2, Thursday 1– 5 pm  
 Sept. 30, Thursday 1– 5 pm  
 Oct. 14, Thursday 1– 5 pm  
 Oct. 28, Thursday 1– 5 pm  
 Nov. 9, Tuesday 1– 5 pm  
 At Diabetes & You Center,  
 1404 North High St.

## Diabetes & A Movie

Provided by Diabetes & You Program  
 Free Diabetes Education Event & Fun  
 Sept. 28, Tuesday 6 pm  
 At Hospital, Second Floor Boardroom  
 Call (937) 840-6674 to pre-register.

## Carbohydrate Counting Tour

Provided by Diabetes & You Program.  
 Hillsboro Kroger—Learn to count carbs  
 for weight loss and better diabetes  
 management.  
 Oct. 12, Tuesday 10 am and 1 pm.  
 Free Event—call (937) 840-6674 to attend.

## 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  
 Aug. 16, Monday 5 pm  
 Sept. 20, Monday 5 pm  
 Oct. 18, Monday 5 pm  
 At Hospital, Second Floor Meeting Room



## How much fiber do I need in my diet?

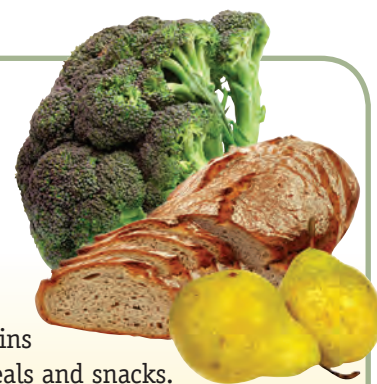


*Vinayak Kulkarni,  
M.D.*

### THE DOCTOR'S ANSWER

*By Vinayak Kulkarni, M.D., Gastroenterology*

"I generally recommend 40 grams of fiber each day," says Dr. Kulkarni, Gastroenterologist with the hospital's Outpatient Specialists services. "Eat a wide variety of high-fiber foods, which are found mainly in fruits, vegetables, whole grains and legumes. Find out how much dietary fiber is in foods and then add them to meals and snacks. Fiber provides an overall benefit for your organs. By including an adequate amount of dietary fiber in your diet, you improve your ability to prevent polyps and colon cancer. Dietary fiber also has the added benefit of lowering your blood pressure and weight, which in turn lowers your risk of diabetes and heart disease."



### DIRECTORY OF SERVICES

▶ General Information	937.393.6100
Toll free	1.866.393.6100
▶ Billing Questions	937.393.6193
▶ Cardiopulmonary	937.393.6162
▶ Cancer Care & Hematology	937.393.6272
▶ Diabetes & You Program	937.840.6674
▶ Emergency	937.393.6140
▶ Geriatric Behavioral Health	937.840.6580
▶ Home Health	937.393.6371
▶ Human Resources	937.393.6471
▶ Laboratory	937.393.6274
▶ Maternity	937.393.6118
▶ Occupational Health	937.393.6398
▶ Outpatient Specialists	937.393.6169
▶ Outpatient Specialists Scheduling	937.393.6461
▶ Radiology	937.393.6126
▶ Rehabilitation & Sports Medicine	937.393.6163
▶ Surgery	937.393.6147

### SERVICES OFFERED BY OUTPATIENT SPECIALISTS

Allergy	Hematology
Audiology	IV Outpatient Therapy
Cardiology	Nephrology
Includes Stress Testing	Oncology
Dermatology	Ophthalmology
Ear, Nose & Throat	Orthopedics
Echocardiogram/ Vascular Studies	Pain Management (non-narcotic)
EMG	Pulmonology
Endoscopy	Urology
Gastroenterology	Vascular Surgery

Visit our website at: [www.hdh.org](http://www.hdh.org)

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