

Caring.  
Close to  
Home.



## Convenient access to medical specialists



...for cancer,  
and kidney  
and digestive  
system  
disorders

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HIGHLAND  
DISTRICT  
HOSPITAL

*newsletter*

WINTER 2010

*inside:*

New Wii therapy for  
rehabilitation

Perinatal fitness  
benefits new moms

Ear-Nose-Throat  
treatments & surgeries

Manage stress with  
healthy habits

# ENT SURGERY CAN IMPROVE BREATHING, HEARING AND SLEEP

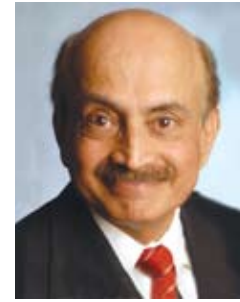
**S**wollen tonsils, adenoids and sinus membranes not only make you miserable, they can affect your hearing, equilibrium and/or sleep, and for children who aren't hearing well, their ability to speak clearly can be hampered.

Examination and diagnosis of Ear, Nose and Throat disorders, including



speech and hearing problems, are provided by Highland District Hospital's otolaryngology physicians **Gerald Bart, M.D.**, and **Mark Grosinger, D.O.**, who also offer familiar surgical procedures for the convenience of residents in Highland County and the surrounding area.

Adenoidectomy and tonsillectomy as well as ear surgery, nasal and sinus surgery, and ear tube surgery are all available. Other specialty surgeries are being performed by the physicians. Dr. Bart is now offering sleep endoscopy to evaluate the structures contributing to upper airway obstruction in obstructive sleep apnea. Dr. Grosinger is performing excision of skin cancers and facial cosmetic surgery.



*Gerald Bart, M.D.*



*Mark Grosinger, D.O.*

To schedule an examination for Ear, Nose and Throat complications or related problems, please call the office of Dr. Bart, (937) 840-9500, at the Highland ENT Clinic, 102 TeMar Way in Hillsboro, or to schedule an appointment with Dr. Grosinger call the Montgomery ENT Center, (937) 382-2000, at the hospital's Outpatient Clinic, 1275 North High Street in Hillsboro.

## Therapists use "Wii-habilitation"

**M**ost people have heard of Wii video games. In fact, they were very popular as gifts during the holidays. Wii gaming units also offer exercise activities for people while "virtually" playing games such as bowling, tennis, golf, etc., in their own homes.

This popular gaming console is also being used as a physiotherapy tool at the hospital's Center for Rehabilitation & Sports Medicine. Manager of the Center, **Eric Dick, L/A.T.**, says it is being used by therapists to help patients improve balance, flexibility and strength. It can also assist post-injury athletes with proprioception—the awareness of where one's arm or leg is in the air (even with eyes closed).

The advantages of using the Wii gaming unit, says Eric, is that it entertains as it is offering therapeutic benefits for patients. "Anything that helps the patient achieve his or her optimum capacity for functioning is a plus. Our goal is to help patients effectively rehabilitate," says Eric, "so they can achieve their potential as soon as possible."

The Center offers Physical Therapy, Occupational Therapy, Speech Therapy, and Sports Medicine for treating children and adults with disabilities or

impairments caused by injury, illness, and orthopedic and neurological conditions. The Center's state-of-the-art facility at 1108 Northview Drive, adjacent to the hospital, has advanced therapeutic equipment and instruments, private treatment areas, a separate pediatric space, and a separate daily living area.

Please call (937) 393-6163 for more information.



## AVOIDING STRESS WITH DIABETES

“Stress comes in all shapes and sizes, especially when you are someone dealing with a chronic health condition like diabetes,” says Diabetes Education Coordinator Cathy Faulconer, R.N., C.I.C.

“Facing wintertime obstacles of bad weather, lack of exercise and decreased sunshine can affect a person's ability to sustain a positive attitude and healthy habits. Sacrificing good nutrition during these days affects our immune system, lowering our ability to fend off disease and stress. So eat well for good health and well-being.”

For other ways to cope, Cathy recommends:

- Get connected with support groups—positive family, friends and community groups.

- Start laughing—it's a great coping mechanism.
- Take good care of yourself—exercise, get adequate sleep, and do things you enjoy.
- Keep a journal to write down your feelings, experiences and thoughts.
- Anticipate and accept change—practice being more flexible and less anxious.
- Establish goals and work toward them—even tiny goals give you something to aim for.
- Take action—don't just wish your problems away.
- Keep things in perspective—know things can improve if you work on them.
- Learn stress management and relaxation techniques—meditation, deep breathing, prayer, etc.

## DIABETES AND HEART HEALTH

The Diabetes & You Program is having its first Diabetes and Heart Health Education event on February 11th, at 6:30 p.m. in the hospital's second-floor Boardroom. A speaker from Sanofi-Aventis Pharmaceutical will lead the program. To attend, please call (937) 840-6674.



## EXPECTING MOMS PRAISE FITNESS CLASS

From the moment she knows she is expecting a baby, a woman begins to wonder many things—what will my baby look like, will she be healthy, will he be happy? An expectant mom can do

much to ensure the health and well-being of her baby, and being healthy herself is the first step.

“Pregnancy is a body-changing experience, so it's important for the pregnant woman to physically

Comments about the classes include: “I was thrilled to know I could continue to exercise throughout my pregnancy with my doctor's approval.” “The classes kept me feeling energetic and helped reduce stress.” “The fitness and nutrition instruction definitely benefited my labor and delivery.” “Never getting out of shape has helped me regain my former fitness level so I can keep up with the little ones.”

Benefits of perinatal fitness, says HageOn, include:

- Enhanced circulation and flexibility
- Increased energy and strength
- Reduced stress and back pain
- Minimized stretch marks, varicose veins and postpartum depression

Classes are held at Highland County Family YMCA; please call (937) 393-6398 for dates and times. Classes are free of charge for moms who deliver at Highland District Hospital.



Jill Hagen, Perinatal Fitness Instructor

and emotionally prepare herself for pregnancy, birth and recovery,” says Jill Hagen, Certified YMCA Perinatal Fitness Instructor. “Perinatal fitness classes can help. Feedback from past participants tells us that women are delighted to have help in preparing for the big event.”



# ACCESS TO TOTAL CARE CLOSE TO HOME

“Our Outpatient Clinic provides access to medical specialists, procedures and follow-up care all in one location close to home. It’s the convenience of big city medicine without the drive,” says Outpatient Services Manager Pam Knisley, R.N., B.S.N.

Three areas where Highland District Hospital offers medical specialists and comprehensive care are oncology, gastroenterology and nephrology.

## Oncology

CONVENIENCE AND EXCEPTIONAL CARE



Regina Melink, M.D.

Cancer patients are often on an emotional roller coaster. Their worries include the diagnosis, treatments, side effects, possible outcomes, insurance paper work, social and financial concerns and how they and their families will deal with this new reality.

Having excellent patient care and treatment close to home, provided by a skilled and caring oncology staff, makes a world of difference. **Regina Melink, M.D.**, an oncologist and hematologist, and her skilled nursing staff are recognized by patients and medical professionals alike for providing outstanding patient care.

“Our oncology nurses are exceptional,” says Dr. Melink. “Not only are they experienced in cancer care and treatments, but they are especially and genuinely caring of our patients and their families.”

**Carol Amfah, C.N.P.**, says that she, Dr. Melink, the nursing staff, the patient and his or her family work as a team to reach the best possible outcome. Convenience and education are important during the treatment process. Oncology nurses keep patients and their families informed about each phase of treatment and then make follow-up calls after the patient is home.

Medical oncology services offer a high standard of care in cancer and blood disorders, including assessments, CT scanning, MRI and tumor marker blood tests, laboratory services, a separate chemotherapy suite, and state-of-the-art radiology services all under one roof, as well as care for patients with terminal malignancies.



Carol Amfah, APRN-BC, C.N.P.



## Gastroenterology

BEING HEALTHY FROM INSIDE OUT



Daniel Debo, D.O.



Vinayak Kulkarni, M.D.

Gastroenterology involves diagnoses and treatments of digestive system disorders and also includes the liver, gallbladder and pancreas. “The average adult’s digestive tract is 20 to 30 feet long,” says **Daniel Debo, D.O.**, gastroenterologist with Outpatient Services. “In an average life span, the digestive system may handle 50 tons of food.”

Like your car’s engine, your digestive system may need a regular check-up. “If something hurts or you feel out of sync, don’t ignore it,” says Dr. Debo, “especially if it is persistent.”

“The potential for very serious disease such as colon and other cancers and diabetes can be prevented by keeping your digestive system operating efficiently and your immune system healthy,” says **Vinayak Kulkarni, M.D.**, also a gastroenterologist with Outpatient Services.

He encourages scheduling an appointment for any digestive tract problems and for a colorectal screening if you are 50 or older.

## Nephrology

ACCESS TO KIDNEY SPECIALISTS

Approximately 20 million Americans have some evidence of chronic kidney disease, which may eventually lead to kidney failure.

“Seeing your health care provider on a regular basis and talking to him or her about anything that does not feel right could increase your chance of preventing serious kidney problems,” says **Deepak Mittal, M.D.**, nephrologist with Outpatient Services.

Pre-existing conditions such as diabetes can have a big impact on the development of kidney disease, so frequent monitoring is important. Kidney problems can also be caused by aging and kidney damage from illness or injury.

“Symptoms may include frequent headaches, fatigue, itchiness all over the body, and other common ailments that should not be ignored,” says **Haresh Kumar, M.D.**, nephrologist with Outpatient Services. “Always consult a healthcare provider for a diagnosis.”

Testing procedures can be performed to locate problems before they become critical. With test results in hand, a specialist can then recommend treatment options.

“Tests can at least rule out cancer or other very serious and debilitating kidney diseases such as end-stage renal disease, kidney stone disease or polycystic kidney disease,” says Dr. Kumar.



Deepak Mittal, M.D.



Haresh Kumar, M.D.

Please call the Outpatient Clinic at (937) 393-6169 or the Oncology Department at (937) 393-6272 for more information or to make an appointment with one of our medical specialists.



## Gala Success

The Highland District Hospital Foundation's Black & White Gala was held November 21 at the Hillsboro Elks Club. One hundred forty attendees enjoyed a dinner buffet, live music, and live and silent auctions to help raise \$23,000. The OSU Football season ticket package brought in the most money at \$3,600. The funds will support the 2010 Health Fair and an upgrade of the Maternity Department security system.

As always, the Board is grateful to all who attended and donated to the event, and to everyone who donated to the Foundation in 2009. They are looking forward to serving the hospital and community even better in 2010.

Two long-standing hospital twigs (women's auxiliaries) made significant donations to the Foundation in 2009. The Buckeye Twig reluctantly disbanded and donated the remainder of their funds, \$3,442, to the Maternity security system upgrade. The Magnolia Twig donated \$500 toward the 2010 Health Fair and continues to raise money to benefit the hospital. The Board thanks the hospital twigs for their support through the years.

**If you have questions about the Foundation, please call (937) 393-6101 for information.**

# Community Outreach Calendar

### Perinatal Fitness

For pregnant and postpartum mothers  
Provided by 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  
February 25-March 25, each Thursday  
6:30-9:30 pm  
April 15-May 13, 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  
February 9, Tuesday 6:30 – 7:30 pm  
March 16, Tuesday 6:30 – 7:30 pm  
At Hospital, Second Floor Meeting Room

### Sibling Classes

Provided by the Obstetrics Dept.  
(937) 393-6118  
March 8, Monday 6:30-7:30 pm  
At Hospital, Second Floor Meeting Room

### Diabetes and Heart Health— SPECIAL EVENT

February 11, Thursday 6:30 pm  
At Hospital, Second Floor Boardroom

### Diabetes Education Classes

Provided by the Diabetes & You Program  
Pre-registration required: (937) 840-6674  
February 11, Thursday 1:00 – 5:00 pm  
February 25, Thursday 1:00 – 5:00 pm  
March 11, Thursday 1:00 – 5:00 pm  
March 25, Thursday 1:00 – 5:00 pm  
April 8, Thursday 1:00 – 5:00 pm  
April 22, Thursday 1:00 – 5:00  
At Diabetes & You Center,  
1404 North High St.

### Carbohydrate Counting Tour

Provided by Diabetes & You Program. Tour  
Kroger to learn how to read food labels  
and count carbs.  
March 18, Thursday at 10:00 am and again  
at 1:00 pm.  
Space is limited—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 Dept. (937) 840-6581  
February 15, Monday 5:00 pm  
March 15, Monday 5:00 pm  
April 19, Monday 5:00 pm  
At Hospital, Second Floor Meeting Room

## NEW EMPLOYEES These employees have joined the hospital staff in recent months:

### OCTOBER

Ashley Bolender, *Nutrition Services*  
Holly Lewis, *Edith Brown Pav.*  
Eric Weinberg, *Edith Brown Pav.*  
Joshua White, *Edith Brown Pav.*

### NOVEMBER

Emily Armstrong, *Obstetrics*  
Misty Spurlock, *Medical Records*  
Sharon Wagner, *Nutrition Services*  
Linda Wiseman, *Emergency*

### DECEMBER

Heather Flores, *Nutrition Services*

# Home Health Services ranks **TOP 6%** in U.S.

**H**ighland District Hospital's Home Health Services has been recognized as one of the top-performing home health care providers in the U.S. The HomeCare Elite annual review ranks home care agencies by measures in quality outcomes, quality improvement and financial performance.

Home Health Services of Highland District Hospital ranked in the top six percent nationally, recognizing it as being in the top 500 of over 8,000 agencies nationwide. The data used for this analysis was compiled from publicly available information.

Jim Baer, President and CEO, credits the talented, caring and dedicated employees



and their team effort in providing service excellence. "I am proud of the staff and their accomplishments," he said, "as we continue our efforts to deliver outstanding patient care."

Anyone in the southwest Ohio region in need of home care can also benefit from this service excellence. Regardless of the hospital people are discharged from or where their physician is located, they can choose Highland District Hospital's Home Health Services as their provider.

"Home care professionals and modern medicine make it possible for people to stay in their homes, regardless of their conditions," said Lisa Snyder, R.N., Manager of Home Health Services, "and it is a privilege for

us to care for those individuals."

**For more information about Home Health Services, please call (937) 393-6371.**

## EMPLOYEE SERVICE IS RECOGNIZED

**H**aving dedicated, long-term employees is a definite asset when providing healthcare services for the community. To show appreciation, an Employee Recognition Dinner was held in November for employees who have reached five-year milestones in their hospital careers. President/CEO Jim Baer and Board of Governor members in attendance congratulated those shown here and a number of employees not pictured.



**Mike Boone** and **Sandy Sonner** were honored for 20 years of service.

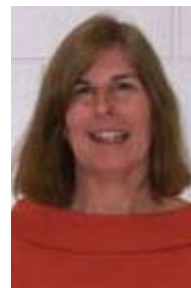


Recognition was given to (left to right) **Amy Wheaton** (15 years), **Amber Countryman**, **Sherry Setty**, **Nancy Zimmerman** and **Sharon Roark** (all 10 years).



Commended for 15 years of service are (left to right) **Mary Long**, **Mary White**, **Sandy Roland**, **Nita Paris**, **Michelle Adams**, **Brad Storts** and **Misty Campbell**.

Celebrating 10 years of service are (back, l to r) **Gail Scott**, **Tracy Binkley**, **Shelly Herren**, **Kim Sexton**, and **Debbie Wallingford**; (front, l to r) **Karen Stewart**, **Cindy Page** and **Jane Manley**.



**Annette Cockerill** reached her 30-year anniversary as an employee. She worked summers in medical-surgical and emergency. After earning a nursing degree at Ohio State University she returned

to medical-surgical where she became co-manager. Annette worked in other positions and then transferred to OR in 1994, where she is a certified operating room nurse.

# Highland District Hospital's Health Fair

Saturday, April 17 – 8:00 am until 12:00 noon

Get a health check-up at the hospital's annual Health Fair on Saturday, April 17. A variety of health screenings will be available.

Comprehensive blood screenings for 17 different health indicators will be available for \$15. Also, there will be \$10 mammogram vouchers for qualifying women—on this date only.

Local service organizations will have demonstrations, giveaways and prizes. Educational health displays and information will be located throughout the hospital.

The Highland District Hospital Foundation provides funding for the Health Fair activities, as well as drinks and snacks in the hospital dining room.

**SEE YOU THERE—SATURDAY, APRIL 17—COME ONE, COME ALL!**

## 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](http://www.hdh.org)

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