

Caring.  
Close to  
Home.



## Comprehensive Cancer Care



TREATMENT AND  
PERSONAL SUPPORT  
PATIENTS CAN RELY ON  
Pages 4-5

HIGHLAND  
DISTRICT  
HOSPITAL  
*newsletter*

FALL 2011

*inside:*

New pediatrician  
opens local practice

Timely colonoscopies  
are saving lives

Ovarian cysts: what  
women should know

Foundation presents  
"Night at the Oscars"

# Physician SPOTLIGHT

**D**eborah Blackwell, D.O., F.A.C.O.P., a board-certified pediatrician, has opened her practice with Health Source of Ohio at 104 Erin Court in Hillsboro. Dr.



Deborah Blackwell,  
D.O., F.A.C.O.P.

Blackwell graduated from Texas College of Osteopathic Medicine and completed a pediatric residency at Doctor's Hospital in Columbus, Ohio. She has held

many academic, research and board positions where she actively promoted creative change in medical education and healthcare. Most recently, she was a member of the clinical faculty at Ohio University College of Osteopathic Medicine.

She is active in the Red Cross, Rotary Club and Easter Seals, and

enjoys farming in Orient, Ohio. She is married and has two children.

## WHOLE FAMILY CARE

Nurse practitioners **Nanci Haecker, R.N., C.N.P.**, and **Amy Frasure, R.N., C.N.P.**, who specialize in family practice, have joined Dr. Blackwell at Health Source of Ohio.



Nanci Haecker,  
R.N., C.N.P.

Nanci Haecker received her B.S.N. degree from Wright State University and her Master of Science in Nursing from Otterbein College. She began her career over 23

years ago and has experience in medical-surgical, the operating room, emergency department and nursing education.

Amy Frasure completed her B.S.N. at Wright State University and Master of Science in Nursing at Northern Kentucky University. She has more than 13 years



Amy Frasure,  
R.N., C.N.P.

of experience in pulmonology, cardiology and internal medicine. Most recently she worked in intensive care, medical acute care, and medical-surgical at Grandview

and Southview Hospitals in Dayton.

These staff additions, along with David Gunderman, M.D., will provide continued care for the whole family. Appointments with these healthcare providers can be made by calling (937) 393-5781.

Lynda Snellmann, a licensed social worker, is in the office Tuesdays and Fridays.

## COLORECTAL CANCER SCREENING REDUCES DEATHS

**"H**aving a colonoscopy is the most effective way to screen for colorectal cancer because it enables doctors to spot and remove precancerous lesions or polyps before they develop into malignancies," says **Vinayak Kulkarni, M.D.**, gastroenterologist with the Outpatient Specialists Department.



Vinayak Kulkarni, M.D.

The American Cancer Society reports nearly half of colorectal cancer cases and deaths can be prevented with regular colon screenings. Most persons who develop colon cancer have no family history of the disease.

"Fifty is the recommended age for both men and women to begin getting colonoscopies, with repeated tests every 10 years unless they fall into high-risk categories," says **Daniel Debo, D.O.**, gastroenterologist, also with the Outpatient Specialists Department.

"Earlier or more frequent testing is advised for people who have had one of those cancers before or had the riskier type of polyps."

A healthy lifestyle has been found to have a preventive impact on colon health according to a recent study in Denmark that followed 55,487 men and women ages 50 to 64. Cancer free



Daniel Debo, D.O.

at the onset, 678 study participants developed colon cancer one decade later. Researchers estimated that 23 percent of the cancers could have been avoided by following five good health practices: no smoking, limited alcohol intake, daily physical activity, a waistline of no more than 35 inches for women and 40 for men, and a healthy diet that includes more fruits and vegetables and less red and processed meats.

Call the Outpatient Specialists Department at (937) 393-6461 for information or to schedule a colonoscopy.

# HELP KIDS MAKE HEALTHY CHOICES

“Good dietary habits and reasonable, fun and focused activities are healthy habits for kids that will have long-term benefits,” says **Ashley Bolender, R.D., L.D.**, clinical



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

dietitian with the Diabetes & You Program.

“If kids are allowed to become overweight, they lose self-esteem and tend to hang back from joining in fun activities.

Food becomes their fix for the emptiness they feel from not fitting in. And consuming excessive amounts of food can make you gain weight, which may lead to damaging health

problems such as type 2 diabetes and cardiovascular diseases later in life.”

Diabetes does not arise simply because you eat too much sugar, but eating too many sugary foods contributes to weight gain. The average American consumes 22 teaspoons of sugar a day.

According to the American Heart Association most women should eat no more than six and men no more than nine teaspoons of sugar per day.

“Save small doses of sugar for dessert,” says Bolender, “and be sure to read food labels.”

In addition to donuts, cakes and candies, you’ll find big doses of sugar (four grams equals 1 teaspoon) in: spaghetti sauce (1 cup) 23 grams, Frosted Flakes (1 cup) 15 grams, pineapple canned in syrup (1 cup) 43 grams,



barbeque sauce (1/2 cup) 33 grams, low-fat chocolate milk (1 cup) 25 grams, cola (1 can) 33 grams, and fat-free fruit yogurt (1 cup) 47 grams.

“Sugar and fats can be hidden in processed foods, so whenever you can, eat fresh vegetables and fruits,” says Bolender.

“Putting protein, healthy fat and fiber in the mix makes digestion slower and helps sustain energy. Also have regular medical check-ups to track cholesterol and triglyceride levels, blood pressure, and weight.”

## Most ovarian cysts are harmless, but . . .

“The number of ovarian cysts diagnosed has increased due to more regular physical examinations in the female community and ultrasound technology,” says **Craig Forbes, M.D.**, OB/GYN, with Physicians for Women. “When a woman is told she has an ovarian cyst, her stress levels usually goes into high gear. Fortunately, the majority of ovarian cysts are benign.

“Many women have ovarian cysts at some time in their lives,” explains



Craig Forbes, M.D.,  
OB/GYN

Dr. Forbes. “Most ovarian cysts start during the normal function of a woman’s menstrual cycle, present little or no discomfort, are harmless and often disappear on their own. These are known as functional cysts.”

“The unexpected can happen,” says **Todd Slater, M.D.**, OB/GYN, with



Todd Slater, M.D., OB/  
GYN

Physicians for Women. “Ovarian cysts—especially those that bleed or rapidly expand can cause pain. After menopause, cystic ovarian masses can develop and may be cancerous, so it is important to schedule regular pelvic examinations as your first line of defense.”

If a cyst is suspected or found during a pelvic examination, your healthcare provider may perform a test to identify the type of cyst and determine treatment.

**Symptoms of ovarian cysts can include:**

- Menstrual irregularities
- Pelvic pain—a dull ache around

monthly cycle or during intercourse

- Pain during bowel movements or pressure on your bowels
- Nausea, vomiting or breast tenderness
- Fullness or heaviness in your abdomen
- Need to urinate frequently or difficulty emptying bladder completely.

If you have sudden, severe abdominal or pelvic pain or pain accompanied with fever or vomiting, seek immediate medical attention. Any of these symptoms along with those of shock such as cold, clammy skin, rapid breathing, and lightheadedness or weakness may indicate emergency treatment is needed.

To schedule appointments with Drs. Slater and Forbes, please call (937) 393-3406 for an appointment in Hillsboro, 1487 N. High Street, Suite 102, and (740) 335-4435 for an appointment in Washington CH, 1156 Columbus Avenue.

# Exceptional care for

**A**lthough oncology is a branch of medicine that deals with tumors or cancer diagnosis and treatment, the committed and caring professionals who make up the Highland District Hospital oncology team do much more.

“We bolster each other and shoulder-to-shoulder we accomplish a lot for our patients,” says **Regina Melink, M.D.**, a specialist in oncology and hematology and the department’s director since 1996. Dr. Melink, who has been credited and awarded recognition for her advocacy work with cancer patients shares these accolades with Carol Amfahr, Certified Nurse Practitioner in oncology, and the staff oncology nurses.

“Because we have common goals and work so well together our team is able to perform as caregivers, advocates and navigators,” says Dr. Melink. “Our goal is to address the needs of the whole patient by providing optimum treatment,

maintaining care, streamlining the confusing paperwork, addressing emotional, social and financial issues, and working to raise everyone’s spirits throughout the process. Above all we respect our patients and want to give them the

**Pap smear, mammogram, colonoscopy, and prostate tests are smart cancer prevention measures**



Nurse Practitioner Carol Amfahr and Oncology Nurse Bridget Skaggs share a laugh with one of their patients.

utmost support in dealing with their cancer experience.”

## CANCER IN HIGHLAND COUNTY

A 2008 report from the Ohio Department of Health (ODH) compares incidence and mortality rates in Highland County, Ohio and the U.S. for the four most common cancers:

- Prostate cancer in the county has a lower incidence rate and a mortality rate of 19.9 percent, compared to 27.8 percent in Ohio and 26.7 percent in the U.S.

***From diagnosis and throughout the treatment process, the oncology team strives to reach the best possible outcome.***

“We want our patients to know that while this is not a destiny they hoped for, we will do everything within our control to help them through it,” says Dr. Melink. “Sharing information with patients and their families helps them understand what they are going through and gives them some much-needed control. Also when patients are at a good comfort level they tolerate treatment better.”

From assessments such as CT and PET scans, MRI, and tumor marker blood tests, to laboratory services, to therapies such as surgery, chemotherapy, and radiology, to care for patients with terminal malignancies, a high standard of care in cancer and blood disorders is provided by the Oncology Department services—all under one roof and **close to home.**

# cancer patients

- Incidence of female breast cancer is lower in Highland County and the mortality rate is 24.3 percent, slightly lower than Ohio's or the nation's 27.5 and 25.0 percent.
- Lung and bronchus cancer occurs more often in the county and the mortality rate is higher than either Ohio or the U.S. A 65 percent death rate occurs from those cancers in Highland County, 60.3 percent in Ohio and 54.1 percent in the U.S.
- Colon and rectum cancer is more prevalent in Highland County and has a mortality rate of 25.9 percent compared to 20.6 percent in Ohio and 18.8 percent nationally.

## REDUCING RISK AND NEW TREATMENTS

According to the same ODH study, high-risk behaviors such as smoking and using smoke-free tobacco products as well as being overweight and eating fewer than five servings of fruits and vegetables are higher than average in Highland County and could be contributing factors to developing cancer. The study indicates that preventive screenings such as pap smears and mammograms in the county's female

population is also below state and national averages.

"The good news is treatments for cancer are always improving," says Dr. Melink. "That is something to feel positive about. The challenge to the entire health community is to better educate our patients about their risks and promote good health practices. It is our task to be aware of studies from sources such as the Ohio Department of Health—which is attempting to manage the burden of diseases such as cancer through targeted cancer prevention, early detection and control programs—and then inform our patients."

*For more information or scheduling of cancer and hematology services at Highland District Hospital, please call (937) 393-6272.*

**The HDH  
Foundation offers  
\$20 screening  
mammogram  
vouchers at the  
hospital.**

## Bringing the Specialists to You—Oncology and Hematology



*Front row from left: Leslie Mingee, C.M.A.; Regina Melink, M.D.; Carol Amfahr, C.N.P.; Keely Colliver, R.N..  
Back row, from left: Diane Rhonemus, R.N., O.C.N.; Mitzi Reed, R.N.; and Bridget Skaggs, R.N., O.C.N.*

# Community Outreach Calendar

## ACHIEVEMENTS AND RECOGNITION

**Caylah Pritchett, C.R.T., R.R.T.,** and **Lindsey Farahay, C.R.T., R.R.T.,** have met the requirements for Registered Respiratory Therapist certification from the National Board for Respiratory Care. With the new certification they are qualified to assume primary responsibility for respiratory care therapeutic treatments and diagnostic procedures under a physician's direction.



*Caylah Pritchett,  
C.R.T., R.R.T.*



*Lindsey Farahay,  
C.R.T., R.R.T.*

Caylah graduated from the Southern State Community College's Respiratory Care Program and began working as a certified respiratory therapist (C.R.T.) at the hospital in August 2011.

Lindsey is a graduate of the University of Cincinnati-Clermont's Respiratory Care Program and has been employed as a certified respiratory therapist (C.R.T.) at the hospital since June 2010.

### Childbirth Classes

For expecting women and their partners  
Provided by Obstetrics Nurses  
(937) 393-6118

Nov. 5 & 12, two Saturdays  
10:00 am – 3:30 pm

Nov. 10 – Dec. 8, each Thursday  
6:30 – 8:30 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

Nov. 8, Tuesday 6:30 – 8:30 pm

Dec. 13, Tuesday 6:30 – 8:30 pm

At Hospital, Second Floor Meeting Room

### Diabetes Education Classes

Provided by Registered Nurse and  
Licensed Dietician

Diabetes & You Program

Pre-registration required: (937) 840-6674

Nov. 15, Tuesday 1 – 5 pm

Nov. 29, Tuesday 1– 5 pm

Dec. 13, Tuesday 1– 5 pm

Dec. 27, Tuesday 1– 5 pm

At Hospital, Outpatient Specialists Dept.

### 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 Vicki Gaines, Activities  
Director

Inpatient Geriatric Behavioral Health  
Services (937) 840-6581

Edith Brown Pavilion

Nov. 21, Monday 5 pm

Dec. 19, Monday 5 pm

At Hospital, Second Floor Meeting Room

## 6th Annual Diabetes Extravaganza

Thursday, November 10th

**5:00 pm:** Visit diabetes vendor booths and register for door prizes  
**6:30 pm:** Holiday dinner, presentation and holiday cookbook preview

**FREE EVENT**

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

**Must pre-register: (937) 840-6674**



Clip and Save

## NEW EMPLOYEES

### JULY

Brandy Burgess, Administration

Stacie Huff, Edith Brown Pav.

Chelsey Smith, Emergency

Allison McElroy, Laboratory

Holly Cremeans, Medical Records

Angela Wile, Obstetrics

Heather Goodpaster, Laboratory

### AUGUST

Robert Hunt, Emergency

Caylah Pritchett, Cardiopulmonary

Heather Leedom, Obstetrics

Kelli Christensen, Emergency

Kellie Walsh, Medical/Surgical

Kari Singleton, Cardiopulmonary

Sara Apgar, Nutrition Services

### SEPTEMBER

Kathleen Garen, Medical/Surgical

Suzanne Maynard, Medical/Surgical

Allen Lewis, Housekeeping

Angela Bolton, Medical/Surgical

Desirae Daniels, Occupational Therapy

Devan Shoemaker, Edith Brown Pav.

William Sexton, Edith Brown Pav.

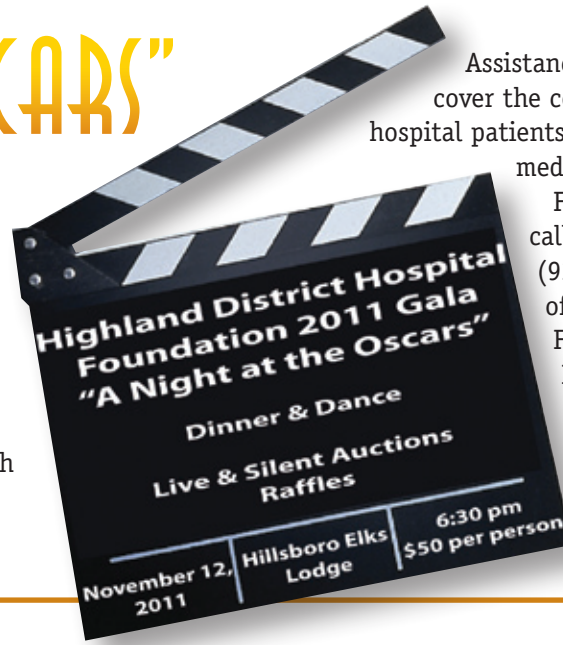
Heather Thorp, Laboratory

Renee Teague, Medical/Surgical

## "A NIGHT AT THE OSCARS"

Dance and dine the night away in *Hollywood style* on Saturday, November 12, with hors d'oeuvres, dinner buffet, music, and silent and live auctions.

"The Gala is the Foundation's largest annual fundraising event," says Cathy Jones, Director. "This year's annual fund goal is \$70,050. With that money, we will provide a number of community services, including a Physio Control Lifenet Package that links first responders to the hospital's life-saving technology, the annual Health Fair, mammography screening vouchers to assist women who are under-insured or uninsured, and the Medical



Assistance Program to help cover the cost of medications for hospital patients who cannot afford their medications upon release."

For Gala tickets, please call the Foundation office at (937) 393-6101 or Davis Law office at (937) 393-4000.

For any questions about Foundation programs, contact Cathy Jones at (937) 393-6360.

## FALL 5K RUN IS BIG SUCCESS

An enthusiastic crowd of more than one hundred turned out on a beautiful Saturday morning for the HDH Foundation's Fall Family Fun Run/Walk at Rocky Fork State Park. Cathy Jones, the Foundation's Director said, the turnout "exceeded our expectations for this first-year event."

The October 8 family affair was popular with parents. Children's activities included pony rides, a bounce house, pumpkin decorating, a bubble machine, and a short race for kids under age 10. Nearly \$2,000 was raised for the Foundation. Cathy attributed the event's success to the dedication of the planning committee and hospital staff volunteers.



Photo: A Moment in Time Photography

## Gift shop offers holiday memories

The Gift Shop at Highland District Hospital invites you to consider the giving of "treasured memories" for 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**



## Who should get the human papillomavirus vaccine?



*Melissa Gargasz, D.O.*

### THE DOCTOR'S ANSWER

*By Melissa Gargasz, D.O., Family Practice, Greenfield Medical Services*

There are more than 100 different types of human papillomavirus (HPV) and about 40 are sexually transmitted. At least 50 percent of sexually active males and females get HPV at some point in their lives. It can cause visible changes in the form of genital warts, which can happen within weeks, or cancer, which takes years to develop. A vaccine can protect both males and females against some of the most common types of HPV. The vaccine is most effective when taken before a person's first sexual contact, so you may want to discuss this with your child's physician. Boys and girls can begin getting the vaccine as early as nine years of age and as old as 26.



### 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
▶ Laboratory	937.393.6274
▶ Maternity	937.393.6118
▶ Occupational Health	937.393.6398
▶ Occupational Therapy	937.393.6163
▶ Outpatient Specialists	937.393.6169
▶ Outpatient Specialists Scheduling	937.393.6461
▶ Physical Therapy	937.393.6163
▶ Radiology	937.393.6126
▶ Rehabilitation & Sports Medicine	937.393.6163
▶ Speech Therapy	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 or  
email [mphillips@hdh.org](mailto:mphillips@hdh.org)