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Home.




HIGHLAND
DISTRICT
HOSPITAL
newsletter
SUMMER 2011

Are You at Risk for Common Urologic Disorders?

WHAT YOU NEED
TO KNOW ABOUT
URINARY SYSTEM
PROBLEMS

Pages 4-5



inside:

Advanced PET/CT
imaging now available

Advice for keeping
kids safe in sports

New specialist offers
wound treatment

Can allergies lead
to asthma?

PHYSICIANS IN NEW HILLSBORO OFFICE LOCATIONS

Some of our physicians have recently moved in order to better serve their patients

Dr. Todd Slater, Dr. Craig Forbes and **Linda Brackett, C.N.M.**, and the staff of Physicians for Women (Phone 937-393-3406) have relocated to 1487 N. High Street, Suite 102 (formerly Highland Pediatrics).



Dr. Todd Slater



Dr. Craig Forbes



*Linda Brackett,
C.N.M.*

Dr. Ramesh Shivani and **Dr. Dipika Shah** of South Central Ohio Psychiatry Associates (Phone 937-393-5067), and **Dr. Sudhin Kanabar** of Highland Neurology (Phone 937-393-5503), and their staffs have relocated their office to 102 TeMar Way (behind Frisch's).



Dr. Ramesh Shivani



Dr. Dipika Shah



Dr. Sudhin Kanabar

PET/CT scan imaging now available

PET/CT scans help physicians diagnose, stage, and treat cancer with more accuracy than ever before. The scans can provide answers to questions such as:

- Where is the tumor?
- Is it spreading?
- How large is it?
- What is the optimal therapy?
- Is the therapy working?

In addition to testing for many types of cancer, PET/CT is also a powerful tool used in imaging the brain for Alzheimer's and dementia, and in imaging heart muscle for cardiac viability.

Positron Emission Tomography (PET) uses special imaging cameras and a radioactive type of sugar to produce pictures of the function and

metabolism of cells in the body. It provides diagnostic information not currently available with traditional imaging.

CT stands for Computerized Tomography, an X-ray test that generates a detailed view of the anatomy or structure of organs and tissues in the body. The CT scan can show the dimension of vessels, lymph nodes and organ systems.

PET/CT can depict both technologies using a single machine. It provides a picture of function (PET), a picture of anatomy (CT) and a merged picture of both the body's metabolism and structure.



A mobile unit offering PET/CT scans is at Highland District Hospital on Saturday

mornings from 8:00 am to noon. For more information about this new technology, please call the Radiology Department at (937) 393-6126.

Sports safety for kids

Making athletics a positive experience for your child is a bit of a balancing act. Athletic Trainers from The Center for Rehabilitation & Sports Medicine make regular visits to local schools to help prevent, evaluate, treat, and rehabilitate sports injuries. Here's their advice:

Eric Dick, M.B.A., A.T.

"It's important to keep kids physically active without physical and/or emotional pain. And since you are trying to instill a life-long love of being active, follow up on any aches or pains your child complains about. It could be a sport-related injury. Keep in mind that younger children are less coordinated and have slower reaction times than adults, so they are particularly susceptible to injuries."

Ellen Marrinan, A.T.

"Three common types of sports injuries involving kids are acute injuries, overuse injuries and re-injuries. Acute injuries are typically minor bruises, sprains and

strains in the younger child. Teens are more likely to suffer more serious injuries such as broken bones and torn ligaments. More severe acute injuries, such as eye injuries, concussions, broken bones and ligament tears, can occur at any age.

"Overuse injuries arise from repetitive actions that put too much stress on the bones and muscles. These are a concern for children because of the effect they could have on bone growth.

"Re-injury can happen when an athlete gets back in the game before a previous injury has healed. Get a doctor's approval before returning to a sport after an injury."

Nick Fite, A.T.

"The best way to prevent an injury is to be prepared. Be sure the child understands the game. Warm-ups and training sessions before practice will help to reduce the chance of injury. Be sure the equipment fits properly. Provide adequate fluids and see that rest periods are allowed during practices and games."



Kari Terrell, M.S.Ed., A.T.

"According to the International Conference on Concussion in Sports, a child who suffers a concussion requires special considerations. Injury to a developing brain, especially repeat concussions, may increase the risk of long-term effects. A child should not return to play on the same day of an injury or until completely symptom free. And they need longer periods of full rest than adults before returning to normal activities."

ARE ALLERGIES AND ASTHMA CONNECTED?

The same substance triggers that bring on allergy symptoms can also cause an onset of asthma conditions such as wheezing, shortness of breath and chest tightness, explains **Grace Ryu, M.D.**, allergy/immunology. Having allergies does not mean you will develop asthma, but symptoms with both can be similar and uncomfortable.

"Nearly half of the 20 million Americans who suffer from asthma have what is called allergic asthma," says the allergy specialist. "These episodes are

caused when changes in the body's airways become narrow, causing the feeling that you can't get enough air, thus making breathing difficult."

There are a variety of triggers in the broad spectrum of asthma. In allergy-induced asthma, often the triggers are typical allergens or substances that cause allergic reactions in the lungs. These can include dust mites, pollen, pet dander, mold spores, foods, and cockroaches.

"Allergies are common and both genetics and our environment play a role," says Dr. Ryu. "An allergy is an exaggerated immune reaction to substances that typically are not harmful. The body's defense system against allergens can cause reactions such as itching, swelling, stuffy nose, hives or rashes, and wheezing. Allergies may also make medical conditions such as sinus

problems, eczema or asthma worse.

"Symptoms of asthma vary with individuals. Mild symptoms are most common, with airways opening up in a few minutes to a few hours. Severe episodes last longer and require medical attention," says Dr. Ryu, "Severe asthma attacks can be preceded by frequent coughing, shortness of breath, and fatigue when exercising. While asthma has no cure, it can be controlled and individuals can live symptom-free with a well-designed treatment plan."

To schedule an appointment with Dr. Ryu, please call the Outpatient Specialists Department at (937) 393-6461.



Grace Ryu, M.D.



Treating Urologic Disord

WOMEN



Urinary tract infection—Women are more susceptible to UTIs than men because of their anatomy,” says **Phillip Aschi, D.O.**, urologist with the Outpatient Specialists Department “Despite the urinary system’s unique defensive design, microscopic invaders can get in through the urethra.

“Most infections occur in the lower urinary tract when bacteria reaches and multiplies in the bladder. If an infection spreads to upper regions—ureters and kidneys—it can become very painful and could have serious consequences to kidney health.

There are three types of UTIs with specific symptoms: Kidney—upper back and side pain, high fever with shaking and chills; Bladder—pelvic pressure, lower abdomen discomfort, blood in urine or frequent urination; Urethra—burning with urination.

“With prompt treatment, which typically requires antibiotics, urinary tract infections seldom lead to complications. But they should not be ignored. For serious infections, hospitalization with intravenous antibiotic treatment may be necessary,” says Dr. Aschi.

Incontinence—“The most common types of incontinence for women are stress and urge incontinence. Some women experience only one, but they can occur together,” says Urologist **Christopher Lawley, D.O.**, also with the Outpatient Specialists Department.

Stress incontinence can occur with weakening of the pelvic floor and urethral sphincter muscles. A decrease of estrogen in post-menopausal women intensifies these factors as well. Urge incontinence, commonly called overactive bladder, is identified by the frequent, sudden and uncontrolled need to urinate.

“A woman can discuss these issues with her healthcare provider who may recommend urodynamic testing,” says Dr. Lawley. “These tests range from simple observation to precise measurement with sophisticated instruments.

“Urge incontinence is often treated with medication. If medication is not effective,” says Dr. Lawley, “patients with severe stress incontinence and intrinsic sphincter deficiency may benefit from a minimally invasive bladder sling procedure to regain bladder control. There are also new procedures being explored, so it is important to not give up hope.”

Drinking plenty of fluids and careful personal hygiene helps reduce the risk of urinary tract infection.

Bringing the Specialists to You—Urology



Christopher Lawley, D.O.



Phillip Aschi, D.O.

ers for Men and Women

Enlarged prostate—“Most men are completely unaware of their prostate until they experience a problem,” says Dr. Lawley. “This walnut-sized gland is an important part of the male reproductive system. It is located just below the bladder and in front of the rectum, surrounding the urethra which empties urine from the bladder and produces fluid that makes up part of the semen.”

An enlarged prostate—also known as benign prostatic hyperplasia (BPH)—causes obstruction in the flow of urine. Symptoms include difficulty starting urination, increased frequency of urinating, and a weak stream. Mild symptoms of prostate enlargement do not require treatment. If more severe, laser surgery is typically used to remove tissue that is blocking urine flow.

Prostate cancer—One in every six men in the United States will be diagnosed with prostate cancer and one in 36 will die from it. Prostate cancer is the second most common cancer in men, related to more than 40,000 deaths annually.

“A specific cause for prostate cancer is not known,” says Dr. Aschi. “However, with early detection the mortality rates are declining. And prostate cancer is highly curable if treated early.”

The American Cancer Society lists age as the strongest risk factor for prostate cancer—with nearly two out of every three prostate cancers occurring in men over the age of 65.

“There are often no symptoms with prostate cancer,” says Dr. Aschi, “and no specific screening to determine if cancer is present. Having an annual check-up with blood work to measure prostate-specific antigen (PSA) after the age of 50 is a good preventative measure.”

PSA blood levels may be higher than normal in men who have prostate cancer, BPH, or infection or inflammation of the prostate gland.

“If cancer is found in the prostate, treatment options are determined by what is best for the patient and are based on several factors,” adds Dr. Lawley. “For many patients diagnosed with early-stage prostate cancer, radiation therapy or surgical removal of the prostate are primary options. If the cancer is localized to the prostate, it may be curable through radical prostatectomy. The goal of using this method is to remove the cancer while preserving urinary function and, if possible, erectile function.”

Nearly two out of every three prostate cancers occur in men over the age of 65.

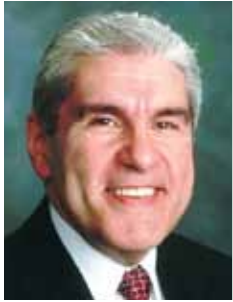
MEEN



Dr. Aschi and Dr. Lawley treat varied urinary system disorders in women (incontinence, cystitis, urinary tract infection, and bladder tumors) and in men (disorders of the prostate gland, testes, and penis). Both urologists perform surgical procedures at the hospital. Please call Outpatient Specialists scheduling at (937) 393-6461 for an appointment.

SPECIALIST NOW OFFERS WOUND TREATMENT

Dr. Ron Pedalino, a general surgeon and wound treatment specialist, is now seeing patients at Highland District Hospital the second Wednesday of each month. He offers diagnoses and treatment therapies for patients with chronic non-healing wounds, which are often caused by



Dr. Ron Pedalino

underlying medical conditions. On an initial visit, the patient will be evaluated to determine any underlying condition, such as diabetes or poor circulation that might inhibit the natural healing process. After the assessment, an individualized treatment program will be planned. Patients are informed on how to care for their wounds at home and given advice on nutrition and exercises that might aid the healing process and prevent future wounds. Patients with wounds on their feet are advised on how to protect their feet and walk correctly. Special shoes, which protect the feet and relieve pressure, may also be prescribed.

Please call the Outpatient Specialists Department at (937) 393-6169 for more information. New and existing patients should call the Wound Center at (937) 283-9970 to schedule appointments with Dr. Pedalino. Physician referrals are not required.

Many health plans, including Medicare, cover treatment. Patients should bring their insurance card to the first appointment to determine coverage.

Childbirth Classes

For expecting women and their partners
 Provided by Obstetrics Nurses
 (937) 393-6118
 Sept. 17 & 24, two Saturdays
 10:00 am – 3:30 pm
 Sept. 22 – Oct. 20, each Thursday
 6:30 – 8:30 pm
 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
 Aug. 9, Tuesday 6:30 – 8:30 pm
 Sept. 13, Tuesday 6:30 – 8:30 pm
 Oct. 11, Tuesday 6:30 – 8:30 pm
 Nov. 8, Tuesday 6:30 – 8:30 pm
 At Hospital, Second Floor Meeting Room

Diabetes Education Classes

Provided by the Diabetes & You program
 Pre-registration required:
 (937) 840-6674
 Aug. 9, Tuesday 1 – 5 pm
 Aug. 23, Tuesday 1– 5 pm
 Sept. 13, Tuesday 1– 5 pm
 Sept. 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 Geriatric Behavioral Health
 Services (937) 840-6581
 Aug. 15, Monday 5 pm
 Sept. 19, Monday 5 pm
 Oct. 17, Monday 5 pm
 At Hospital, Second Floor Meeting Room



"BREAK FOR BREAKFAST"

OCTOBER 5TH

Kicking off Breast Cancer Awareness Month . . . Highland District Hospital is teaming up with the American Cancer Society with a free breakfast event for women. This Drive-Thru event includes a stop at *Breakfast Junction* where you receive a bagged breakfast. At *Information Way*, you receive important information on breast cancer awareness, and at *Pink Place* you receive a free pink gift bag. Please stop by on October 5, from 7:00 – 9:00 am at the hospital's east entrance to take advantage of this event.



Highland County goes Hollywood

The Foundation plans to exceed the rave reviews of last year's gala with a glamorous "Night at the Oscars," November 12 at the Elks Lodge. Our Oscar party includes dinner, dancing, live and silent auctions, hourly "split the pot," and more.



Tickets are on sale now for a chance to win an Ohio State inspired golf cart (\$20) and soon for the Gala (\$50). Tickets are available from any Foundation board member or call (937) 393-6534 or 393-6360. Golf cart tickets are also available at the hospital gift shop.

Books Are Fun—The hospital's front lobby will again welcome book lovers of all ages to Books Are Fun events on September 14-15 and December 12-13. Shop for books and toys and support the Foundation.

Family outdoor fun—Have your family join in a great outdoor activity and help the hospital promote health and wellness at our Fall Family Fun 5k Run/Walk. The fun begins at 10:00 am on October 8 at Rocky Fork Lake. Watch the newspaper for details.

To make a donation or, if you have questions about the Foundation, please contact Cathy Jones at (937) 393-6360.

ACHIEVEMENTS AND RECOGNITION



Marty Jones, Systems Analyst, was nominated for the Greater Cincinnati Health Council's Richard M. Smith, M.D., Leadership in Patient Safety Award.

Throughout 2010, the hospital was implementing its first electronic

Medical Record. From the beginning, Marty was involved in selecting a system to assure a good fit.

Her insight into the systems available for a Critical Access Hospital was extremely helpful. During planning, she assisted in and led the selection of clinical options and worked with department managers to prepare for implementation and installation. Marty's pride in her position at Highland District Hospital resulted in patient safety being assured and the needs of the organization's practitioners met.

DEDICATED VOLUNTEERS HONORED

Forty-four volunteers were celebrated on April 15 at a Recognition Breakfast for Volunteers in Patient Services (VIPS). The breakfast was dedicated to the memory of Jane Conley, a hospital volunteer who passed away in September 2010.

Volunteers logged 15,085 hours of service in 2010, which provides the time equivalent to having 7.25 full-time employees in action.

"We are truly blessed to have such a wonderful, dedicated group who

give their valuable time and talents to Highland District Hospital," says Julie Pence, Human Resources.

Jim Baer, CEO of Highland District Hospital echos this sentiment. "Our volunteers have a tremendously positive affect that is felt by our patients and the hospital community at large. They are invaluable to the hospital's personal, hometown care."

Interested in becoming a volunteer? Please call Volunteer Coordinator Winona Swayne at (937) 840-6543.



NEW EMPLOYEES

MAY

Scot Holsinger, *Laboratory*
Jeffrey Houchin, *Emergency*
Danita McFadden, *Obstetrics*

JUNE

Lori Newman, *Medical/Surgical*
Nicole Shawhan, *Occupational Health*

Is wearing flip-flops bad for my feet?



Bryan Giesy, D.P.M.

THE DOCTOR'S ANSWER

By Bryan Giesy, D.P.M., Podiatry, Outpatient Specialists

By this point in the summer, many of us are comfortably wearing our summer shoes such as sandals, clogs, and even flip-flops. And while we all want to be stylish, these shoes can be very hard on our feet as most summer shoes do not have backs. The most important part of any shoe is the back or "heel counter." It provides support to the rear foot and prevents excess motion of the heel referred to as pronation. Excessive pronation can lead to many foot problems including plantar fasciitis, tendonitis, and even midfoot pain. So, if your feet start to hurt this summer, revert back to wearing a good shoe with a good back or counter such as an athletic shoe or deeper casual shoe. It may just resolve your problem without a visit to the podiatrist.

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

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