



# Community Connection

## Licking Memorial Health Systems

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Measurably Different ... for Your Health!

## Licking Memorial Honors Granville Resident with Lifetime Achievement Award



Lewis Mollica, Ph.D.

The Licking Memorial Hospital (LMH) Development Council will honor Granville resident Lewis Mollica, Ph.D., as the winner of its 2007 Lifetime Achievement Award during a special reception on November 11 at The Reese Center on the campus of The Ohio State University – Newark and Central Ohio Technical College. The Lifetime Achievement Award is presented each year to a citizen in our community who has given volunteer service for the overall betterment of the community and

who has helped the community. This special recognition was created to honor those whose vision, inspiration and leadership have touched and enriched many lives.

“Lew has been an invaluable member of the Licking County community, donating his time to many different organizations throughout the years,”

*Licking Memorial Honors Granville Resident with Lifetime Achievement Award (continued on page 12)*

## Dr. Nock Named 2007 Physician of the Year at LMH



LMH Hospitalist Peter Nock, D.O., was congratulated by LMHS President and Chief Executive Officer Rob Montagnese upon receiving the prestigious Physician of the Year Award.

Hospitalist Peter Nock, D.O., has been selected by his peers as Licking Memorial Hospital’s (LMH) 2007 Physician of the Year. The announcement was made during the annual LMH Medical Staff Reception on Tuesday, October 2. All 149 members of the Hospital’s active medical staff were eligible for nomination and voting.

“I am truly honored,” Dr. Nock said. “To be included among this group of

doctors is very humbling to me. The work that we do here at LMH is not the result of one person, but rather hundreds of people with the common goal of providing excellent care to those in our community.”

*Dr. Nock Named 2007 Physician of the Year at LMH (continued on page 12)*

See Pages 8 to 11 for the Community Report Card Featuring Surgical Care.

### Healthy Holiday Eating

As the holidays approach, many people are faced with the tough decision of sticking with a healthy diet or indulging in many holiday treats made readily available around every corner. “The holidays can be one of the toughest times to stick to a healthy diet,” said Annmarie Thacker, a registered dietitian for Licking Memorial Hospital (LMH). “Each person can create their own plan to eat well and stay healthy this time of year by remembering a few simple suggestions.”

**Plan Ahead**  
Planning meals ahead of time can make it easier not to overindulge when hunger strikes. Pack a few snacks if you know you will be attending a party after work. Eating something before an event with food all around can stop a person from grazing too much. Checking out the food before you begin eating is another great idea. This method helps you determine what you really want to eat instead of giving you the

*Healthy Holiday Eating (continued on page 3)*

# Whooping Cough Makes a Comeback



Emily Decker,  
M.D.

Many central Ohio parents were alarmed earlier this fall by local news stories about reported outbreaks of whooping cough in the region. Whooping cough, or pertussis, is a highly contagious upper respiratory bacterial infection. It is characterized by a violent cough, often with a “whooping” sound as the patient tries to take a breath.

By mid-November, several dozen cases of whooping cough were confirmed among school children in the Worthington, Ohio, area. It is spread through tiny droplets which are released when an affected person coughs or sneezes. Symptoms usually develop about a week after exposure to the disease and can last up to ten weeks.

“We have had many calls from concerned parents,” stated Pediatrician Emily Decker, M.D., of Licking Memorial Pediatrics – Pataskala. “They really shouldn’t panic, but do need to maintain a level of awareness and know what signs to watch for. If their children are up-to-date on their immunizations, they have probably already been vaccinated against pertussis. The Centers for Disease Control guidelines are to administer the DTaP (diphtheria, tetanus and pertussis) vaccine to children four times between the ages of six weeks and two years and once just before the

child enters kindergarten. New recommendations include an additional booster dose at age 11 to 12 years.”

Clinical manifestations vary greatly, but are most severe in infants. Although whooping cough often is thought of as a childhood disease, adults can contract it as well. Symptoms of whooping cough may include:

- Runny nose
- Slight fever (102 degrees F or lower)
- Severe, repeated coughs that make breathing difficult, result in vomiting, or produce a high-pitched “whooping” during inhaling

“While it is still a serious disease and can be fatal in rare instances, the most important thing is to stay up-to-date on immunizations and to diagnose and begin treatment as early as possible. After the cough is established, antibiotics typically do not change the course of illness, but they are recommended to prevent the spread of pertussis to others,” Dr. Decker explained.

The pertussis vaccine is comprised of a suspension of inactivated *B. pertussis* cells, which means that a person cannot contract the disease from the vaccine itself. Patients who are not sure if they are up-to-date on their immunizations are advised to check with their pediatrician or family physician.

# Sleep Medicine Helps Patients Get Rest



Eric Pacht, M.D.

We all know how it feels to lie awake late at night, only to arise the next morning feeling exhausted. Occasional insomnia is a normal part of life, but when sleeplessness becomes a regular occurrence, it can interfere with a person’s quality of life, and possibly even be a health hazard. Recent studies have

linked untreated sleep disorders to hypertension, heart disease, stroke, depression, diabetes and other chronic diseases. In addition, a study by Ford Motor Company estimates that 4 percent of all fatal crashes in the U.S. each year are attributed to drivers who fell asleep behind the wheel.

Licking Memorial Sleep Medicine at Licking Memorial Hospital (LMH) offers tools to help determine what is interfering with a patient’s sleep. Sleep can be disturbed by a number of factors that include medical disorders,

behavioral issues, neuropsychiatric problems, sleep problems, environment and medications. The LMH Sleep Lab, located on the sixth floor of the Hospital, monitors patients in comfortable, private rooms, and results from the painless tests are used for diagnosis and possible treatment. Appointments are made through the office of Eric Pacht, M.D., upon referral by the family physician.

According to Dr. Pacht, director of Licking Memorial Sleep Medicine, many patients who come to the Sleep Lab at LMH want to find out if they suffer from sleep apnea. “Obstructive sleep apnea means that a person’s breathing repeatedly stops for 10 seconds or longer during sleep. It’s normal for everyone’s breathing to stop for several seconds during sleep up to five times per hour, but with sleep apnea it occurs more frequently, possibly hundreds of times throughout the night for up to 30 seconds each time,” he said.

*Sleep Medicine Helps Patients Get Rest (continued on page 7)*

# LMH Vascular Lab Receives Accreditation

The Vascular Lab at Licking Memorial Hospital (LMH) has attained recognition for its commitment to providing a high level of patient care and quality testing for the diagnosis of vascular disease. The Intersocietal Commission for the Accreditation of Vascular Laboratories (ICAVL) recently announced that LMH has one of a few select vascular laboratories in the United States, Canada and Puerto Rico to meet the strict standards for noninvasive vascular testing.

“We as a department are very proud of achieving the high standards set forth by the ICAVL,” stated Sharyn Davis, LMH Director of Outpatient Services. “Licking Memorial has always had a top-notch Vascular Lab, and this accreditation only solidifies that fact. I am so happy to recognize the efforts of our physicians and technologists delivering quality care each and every day as we strive to improve the health of the community.”

Cardiovascular disease is the leading cause of death in the United States. Stroke, a disorder of the blood supply to the brain, is the third leading cause of death and disability, with 500,000 new strokes occurring each year in the U.S. Early detection of these life-threatening diseases is possible through the use of noninvasive vascular testing techniques.

During the ICAVL accreditation process at LMH, every aspect of the Vascular Lab’s daily operations and its



LMH's Vascular Lab has received accreditation for its high level of patient care and quality testing for vascular disease.

impact on the quality of health care provided to patients was assessed. While completing the application, laboratories are required to identify and correct any potential problems, revise protocols and validate quality assurance programs.

The ICAVL is a nonprofit organization established with the support of eleven medical societies, including physicians, technologists and sonographers. Their accreditation is valid for a period of three years.

## *Healthy Holiday Eating (continued from front page)*

opportunity to pile your plate sky high and feeling pressured to finish it all.

### **Exercise**

Exercising is important to staying healthy, no matter what time of year. Squeezing in time to work out can be particularly difficult with such a busy schedule. Some tips? Make it a family affair by going for a walk after dinner. Use the stairs instead of the elevator. Go out dancing with a group of friends. Take the dog for a walk before heading to work. These are just a few suggestions to burn a few calories, but there are always more, so make sure to check out your options.

### **Portion Control**

A smaller piece of pie or a few pieces of candy can satisfy a sweet tooth and still keep healthy eaters within their good eating habits. Denying yourself the delicious foods

that are popular during the holidays can trigger overeating, so indulge, but keep it small. If you do overeat, try not to beat yourself up about it, simply eat better the next day.

### **Colorful Food**

Many plan on eating fruits and vegetables during the holidays but cannot seem to stay away from the rare goodies that grace the tables. Try following this rule: create a colorful plate. Most fruits and vegetables have vibrant colors. By making a rainbow of colors on your plate, you are bound to get many fruits or vegetables in your diet without even trying too hard.

Another way to keep you and your family eating healthy this holiday is to become the household cook. By creating meals from home, you have control over the fat content

and calories in each dish. The following are some healthy recipes to try out this holiday season.

### Fruited Bread Pudding with Eggnog Sauce

- 4 cups (1-inch cubes) French bread
- 1/2 cup diced dried fruit and raisin mixture
- 2 cups fat-free (skim) milk
- 1/2 cup fat-free cholesterol-free egg product or 2 eggs
- 1/3 cup sugar
- 1/2 teaspoon vanilla
- Ground nutmeg, if desired

(For eggnog sauce)

- 1/3 cup fat-free (skim) milk
- 1 container (3 to 4 ounces) refrigerated vanilla fat-free pudding
- 1/2 teaspoon rum extract

1. Heat oven to 350 degrees. Spray pie plate, 9 x 1-1/4 inches, with cooking spray. Place bread cubes in pie plate; sprinkle with fruit mixture.
2. Beat milk, egg product, sugar and vanilla in small bowl with wire whisk until smooth. Pour milk mixture over bread. Press bread cubes into milk mixture. Sprinkle with nutmeg.
3. Bake uncovered 40 to 45 minutes or until golden brown and set.
4. Mix all ingredients for eggnog sauce in a small bowl. Cut bread pudding into wedges, or spoon into serving dishes. Drizzle each serving with scant tablespoon sauce. Sprinkle with additional nutmeg if desired. Store pudding and sauce covered in refrigerator.

Yield: 12 servings

Per serving – calories 145 (calories from fat 10); fat 1g; saturated fat 0g (2 percent of calories from saturated fat); trans fat 0g; cholesterol 0mg; omega-3 0g; sodium 190mg; carbohydrates 29g (dietary fiber 1g); protein 6g.

### Corn Bread Stuffing with Sausage and Prunes

- 1 pan, baked corn bread
- 2 tablespoons butter
- 2 cups chopped onion
- 1 cup chopped red bell pepper
- 2/3 cup chopped celery
- 1 (14-1/2 ounce) can fat-free, less-sodium chicken broth, divided
- 1 cup chopped turkey kielbasa (about 6 ounces)
- 1 cup frozen whole-kernel corn, thawed

- 1-1/2 teaspoons dried thyme
- 1 teaspoon dried sage
- 3/4 teaspoon salt
- 3/4 teaspoon black pepper
- 1 cup coarsely chopped pitted prunes
- 1/4 cup chopped fresh parsley
- 2 large eggs, lightly beaten
- Cooking spray

1. Preheat oven to 400 degrees.
2. Cut corn bread into 1-inch cubes. Place in a large bowl and set aside.
3. Melt butter in a large non-stick skillet over medium heat. Stir in onion, bell pepper, and celery; cook 5 minutes, stirring frequently. Stir in 3/4 cup broth, kielbasa, along with thawed corn, thyme, sage, salt and black pepper. Bring to a boil; cover, reduce heat and simmer 5 minutes.
4. Remove from heat. Pour vegetable mixture over corn bread, stirring well. Stir in the prunes and parsley. Combine remaining broth and eggs; pour over corn bread mixture, tossing well. Spoon stuffing into a 13 x 9-inch baking dish coated with cooking spray.
5. Cover and bake for 15 minutes. Uncover; bake an additional 15 minutes or until browned.

Yield: 14 servings (serving size: 3/4 cup)

Per serving – calories 214 (29 percent from fat); fat 6.8g (saturated 3.1g, monounsaturated 2.2g, polyunsaturated 0.9g); protein 8.1g; cholesterol 94mg; calcium 107mg; sodium 533mg; fiber 3.3g; iron 1.6mg; carbohydrates 31.5g.

### Black Bean Taco Salad

- 2 cans (15 ounces each) black beans, rinsed and drained
- 1 can (2-1/4 ounces) sliced ripe olives, drained
- 2 medium tomatoes, chopped (about 1-1/2 cups)
- 4 medium green onions, chopped (about 1/4 cup)
- 1/3 cup shredded cheddar cheese
- 1/4 cup chopped fresh cilantro



Black bean taco salad

# Development Council Spotlight: Ann Wood



Ann Wood

Ann Wood is the current President of the Licking Memorial Hospital (LMH) Volunteer Executive Board and serves on the LMH Development Council. “As a part of the Annual Support Committee of the Development Council, it is my job to recognize activities of the volunteers and give reports on what the volunteers are doing,” she said about her duties.

Over the past two years, it has been Ann’s responsibility as elected President of the Volunteer Executive Board to inform the Council on how the volunteers are doing and how their assistance is helping LMH.

Ann retired from the Classical Studies Department at Duke University in Durham, North Carolina, in 1999 and moved with her family to Newark. She and her husband, Barry, who passed away last spring, moved to Ohio to be closer to their daughter, Melanie, who still lives in Newark. Another daughter, Leigh, lives in New Jersey.

Ann and Barry were married over 52 years.

After moving to Licking County, Ann chose to volunteer and keep her retirement life packed with activities. She has been donating her time and energy to LMH for the past eight years. “Ann is a wonderful volunteer and gives so much of herself to the people around her,” said Carol Barnes, Director of Volunteers, TWIGS and Events. “She is dedicated to the work she does and is very dedicated to the Volunteer program.”

When Ann is not busy spending time with her four grandchildren, she keeps busy with many community activities. She enjoys bridge and golf and continues her education on a social level, participating in an organization called Monday Talks, which provides a forum for people to gather on Mondays to participate in discussions on various topics. One of her favorite pastimes is attending the symphony, as she and Barry did many times after moving to the area.

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# Physician Spotlight: David R. Lawrence, D.O.



David R. Lawrence, D.O.

“I’ve been making rounds ever since I was seven years old,” said David R. Lawrence, D.O. The vascular surgeon followed in his father’s footsteps and right into the operating room. “My father was a general surgeon,” he said, recalling the days when he would roam hospital halls with the man who served as an inspiration to him. It was that very

inspiration that led him to Licking Memorial Hospital (LMH) in 2005.

Dr. Lawrence joined the Surgical Interventions, L.L.C. team, alongside Dr. Howard Reeves in 2005. His decision to join was based on many factors, one being the urge to help someone he has known for quite some time and has similar treatment philosophies as his own. “I have known Dr. Reeves for many years,” he said. “He was looking for an associate, and I was looking to lend an extra hand.” Dr. Lawrence discovered he has a few areas of special interest after coming to Licking County. Dr. Lawrence enjoys the challenge of peripheral vascular and endovascular surgery, as well as chest and laparoscopic surgery.

The Springfield, Ohio, native received his Doctor of Osteopathy degree from the Kirksville College of Osteopathic Medicine in Kirksville, Missouri. Dr. Lawrence said he chose a Doctor of Osteopathic degree for a few reasons. “I liked the philosophy of treating the entire patient better,” he said. “I felt the schools were better and so were the opportunities.” Dr. Lawrence then completed his internship, general surgery residency and general vascular surgery residency at Doctors Hospital in Columbus. He is board certified in general surgery and general vascular surgery.

While maintaining his commitment to Licking County by joining Dr. Reeves at Surgical Interventions, L.L.C., Dr. Lawrence also shares the Licking Memorial Health Systems mission to improve the health of the community. He and his wife, Karen, are the parents of four children.

Dr. Lawrence’s office is located at 131 McMillen Drive in Newark. He is accepting new patients at this time. Appointments can be made by calling (740) 348-1985.

## Ask a Doc

**Question:** I have been told the pain in my legs is caused by varicose veins. What can I expect for treatment?

**Answer:** If you are experiencing an itching, aching or burning sensation around a dark, enlarged vein in your leg, you should speak with a doctor. The severity of your varicose veins, which are large, twisted veins that usually appear on the leg, can be determined by your physician. Varicose veins are caused by damaged or missing valves in the veins that keep blood flowing, causing the veins to remain filled with blood, particularly when standing.

Treatment will be based upon how badly a vein is bulging from the leg, the size of the varicose vein and the amount of pain it causes. There are many types of treatments for varicose veins, ranging from quick outpatient options to more invasive solutions. In the past five years, treatment for varicose veins has evolved into a broader spectrum than simply stripping, or removing, the affected vein.

Licking Memorial Hospital (LMH) offers many different types of treatment based on the source of the varicose veins. One procedure is subfascial endoscopic perforating vein surgery (SEPS), which is a more invasive procedure used to treat venous ulcers, which are open sores caused by varicose veins. SEPS is performed by disconnecting the defunct venous pathway and can include removing the involved vein entirely. Venous ulcers are open sores caused by varicose veins and require a more serious treatment. Another method is a mechanical phlebectomy, in which a doctor removes the problematic varicose veins through microincisions after a solution has been injected into the leg.

It is important to ask your insurance company about coverage when dealing with varicose vein treatment. Many insurance companies view this type of treatment as cosmetic and do not cover certain procedures.

# Retiree Spotlight: Rev. Richard Clark



Richard Clark

Richard Clark (Chaplain Clark) helped make the Pastoral Care Program at Licking Memorial Hospital (LMH) an integrated service to the health care system. “I’m grateful to the Hospital administration for offering me the opportunity to become the first chaplain for LMH,” he said. “I passionately

believe that spiritual care is a significant component of health care.” Clark not only took the time to incorporate Pastoral Care assistance in lives of patients in the nearly two decades he spent at LMH, but he also incorporated the program into the lives of local students. He worked with LMH to offer three-month internships for seminary students, providing them with hands-on experience. “I was able to teach theology students and clergy the art of pastoral care,” Clark said. “But I was also able to design a variety of educational opportunities, including grief support and holistic health techniques.”

Clark began his career at LMH in 1975 as the Chaplain and certified supervisor of Clinical Pastoral Education. Before joining LMH, Clark spent 12 years with a larger

hospital in Kalamazoo, Michigan. “It was nice to step back and come here to a smaller hospital,” Clark said about his move to LMH. “Working at LMH gave me the opportunity to be more present for people.” He feels LMH is an organization that makes changes where they are needed to help patients and their families. “People have been able to maintain an identity,” Clark said. “They don’t get lost.”

In the 13 years since his retirement from LMH, Chaplain Clark and his wife, Judy, have kept busy traveling all over the world. The couple has taken trips to places like Belize, France, Russia and Germany, enjoying activities like hiking, biking, backpacking and snorkeling. Throughout their 44 years of marriage the couple has enjoyed many adventures – some with their two children, Laurie and Michelle. Just recently, they started making their travels a family affair, taking their four grandchildren on camping trips throughout the summer. Both Chaplain Clark and Judy are active in their church and spend some of their spare time volunteering in the community.

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## *Sleep Medicine Helps Patients Get Rest (continued from page 2)*

“We often find that the patient denies having sleep apnea,” Dr. Pacht continued. “Many times, it’s the patient’s wife or husband who has noticed that breathing stops at night. The tests we perform in the Sleep Lab can give us much more reliable information to use.”

Nighttime symptoms of sleep apnea may include snoring, choking, gasping, snorting, restlessness, night sweats, dry mouth, drooling, and the need to urinate in the middle of the night. Daytime symptoms may include sleepiness, morning headaches, impaired memory, inability to concentrate, mood changes and impotence. “Many of these symptoms mimic the signs of depression or fatigue. For proper treatment, it is important to know the true underlying cause, and that is where the Sleep Lab is helpful,” Dr. Pacht explained.

In the Sleep Lab, a polysomnographic technologist (PSGT) performs procedures Monday through Thursday evenings, beginning around 7:45 p.m. and finishing up 6:00 to 7:00 a.m. the following morning. Daytime naps may also be evaluated by special arrangement. The patient is helped to a private room with a queen-sized

bed, television and hotel-like amenities. The sleep study is painless and comfortable. Once the patient has been instructed and connected to the equipment, a continuous display of breathing patterns, brain wave tracings and cardiac tracings is shown on a monitor that the PSGT monitors throughout the night. A telecom allows communication between the patient and the PSGT at any time. Once the test is completed, the patient has an opportunity to take a shower before resuming daily activities.

“Sleep apnea is the most common disorder diagnosed in the Sleep Lab,” said Dr. Pacht, “but we also evaluate patients for other conditions such as snoring and narcolepsy, which is characterized by sudden attacks of deep sleep during the day. Sleep disorders usually respond very well to treatment. We will work with the patient’s primary care physician to determine the best course of treatment. It may be something as simple as changing the sleep environment, or may include medication. Occasionally, we may recommend surgery.”

The following sleep hygiene tips are offered to help achieve a restful night’s sleep:

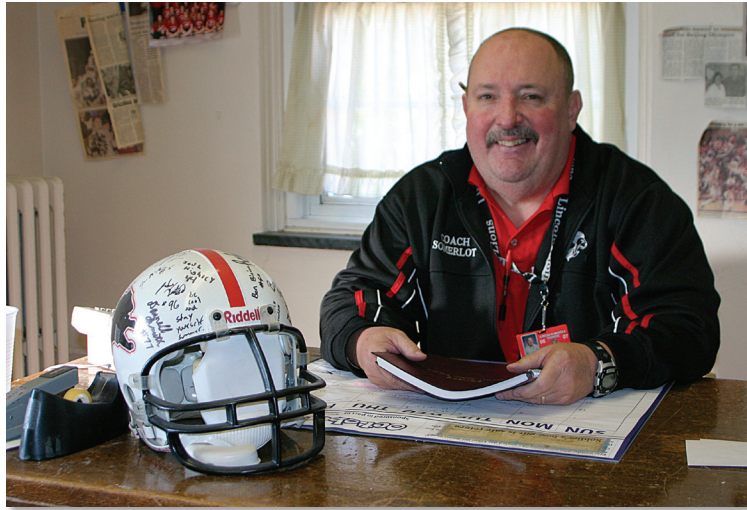
*Sleep Medicine Helps Patients Get Rest (continued on page 13)*



### A Community Report on Surgical Care

## Newark Teacher Gives Recent Surgery an “A”

Although Heritage Middle School physical education teacher Dean Somerlot did not like being sidelined for two weeks this fall, he knows the situation could have been a lot worse. At 53 years old, Dean is an active man with a passion for coaching football, wrestling and track. “I’m always on the go,” he explained. However, a recent medical condition could have ended his running days.



Heritage Middle School physical education teacher Dean Somerlot is back on the job after recent high-tech surgery at LMH to repair an aneurysm behind his knee.

Dean lives in Newark with his wife, Beth. He has three grown children: Shaen, Ryan, and Sarah; and a stepson, Doug. Earlier this year, the Somerlots were bustling with family events – Shaen was getting married in North Carolina, Ryan was home for a short time before deploying to his third tour of duty in Iraq with the U.S. Army, and Sarah graduated from the University of Toledo. There was so much activity that Dean did not pay much attention to a sore on his leg that would not heal properly or to his frequently swollen right calf.

Persistent reminders from his concerned family finally persuaded Dean to make a doctor’s appointment. Dean explained, “I thought it was just something minor that was going on, but I thought I’d better have the circulation checked.” That is when he paid a visit to Dr. John Robertson, his family practice physician.

Dr. Robertson first ruled out diabetes, a frequent cause of lower limb circulation problems. After an arterial brachial index test showed that Dean had circulatory

blockage in his leg, Dr. Robertson referred Dean to Howard Reeves, D.O., a local surgeon for possible surgical treatment. Dr. Reeves diagnosed Dean’s condition as a popliteal aneurysm, a bulge in the popliteal artery which runs down the back of the lower thigh and knee.

“Some patients with this condition are in quite a bit of pain,” Dr. Reeves explained. “It can occur at any age, sometimes in a

patient as young as 2 years old, and we recently operated on a man in his 80s who had just had his second popliteal aneurysm repair. It is a condition that has to be taken seriously. Left untreated, the aneurysm could burst, or clot, possibly causing the patient to lose a leg.”

Interventional radiology equipment in the operating rooms at the new John & Mary Alford Pavilion now allows the Licking Memorial Hospital surgery teams to make popliteal aneurysm repairs quickly with much less risk to the patients. “The old way to fix the aneurysm was to make a much larger incision in the leg and bypass the aneurysm,” Dr. Reeves said. “It was much more invasive, with high morbidity, lots of pain, and it required rehabilitation to get the leg function back to normal. The new hybrid operating rooms that include fluoroscopy allow us to X-ray and perform open surgery procedures at the same time. It’s a real advantage because you can diagnose and operate immediately. It’s extra non-invasive. We use less radiation, so it decreases the patient’s risk. Now there is much less pain, and the surgery can be per-

*Newark Teacher Gives Recent Surgery an “A” (continued on page 10)*

# Surgical Care – How do we compare?

At Licking Memorial Hospital (LMH), we take pride in the care we provide. To monitor the quality of that care, we track specific quality measures and compare them to benchmark measures. Then, we publish them so you can draw your own conclusions regarding your health care choices.

- 1** Unscheduled returns to the operating room (OR) may result from problems involving surgical technique, anesthesia, or infection control.

	LMH 2004	LMH 2005	LMH 2006	LMH Goal
% unscheduled returns to the OR	1.0%	0.3%	0.6%	less than 1.2%

- 2** Treating patients in the most appropriate setting is an important issue in today's health care environment. It is important to monitor if outpatient operative procedures require inpatient admissions, as these unplanned admissions may indicate inappropriate use of outpatient services.

	LMH 2004	LMH 2005	LMH 2006	LMH Goal
% unscheduled admissions	0.10%	0.10%	0.03%	less than 1.9%

- 3** Conscious sedation allows patients to tolerate unpleasant procedures while maintaining adequate breathing and the ability to respond to stimulation. Most of the drugs used in conscious sedation can be reversed fully or partially if necessary. However, careful patient assessment and monitoring reduce the need for reversal agents and improve patient outcomes. Therefore, minimal use of reversal agents is a good indicator of quality in conscious sedation.

	LMH 2004	LMH 2005	LMH 2006	LMH Goal
% use of reversal agent – GI Lab	0.28%	0.55%	0.70%	less than 0.90%

- 4** The health care team at Licking Memorial Hospital follows a multiple-step process to prevent wrong-patient, wrong-procedure, wrong-site surgery (e.g., surgery performed on the left foot instead of the right). This process includes left or right designation at the time the surgery is scheduled, verification of the site on the day of surgery with the patient and the patient's current medical record, marking the site, and final verification in the operating room.

	LMH 2004	LMH 2005	LMH 2006	LMH Goal
Wrong-site surgeries	0	0	0	0
Surgical site verification checklist completed	99%	100%	99%	100%

- 5** Receiving the appropriate antibiotic within an hour before surgery reduces a patient's risk for developing infection. Additionally, discontinuing use of antibiotics within 24 hours after surgery lessens the patient's risk of developing antibiotic-resistant bacteria.

	LMH 2004	LMH 2005	LMH 2006	National <sup>(1)</sup>
Antibiotic received within 1 hour	91%	89%	94%	90%
Antibiotic discontinued within 24 hours	74%	78%	87%	82%

- 6** Licking Memorial Hospital patients who have had total joint surgeries – including hip and knee operations – tend to be able to return home to recover more quickly than patients undergoing the same procedures elsewhere. Offering physical therapy on weekends and new medications are two factors that have lessened hospital stays for these patients.

	LMH 2004	LMH 2005	LMH 2006	National <sup>(1)</sup>
% primary total joint with length of stay six days or less	94.8%	97.7%	96.6%	94.2%

**Data Footnotes:** (1) Midas+ Comparative Database with over 400 participating hospitals.

# New Surgical Facilities Put LMH at Forefront



Howard Reeves,  
D.O.

When Licking Memorial Hospital (LMH) expanded its surgical facilities by moving to the new John & Mary Alford Pavilion in August, the scope of patient care expanded as well. The operating rooms (ORs) in the Pavilion are much larger than the former ORs in the Hospital. In fact, the smallest of the Pavilion's ORs is more spacious than the

largest of the former ORs. And when it comes to accommodations for advanced technology – bigger is better.

“The new hybrid interventional radiology rooms allow the surgeon to X-ray and perform open surgery at the same time,” explained Howard Reeves, D.O., Chief of the Department of Surgery at LMH. “It’s a real advantage to the patient because it reduces the amount of radiation needed and the amount of contrast dye that is needed. The bi-plane and fluoroscopy equipment for that technology is really large, so large rooms were planned accordingly.”

Dr. Reeves reported that he has already seen significant advances in surgical patient care since the Pavilion opened. “As far as the procedures we can do in the new hybrid rooms, they are minimally invasive. We’re seeing significantly less recovery times, less infection, fewer pulmonary complications and less nausea and vomiting, postoperatively.”

Dr. Reeves cited one example of a procedure that is newly available at LMH – repair of a popliteal aneurysm, which is a bulge in the popliteal artery behind the knee and thigh. In one instance, an 82-year-old man had the

surgery in September. He arrived at the Hospital using a wheelchair, and was dismissed the following day – walking without assistance.

“The hybrid OR is wonderful. We are extremely fortunate to have some of the most advanced equipment and facilities anywhere, let alone in a community hospital. Licking Memorial is setting precedents for hybrid ORs. Technology has antiquated the old OR, but few hospitals can offer this service because of the cost and space required. They just don’t have the space to accommodate it.”

Dr. Reeves added that more advanced surgical procedures will be performed at LMH in the future. The staff is currently training for carotid stenting, and expect to offer the procedure within the next year.



The new bi-plane equipment in the Surgery Department of the John & Mary Alford Pavilion places LMH at the forefront of technology.

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*Newark Teacher Gives Recent Surgery an “A” (continued from page 8)*

formed with general or local sedation. The patient is back to normal activities within days, and no rehabilitation is needed.”

Dr. Reeves repaired Dean’s aneurysm by eliminating the aneurysm from the flow and pressure of the blood. A stent was landed above and below the aneurysm in non-diseased artery. The stent was passed through the middle of the aneurysm to do this. Then, an angioplasty balloon was inflated inside the stent to “set” it against the arterial walls. “The only mark I had on my body was a small

incision, about two inches long in the groin area,” Dean said. “Three days after the surgery my knee was still a little sore, but I felt pretty relaxed at home. I’ve been told that if I’d had this surgery done the ‘old way,’ I would have been in the hospital for five to seven days, with about four to five weeks’ recovery time.”

There was no cause identified for Dean’s popliteal aneurysm. “There haven’t been any aneurysms in my family,” he said. “But Dr. Reeves said that I could have had an injury and not even realized it. Being a coach, I could

*Newark Teacher Gives Recent Surgery an “A” (continued on page 11)*

have been kicked in the leg. Or I could have hurt myself while I was doing 'Dad' things, like carrying three kids around."

The only other surgery Dean has ever had was to have his tonsils removed when he was 12 years old in Richwood, Ohio. However, he has seen other hospitals' patient rooms, and he is impressed with the amenities that LMH has to offer. "I thought it was outstanding," he said. "My mother-in-law has seen her share of hospitals, and she was amazed at how nice LMH is, and how quickly the staff got me checked in and prepped. Then in just 20 minutes, the doctor came in and got the surgery done,

and then I was back in the room to recover. It was really rather nice."

The patient rooms in the John & Mary Alford Pavilion are designed to allow the patient to check into a private room for pre-operative care. The patient then returns to a private room for post-operative care and observation. Family members are able to stay with the patient in the private room, and also have access to comfortable lounge facilities nearby. Message boards in several locations of the Pavilion have encrypted information to keep family members updated on the patient's surgical status.

## Dr. Holsinger Joins LMHP



J. Michael Holsinger, D.O.

Licking Memorial Health Professionals is pleased to announce the addition of Dermatologist J. Michael Holsinger, D.O. Dr. Holsinger's office is located in the new Licking Memorial – North Newark location at 270 Goosepond Road in Newark.

Dr. Holsinger received his Doctor of Osteopathic Medicine Degree at Ohio University College

of Osteopathic Medicine in Athens, Ohio. He completed his family practice internship at Doctors Hospital West in Columbus and his dermatology residency at O'Bleness Memorial Hospital in Athens. He is a member of the American Osteopathic College of Dermatology, the American Academy of Dermatology, and the Ohio Dermatologic Society.

Dr. Holsinger is accepting new patients. Appointments can be made by calling his office at (740) 348-7945.

## LMH Welcomes Dr. Laufman



Leslie Rodgers Laufman, M.D.

Licking Memorial Hospital is pleased to announce that Leslie Rodgers Laufman, M.D., has joined the active medical staff. Dr. Laufman, who specializes in Medical Oncology/Hematology, has practiced in Newark for 25 years. Her office is located at Hematology Oncology Consultants, Inc., 1032 Buckeye Ave. in Newark.

Dr. Laufman received her Medical Degree at the University of Pittsburgh School of Medicine in Pittsburgh. She completed an Internal Medicine internship and a residency at Montefiore Hospital in Pittsburgh. She then completed a fellowship in Hematology/Oncology at The Ohio State University in Columbus. She is board certified in Internal Medicine and in Hematology. She also serves as a clinical assistant professor of medicine at The Ohio State University.

Dr. Laufman was principal investigator of the Columbus Clinical Oncology Program, a federally-funded cancer research program. She plays an active role in promoting cancer education by editing and reviewing various oncol-

ogy journals, and has written more than 50 articles that were published in peer-reviewed medical journals. She also edits the National Cancer Institute's Web site on cancer screening and prevention.

### Licking Memorial Health Professionals physician office holiday hours will be as follows:

- Monday, December 24 – Closed at 1:00 p.m.
- Tuesday, December 25 – Closed for Christmas
- Monday, December 31 – Closed at 1:00 p.m.
- Tuesday, January 1 – Closed for New Year's Day



Licking Memorial  
Health Professionals

said Licking Memorial Health Systems (LMHS) President and Chief Executive Officer Rob Montagnese. “Lew has had an impact on many lives in Licking County, and for that, we are pleased to honor him with this award.”

Dr. Mollica is actively involved in the community, currently serving on the Licking Memorial Health Systems (LMHS) Board of Directors. He is the longest serving board member, and has served as the Chairman of the LMH and LMHS boards of directors. He has also been a member of the Granville Foundation, the United Way Cabinet, the Boy Scouts Council and the Granville Development Commission and is a former President of the Granville Board of Education. Dr. Mollica previously served as the President of the Newark Area Chamber of Commerce, the first Chairman for the Heath-Newark-Licking County Port Authority and President of the School Study Council of Ohio.

The Granville resident received a Bachelors degree in Education at Defiance College in Defiance, Ohio. He earned a Masters of Education degree at Bowling Green State University in Bowling Green, Ohio, and went on to receive a Ph.D. from Ohio University in Athens, Ohio. Dr. Mollica and his wife, Jan, have four adult children: Anthony, Bettina, Lewis and Stephanie.

Past recipients of LMH’s Lifetime Achievement Award have included: John W. Alford, Howard E. LeFevre, Ernestine W. Spencer, J. Gilbert Reese, John H. Weaver, Norman R. Sleight, Robert H. Pricer, Carl L. Petersilge, M.D., Clarissa Ann Howard, Rev. Dr. Charles W. Noble Sr., Calvin E. Roebuck, John J. Kutil, Mary Jane McDonald, William T. and Jane C. McConnell, Raymond Guy Plummer, M.D., Robert N. Kent, Dr. Robert Barnes and Stuart Parsons.

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*Dr. Nock Named 2007 Physician of the Year at LMH (continued from front page)*

The two other nominees for this year’s award were Eric Pacht, M.D., and David Subler, M.D. Criteria for Physician of the Year nominations are as follows:

- Care and concern for patients;
- Clinical knowledge;
- Relationships with peers;
- Relationships with Hospital staff; and
- Must be a member of the LMH active medical staff.

Dr. Nock joined Licking Memorial Health Professionals in 2001. As a hospitalist, he cares for inpatients at Licking Memorial Hospital. Hospitalists also ensure that when the patient is discharged from the hospital, the primary care physician is fully apprised of the patient’s medical condition and treatment.

A native of Syracuse, New York, Dr. Nock earned his Bachelor of Science degree at Binghamton University in Binghamton, New York. He received his Doctor of Osteopathic Medicine Degree at Michigan State University, College of Osteopathic Medicine, in East Lansing, Michigan. He completed an internship at E.W. Sparrow Hospital in Lansing, Michigan, and a residency in Internal Medicine at Michigan State University, College of Human Medicine.

Dr. Nock is married to Jeannine Nock, R.N., who is a staff nurse in the LMH Endoscopy Lab. They are the parents of three children: Katie, Sam and Will.

As Physician of the Year, Dr. Nock will have his name added to a commemorative board located in the Doctors’ Lounge on the first floor of the Hospital. He also will receive a personalized plaque.

The Physician of the Year Award was established in 1988.

The past recipients include:

1988 – Charles Sinsabaugh, M.D.

1989 – Craig B. Cairns, M.D.

C. Michael Thorne, M.D.

1990 – Mark A. Mitchell, M.D.

1991 – Carl L. Petersilge, M.D.

1992 – Edward A. Carlin, M.D.

Harold Kelch, M.D.

1993 – Gerald R. Ehram, M.D.

1994 – William K. Rawlinson, M.D.

1995 – Pattye Ayn Whisman, M.D.

1996 – J. Michael Wills, M.D.

1997 – Terry P. Barber, M.D.

1998 – Mary Beth Hall, M.D.

1999 – Debra A. Heldman, M.D.

2000 – Frederick N. Karaffa, M.D.

2001 – Elliot Davidoff, M.D.

Bryce I. Morrice, M.D.

Mark L. Reeder, M.D.

2002 – Jacqueline J. Jones, M.D.

2003 – Owen Lee, M.D.

2004 – Larry N. Pasley, M.D.

2005 – Joseph E. Fondriest, M.D.

2006 – May-Lee Robertson, D.O.

# Volunteer Spotlight: Helen Norris

Helen Norris is a self-proclaimed people person. This is exactly why she chose to spend her time volunteering at Licking Memorial Hospital (LMH). She volunteers at the desk located in the entrance to the John & Mary Alford Pavilion, near the electronic wall. When asked to take the post, Helen happily volunteered because the position gives her the chance to be in the midst of many people coming through LMH. “This is my home away from home,” she said. “I love people and everybody here is so happy and so friendly.”

The Newark resident worked at LMH for over 20 years, spending time in Labor and Delivery, Pediatrics, and Surgery, providing patient care among many other tasks. After retiring in 1988, Helen spent time with her family and friends but in 2000, she decided to become a volunteer. “LMH treats you well,” she said. “I just couldn’t stay away!” Not only does she volunteer at the Pavilion desk, Helen will return to her second volunteer position selling goods at the LMH Company Store near the Cafeteria once the remodeling is complete. “Helen is a good lady with a big heart,” said Carol Barnes, Director of Volunteers, TWIGS and Events. “She is very helpful and enjoys people so much.”



Helen Norris volunteers at LMH by greeting patients and visitors in the John & Mary Alford Pavillion.

A familiar face in the LMH hallways, Helen says she cannot imagine spending her time anywhere but the Hospital. Even when she was approached to volunteer outside of Licking County, Helen chose to stay with the organization she has grown to love. “They treat you well,” she said of the staff at LMH. “Just when you think things can’t get any better at LMH – they do!”

Helen keeps busy when she is not volunteering at the Hospital. She spends her time with friends, family and two dogs, Angel and Brutus. Helen and her husband, Donald, who passed away in 1989, were married over 30 years. Helen’s five children, Rick, Ruby, Rodney, Robert and Rosemary all live in Newark, providing Helen with the opportunity to spend ample time with her 20 grandchildren and great-grandchildren. When not spending time with family, she is also involved with many activities, including bingo. Helen is a member of the First United Methodist Church and continues to sing in the choir each Sunday, as she has done for the past five years. She is also a member of TWIGS 24. Helen is a busy woman, who takes every adventure that comes her way. “You only live once, and you might as well do what you want,” Helen said. “Life is short!”

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## *Sleep Medicine Helps Patients Get Rest (continued from page 7)*

1. Establish a regular bedtime and wake time.  
Determine the optimal amount of sleep you need each night to feel well rested during the day and maintain a regular sleep schedule. Most adults require between 7.5 and 8.5 hours of sleep.
2. Exercise regularly. Moderate exercise during the morning or afternoon can help to deepen sleep. However, do not exercise within several hours of your bedtime; this can disrupt your sleep.
3. Avoid caffeinated beverages and foods such as cola, coffee, tea and chocolate. Caffeine is a stimulant that will disrupt sleep whether or not you realize it.
4. Avoid alcoholic beverages. Although alcohol may make you feel groggy and tired, it also disrupts the sleep cycle. This disruption can lead to a poorer quality of sleep and shorter sleep time.
5. Relax – try to unwind before retiring for the night by reading or taking a warm bath.
6. Create a pleasant and comfortable sleep environment by eliminating loud noises, maintaining a cool temperature and sleeping on a firm mattress. Once in bed, turn the lights off and avoid watching television or reading. If you have problems falling to sleep, do not stay in bed. Get out of bed and engage in a relaxing activity until you feel sleepy again.
7. Quit smoking. Smoking is not only bad for your cardiovascular system but your sleep as well. Nicotine will disrupt your sleep and the other toxins can cause breathing difficulties during the night.
8. Avoid heavy meals and excessive liquids prior to your bedtime. Big meals can cause heartburn or make breathing more difficult. Drinking excessive fluids may cause you to have to use the restroom during the night.
9. Avoid daytime naps.
10. See your physician if your sleeping problems persist.

# Employee Spotlight: Darcy Nethers



Darcy Nethers

Darcy Nethers is a Licking Memorial Hospital (LMH) employee who puts her heart and soul into her job, yet she makes it look effortless. “When you really like your job, you enjoy coming in every day,” she said. Darcy currently works as the Wellness, Fitness Coordinator in Community Case Management (CCM), providing her with

the opportunity to make a difference in people’s lives. She helps community members who have chronic health problems work toward maintaining a healthier lifestyle by incorporating exercise and providing assistance in other areas of their lives. “I enjoy being able to help people and give them a place to forget their troubles for a little while,” Darcy said. “They inspire me to be a better person. It’s a joy to be able to improve the health of our clients within my own community.”

Darcy’s career, which began with a temporary position during high school, has taken her many places in the last 15 years, all within the LMH organization. She started out as a medical assistant at Licking Memorial Family Practice – East and worked her way from medical assistant to Wellness, Fitness Coordinator for CCM. Darcy has worked in the Wellness Center of LMH since 1996, earning her two accolades along the way. The Care award, which was an employee recognition award

given out before the MVP award, was given to Darcy for going above and beyond her job duties after her transition into Case Management. In 2006, she earned a Licking Memorial MVP award for her consistent demonstration of organization values – such as communication, attitude, respect and excellence.

Each day at LMH, Darcy brings an enthusiasm and passion for her job that is extremely rare. “Darcy is a great employee with a vibrant spirit that shows through her work,” said Rhonda Maddern, Director of Case Management and Home Care. “She has not only brought in more clientele with her positive demeanor, but our client base has increased dramatically because of her efforts.” A certified fitness coordinator, Darcy spends her time building relationships and has increased the Wellness Center clientele to over 300 Licking County residents. She attributes much of her success to the CCM staff and the physical therapy staff as well. “They’re such a great group, and I couldn’t have done it without them,” Darcy said.

The Newark native has been married to her husband, Jason, for 14 years. The couple has two children, Eric, who is seven and Emily, who is five. The Nethers family currently lives just outside Saint Louisville, near both Jason’s and Darcy’s parents. Darcy loves spending time with her family and treasures their camping trips together.

# Jeff Kovalik Is New Engineering Facilities Manager



Jeff Kovalik

Licking Memorial Hospital (LMH) is pleased to announce Jeff Kovalik as the new Facilities Manager for the Engineering Department.

A graduate of Reynoldsburg High School, Jeff attended The Ohio State University, taking courses in Industrial Design. He received his Associate’s

Degree in Mechanical Engineering at Columbus State Community College.

The Binghamton, New York, native has lived in Licking County for the past eight years. He currently lives in Pataskala with his wife, Tiffaney, who also recently joined the LMH staff, and their daughter, Allison. Jeff uses his free time to read and take photographs when he is not spending time with his family.

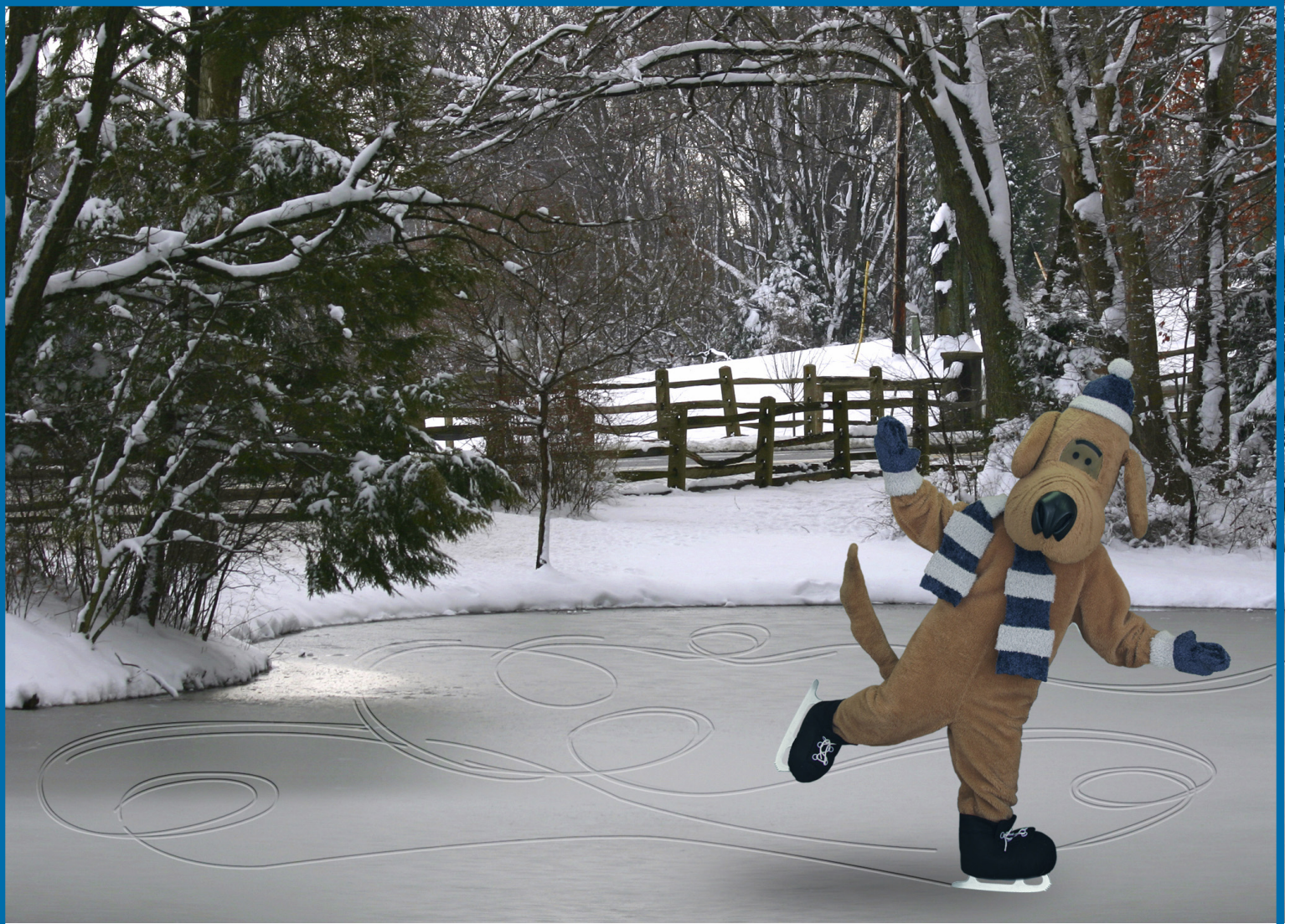
*Healthy Holiday Eating (continued from page 4)*

- 2 tablespoons lime juice
- 1 teaspoon ground cumin
- 1/4 teaspoon pepper
- 4 cups chopped spinach (6 ounces)

1. Mix beans, olives, tomatoes, onions, cheese and cilantro in a large bowl.

2. Mix lime juice, cumin and pepper. Toss with bean mixture. Serve on spinach.
- Yield: 4 servings

Per serving – calories 215 (calories from fat 55); fat 6g (saturated 2g); cholesterol 10mg; sodium 620mg; carbohydrates 35g (dietary fiber 9g); protein 14g.



We Wish You a Safe  
and Happy Holiday!



**Licking Memorial  
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# Upcoming Dates

For more information about any LMHS event, please call (740) 348-1572, or visit [www.LMHealth.org](http://www.LMHealth.org)

## First Impressions – Maternal Child Classes

Childbirth Education Classes  
Stork Tour Infant and Child CPR  
Parenting Class  
Maternity Tour  
Breast-feeding Class  
Sibling Preparation Class

For more information or to register for First Impressions/Maternal Child classes, call (740) 348-4346 or e-mail [firstimpressions@LMHealth.org](mailto:firstimpressions@LMHealth.org).

## Ask the Doc

A physician knowledgeable in the field of chemical dependency will answer questions. Open to the public.

Every Saturday, from 9:00 – 10:00 a.m. No charge.  
Shepherd Hill, 200 Messimer Drive  
Phone (740) 348-4878

## Diabetes Self-Management Classes

Tuesday Class  
9:00 to 11:00 a.m.  
Licking Memorial Health Systems, 1865 Tamarack Road, Newark

Wednesday Classes  
1:00 to 3:00 p.m. or 7:00 to 9:00 p.m.  
Licking Memorial Health Systems, 1865 Tamarack Road, Newark

Diabetes Self-Management Training is a series of four classes providing information on all aspects of diabetes. Instructors include registered nurses, dietitians and a pharmacist who have received extensive training in diabetes management. Registration and physician referral required. To register for the class, call (740) 348-4722. For information regarding course fees, call (740) 348-4910. Fees vary depending on insurance coverage.



**Licking Memorial  
Health Systems**

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Please take a few minutes to read this month's **Community Connection**.

You'll once again see why Licking Memorial Health Systems is measurably different... for your health!  
**Visit us at [www.LMHealth.org](http://www.LMHealth.org)**

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