



# Community Connection

## Licking Memorial Health Systems

(740) 348-4000 (phone) • www.LMHealth.org



Volume 4, Issue 3

March 2007

Measurably Different ... for Your Health!

## The Facts about Colorectal Cancer

The month of March is recognized as National Colorectal Cancer Awareness Month. In recognition of this month, Licking Memorial Health Professionals physicians will speak with patients about colorectal cancer, the symptoms, and tests that may be done to detect any signs of colorectal cancer. The physicians will emphasize these important points about colorectal cancer to patients:



David Subler, M.D., a Gastroenterologist with Licking Memorial Health Professionals, discusses colorectal cancer screening with a patient.

- Colorectal cancer can be prevented.
- Screening for colorectal cancer can identify polyps – grape-sized growths in the colon and/or rectum. These can be removed to prevent cancer from ever occurring.

[The Facts about Colorectal Cancer \(continued on page 2\)](#)

## LMH Helps Patients Quit for Good



If you're looking to "quit for good," contact Licking Memorial Hospital (LMH) for help. LMH offers a tobacco cessation program, Quit for Good, through The Breathing Association of Columbus, Ohio. For more information, call (740) 348-4922 or (740) 348-1438.

Smokers who want to "quit for good" can turn to Licking Memorial Hospital (LMH) for help. In mid-September 2006, the Hospital began offering a new tobacco cessation program, Quit for Good, through The Breathing Association of Columbus, Ohio.

The free program is based on the nationally-recognized Mayo Clinic model and combines provider intervention, counseling and nicotine replacement therapy to give patients the best chance for success in beating their dependency on tobacco. Quit for

Good also focuses on relapse prevention in order to help participants avoid returning to tobacco use in the future.

Jessie Kemp, a nationally-certified nicotine dependence counselor, has

[LMH Helps Patients Quit for Good \(continued on page 14\)](#)

See Pages 6 to 8 for the Community Report Card Featuring Chronic Heart Failure (CHF).

## Community Education: Kidney Disease Awareness



Improving nutritional health is one way of preventing a complication of kidney disease.

**Date:** March 19, 2007  
**Time:** 6:00 p.m.  
**Location:** Conference Rooms A & B, first floor of Licking Memorial Hospital  
**Speaker:** Stephanie Ladson-Wofford, M.D., Nephrologist with Licking Memorial Hospital

Chronic kidney disease includes conditions that damage your kidneys and decrease their ability to keep you healthy. If kidney disease gets worse, wastes can build to high levels in your blood and make you feel sick. You may

[Community Education: Kidney Disease Awareness \(continued on page 14\)](#)

## The Facts about Colorectal Cancer (continued from front page)

- Starting at age 50, men and women who are at average risk for colorectal cancer should get screened. Men and women who have a higher risk of the disease may need to be tested earlier and should talk to their health care professional about when to be screened for colorectal cancer.
- No matter what your age, know the risk factors, the symptoms and your family history.
- Colorectal cancer is treatable — talk to a physician about treatment options.

Colorectal cancer – cancer of the colon or rectum – is the second leading cause of cancer-related deaths in the United States for both men and women combined. The disease surpasses both breast and prostate cancers in mortality, second only to lung cancer in number of cancer deaths.

Despite the fact that it is highly preventable, it is estimated that 148,610 new cases of colorectal cancer were diagnosed in 2006 and 55,170 people died from the disease. An almost equal number of men and women are diagnosed each year.

Because many people are embarrassed to talk about this disease, there are numerous myths about colorectal cancer that need to be refuted. Due to a disproportionate amount of national screenings, minorities, particularly

African-Americans and Hispanics, are more likely to be diagnosed with colorectal cancer in advanced stages. As a result, death rates are higher for these populations than they are for white Americans. Recent research has shown that African-Americans are more frequently diagnosed at a younger age, and experts now suggest that African Americans begin screening at age 45.

For more information about colorectal cancer, check out the Licking Memorial Web site at [www.LMHealth.org](http://www.LMHealth.org) and click on the “Health Information” tab.

## LMH Celebrates National Doctors Day

Licking Memorial Hospital (LMH) will pay special tribute to physicians on National Doctors Day. In 1990, President George H.W. Bush signed a resolution declaring March 30 as National Doctors Day. The purpose of the day is to set aside a time of recognition for those dedicated physicians who care for us and our loved ones.

LMH will celebrate by serving the medical staff a special breakfast and luncheon and through advertisements in various media to let the community know how much the physicians’ services are appreciated.

Rob Montagnese, President of Licking Memorial Health Systems, said the national day of recognition provides a chance to thank physicians. “We certainly are grateful to our medical staff for their services throughout the year, but National Doctors Day gives us a point in our busy schedules to formally say, ‘Thank you for your dedication.’ The physicians give us such a high standard of care; we just want them to know that we take notice,” Rob said.

LMHS has 142 active members on the medical staff and 37 consulting physicians.



At LMH, Doctors Day begins with a special breakfast served in the physicians’ lounge.

# National Doctors Day March 30



In recognition of Doctors Day, express your appreciation for your favorite physician by making a donation to the Licking Memorial Health Foundation in his or her honor. Contributions will benefit the Critical Care Pavilion project. For more information, or to make a donation in a physician's name, please call (740) 348-4109.



**Licking Memorial  
Health Systems**

**1320 West Main Street • Newark, OH 43055  
(740) 348-4000 • [www.LMHealth.org](http://www.LMHealth.org)**

# LMH Celebrates First Baby of 2007

Baby Serena was the center of attention as her brother, sisters and grandmothers gathered around for a closer look in her Licking Memorial Hospital (LMH) room. At just three hours old, she was also the center of attention of a wider circle as photographers recorded the joy surrounding LMH's first baby of 2007. Serena Opal Stephens was born to Sheri and John Stephens on January 2, 2007.



Sheri and John Stephens gathered around their New Year's baby, Serena, along with their three older children, Sarah, Jessica and J.D.

Sheri visited LMH on New Year's Eve, but returned home when it was determined she was experiencing false labor. "There were six other mothers here that night, so when I went home, I just thought for sure one of them would have the first baby of the year. However, it turned out they were all sent home too!" Sheri explained. "Then when I got up this morning at 5:00 a.m., the contractions were 10 minutes apart." Licking Memorial Health Professionals obstetrician/-gynecologist Janae Davis, M.D., delivered the 7 lb., 5 oz. baby, measuring 20 inches long at 3:42 p.m. "That's when we found out she was the New Year's baby," John said.

Sheri and John both work at their Newark business, Stephens Technology Group, dealing in information technology. Their three other children are 14-year-old Jessica, 11-year-old J.D. and 5-year-old Sarah.

When asked if he believed there is any special luck linked to having the first baby of the new year, John smiled. "We're lucky for having her," he replied.

To help the Stephens celebrate, LMH presented them with Toys R Us gift cards.

In 2006, there were 1,130 babies born at LMH. To help mothers-to-be prepare for the birth of a baby, LMH offers a variety of childbirth and parenting education classes. The Hospital offers maternity tours so expectant mothers can see the state-of-the-art facilities, meet members of the physician team and learn more about maternity services. For more information about the First Impressions/ Maternity Services Department, call (740) 348-4304.

## LMH Earns JCAHO Re-accreditation

Licking Memorial Hospital (LMH) is proud to have earned re-accreditation from the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) as the result of an unannounced accreditation survey of the Hospital in October 2006.



Rob Montagnese

"LMH has received the JCAHO accreditation for several years," said Licking Memorial Health Systems President Rob Montagnese. "Being accredited by the Joint Commission shows our commitment to providing high-quality health care in a safe environment."

JCAHO is a nationally-recognized organization that monitors compliance with their standards. Achieving accreditation through JCAHO means that a hospital has met or exceeded the Joint Commission's standards for levels of service and patient care. Accreditation is valid for three years, and accredited hospitals are subject to unannounced JCAHO review at any time.

"The October 2006 JCAHO survey evaluated Licking Memorial Hospital's compliance with nationally-

established Joint Commission standards," said LMH Vice President of Corporate Compliance Ann Hubbuch. "These standards focus on quality of care issues, safety of care issues and the safety of the environment in which that care is provided."

LMH Director of Process Improvement Debbie Murphy said JCAHO regularly sets patient safety goals to help accredited hospitals and those seeking accreditation keep the Joint Commission's high standards in mind at all times.

### These goals currently include:

- Improving the accuracy of patient identification
- Improving the communication among caregivers
- Improving the safety of using medications
- Reducing the risk of health care-associated infections
- Accurately and completely reconciling medications across the continuum of care
- Reducing the risk of patient harm resulting from falls
- Encouraging the patients' active involvement in their own care as a patient safety strategy

LMH Earns JCAHO Re-accreditation (continued on page 5)

- Identifying safety risks inherent in the organization's patient population

“Earning JCAHO accreditation would not be possible without a daily team effort by our dedicated employees – both clinical and non-clinical,” said Rob.

## LMH Passes ISO Surveillance Audit

An ISO 9001:2000 surveillance audit was conducted at Licking Memorial Hospital (LMH) over a three-day period in October 2006. This yearly “spot check” earned LMH the recommendation of continued certification, said LMH Director of Process Improvement Debbie Murphy. “This is a milestone that all employees should be proud of passing,” she said.

LMH first earned ISO certification in December 2005 from Smithers Quality Assessments, Inc., following a week-long audit with several staff members in many areas of the Hospital. Certification is valid for a three-year period.

ISO 9001:2000 certification serves as a basis to improve quality awareness and employees' understanding of roles and responsibilities. Although ISO 9000 has been around for almost 20 years, the standard was significantly

modified in 2000 and is no longer only a manufacturing standard. The ISO 9001:2000 certification requires a process approach, customer focus and continuous improvement.

“LMH is proud to have been in the first group of hospitals in the nation to earn this certification,” said LMHS President Rob Montagnese. “Earning continued certification shows that we are keeping ISO 9001:2000 requirements at the forefront of our daily operations. By following these standards, we aim to proactively prevent problems from occurring and provide ways to detect and correct errors and problems to ensure conformance to and effectiveness of documented processes.”

## Development Council Spotlight: Patricia “Patti” Parker



Patti Parker

As a retired educator and administrator, Patti Parker now has time to give back to the community. That is why she readily accepted an invitation to join the Licking Memorial Hospital (LMH) Development Council in autumn 2006.

“I had worked in public education for 15 years, and serving the community has always been a conscious part of my professional and personal growth,” Patti said.

“Unfortunately, as the principal of a 900-student middle school – and before that as an assistant principal, case manager and a high school teacher – the ‘free time’ I had to devote to working in the community was very minimal.”

Although her schedule wasn't conducive to direct community service, Patti acted as a cheerleader to others, encouraging them to give of themselves. “As a teacher and case manager, I always required my students – and later, as an administrator, my PTA and teachers – to seek out and devote their time and talents to community

service projects,” she said. “Although I personally could not dedicate many hours outside work, I found it both easy and rewarding to incorporate these goals into my work, thus serving and improving the schools and the greater educational community.”

In 2005, Patti retired after five years as principal of Kammerer Middle School in Louisville, Kentucky. Prior to that, she had taught in Ohio for nine years at the high school level and spent one year as an assistant principal.

Upon retirement, Patti and her family moved to Granville, Ohio. She and her husband, Dr. Kenneth Parker, are Ohio natives and looked forward to returning to the Buckeye State. “Prior to spending the last five years in Louisville, both my husband and I were proud life-long residents of Ohio,” Patti said. “He was born and raised in Cincinnati, and I was born and raised in Cleveland. We met during our undergraduate years at Miami of Ohio, and both of us have done graduate work at the University of Cincinnati.”



# Community Report Card

## Licking Memorial Health Systems

(740) 348-4000 (phone) • www.LMHealth.org



## CHF ... A Community Report on Chronic Heart Failure

### Health Tips

You can take steps to lower your risk for chronic heart failure. Do the following for a heart-healthy lifestyle:

- Lose excess weight. Consult your primary care physician for advice.
- Eat a low-sodium diet.
- Watch your blood pressure.
- Don't smoke.
- Limit your intake of fats and cholesterol.
- Exercise regularly.

## Patient Spotlight: Pat Shipp, R.N.

Pat Shipp, R.N., has been a nurse at Licking Memorial for 36 years, including 28 years as an Intensive Care Unit nurse. However, on April 22, 2006, it was Pat who went to Licking Memorial Hospital (LMH) to receive care.

It all started when Pat began making a wheezing sound at night. Her physician initially thought Pat had bronchitis because she also had a dry cough and some back pain. Then, a couple of days later, Pat began to consider that she had something more than bronchitis.

“I went to pick up and carry my granddaughter who didn't weigh more than 30 pounds, and I became out of breath,” said Pat. She dismissed the feeling until the next day. While cooking, she noticed she was perspiring profusely. “I thought, well, I need to call my doctor because something isn't right, but I continued on with the day,” Pat continued. It was later the next day when Pat went to lie down that she couldn't breathe, and she knew then that she needed to go to the Hospital. “I told my husband that I needed to go to the Hospital right away because I thought I was in heart failure,” said Pat.

When Pat arrived at the Hospital, her symptoms of heart failure became more apparent – severe shortness of breath, swelling and fatigue. After some testing and an echocardiogram, the results showed that Pat's left ventricle was working only at 20 percent of its capacity. In addition, she had severe mitral valve regurgitation. When the left ventricle contracts in a heart with mitral valve regurgitation, some blood flows backward into the left atrium instead of flowing forward into the aorta. As a result, less blood flows out to the rest of the body.



Pat Shipp, R.N., cares for patients at Licking Memorial Hospital. However, she became the patient when she developed heart failure in 2006.

In heart failure, the heart is unable to pump sufficient blood to meet the body's needs. Fluid and pressure build up in the lungs as a result of mitral valve regurgitation. This can put a strain on the right side of the heart, leading to ankle swelling (edema). People with heart failure experience shortness of breath and fatigue. They may wake up at night feeling short of breath.

After treatment as an inpatient at LMH and medication adjustments, Pat was referred to the Ross Heart Hospital, which is part of The Ohio State University Medical Center in Columbus, Ohio, where she worked with a physician to treat her condition with medication. “When I went back for a

follow-up echocardiogram, there were no signs of improvement,” said Pat. The next course of action for Pat was to have heart surgery in September to repair her mitral valve. Mitral valve repair is done when a surgeon can modify the original valve (valvuloplasty) to eliminate backward blood flow. Surgeons can repair the valve by reconnecting valve leaflets or by removing excess valve tissue so that the leaflets can close tightly. Sometimes, such as in Pat's case, repairing the valve includes tightening or replacing the ring around the valve (annulus) – this is called an annuloplasty.

The follow-up care for Pat's surgery includes medication, regular check-ups with her physicians and participation in the Cardiac Rehabilitation Program at Licking Memorial. “My physicians are monitoring my left ventricle regularly and seeing how my surgery is affecting it,” said Pat.

Pat's heart condition is considered an idiopathic cardiomyopathy because there was no apparent reason for

**Patient Spotlight: Pat Shipp, R.N. (continued on page 8)**

# CHF 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** This indicator measures the average number of days chronic heart failure (CHF) patients are hospitalized during each inpatient stay. Length of stay is one indicator a hospital should consider in determining if it is using resources for inpatient care appropriately. CHF average length of stay should be close to the benchmark.

	LMH 2004	LMH 2005	LMH 1/06-9/06	Benchmark <sup>(1)</sup>
Average length of stay for CHF patients	3.2 Days	3.3 Days	3.1 Days	5.3 Days

- 2** Inpatient mortality measures the percentage of inpatient deaths among all CHF patients admitted to Licking Memorial Hospital.

	LMH 2004	LMH 2005	LMH 1/06-9/06	Benchmark <sup>(1)</sup>
CHF inpatient mortality	0.9%	2.2%	0.5%	3.2%

- 3** The left ventricle is the chamber of the heart that pumps blood out of the heart and into the body. Measuring left ventricular function (LVF) helps determine how well a CHF patient's left ventricle is working.

	LMH 2004	LMH 2005	LMH 1/06-9/06	Benchmark <sup>(1)</sup>
LVF assessment	95%	97%	98%	94%

- 4** Medications beneficial to many CHF patients include angiotensin-converting enzyme (ACE) inhibitors, beta blockers, and angiotensin-receptor blockers (ARBs). ACE inhibitors and ARBs have been shown to lower mortality and improve functional capacity and quality of life. Beta blockers can reverse or prevent some of the health effects associated with heart failure. Patients treated with beta blockers may see significant improvement in heart function after three months.

	LMH 2004	LMH 2005	LMH 1/06-9/06	Benchmark
CHF Patients on ACE inhibitors or ARB at discharge	91%	98%	94%	87% <sup>(1)</sup>
CHF Patients on Beta at discharge	96%	99%	99%	90% <sup>(2)</sup>

- 5** It is vital that CHF patients be involved in their own care to reduce health complications and improve quality of life. They need to monitor their weight, limit their salt intake, and take their medications regularly. Health care providers need to give thorough discharge instructions to help these patients effectively manage their condition.

	LMH 2004	LMH 2005	LMH 1/06-9/06	Benchmark <sup>(1)</sup>
All discharge instructions given	85%	91%	93%	75%

## Data Footnotes:

(1) Comparative data from the Midas Clinical Comparative Database for second quarter 2006.

(2) Benchmark indicates LMH goal.

# The Facts of Chronic Heart Failure

## What is heart failure?

Many people mistakenly believe that heart failure means the heart has stopped or is about to stop. Heart failure simply means that the heart is not pumping blood through the body as well as it should. As the heart's pumping action weakens, blood backs up into the vessels around the lungs and causes seepage of fluid into the lungs. The fluid causes congestion and makes it hard to breathe. Many people with heart failure also have swollen feet and legs. That is why heart failure is sometimes called chronic heart failure, or CHF.



Moderate exercise, such as walking or light jogging, can help the heart work more efficiently and help a person suffering from heart failure.

Heart failure is a serious illness that can affect how long you live. You may have heard that some people may die sooner because of heart failure. But, with proper medications in the right doses and careful management, you can live longer and feel better.

One of the most important things to do is to follow the orders given by your physician. Be sure to take any medication prescribed at the correct time and follow the dosage or food requirements. Be sure that you have a clear understanding of the directions. There are also three things that you can incorporate into your everyday routine to prevent the worsening of heart failure – weigh yourself daily, avoid high-sodium foods, and develop an action plan to follow if heart failure symptoms worsen.

In heart failure, the heart isn't working properly; so many people think that exercise will hurt them. Actually, moderate physical activity can help the heart work more efficiently. With daily exercise, most people will find that they don't feel as tired; they have less stress; and their energy level increases. Other advantages include weight control or weight loss, better circulation, and lower blood pressure and cholesterol levels. It's important to plan your physical activity with your health care professionals. How much exercise you can do will depend upon your specific condition. Even a small amount can improve the way you feel and help you have a more positive attitude. If you can enjoy some recreation, family outings or other leisure activities, you'll get more pleasure out of life.

Smokers who have heart failure can automatically eliminate a major source of stress on their hearts by quitting. Each puff of nicotine from tobacco smoke temporarily increases heart rate and blood pressure, even as less oxygen-rich blood circulates through the body. Smoking also leads to clumping or stickiness in the blood vessels feeding the heart. People who quit smoking are more likely to have their heart failure symptoms improve. Lifetime smokers often need help to quit successfully.

For more information about how to start a program to quit smoking, see page one for the article about Licking Memorial Health Systems' Quit for Good program.

Heart failure requires you and your caregivers to pay close attention to any changes in symptoms. If you notice something new, or a sudden worsening of a current symptom, notify the doctor immediately. Here's what to watch for:

- Sudden weight gain – three or more pounds in one day, five or more pounds in one week
- Shortness of breath while at rest or with changes in activity level
- Increased swelling of the lower limbs (legs or ankles)

- Swelling or pain in the abdomen
- Trouble sleeping (awakening short of breath, using more pillows)
- Frequent dry, hacking cough, especially at night
- Loss of appetite
- Increased fatigue or feeling tired all the time

For more information about heart failure, speak with your primary care physician. If you do not have a primary care physician, please call the Licking Memorial Physician Referral line at (740) 348-4014 or check out our physicians online at [www.LMHealth.org](http://www.LMHealth.org).

---

## Patient Spotlight: Pat Shipp, R.N. (continued from page 6)

her condition. Typical causes of mitral valve regurgitation include rheumatic fever, prior heart attack, congenital heart defects or mitral valve prolapse. "I didn't have any of the known causes, I am a non-smoker, exercise regularly, am very conscious of my diet and in general good health," said Pat.

Pat and her husband, David, have been married for 37 years. Together they have two children and five granddaughters. Pat keeps active by walking, golfing and keeping up with her grandchildren.

"Looking back at my past symptoms, I can see how the signs all added up. At the time, however, I would have never imagined that I would have heart failure," said Pat. "Now, I am very aware of the symptoms and when I notice anything irregular, I am sure to see my physician." Since her surgery, Pat is back to doing the activities she loves and is easing back to work caring for patients at LMH.

The couple’s two children – Rachel and Jack – were born in the Ohio cities of Toledo and Kettering, respectively. “When my husband finished his medical residency, we chose to pursue opportunities in the Columbus vicinity due to the proximity to our extended families,” Patti said. “Living in Granville, my husband is not only very close to LMH, but we live within two hours of family.” Dr. Parker is a physician with Licking Memorial Otolaryngology.

Patti now works as a part-time educational consultant and is a national trainer for both Dr. Ruby Payne – a recognized expert in the effects of economics of poverty and its impact on education – and Dr. Randy Sprick – author and founder of nationally-known Safe and Civil Schools. Patti presents annually at the National Middle School Association conference and the Association for Supervision and Curriculum Development.

She earned a Bachelor of Science degree in Secondary Education from Miami University in Oxford, Ohio, and a Master of Arts degree in Educational Administration from the University of Cincinnati (Ohio). Patti also holds teaching certifications from the University of Findlay and Bowling Green State University, both in Ohio, and Bellarmine University in Louisville, Kentucky.

“Having moved to Ohio, I now have the ‘luxury’ of more free time, and I always promised myself that if I was given such a gift, I would use it wisely,” Patti said. “In receiving an invitation to serve the community and the Hospital by becoming a part of the Development Council, I jumped without hesitation at the chance to give of my time and experience in order to help improve my community.”

In addition to her service to LMH, Patti volunteers in the Granville Schools, where both of her children attend. “I volunteer in the library once a week, and tutor students twice weekly,” she said. “I also serve on the PTO and the Granville Elementary School Principal’s ACE Council. Beginning in the spring, I will also be assisting the superintendent with a biannual awards ceremony for Granville teachers.” Patti also sets aside time each week to volunteer at Second Chance Humane Society in Alexandria, Ohio.

As a member of the LMH Development Council, Patti said she has three main goals:

- To learn more about LMH and its services and goals in order to be an ambassador in the community
- To offer her experience to help the Council achieve its goals of community outreach and information
- To become a “part” of the Licking County Community by giving of my time and talents

## Donors

### ANNUAL APPEAL

Minnie M. Andrews  
Dorothy H. Bullock  
Jeri E. Cooperrider  
Mr. and Mrs. Dana W. Ford  
Carol J. Northcraft  
Thomas Milo Powell  
Ms. Joyce L. Weber

### CAPITAL IMPROVEMENT

TWIGS 6  
TWIGS 8  
TWIGS 14  
TWIGS 22  
TWIGS 24  
TWIGS Executive Board

### COMMUNITY CORNERSTONE

Dr. Elizabeth Van Horn  
Lowell and Barbara Anstine  
Mayor Bruce Bain  
Jim and Julie Cooper  
David R. Evans  
Dave and Pam Froelich  
Mr. and Mrs. Harold J. Greten  
Jane C. Hale  
Fred and Eileen Johnson  
Virginia A. Melick  
Stephen R. Papanek  
Dr. Daniel R. Stricker  
Orville and Vi Varasso  
Robert and Ashley Wade  
Charles A. Walker  
Mr. and Mrs. Paul J. Yahn  
Mrs. Verna W. Zelein

### FOUNDER

Bill and Jane McConnell

### HONORARY GIFT

Howard Reeves, by Anonymous Donor

### PRIDE CORNERSTONE BRONZE

Richard Binks  
Jennifer Clark  
Hayley Emerson  
Janet Haslehurst  
Amy Kovalick  
Stephanie Mills  
Karen Richardson  
Amanda Thompson  
Jodi Zigan

### PRIDE CORNERSTONE SILVER

April Hall  
Melissa Lauvray

# Caduceus Society Welcomes New Member

Physical medicine physician Timothy R. Gatens, M.D., has joined the Licking Memorial Hospital (LMH) Caduceus Society, an organization of medical staff physicians who support the Hospital with their monetary contributions. Caduceus members pledge a minimum gift of \$10,000 over the course of 10 years to be used toward the purchase of new medical equipment and to fund expanded services.

“Licking Memorial Hospital has always been supportive of my practice over the years,” Dr. Gatens explained. “We have an excellent health system because of the groundwork laid by others before me. I personally feel every physician on staff should consider joining our Caduceus Society.”

Dr. Gatens practices in the department of Physical Medicine and Rehabilitation, located at 1865 Tamarack Road in Newark. He received his Medical Degree from the University of Missouri in Kansas City, Missouri. He then completed his specialty training at The Ohio State University in Columbus, Ohio. Dr. Gatens has been a member of the LMH Medical Staff since 1982.

The Caduceus Society is named after the staff carried by Hermes, the Greek god of healing. The symbol of the Caduceus staff is used to represent the medical profession.



Licking Memorial Health Systems President Rob Montagnese presented a crystal plaque to Timothy Gatens, M.D., to recognize his contribution to the Caduceus Society.

## LMHP Offers Audiology Services



Holly Toole,  
M.A., C.C.C.-A.

Licking Memorial Health Professionals is pleased to announce that Holly Toole, M.A., C.C.C.-A., is now providing audiology care through the Licking Memorial Otolaryngology office at 88 McMillen Drive in Newark. As a certified audiologist, Holly provides hearing evaluations for patients ages 6 months and older, and dispenses hearing aids.

A native of Zanesville, Ohio, Holly graduated from Philo High School before earning an Associate's degree in Child Development at Muskingum Area Technical College in Zanesville, Ohio. She then went on to attain both a Bachelor's degree in Speech and Hearing Science and a Master's degree in Audiology at The Ohio State University in Columbus, Ohio.

She is a member of the American Speech-Language and Hearing Association, American Academy of Audiology, and the Ohio Academy of Audiology.

Holly and her husband, Andrew, reside in Carroll, Ohio, with their two sons, 3-year-old Nicholas and 6-year-old Lucas.

# Physician Spotlight: Stephanie Ladson-Wofford, M.D.



Stephanie Ladson-Wofford, M.D.

Stephanie Ladson-Wofford, M.D., is a nephrologist with Licking Memorial Hospital (LMH). A nephrologist is a physician who has received special training in kidney diseases, kidney transplantation and dialysis therapy. Dr. Ladson-Wofford joined the Licking Memorial Active Medical Staff in 2004. She is board certified in nephrology and internal medicine.

Dr. Ladson-Wofford received her Medical Degree from The Ohio State University in Columbus, Ohio. She completed an internal medicine internship and residency at The Ohio State University and a nephrology fellowship

at the Henry Ford Hospital in Detroit, Michigan. She received a Bachelor of Arts degree in Biology from Wittenberg University in Springfield, Ohio.

Dr. Ladson is a member of the National Kidney Foundation and American College of Physicians. In addition to working at LMH, she has with Kidney Specialists, Inc., since 2004. Prior to joining Licking Memorial, Dr. Ladson-Wofford served as an assistant clinical professor for the department of General Internal Medicine at The Ohio State University, medical director of the Neighborhood House Health Center in Columbus and as an emergency room physician at the Henry Ford Hospital. Kidney Specialists, Inc., has offices in Newark, Lancaster, Columbus and Westerville.

## Ask a Doc

**Question:** My 48-year-old mother has diabetes, and her physician is concerned that she may develop chronic kidney disease. Can you explain how diabetes is related to kidney disease?

**Answer:** A person develops diabetes when the body does not make enough insulin or cannot use normal amounts of insulin properly. Insulin is a hormone that regulates the amount of sugar in your blood. A high blood sugar level can cause problems in many parts of your body. The most common kinds are Type 1 and Type 2 diabetes.

Type 1 diabetes usually occurs in children and is also called juvenile onset diabetes mellitus or insulin-dependent diabetes mellitus. In this type, the pancreas does not make enough insulin and patients have to take insulin injections for the rest of their lives.

Type 2 diabetes, which is more common, usually occurs in people over 40 and is called adult onset diabetes mellitus. It is also called noninsulin-dependent diabetes mellitus. In Type 2, the pancreas makes insulin, but the body does not use it properly. The high blood sugar level often can be controlled by following a diet and/or taking medication, although some patients must take insulin. Type 2 diabetes is particularly prevalent among African-Americans, American Indians, Latin-Americans and Asian-Americans.

About 30 percent of patients with Type 1 (juvenile onset) diabetes and 10 to 40 percent of those with Type 2 (adult onset) diabetes eventually will suffer from kidney failure, according to the National Kidney Foundation. The earliest sign of diabetic kidney disease is an increased excretion of albumin in the urine. This is present long before the usual tests done in a physician's office show evidence of kidney disease, so it is important to have this

test on a yearly basis. Weight gain and ankle swelling may occur. Frequently using the restroom at night and high blood pressure are also signs. It is important for a person with diabetes to have his/her blood, urine and blood pressure checked at least once a year. This will lead to better control of the disease and early treatment of high blood pressure and kidney disease. Maintaining control of diabetes can lower the risk of developing severe kidney disease.

A nephrologist, kidney doctor, will help create a plan for treatment with the patient, patient's family and a dietitian. Controlling high blood pressure in conjunction with an angiotensin-converting enzyme (ACE) inhibitor and following a renal diabetic diet are two important things to keep in mind for kidney health. Management of diabetes is the best way to help prevent the onset of kidney disease.

The month of March is recognized as National Kidney Month. This national recognition helps to raise awareness about kidney disease and to promote further education and research about the disease. Today, more and more research dollars are spent on diabetes research. Hopefully, the prevention and cure of diabetes is in our future. In the meantime, a patient can manage his/her diabetes better with:

- Home monitoring of blood glucose levels
- Maintaining an awareness of blood pressure, and possibly monitoring blood pressure at home
- Following a special diet

For more information about diabetes or kidney disease, talk to your primary care physician or visit the Licking Memorial Web site at [www.LMHealth.org](http://www.LMHealth.org) and click on the "Health Information" tab.

# Volunteer Spotlight: Shirley Stradley

Shirley Stradley has been a volunteer for Licking Memorial Hospital (LMH) for 11 years. She has volunteered more than 4,678 hours of service to the LMH Home Care Department.

“I started volunteering for the Home Health department because my daughter, Eileen, is the manager and she said they needed help,” said Shirley. “I really love being with the people and feeling like a valuable asset to the nurses.”

Shirley’s volunteer duties include processing physician orders, sending the orders out to be signed, and once they are returned, getting them ready to file. She also helps with general office duties including filing, working with patient charts, and other things to help out around the department.

“Without her help and willingness to volunteer her time, I’m not sure how we would get all our mail in and out and tracked. She also is willing to help with other activities that Home Care participates in, such as the annual Women’s Health Expo in September and health fairs. She is my mother, but she is also a great asset to our department as well as her community and promotes



Shirley Stradley is a volunteer with the Home Health Department of Licking Memorial Hospital.

the mission of the Hospital,” said Eileen McNemar, R.N., B.S.N., C.C.M., Manager of Home Health Department of Licking Memorial.

Shirley worked as the postmaster in the St. Louisville Post Office for more than 30 years before retiring. She keeps busy with her four daughters, nine grandchildren and eight great-grandchildren. Shirley is also active in her church, Daughters of the American Revolution, the Fallsburg Homemaker group and Order of Eastern Star. “I try to stay busy at home and in the community,” said Shirley.

Licking Memorial Hospital’s commitment to quality care is well known in the community and across the state. This recognition would be more difficult to achieve without the unwavering support and dedication of the outstanding volunteers.

If you are interested in volunteering your time and talents at Licking Memorial, call Carol Barnes, Director of Volunteers, TWIGS and Events at (740) 348-4079.

# Retiree Spotlight: Ruth Coen



Ruth Coen

How is retirement going for Ruth Coen? “I’m enjoying every minute of it!” she said recently. Ruth, a retired registered nurse, left Licking Memorial Hospital (LMH) in July 2005 after nearly four decades with the organization.

“Even though I retired after 34 years, I actually worked longer at LMH,” she noted. “I worked for four and a half years when I first graduated from Grant Hospital School of Nursing in Columbus, Ohio. Then, I had two children and went back to work.”

While at LMH, Ruth gained experience in surgical, medical and intensive care nursing. In 1985, she became a patient educator, informing patients about diabetes self-management, ostomy care, tube feeding, long-term catheter use, and Lovenox (anticoagulant) injections. She also served as an expert in wound management. In 1991, Ruth became a certified diabetes educator, and in 2001 she earned that title for a third time. In 2002, she was surprised and honored to be named winner of the Licking Memorial Health Systems (LMHS) Nursing Award for Clinical Excellence.

Among her many fond memories of Licking Memorial, Ruth recalls the move of the Newark hospital from the corner of Buena Vista Avenue and Everett Avenue to its current location on West Main Street. “Yes, I’m so old that I helped with the move to the ‘new’ Hospital in 1966,” Ruth said with a laugh. “I was stationed at the ‘new’ Hospital to help receive the patients on the surgery unit.” At the time of her retirement, she worked in the LMH Community Case Management Department.

“I really enjoyed my many years working at Licking Memorial,” Ruth said. “I met so many wonderful and inspiring patients and I worked with many caring and competent people who taught me so much. Now, I’m having a great time as a retiree.”

Ruth gets together with former coworkers each month for breakfast. She also attends LMHS-sponsored retiree luncheons and the annual retiree dinner. “I miss everyone at work – the people I worked with and the patients,” Ruth said.

In retirement, Ruth is happy to have more time to spend with her only grandchild, Alyssa, age 9, who resides in Delaware, Ohio. “It’s been nice to be able to baby-sit,”

**Retiree Spotlight: Ruth Coen (continued on page 13)**

## Retiree Spotlight: Ruth Coen (continued from page 12)

she said. She and her husband, John, also have more time to visit with their daughters: Polly Prouty of Newark and Deb (Kevin) Savage of Delaware.

The Coens also have done some traveling since Ruth retired. Their destinations so far have included Niagara Falls, Las Vegas and Hawaii.

Retirement hasn't been all play and no work for Ruth, however. She works as a part-time consultant for a national pharmaceutical company, teaching groups in neighboring counties about advancements in diabetes and osteoporosis medications. "I get to serve as an educator while keeping up on the latest prescription medications," Ruth said. "If you keep learning, you keep young!"

## Employee Spotlight: Mary Bonham



Mary Bonham

Mary Bonham has been employed with Licking Memorial Hospital (LMH) since 2001. She is a member of the Environmental Services Department and specifically works in the Emergency Department. "The teamwork in the Environmental Services Department is great. Everyone works together as a group to get the job done," said Mary.

"I am very excited about the upcoming opening of the Critical Care Pavilion later this year. It will be rewarding to make a contribution to the smooth operation of the Pavilion."

"Mary is not only a good worker in the Environmental Services Department, she sees and understands the big picture that everything we do affects the visitors and patients. Mary consistently and conscientiously makes a difference," said Kevin Herring, Director of Environmental Services for LMH. In recognition of her hard work and dedication, Mary received a Licking Memorial MVP award in 2006 for her consistent demonstration of organization values – such as communication, attitude, respect and excellence.

Prior to joining Licking Memorial, Mary worked at Leader Printing for 17 years as the bindery supervisor. She had worked at other printers as well. "I wanted to work at the Hospital to try something new. I have been in printing for many years, and it was time to move on," said Mary.

In her free time, Mary enjoys reading books and spending time with her family. She and her husband, Jim, have two children, Lisa and Dan, and five grandchildren – Amber, Tiffany, Ryan, Brandon and Justin.

## Poulson Is Named CFO at LMHS



Thomas N.  
Poulson

Licking Memorial Health Systems is pleased to announce that Thomas (Tom) N. Poulson has been named Chief Financial Officer/Vice President of Finance.

A native of Bryan, Ohio, Tom passed the Ohio Certified Public Accountant exam in 1989. He received a Bachelor of Arts degree from Wilmington College of Ohio, and completed the Executive

Program in Healthcare Management at The Ohio State University.

Previous to his employment at LMHS, he was employed by Mercy Health Partners in Toledo, Ohio, where he was the CFO at Mercy Tiffin and Mercy Willard, The Arthur G. James Cancer Hospital and Research Institute in Columbus, Ohio, and Ernst and Young in Columbus, Ohio. He is a member of the Ohio Society of CPAs and the Healthcare Financial Management Association.

Tom and his wife, Sara, have two children, Gina and Isabelle. Together they enjoy outdoor activities, such as hiking, camping, fishing, hunting and golfing.

## LMH Helps Patients Quit for Good (continued from front page)

contracted with The Breathing Association to provide the Quit for Good program at Licking Memorial. The Breathing Association is a non-profit organization serving people of Central Ohio by the detection, prevention and control of lung disease.

From September through December 2006, Jessie saw 133 new patients in the Quit for Good program at LMH. "Quit for Good works and has a strong reputation in the industry for working well." Jessie said. "When I arrived at LMH, I already had patient referrals waiting on me. I

am happy to be able to help patients help themselves stop smoking and using smokeless tobacco products so that they can breathe easier and enjoy healthier lifestyles." For more information about Quit for Good, please contact Jessie at (740) 348-4922 or LMH Patient Educator Esther Grimes at (740) 348-1438.

## Community Education: Kidney Disease Awareness (continued from front page)

develop complications like high blood pressure, anemia (low red blood cell count), weak bones, poor nutritional health and nerve damage. Also, kidney disease increases your risk of having heart and blood vessel disease. These problems may happen slowly over a long period of time. Chronic kidney disease may be caused by diabetes, high blood pressure and other disorders. Early detection and treatment can often keep chronic kidney disease from getting worse.

To find out more information about kidney disease, plan on attending this community education program. Registration to attend is required. To register for this free program, call (740) 348-1434.

# Employment Applications Now Completed Online!

If you are interested in joining the LMHS team, check out our Web site to find out about what opportunities we may have for you.

Visit [www.LMHealth.org](http://www.LMHealth.org) and choose the "Careers" tab.



**Licking Memorial  
Health Systems**

**Visit our Web Site at [www.LMHealth.org](http://www.LMHealth.org)**



# Check us out at [www.LMHealth.org](http://www.LMHealth.org)

**You will be amazed at all we have to offer!**

- Health Information
- Send a Patient Greeting
- Find a Physician
- Maps and Directions
- Virtual Tours
- Online Application for Employment



**Licking Memorial  
Health Systems**

**1320 West Main Street • Newark, OH 43055  
(740) 348-4000 • [www.LMHealth.org](http://www.LMHealth.org)**



**Licking Memorial  
Health Systems**

# Upcoming Dates

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

## Kidney Disease Awareness

Monday, March 19  
6:00 p.m.  
Conference Rooms A & B, first floor of Licking Memorial Hospital

Registration is required; call (740) 348-1434.

## First Impressions – Maternal Child Classes

Childbirth Education Classes  
Stork Tours  
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 (730) 348-4346.

## 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 upon insurance coverage.



**Licking Memorial  
Health Systems**  
1320 West Main Street  
Newark, OH 43055

Non-Profit Org.  
U.S. Postage  
**PAID**  
Columbus, Ohio  
Permit No. 8757

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)

A publication of the LMHS Public Relations Department at (740) 348-1572.

Please contact the Public Relations Department to receive future mailings.



1998, 1999, 2000,  
2001, 2002, 2003, 2005