



# Community Connection

## Licking Memorial Health Systems

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



Volume 4, Issue 10

October 2007

Measurably Different ... for Your Health!

## North Newark Office Now Open

The community had an opportunity to tour the newest Licking Memorial Health Professionals (LMHP) office during an open house on Sunday, August 26. The family practice of Angela Morris, M.D., and the dermatology practice of J. Michael Holsinger, D.O., are in the new North Newark building, located at 270 Goosepond Road, just west of North 21st Street.



A ribbon-cutting ceremony took place at LMHP's new North Newark office on August 26 to mark the opening of the new facility.

During the ceremonial ribbon cutting, Licking Memorial Health Systems (LMHS) President and Chief Executive Officer Rob Montagnese said the North Newark office is integral to LMHS' aim to continuously improve service to the community. "Over the past few years, we've opened new buildings all over Licking County – Pataskala in 2004, Heath in 2005, Hebron in 2005, the John & Mary Alford Pavilion this summer, and now North Newark. What this shows is that we don't just finish a project and then sit back and rest – we're constantly thinking about what our community needs, and how we can better serve those needs," Rob explained. "We provide a very high stan-

*North Newark Office Now Open (continued on page 2)*

## LMHS Donates Land for Social Services Building



LMHS has donated 2.3 acres of land on Messimer Drive for a new social services building.

A land donation by Licking Memorial Health Systems (LMHS) will allow a new social services building to be constructed in Newark, making many services more readily accessible to Licking County residents. Currently, the United Way of Licking County, the American Red Cross of Licking County, and Mental Health America of Licking County each operate in separate facilities around the city. The new building will allow the individual agencies to share

resources, and will also save clients time from having to travel from location to location.

The three social service organizations banded together as the Community Agency Partnership in 2005 for the purpose of securing land and constructing the building, but the project came to a standstill when the

*LMHS Donates Land for Social Services Building (continued on page 2)*

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

### Community Education Programs:

October is nationally recognized as Breast Cancer Awareness Month, and the third Friday of the month, October 19, is National Mammography Day. In observance, Licking Memorial Health Systems (LMHS) has scheduled the following program:

#### Breast Cancer Education Program and Screening



Larry N. Pasley, M.D.

A woman's risk of breast cancer increases as she ages, and the risk may be greater if close relatives were diagnosed before age 40. Early detection of breast cancer is the key

to successful treatment. Licking Memorial Health Systems is offering a program that will teach women what they can do to decrease their risk for getting breast cancer. Larry Pasley, M.D., F.A.C.S., will speak during the program, which is scheduled to begin at 6:00 p.m. on Wednesday, October 10, in Conference Rooms A & B at Licking Memorial Hospital. Following the program, Dr. Pasley will be available for free breast exams for the first 40 registrants. Registration is

*Community Education Programs: (continued on page 3)*

dard of health care, but as the community changes, we have to change, too. One way we do that is to add an office in an area where the population is increasing to make the doctors more accessible to the patients.”

“At the open house, many guests commented on how excited they were to see the offices opening in the north Newark area,” said Christine McGee, LMHP Vice President of Physician Practices. “This location on Goosepond Road is really advantageous – it is so close to many new residential developments. In fact, many older folks said it is even within walking distance for them.”

Both Dr. Morris and Dr. Holsinger are accepting new patients. Appointments can be made with Dr. Morris by calling (740) 348-7960. Appointments can be made with Dr. Holsinger by calling (740) 348-7945.

LMHP is a group of 80-plus physicians in various specialties. Physician offices are located throughout Licking County, including Granville, Hanover, Heath, Hebron, Johnstown, Newark, Pataskala and Utica. To learn more about LMHP practices, visit our Web site at [www.LMHealth.org](http://www.LMHealth.org) and click on the Physician Practices tab.

LMHS Donates Land for Social Services Building (continued from front page)

group was unable to find an affordable location. LMHS’ donation of 2.3 acres on Messimer Drive now allows the Community Agency Partnership to achieve its goal.

Donna Carpenter, Executive Director of the United Way of Licking County, said the land donation was a huge boost to the project. “This is a significant contribution for an important community project,” she said. “This building and other planned sharing of resources will allow all of us to more efficiently and effectively serve our community.”

“By sharing resources, such as a receptionist and phone lines, we’ll increase our operational efficiency,” explained Rod Cook, Executive Director of the American Red Cross of Licking County. “For our clients, we’re happy that we’ll eventually be able to offer a ‘one-stop shopping,’ so that they don’t have to go all over town for their services.”

donation to be an extension of its mission. “Our mission states very clearly ‘Licking Memorial Health Systems exists to improve the health of the community.’ We had the land sitting vacant, and the organizations involved approached us with this exciting project. This community project fits so closely with our mission, we consider it a privilege to do whatever we can to help,” he explained.

Mental Health America of Licking County Executive Director Paddy Kutz pointed out that the land donation was more than a financial boost to the agencies – it was also a message of strong support. “This proves faith in the collaborative efforts in Licking County,” she said. “We’re so appreciative of this incredible gift.”

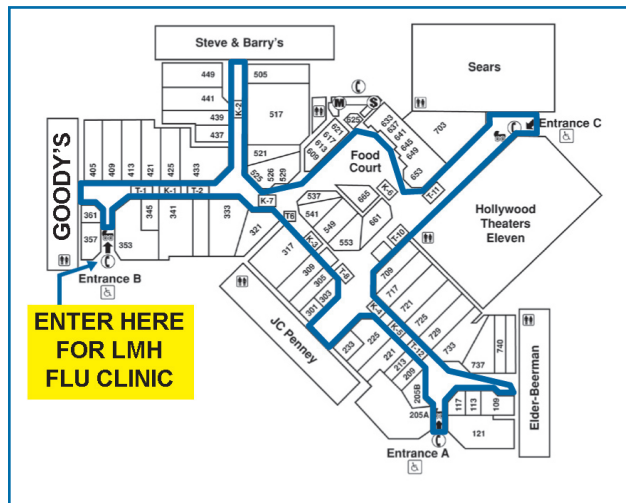
LMHS President and Chief Executive Officer Rob Montagnese said the Health Systems considers the land

The new social services building is currently under the conceptual design phase. In addition to housing the United Way of Licking County, the American Red Cross of Licking County, and Mental Health America of Licking County, there is also a possibility of other social service organizations locating there.

## 2007 Flu Clinic

Influenza, commonly known as the flu, can range from a mild infection to a deadly virus, which causes the deaths of approximately 36,000 Americans each year. More than 220,000 people are hospitalized with a case of the flu every year, many of them over the age of 65. With flu season just around the corner, Licking Memorial Health Systems (LMHS) is looking to help.

The 2007 LMHS Flu Clinic will again be held at the Indian Mound Mall, near Entrance B, across from Kitchen Collection.



The 2007 Licking Memorial Flu Clinic will be held at Indian Mound Mall, beginning October 16.

The clinic will be open Tuesday, October 16 through Wednesday, November 28. Please note that this year, the clinic is open two days each week, Tuesday and Wednesday. Hours for the clinic are 8:00 a.m. to 4:00 p.m.

The LMHS 2007 Flu Clinic is open to the public. An appointment is not necessary. Flu shots are offered for adults age 18 years and older. Parents of children needing flu vaccines should contact their family practitioner or pediatrician. You may not be eligible for a flu vaccine if you are allergic to eggs, are

2007 Flu Clinic (continued on page 4)

# LMHP Adds Cardiology Practice

Licking Memorial Health Professionals (LMHP) is pleased to announce the addition of a Newark cardiology practice. LMHP has purchased the former practice of Cardiologist Hans Wee, M.D., who recently retired after providing 26 years of care to the community. Dr. Wee has been named to the Licking Memorial Honorary Medical Staff.

Licking Memorial Heart Center contracts physician services through Mid Ohio Cardiology and Vascular Consultants. Currently, patients are seen by three part-time physicians, and a full-time physician will be added to the staff in October. “Mid Ohio Cardiology is a highly regarded group of heart care physicians in central Ohio,” commented Christine McGee, LMHP Vice President of Physician Practices. “We are so proud to have them join us in caring for the community.”

“Dr. Wee has provided many services to our community, including inpatient and outpatient cardiology care, primary internal medicine care, and inpatient care for many referring physicians,” stated Craig Cairns, M.D., M.P.H., Vice President of Medical Affairs at Licking Memorial Hospital (LMH). “I am pleased to announce that LMHP has assumed Dr. Wee’s practice and that we will continue the care he has provided in a seamless manner.”

“We hope it will be reassuring for patients at Licking Memorial Heart Center to see the same staff members they have come to know. None of the staff is different,” said Christine. “That’s very important to our patients – they will still see familiar faces.”



Licking Memorial Health Professionals is proud to add Dr. Wee’s former practice at 42 Messimer Drive in Newark.

LMHP is a group of 80-plus physicians in various specialties. Physician offices are located throughout Licking County, including Granville, Hanover, Heath, Hebron, Johnstown, Newark, Pataskala and Utica. To learn more about LMHP practices, visit our Web site at [www.LMHealth.org](http://www.LMHealth.org) and click on the Physician Practices tab.

*Community Education Programs: (continued from front page)*

required; call (740) 348-1434. There is no charge for the program or the screening.

## Dining With Diabetes Education Program

**Dates:** October 23, 25, and 30

**Time:** 5:30 to 7:30 p.m.

**Location:** Licking Memorial Hospital  
Conference Rooms A and B

Take charge of your diabetes with a three-part cooking school program designed for people with diabetes and their families. The three-part program, Dining with Diabetes, includes diabetic food preparation, demonstrations and tasting of healthy foods.

A three-course meal will be provided at every session. Instructors are AnnMarie Thacker, R.D., C.D.E., an LMH registered dietitian and certified diabetes educator at Licking Memorial Hospital, and Shari L. Gallup, M.S., C.F.L.E., extension educator with the OSU Newark Extension Office. Advance registration is required and includes all three dates; to register, call (740) 670-5315. Cost of \$10 for seniors (60 and older), and \$20 for all other registrants, is due with registration. Deadline to register is October 12. Spaces are limited, so enroll soon!

# Granville Resident Finds Quality Care Close to Home

Jane Heller of Granville has become a believer. After two visits to Licking Memorial Hospital (LMH) within the past year, Jane is singing the local Hospital's praises and wonders why she formerly traveled out of the county for her family's health care. "I am proud to be an advocate for Licking Memorial Hospital," Jane said. "I just can't say enough for the nursing staff there!"



Granville resident Jane Heller spends many hours painting in her sunny home studio.

Jane and her husband, Jack, co-founded the Kendal at Granville Retirement Community along with two friends. Jane grew up in Columbus and was happy with her medical care there. Even after moving to Granville, she and Jack continued to use Columbus medical facilities, thinking that larger hospitals would provide better care. "I was always reluctant to come to Licking Memorial instead of Columbus," she explained. "There's a sense that a big city's better."

Two incidents have turned around Jane's perspective. First, she had chest pains that lasted an entire evening. "I'd had a silent heart attack previously, so I went in to the emergency room at Licking Memorial to get it checked out. The entire staff was great – they were right on it," Jane recalled. "It turned out just to be indigestion, but they were very good about it; they didn't take it lightly. They were very professional and very thorough, with a light touch of humor. It was very reassuring to have that personal touch."

"But the thing that really impressed me, was when I came in for a D and C (dilatation and curettage)," Jane continued. "I'd had the same procedure just the year before in Columbus, and there the anesthetist came in to meet me just five minutes before I went into surgery. Here at Licking Memorial, my anesthesiologist, Dr. Ann Govier, came down to talk to me several days before the surgery when I came in for some pre-op testing. She really talked to me – I think we became friends."

At home, Jane spends her time painting, and teaching private painting lessons. She and Jack have four children: John Heller in Baltimore, Maryland; Janie Heller in Los Angeles; Ann Schreiber in Columbus; and Nancy Heller in Lancaster. The entire family enjoys sailing. Jane and Jack also frequently go fly fishing.

"I'd say that the care at Licking Memorial was not just equal to the care

I received in Columbus – it was actually better," Jane stressed. "The nursing staff at Licking Memorial is outstanding!"

LMH has received the Solucient 100 Top Hospitals®: National Benchmarks for Success, 14th Edition award that recognizes hospitals for excellence in clinical outcomes, patient safety, financial performance, efficiency, and growth in patient volume. LMH has received the award eight times in the past nine years, more than any other central Ohio hospital, large or small. LMH and Riverside Methodist Hospital in Columbus were the only two Central Ohio hospitals to make the list this year.

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## 2007 Flu Clinic (continued from page 2)

very ill with a high fever or have had a severe reaction to a flu vaccine in the past.

Flu season is generally known to begin around November and stretch until April. Even if you received a flu shot last year, experts recommend getting a vaccination this year as well because the virus changes every year.

The cost is \$20, or present a Licking Memorial Health Plan, Medicaid or Medicare insurance card. A vaccine shortage is not anticipated this year. Call (740) 348-7091 for a recorded message providing more information about the LMHS Flu Clinic.

# Five Million Lives

Nearly three years ago, more than 3,200 American hospitals banded together in a unique resolve – to prevent 100,000 “needless” patient deaths from occurring in the ensuing 18 months. This initiative, called the 100k Lives Campaign, was so successful that a broader, and even more ambitious program has been launched, the Five Million Lives Campaign, which seeks to avoid 5 million incidents of patient harm over the next 24 months.



Bedside Medication Verification at LMH ensures patients receive the correct medications.

According to Institute for Healthcare Improvement (IHI) estimates, the original 100k Lives Campaign saved 122,300 lives by promoting six basic interventions:

- Deploying a rapid response team at the first sign of patient trouble
- Preventing acute myocardial infarction (AMI) deaths by ensuring the reliable delivery of the seven AMI interventions
- Preventing adverse drug events by implementing medication reconciliation
- Preventing central line infections by implementing a series of interdependent, grounded steps called the Central Line Bundle
- Preventing surgical site infections by implementing a series of interdependent, scientifically grounded steps called the SSI Bundle
- Preventing ventilator-associated pneumonia by implementing a series of interdependent, scientifically grounded steps called the Ventilator bundle

“We were actually ahead of the program,” said Craig Cairns, M.D., M.P.H., Vice President of Medical Affairs at Licking Memorial Hospital. “We instituted a medication verification system several years ago which uses a five-way checklist to make sure the right patient receives the right drug at the right dosage, using the right route at the right time.”

Now Licking Memorial is joining the IHI’s effort to enlist hospitals to prevent incidents of medical harm. The IHI defines medical harm as an unintended injury that results from (or is worsened by) medical care, even if it did not

occur in a hospital setting. The Five Million Lives Campaign builds upon the 100k Lives Campaign’s six basic interventions with an additional six targeted measures:

- Preventing pressure ulcers
- Reducing methicillin-resistant staphylococcus aureus (MRSA) infections
- Preventing harm from high-alert medications, including anticoagulants, sedatives, narcotics and insulin
- Reducing surgical complications
- Delivering reliable, evidence-based care for congestive heart failure
- Getting boards on board – helping hospital boards to become more effective in instituting patient safety measures

“We have recently added Bedside Medication Verification which greatly reduces the potential for medication errors,” noted Kristine Blust, Director of Patient Care. “We are now looking at a new design for isolation cabinets which will help us in two areas – patient safety and reducing MRSA infections. Education is ongoing with our new clinical coordinators who are constantly looking at evidence based practice in order to help us better serve the community with practices that have been tried and tested over time.”

Dr. Cairns added, “Patient safety has always been our number one priority, so we are very proud to be a participating hospital in the IHI’s Five Million Lives campaign. And although we already have many patient-safety interventions in place, we are fully involved in all 12 areas of this voluntary initiative to protect patients from medical harm. We are always looking for ways to improve the care we deliver to our patients and protect them from medical harm.”

The IHI estimates that 15 million medical harm incidents occur in the United States each year. Hospitals that voluntarily participate in the Five Million Lives Campaign will submit data to track their incidents of medical harm. It is the IHI’s goal to enlist at least 4,000 hospitals to join the campaign.

# Zonta Donation to Assist LMH Oncology Services

The Zonta Club of Newark Area has made a generous contribution to Licking Memorial Hospital (LMH) to use for the care of cancer patients. At a recent dinner, Newark Area Zonta members presented LMH Director of Development Beth Kolb and LMH Director of Outpatient Services Sharyn Davis, R.N., R.V.T. with a check for \$4,000, earmarked for the Oncology Department.

“I want to thank Zonta on behalf of our cancer patients,” Sharyn said. “Your contribution will be helping individuals who are going through a very difficult time. Just knowing that you’re reaching out to them brings our patients a great deal of comfort.”

Zonta International was founded in 1919, and is made up of professionals and business executives to advance the status of women worldwide. The money was raised through the 31st Annual Zonta Champaign Luncheon and Style Show, along with a silent auction.



The Zonta Club made a generous donation to help LMH’s cancer patients.

## Development Council Spotlight: Diane Paetz



Diane Paetz

In spring 2004, Diane Paetz was battling breast cancer and had just retired from full-time employment. “Although I could have continued to work, I felt a need to get on with my life and go back to some of the things I really enjoyed – including volunteering for organizations I believe in,” she said.

In May of that year, Diane was pleased to receive an invitation from Licking Memorial Health Systems (LMHS) Board member Glenn Abel to join the Licking Memorial Hospital (LMH) Development Council. “Being on the Council gives me an opportunity to speak to community members about LMH’s benefits,” she said, noting that she especially is proud that the Hospital has been named a 100 Top Hospital in the nation eight times. “I believe the community has been made more aware of the value of LMH recently with the opening of the John & Mary Alford Pavilion – the new emergency and surgery departments. “My husband, Fred, and I have personally used the Hospital and have always been pleased with the services.”

Currently, Diane is an assistant financial associate with Thrivent Financial for Lutherans and has been with that organization since 1986. She will fully retire at the end of

*Development Council Spotlight: Diane Paetz (continued on page 7)*

### Donors

#### CAPITAL IMPROVEMENT

TWIGS 8

#### COMMUNITY CORNERSTONE

Glenn and Alice Ann Abel  
Jim and Beth Atkinson  
Thomas and Margaret Caw  
Jack and Bev Crockford  
Jack and Virginia Dean  
Stephen Fowler  
Trevor and Carolyn Gamble  
C. Ann Howard  
Jack and Ann Oberfield  
Robert and Alexa O’Neill  
Judith and Robin Pierce  
Fred and Gloria Ramquist  
Larry and Carole Sargent  
Brad and Elaine Tomich  
Michael Whitehead

#### PRIDE CORNERSTONE BRONZE

Susan Benner  
Tracy Bigboy  
Andrea Devito  
Katie Marcum  
Angela Morris, M.D.  
Elizabeth Smith  
Christina Tedrick

#### PRIDE CORNERSTONE SILVER

Justina Altier  
Don Horn  
Gregory Wallis

#### PRIDE CORNERSTONE GOLD

Brenda Miller

#### MEMORIAL GIFTS

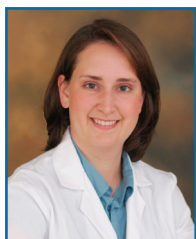
Licking Memorial Hospital  
In memory of Clarence  
Scarborough

this year. “My passion is people in need,” Diane said. She serves as one of the five commissioners on the Licking Metropolitan Housing Authority and is vice president of the Licking County Coalition of Care. Additionally, Diane holds various positions of leadership in her church, Our Savior Lutheran in Newark.

Diane holds a Bachelor’s degree in Geography and Sociology from Valparaiso University in Valparaiso, Indiana, and a Master’s degree in Public Administration from Ohio University in Athens, Ohio. She and Fred

met at Valparaiso University, and they have been married for 46 years. They enjoy traveling as well as spending time with their grandchildren at their St. Louisville home. Their family includes a son, Chuck, and his wife, Holly, of Nashville, Tennessee; daughter, Cindy, and her husband, Scott, of St. Louisville, who have two children, Lauren and Clayton; and son, Jeff, and his wife, Jaris, of Delaware County, who have two children together, Erik and Senia. Jeff’s oldest daughter, Erin, is a student at Ohio University.

## Physician Spotlight: Dr. Morris Opens Office in North Newark



Angela M. Morris,  
M.D.

Licking Memorial Health Professionals is pleased to announce the addition of Family Practice Physician Angela M. Morris, M.D. Dr. Morris’ office is located in the new Licking Memorial Family Practice – North Newark location at 270 Goosepond Road in Newark.

Dr. Morris graduated magna cum laude with a Bachelor of Science degree in Chemistry from

the University of South Carolina Honors College. She received her Medical Degree at the Medical University of South Carolina College of Medicine, and completed a residency at the AnMed Health Family Medicine Residency Program in Anderson, South Carolina.

Dr. Morris is accepting new patients. Appointments can be made with Dr. Morris by calling her office at (740) 348-7960.

### Ask a Doc

**Question:** I’m a 58-year-old woman, and my doctor is testing me for lupus. My symptoms are joint pain, and I have a skin rash on my face that gets worse in sunlight. What causes lupus?

**Answer (Angela Morris, M.D.):** Lupus is an autoimmune disease, which means there is a problem with the body’s normal immune system response. Normally, the immune system helps protect the body from harmful substances. In patients who have an autoimmune disease, the immune system can’t tell the difference between harmful substances and healthy ones. The result is an overactive immune response that attacks otherwise healthy cells and tissue. This leads to chronic (long-term) inflammation.

Inflammation is a protective process that the body uses when tissues are injured. It helps to eliminate a foreign body or organism (virus or bacteria) and prevent further

injury. Signs of inflammation include: swelling, redness, pain and warmth. If the signs of inflammation are long lasting, as they can be in lupus, then damage to the tissues can occur and normal function can be impaired. That is why treatment of lupus is aimed at reducing inflammation.

Although there currently isn’t a cure for lupus, treatment is aimed at controlling symptoms, and must be based upon an individual’s symptoms. Lupus can cause a wide spectrum of illnesses; it can be relatively mild or can significantly impair organ function. Mild symptoms may require little therapy, although individuals with more severe symptoms may require treatment by a rheumatologist or a specialist in another specific area. Individuals with lupus should wear protective clothing, sunglasses and sunscreen when in the sun.



# Community Report Card

## Licking Memorial Health Systems

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## A Community Report on Cancer Care

### Health Tips – Reduce Your Risk

Making healthy choices can help you reduce your risk for cancer. Talk to your primary care physician about ways to do the following to enjoy a healthier life:

- **Attain and/or maintain a healthy weight.** Aim for a healthy body mass index (BMI) between 18.5 and 24.9.
- **Consume a healthy diet.** In your daily diet, include at least five servings of vegetables and fruits and three servings of whole grains. Limit your intake of processed and red meats, as well as high-fat dairy products.
- **Be active.** Regardless of whether you need to lose weight, get physical. Exercising for at least 30 minutes a day most days of the week will lead to increased energy and improved fitness.

## A Patient Story – William T. Morgan

Fifty-nine-year-old William T. Morgan has received two cancer diagnoses in the past five years, but he is not feeling sorry for himself. “I’m just fortunate to be here and tell you about it,” William said.

Although the Newark resident displayed no symptoms when he was diagnosed with prostate cancer a few years ago, William wasn’t too surprised to learn he had the disease.

“I think my grandfather probably had prostate cancer. He died in the late 1950s. Back then, not as much was known about cancer,” William said.

Following a routine checkup in 2002, former Newark area Family Practice Physician Paul Simmons, M.D., referred William to Urologist Donald Lewis, M.D., who is on staff at Licking Memorial Hospital (LMH). Dr. Lewis diagnosed William’s prostate cancer following a standard office screening which included a prostate-



William Morgan meets regularly with Kaye Linke, M.D., for treatment of his prostate cancer.

specific antigen (PSA) blood test. “Dr. Lewis is fantastic. He gets right to the point of what’s going on,” William said. “He’s straightforward and spelled out my options.”

William received radiation and hormonal manipulation treatments and was impressed with the level of care available locally. “They’ve always treated me really well here,” William said of LMH. “It’s a terrific hospital.

A lot of people think you have to travel to Columbus for cancer care. That’s just not so. We have a fine facility in Licking Memorial, and the drugs are the same. That trip back from Columbus would add to the discomfort of treatment.”

In 2005, William received a second cancer diagnosis. He had been receiving regular colonoscopies due to a history of colon polyps. The latest test results showed that William had colon cancer; he was referred by

*A Patient Story – William T. Morgan (continued on page 11)*

# Cancer Care Statistics – 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** If you have a mammogram, you want to be confident that it is interpreted accurately. Specificity is a measure of the accuracy of mammography interpretation related to normal (negative) results. Sensitivity is a measure of the accuracy of mammography interpretation related to abnormal (positive) results.

	LMH 2004	LMH 2005	LMH 2006	Goal(1) greater than 90% greater than 85%
Specificity	99%	98%	98%	
Sensitivity	95%	96%	92%	

**2** Sometimes a radiologist will recommend a biopsy after a mammogram is read. To be accredited for mammography, health care organizations are required to look at the number of cases recommended for biopsy that result in cancer diagnoses – called the positive predictive value. This helps monitor the accuracy of the radiology interpretations.

	LMH 2004	LMH 2005	LMH 2006	Goal(1) 25% to 40%
Positive Predictive Value	41%	42%	30%	

**3** LMH follows a rigorous five-step safety procedure to prevent chemotherapy medication errors. LMH administers approximately 4,200 doses of chemotherapy each year.

	LMH 2004	LMH 2005	LMH 2006	Goal 0
# Chemotherapy medication errors	0	0	0	

**4** When a person is either diagnosed with or treated for cancer, the person is entered into the Cancer Registry. It is then the responsibility of the accredited organization to follow up with the person for the rest of his/her life on an annual basis to encourage appropriate care. The staff in the Cancer Registry may contact the primary care physician or the patient to do this.

	LMH 2004	LMH 2005	LMH 2006	Goal greater than 90%
% Cancer patient follow-up	88%	92%	95%	

**5** Clinical research ensures that patient care approaches the highest possible level of quality. There is no minimum required percentage of patients placed on cancer-related clinical trials in a Community Hospital Cancer Program; however, to provide maximum service, Licking Memorial Hospital offers access to national clinical trials to patients as a member of the Columbus Community Clinical Oncology Program.

	LMH 2004	LMH 2005	LMH 2006	Goal greater than 2%
% Newly diagnosed and/or treated patients in clinical trials	3.5%	4.9%	2.9%	

**6** In an effort to prevent and promote early detection and treatment of cancer, the physician offices of Licking Memorial Health Professionals (LMHP) measure and track results of cancer screening tests for breast cancer, cervical cancer, colorectal cancer and prostate cancer for all active patients. Active patient population is defined as patients seen within the last three years.

	LMHP 2006	LMHP as of July 1, 2007	National Measure Average (2)
Breast Cancer	79%	83%	75%
Cervical Cancer	76%	81%	86%
Colorectal Cancer	57%	57%	40% (blended average)
Prostate Cancer	74%	73%	54%

#### Data Footnotes:

(1) Quality Determinates of Mammography, Clinical Practice Guide #13, AHCPR Publication No. 95-0632.

(2) National Statistics Centers for Disease Control and Prevention's Behavioral Risk Factor Surveillance System.

# Educational Article – Risk Factors for Prostate Cancer

The cause of most cases of prostate cancer is unknown, but certain risk factors have been identified. “Unfortunately, age and family history are included among risk factors that cannot be controlled,” said Licking Memorial Health Professionals Urologist William Stallworth, M.D. “What men can do is take a proactive role in their own health so that prostate cancer can be diagnosed and treated as soon as possible.”



Men are encouraged to take a proactive role in their health so that prostate cancer can be diagnosed and treated early.

## **Risk factors that cannot be controlled include the following:**

- **Age** – The chance of getting prostate cancer increases as a man ages. About two out of every three prostate cancers are found in men older than age 65.
- **Race** – For unknown reasons, prostate cancer is more common among black men than among Caucasian men. Prostate cancer occurs less often in Asian men than in Caucasian men.
- **Family History** – Men with a father or brother who has had prostate cancer are more likely to get it themselves, especially if their relatives were young when they got the disease.

Located in the male pelvis, the prostate is a variable-sized gland, usually the size of a walnut, measuring 3 to 5 centimeters long by 3 to 5 centimeters in width. On average, the gland weighs about 20 grams. The prostate surrounds the urethra (which is the channel that carries urine from the bladder). The prostate can put pressure on the urethra, causing: decreased force of the urinary stream; a feeling as if the bladder is not emptying; intermittent stopping and starting of urinary stream; a need to “push” the urine out; and/or increased urinating during nighttime.

A man with advanced-stage prostate cancer might have blood in his urine and/or experience impotence. Because the disease commonly spreads to the bones, he also may have pain in his hips, spine and ribs. If the cancer has spread to the spine, pressure on the spinal nerves can cause weakness and/or numbness in the legs and/or feet,

as well as loss of bladder and bowel control. If you experience any of these symptoms, contact your primary care physician immediately. “Early in the disease, there may be no symptoms whatsoever,” said Dr. Stallworth. “Consequently, it’s good for men ages 50 and older to be screened regularly for prostate cancer.”

The American Cancer Society (ACS) recommends that men age 50 and older receive an annual prostate-

specific antigen (PSA) blood test and digital rectal exam (DRE). Men at high risk for prostate cancer – including black men and men who have a close relative who had prostate cancer before age 65 – should begin such testing at age 45. Men at highest risk – because they have several close relatives with prostate cancer at an early age – should have their first PSA at age 40.

In addition to receiving regular screenings, men can take steps to decrease their risk for prostate cancer. Since men who eat a lot of red meat or high-fat dairy products may have a greater chance of developing prostate cancer, consumption of these foods should be limited. Additionally, eating five or more servings of vegetables and fruits daily may help reduce the risk. Finally, a recent study found that men older than 65 who regularly exercised vigorously had a lower rate of prostate cancer. Before beginning any exercise program or making major dietary changes, consult your physician.

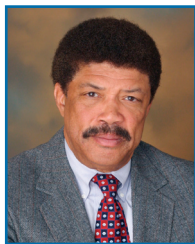
Licking Memorial Internal Medicine Physician Gerald Ehrsam, M.D., to Licking Memorial Hematology/Oncology. Additionally, both General Surgeon Howard Reeves, D.O., and Licking Memorial Health Professionals Gastroenterologist David Subler, M.D., were among the specialists involved in William’s care. Following surgery, he received chemotherapy, and during part of his treatment for colon cancer, William was able to continue working as a machine tender at Owens Corning in Newark. Medication was administered through an infusion pump as William remained on the job.

Licking Memorial Health Professionals Oncologist Kaye Linke, M.D., has treated William during his bout with colon cancer and has seen him for follow-up care. “She’s wonderful,” he said. “I just can’t say enough good things

about her.” William also is complimentary of the nurses in the Oncology Department at LMH. “I give credit to the nurses on the unit,” he said. “That is a hard job – administering chemotherapy. I’m one of the more fortunate ones, because I’m still around to talk about it.”

William is known for sharing encouraging words and hugs with his health care providers – especially the oncology nurses and Dr. Linke. “I try to keep their morale up because it’s a tough job,” William said. He wants Licking County residents to know that high-quality cancer care is available from compassionate individuals at Licking Memorial. “This cancer is bad news. If I can help just one person, I’m all for it,” he said.

## Dr. Stallworth Joins LMHP Urology



William A. Stallworth, M.D.

Licking Memorial Health Professionals is pleased to announce the addition of Urologist William A. Stallworth, M.D., to its practice. Dr. Stallworth received his Bachelor of Science degree in Biology from Aurora College in Aurora, Illinois. He received his Medical Degree at the University of Illinois College of Medicine in Chicago, Illinois, and completed a Surgery internship at Cook County Hospital in

Chicago. He also completed a residency in Urology at the University of Chicago.

Dr. Stallworth is board certified in Urology. He sees patients at Licking Memorial Urology, located at 1272 W. Main Street, Building 6, in Newark. Appointments can be made by calling (740) 348-1750.

pleted a Surgery internship at Cook County Hospital in

## Volunteer Spotlight: Katelyn Henderson



Katelyn Henderson

When Katelyn Henderson delivers a floral bouquet with a smile to a patient at Licking Memorial Hospital (LMH), she finds that she usually receives a smile in return. “They’re pretty nice to you when you bring them flowers or newspapers,” Katelyn noted. “I like chatting with the patients and getting to know new people.” Her red-and-white striped apron

identifies her as a Volunteer. Katelyn said that she often gets a reaction from patients or visitors who used to wear similar uniforms as candystripers. “They’ll come up to me and say, ‘Oh, I didn’t know they still had candystripers, I used to be one when I was younger!’”

At 15 years old, Katelyn is learning some valuable people

and business skills as an LMH Volunteer. She began volunteering at the end of her freshman year at River View High School. Although she has performed in various capacities at the Hospital, she said her favorite place to work is the Gastroenterology (GI) Lab on the first floor. “I like working in the GI Lab. Sometimes I bring the patients a glass of water, or take them to the lobby in a wheelchair. The patients talk to you while they are waiting on a car to pick them up – they’re really friendly,” she said.

Katelyn had experience as a babysitter before coming to LMH, but the volunteering has given her an opportunity to work in an adult atmosphere. In fact, she has been able to advise her mother, Kristin, who recently began working in Radiology Registration. “My mom stays pretty

much in the Radiology area for most of the day, but I get to go all around the Hospital," she said. "So once in a while, if she doesn't know where something is, I can tell her. That's pretty cool!"

The Volunteer experience at LMH may have shaped Katelyn's future career path. "I started volunteering here to see how the Hospital is, and to keep me busy over the summer. Now I want to be a radiologist or a nurse. I had an idea before that I might like one of those, but being a Volunteer has made me even more interested," she explained. To prepare for a career in health care, Katelyn is taking college preparatory classes in high school, and is considering an out-of-state college after graduation.

At home with her family: mom, Kristin; dad, Jerry; and brother, Jared; Katelyn fills her days with competitive cheerleading, listening to country music, swimming, hanging out with her friends and playing with her Jack Russell dog, named Maggie. One of her dreams is to someday take a vacation to Panama City Beach in the Florida panhandle.



Volunteer Katelyn Henderson's smile welcomes patients at LMH.

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

## Retiree Spotlight: Ruth Hottinger



Ruth Hottinger

Licking Memorial Hospital (LMH) retiree Ruth Hottinger now has more time to focus on efforts at Heath Church of Christ. "That's my top priority: I love serving the Lord," the Newark resident said. She retired from LMH in August 2006 and has since become more active in her church. "I love the church and its people," she said.

Ruth worked for the Hospital from shortly after high school graduation until she reached retirement age. "My career began as a nurse's aide on 4-North in August 1966 just after I graduated from high school," Ruth said. She later transferred to Medical Records because of a medical condition and worked there for 27 years. "Working for LMH was the best decision I made when it came to finding a rewarding job. All my life, I had a deep love for people, and it was a great reward to help others to help themselves. I have a deep compassion for cancer patients and those who have had strokes," Ruth noted.

While employed at LMH, Ruth met Paul, now her husband of 39 years. "We met while I was working my shift

and he was a visitor," she noted. "He wanted to date me, and one year later, we were married." Paul retired after 25 years of service with Tamarack Dairy Farms in Newark. "After I retired, Paul and I were able to go out West for two weeks, covering seven states," Ruth said.

In addition to enjoying an occasional trip and being active in her church, Ruth likes taking walks with Paul, reading books – especially those written by author Max Lucado, and spending time with granddaughter, Sasha Breann, who will be 2 years old in November. A second grandchild is due in January. Parents of the grandchildren are Ruth and Paul's son, Timothy, and his wife, Krista, who reside in Newark.

Ruth gets together with former coworkers during LMHS-sponsored retiree gatherings. She also was pleased to see a number of familiar faces when she toured the recently-opened John & Mary Alford Pavilion during a Community Open House in July. "I loved my job and the staff, doctors and patients," Ruth said. "LMH was not just a job; my coworkers all became like a family to me, and I will forever be grateful."

# Employee Spotlight: Jeshuah Folden



Jesh Folden

Many of the ads, brochures, flyers, newsletters and other printed materials that promote Licking Memorial Health Systems (LMHS) have been designed by Public Relations Specialist Jeshuah (Jesh) Folden. As a graphics designer, Jesh mixes text and photos into a smooth, polished format. He then works with the Print Shop at Licking Memorial

Hospital (LMH), or a contracted outside printer, to ensure the final publication has a clean, professional look.

Jeshuah (a name his grandmother took from the Bible) first joined LMH in 2004. He was previously employed at an advertising agency. “What I like about the Health Systems is that the work I do is appreciated, and I know it’s going to really help someone,” Jesh said. “Whether it’s an ad I’m designing, a billboard, or a brochure, we’re putting information out there that will touch someone, and can help in some way. I like knowing that I can help to benefit somebody’s health.”

Jesh is a member of the PRIDE Steering Committee at LMHS. PRIDE, which stands for Providing Resources in Dedicated Employees, provides a way for LMHS employees to give back to the Health Systems through regular payroll deductions. As part of the steering committee, Jesh has been helping to recruit support for a new donation campaign. He devoted countless hours to the recent LMHS PRIDE Idol Week, which featured dozens of talented (or at least entertaining) employee acts to kick off the campaign.

A Zanesville High School graduate, Jesh also attended the Columbus College of Art & Design, where he graduated with a Bachelor of Fine Arts with a major in

Advertising and Graphic Design. At LMH, he has helped to create consistent corporate branding that is easily identifiable to the public. “One of the first things I did when I came to the Hospital was to work with Veronica Link, Vice President of Development and Public Relations, in creating branding to establish consistency in the way our logo is used, such as with the Health Systems, Hospital, or the Health Professional offices. Other projects that I’m really proud of are the designs of our Annual Report and Community Connection.”

Jesh lives in Dresden with his wife, Jennifer, and their two children, 4-year-old Garrett and 2-year-old Elle. When Elle was born at Licking Memorial Hospital in 2004, Jesh had an opportunity to see for himself what the Hospital’s quality of care is like. “My daughter was delivered by Dr. Testa,” he said. “I was really pleased with how the staff took care of my baby girl and my wife, Jenn. They made us feel really comfortable, and we received excellent care. It felt like they catered to us. It made me feel proud to see how good the quality of care was.”

At work, Jesh is a member of PRIDE. He received a Licking Memorial MVP award in 2006 for his consistent demonstration of organization values – such as communication, attitude, respect and excellence. During his spare time, he enjoys spending time with his family, and outdoor activities, such as fishing and exercising. He also enjoys coaching his son in soccer and tee-ball.

***Licking Memorial Health Systems is a major employer in Licking County with a staff of more than 1,400 employees. To learn more about job opportunities in the Health Systems, visit the Web site at [www.LMHealth.org](http://www.LMHealth.org) and click on the Careers tab.***

# Burkhart Becomes Manager at LMH



Heather Burkhardt,  
R.N.

Licking Memorial Hospital (LMH) is pleased to announce Heather Burkhardt, R.N., has been promoted to Patient Care Manager of the 4-North and 4-South areas, which provide general inpatient care. She first began working at LMH in 2000 as a staff nurse in the 4-North and 4-South areas.

Heather was born in Coshocton, Ohio, and graduated from Loudonville High School in Loudonville, Ohio. She graduated from the Mansfield General Hospital School of Nursing in 1997.

Heather maintains a membership in the Academy of Medical-Surgical Nurses. She resides in Frazeytsburg, along with her husband, Keith, and their two children, 3-year-old Drew, and 1-year-old Kate.

# Holtz Takes on New Role at LMH



Julia Holtz

Licking Memorial Hospital (LMH) is pleased to announce Julia Holtz has been named Manager of the Emergency Department (ED) in the John & Mary Alford Pavilion. With 10 years of previously working in an emergency room, her experience has helped to facilitate the ED's transition into the new Pavilion.

Julia graduated from Licking Valley High School and earned an Associate's degree in Nursing at Ohio

University – Zanesville. She joined Licking Memorial Health Professionals in 1999 and worked as a charge nurse in various LMHP offices. Julia most recently managed the GI Endoscopy Lab and the Special Procedure Areas at LMH where she worked with her teams to initiate the implementation for Pyxis Supply Technologies and was a team leader during the ISO certification process at LMH in 2005.

Julia lives in the Hanover area with Jon, her husband of 18 years. They have two children, 7-year-old Gage, and 4-year-old Mikayla.

# Wallis Is Promoted at LMH



Greg Wallis, R.N.,  
C.N.O.R.

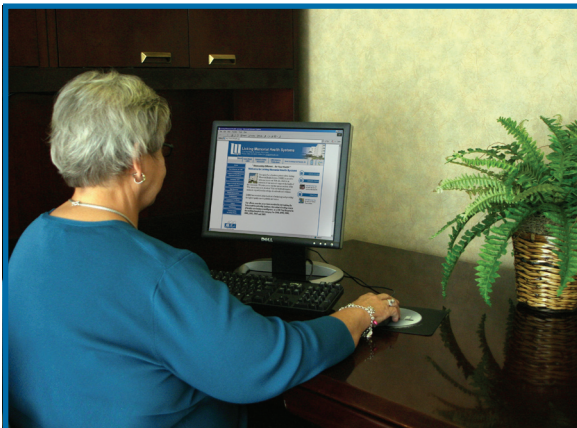
Licking Memorial Hospital (LMH) is pleased to announce that Gregory (Greg) Wallis, R.N., C.N.O.R., has been promoted to Patient Care Manager. Greg first began working at Licking Memorial Health Systems (LMHS) as a patient care technician at Shepherd Hill in 1997. With the Hospital's surgical services expanding in the new John & Mary

Alford Pavilion, Greg's promotion will ensure continuity of patient care.

Originally from Upper Marlboro, Maryland, Greg graduated from Liberty Union High School in Baltimore, Ohio, in 1995. He earned his registered nurse degree from Central Ohio Technical College in 2002, and is currently working toward a Bachelor of Science in Nursing degree at The Ohio State University. He is a

member of the Association of Operating Room Nurses, the Ohio Organization of Nurse Executives and Licking Memorial Health Systems' PRIDE (Providing Resources in Dedicated Employees).

Greg lives in Newark with his wife, Carrie, and their two daughters, 4-year-old Brooklyn, and 1-year-old Avery. He is a member of Walnut Creek Baptist Church in Baltimore, and volunteers with the Upwards basketball program in Newark. In his spare time, he enjoys golfing, playing softball, traveling and spending time with his family.



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# Administrative Spotlight: Barb Chapman, R.N.



Barbara Chapman,  
R.N.

A family connection led Barb Chapman, R.N., to seek employment at Licking Memorial Hospital (LMH). The exemplary level of service provided here has kept her at LMH for 37 years. “My aunt, Sandy Citrone, worked in the Emergency Department here while I was in nursing school,” Barb said. “She encouraged me to apply, telling me that Licking

Memorial had good equipment and gave quality care. Those same basic standards have continued and, therefore, I have remained. Over the years, we have set the standard of care even before it became required in our industry.”

Barb currently is the LMH Surgical Services Patient Care Manager of Preop and Postop Care. She joined the Hospital in July 1970 as a graduate nurse and has worked in the Psychiatric Diagnostic Rehabilitation, Pediatrics, Intensive Care, Coronary Care, and Medical Surgical units. “I have worked with outpatient surgery patients since 1982, and I enjoy working in this area,” Barb noted.

At LMH, she has served on the Charter Committee for the Nursing Continuing Education Committee, the first nursing Quality Assurance Committee, the Nursing Policy Committee and Ambulatory and Surgical Suite committees. “My biggest accomplishment at the Hospital has been managing a department with an exceptional customer service and quality-care record,” Barb said. “I am proud of my staff and the level of care they provide every day.”

She was excited to watch the John & Mary Alford Pavilion project progress and looks forward to seeing high-level patient care continued in the new facility. The \$40 million new home of the LMH surgical and emergency departments opened this past summer. “The technological advances available in the Pavilion are outstanding,” Barb said. “Patients and their families also are thrilled with the soothing, comfortable environment that has a strong focus on patient privacy.”

Barb holds a Nursing diploma from Good Samaritan Medical Center in Zanesville, Ohio, and is certified in Pediatric Advanced Life Support. She is working on renewing her certification in Advanced Cardiac Life Support and is seeking certification in Ambulatory Nursing.

Barb attends Marne United Methodist Church and is a member of the American Society of Perianesthesia Nurses, the Ohio Perianesthesia Nurses Association and the Central Ohio Perianesthesia Nurses Association. Her hobbies include reading, working outside and spending time with her husband, Greg, and their “wild” boxer puppy, Bear.



**Licking Memorial  
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## Employment Applications Now Completed Online!

If you are interested in joining the LMHS team, check out our Web site to see the latest opportunities.

Visit [www.LMHealth.org](http://www.LMHealth.org) and click the “Careers” tab.

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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)

## Breast Cancer Education and Screening

Date: Wednesday, October 10  
Time: 6:00 p.m.  
Location: LMH Conference Rooms A and B, First Floor  
Speaker: Larry Pasley, M.D., Licking Memorial Surgical Services  
Registration is required. Please call (740) 348-1434.

## Dining with Diabetes

Date: October 23, 25 and 30  
Time: 5:30 to 7:30 p.m.  
Location: LMH Conference Rooms A and B, First Floor  
Speaker: AnnMarie Thacker, R.D., C.D.E. & Shari L. Gallup, M.S., C.F.L.E.  
Registration is required. Cost \$10 for seniors; \$20 for others.

## 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).

## 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.



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

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**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.

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