



# Community Connection

## Licking Memorial Health Systems

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



Volume 3, Issue 2

February 2006

Measurably Different ... for Your Health!

## The Heart Truth – A Red Dress Event



The Red Dress is the national symbol for women and heart disease awareness. The pin above is a sample of the pin you will receive at “The Heart Truth” event.

Thursday, February 2  
6:00 p.m.

Licking Memorial Hospital

Speakers: Bryce Morrice, M.D., Cardiologist, and Terry McConnell, R.N., Cardiology Department

The Red Dress is the national symbol for women and heart disease awareness. It is a red alert that heart disease is the number 1 killer of women – and an urgent reminder to every woman to care for her heart. The Red Dress is the centerpiece of The Heart Truth, a national awareness campaign that warns women about heart disease.

Women and their friends are invited to attend this education program and receive a red dress pin to wear on Friday, February 3, National Wear Red Day. Bryce Morrice, M.D., Medical Director of

Cardiology at Licking Memorial Hospital (LMH) will present information regarding research in women and cardiovascular risks. Learn how to lower your risk of developing cardiovascular problems in the future.

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## Cardiac Rehabilitation Dinner Honors Program Participants

The Licking Memorial Hospital (LMH) Cardiology Department held its annual Cardiac Rehabilitation Dinner on December 1, 2005, for individuals who participate in cardiac rehabilitation. Individuals who completed their first year with the program were honored following the dinner.

The evening’s theme was a Western Hoedown, which included line dancing by the staff as part of the entertainment. The evening’s festivities concluded with a slide show providing highlights from the past year featuring patients and staff. Each year, the



Debra Heldman, M.D., Cardiologist at Licking Memorial Hospital presents information to guests of the annual Cardiac Rehabilitation Dinner.

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See Pages 6, 7 and 8 for the Community Report Card Featuring Heart Care.

### Heart Smart



The American Heart Association encourages Americans to incorporate the ABCs, which are defined above, into lifestyles to combat heart disease and stroke.

Coronary heart disease and stroke are the number 1 and number 3 killers of Americans. One reason is a lack of commitment to a heart-healthy lifestyle. Your lifestyle is your best defense against heart disease and stroke; it’s also your responsibility. The American Heart Association encourages Americans to incorporate the ABCs into lifestyles to combat heart disease and stroke. **A**void tobacco products; **B**e more active; and **C**hoose good nutrition. By following these three simple steps, you can reduce all of the modifiable risk factors for heart disease, heart attack and stroke. Ways

(continued on page 2)

## The Heart Truth – A Red Dress Event (continued from front)

Information will be presented by Terry McConnell, R.N., Cardiology Department at LMH, on how to start an exercise program. Be with us when we celebrate the power of women and present the 2006 “Love Your Heart” quilt dedicated to women everywhere. A red dress style show will be featured, and hors d’oeuvres will be served.

Pre-registration is required and space is limited to the first 150 registrants. There is no charge for the program. To register or for further information, call (740) 348-1572.

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## Cardiac Rehabilitation Dinner Enjoyed by All (continued from front)

Cardiology Department staff serves dinner to the patients and presents them with a unique Christmas ornament.

Cardiac Rehabilitation is a medically supervised program of exercise and education that helps patients return to and lead a healthy life after a cardiac event. The more patients know about heart disease, the more they can contribute to favorable outcomes of treatment.

These medically supervised programs of exercise and education helps patients increase endurance, strength and flexibility while reducing the risk of another heart attack. “We meet with patients and develop an individually tailored education and exercise program based on their medical history and cardiovascular needs,” said Patty Merrick, C.R.N.P., Cardiac Registered Nurse Practitioner.

Cardiovascular disease affects more than 50 million Americans. LMH is committed to providing quality heart care ... a heartbeat from home! For more information about the LMH Cardiac Rehabilitation Program, call (740) 348-4176.



The cardiopulmonary team entertains the guests at the annual Cardiac Rehabilitation Dinner.

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## Heart Smart (continued from front)

to control these risk factors that can be modified or controlled include:

Stop smoking. If you smoke, quit. If someone in your household smokes, encourage him or her to quit. We know it’s tough. But it’s tougher to recover from a heart attack or stroke than to live with chronic heart disease. Commit to quit.

**Reduce blood cholesterol.** Fat lodged in your arteries is a disaster waiting to happen. Sooner or later it could trigger a heart attack or stroke. You’ve got to reduce your intake of saturated and trans fat and get moving. If diet and exercise alone don’t get those numbers down, then medication is the key. Take it just like the doctor orders.

Learn Your Cholesterol Numbers  
Total Cholesterol Goal – Less than 200 mg/dL

LDL (bad) Cholesterol – LDL cholesterol goals vary.  
Low risk for heart disease – Less than 160 mg/dL  
Intermediate risk for heart disease – Less than 130 mg/dL  
High risk for heart disease including those with heart disease or diabetes – Less than 100mg/dL or in some patients – less than 70 mg/dL  
HDL (good) Cholesterol – 40 mg/dL or higher for men and 50 mg/dL or higher for women  
Triglycerides – Less than 150 mg/dL

**Lower high blood pressure.** It’s the single largest risk factor for stroke. Stroke is the number 3 killer and one of the leading causes of disability in the United States. Stroke recovery is difficult at best and may leave you disabled for life. Shake that salt habit; take any medication the doctor recommends exactly as prescribed, and get moving. Those numbers need to get down and stay down. Your goal is less than 120/80 mmHg.

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# Cardiac Rehab Support Group Caring for Your Heart



Judy Lieber is a member and organizer of the Licking Memorial Hospital Cardiac Rehab Support Group.

Judy Lieber resurrected a cardiac rehab support group at Licking Memorial Hospital (LMH) in 2001 out of the personal need for support. Judy had an episode with her heart in July 2001 which required bypass surgery. For follow-up care to her surgery, she began cardiac rehabilitation at LMH. "The staff at the Hospital have been phenomenal – they have been so supportive and helpful to me throughout my rehab," said Judy. Even with the support that she was getting from her family and the cardiac rehab team, Judy still felt the need to talk and connect with people who have been through the

same thing that she had been through. "I had heard there was once a support group, but it was no longer available. I decided to get a group going again looking for additional support for myself and with hopes of giving support to others," she said. Nancy Snow, R.N., Cardiology Department, Sandy Nolan of LMH Cardiology Department, and Nancy Molnar were instrumental in starting and encouraging the support group.

The LMH Cardiac Support Groups meets on the third Wednesday of each month. At the meetings, there are various educational speakers and opportunities for the members. "We have all become like a little family, checking up on each other, making sure that the other members are doing well," Judy stated. The group also participates in other social get-togethers like their annual summer corn roast and a Thanksgiving bash. "We started out with 10 members of the group, and at our 2005 Thanksgiving bash there were 45 members," continued Judy.

"I am just so thankful for this group and the Hospital staff, from the bottom of my heart, for all the support that they have given me. I hope that I am able to give back support to someone else in need," said Judy. If you attend cardiac rehab at LMH and would like to sign up for the support group, see the sign-up/information sheet posted on the door of the rehab facility for the next meeting time and location.

## American Family Insurance Agents Donate DVD Player

After American Family Insurance agent Adam Diller read in Community Connection about many of the community projects that Licking Memorial Health Systems (LMHS) supports, he approached co-worker Lisa Thorpe to discuss how their Heath, Ohio, office could become involved as well. "We wanted to do something to help the Hospital," Adam explained. "We could tell you've done a lot in the community."

With a quick phone call, LMHS Vice President of Development and Public Relations Veronica Link was able to offer suggestions for charitable donations. Adam and Lisa enthusiastically agreed to donate a DVD player and a collection of DVDs that will be used in the waiting area of Kids' Place at Licking Memorial Hospital (LMH).

Kids' Place, which provides comprehensive, multi-disciplinary evaluations of children who are suspected victims of child abuse, was established in 1999 and



American Family Insurance agents Adam Diller and Lisa Thorpe recently met with LMH Vice President of Patient Care Debbie Young to donate a DVD player.

coordinates local resources to improve the identification, investigation and prosecution of child abuse in Licking County. Although the evaluations are conducted in a secure, compassionate setting, the ability to offer children the comfort of an entertaining video will help to provide some normalcy to a stressful situation, according to Debbie Young, LMH Vice President of Patient Care. "Siblings and family members often arrive at the Kids' Place with the victim. The DVD player and great DVD selections that American Family Insurance provided will offer a positive diversion for the victim and

family members during the interview process. For instance, there are times the Kids' Place team members would interview the parents for a period of time and not include the child during that phase of the process. A team member would sit with the victim in the conference room and provide coloring books, kids' magazines and toys. Now they will also have DVDs to play." Debbie said.

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# Development Council Spotlight: Donald Hill



Donald Hill

During his seven terms as a Licking County Commissioner, Donald “Don” Hill had numerous opportunities to be involved with the growth of Licking Memorial Hospital (LMH). “As a commissioner, I signed contracts with the Hospital commission and reviewed planning proposals,” Don said. “I enjoyed it very much, and I’ve always had an interest in the Hospital.” He served as a Licking County commissioner from 1969 to 1997.

When he was asked to join the LMH Development Council near the end of his Commission service, Don said he didn’t hesitate to accept the invitation. “I like being part of the public that is involved with helping support the Hospital,” he said. “Licking Memorial Hospital is a community organization that provides an umbrella of health care for all of Licking County. As a member of the Development Council, I want to help ensure that there is adequate health care for all residents. My main concern is to make sure we provide the appropriate means of health care and proper staffing to serve all of Licking County.”

In addition to the LMH Development Council, Don serves on the Board of Directors of the Licking County Aging Program, and he is a past President of the County Commissioners’ Association of Ohio.

The Granville High School graduate has numerous relatives living throughout Licking County. “Because I have a large family in Licking County, I’m not only concerned about health services for today,” Don said. “I’m focused on the future, too.” He is proud of the fact that Licking Memorial Health Professionals physician offices are located not only throughout Newark, but also in Pataskala, Heath, Hebron, Granville, Johnstown, Utica and Hanover. “All of these sites provide health care for people who need it,” he said. “They provide a good service.”

Don encourages more Licking County residents to become actively involved with the LMH Development

Council. “I urge anyone who is asked to serve on the Development Council to do so,” he said. “Or, if you have the desire to serve on the Council, make yourself known.” To learn more about the LMH Development Council, call (740) 348-4102.

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# Retiree Spotlight: Lewis Huston



Lewis Huston

Lewis Huston retired as Licking Memorial Hospital (LMH) Director of Pharmacy in 1991 after serving 28 years in the position. “I was the very first pharmacist on staff at the Hospital,” he said proudly.

The active member of the Heath (Ohio) Church of Christ has fond memories of his years at LMH. “I remember the compassion of the Hospital staff and

how we were able to supply medications to help many people,” he said. Lewis occasionally gets together with former co-workers to recall old times and catch up on each other’s lives.

He and his wife, Elizabeth Rose, enjoy spending time with their six children, 15 grandchildren and nine great-grandchildren. They also like traveling – primarily by bus or car – to such places as Michigan, the Carolinas, Virginia and Florida.

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“We kind of made it a fun lighthouse trip,” Lewis said of a recent vacation. The loft of their condo contains more than 30 framed photographs of lighthouses they’ve

viewed. “We have to have seen a lighthouse in person for its photo to be included in our display,” he noted. “Most of our photos were taken in Michigan.”

## Physician Spotlight: Bryce Morrice, M.D.



Bryce I.  
Morrice, M.D.

Bryce I. Morrice, M.D., has been a member of the Licking Memorial Hospital (LMH) Active Medical Staff since June 1983. Currently, he serves as Director of Cardiology for LMH.

Dr. Morrice was recruited from California by his father, George Morrice, M.D., to join his practice in Newark. (The late George Morrice was instru-

mental in establishing cardiology services at the Hospital and served as an Active and Honorary Medical Staff Member.) “During our first winter here for my wife, daughter and me, there was a blizzard and our power went out. When I got home from work, my wife said to me, ‘We could be in Santa Barbara right now!’ But, I am happy with my choice,” said Dr. Morrice. The choice to move to Newark from Los Angeles was made with ease. “My wife was originally from Newark and has family here. Although, we were both very happy in Los Angeles, after the birth of our first daughter, we starting thinking more in terms of family and schools rather than tacos and sushi,” he said. Dr. Morrice was born in Detroit, Michigan, and raised in Columbus, Ohio.

Dr. Morrice is board certified in cardiovascular medicine as well as internal medicine. He received his Medical Degree from the University of Cincinnati (Ohio) and his

undergraduate degree from Antioch College in Yellow Springs, Ohio, where he received a Bachelor of Science in chemistry. He completed his internship and residency in Internal Medicine at the Cedars-Sinai Medical Center and his Cardiology Fellowship at the Wadsworth VA Medical Center, both located in Los Angeles.

Dr. Morrice is a member of many professional national, state and local associations, such as: American College of Physicians, American College of Cardiology, American Medical Association, Ohio State Medical Association, Licking County Medical Society and Newark Rotary, just to name a few. He also served as medical director of the Newark Emergency Medical Services Board for nearly 15 years. Dr. Morrice is also involved in Hospital committees, such as Critical Care Unit Committee and the LMH Hospital Health Plan Board. He has published several articles in the New England Journal of Medicine, including: “An International Randomized Trial Comparing Four Thrombolytic Strategies for Acute Myocardial Infarction” and “A Comparison of Recombinant Hirudin with Heparin for Acute Myocardial Infarction”.

Dr. Morrice is married and has three children.

## Ask-a-Doc: Bryce Morrice, M.D.

**Question:** My cholesterol is high. Should I worry about heart disease?

**Answer:** Cardiovascular disease is America’s number 1 killer. When you consider that many risk factors for heart disease, heart attack and stroke can be changed and controlled by making healthier lifestyle choices, you can understand why you should care if you have one or more risk factors.

A high level of cholesterol in the blood is one of the risk factors that you can change or control. The information in this article will help you to understand cholesterol and why you should care about your cholesterol numbers.

If your total cholesterol level is 240 mg/dL or more, it’s definitely high. You have a higher risk of heart attack and stroke. In fact, you should have your LDL and HDL cholesterol tested. Ask your doctor for advice. Close to

20 percent of the U.S. population has high blood cholesterol levels.

### **Borderline-high risk**

People whose total cholesterol is 200 to 239 mg/dL have borderline-high cholesterol. About a third of American adults are in this group, while almost half of adults have total cholesterol levels below 200 mg/dL. In fact, people who have a total cholesterol of 240 mg/dL have twice the risk of coronary heart disease as people whose cholesterol level is 200 mg/dL.

### **Have your total and HDL cholesterol rechecked in one to two years if:**

Your total cholesterol is in the high range;  
Your HDL is less than 40 mg/dL; or  
You have other risk factors for heart disease.



# Community Report Card

## Licking Memorial Health Systems

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## Heart Care ... a community report on patient care quality.

### HEALTH FACTS

#### Typical Heart Attack Warning Signs

Some heart attacks are sudden and intense – the “movie heart attack,” where no one doubts what’s happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren’t sure what’s wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath. May occur with or without chest discomfort.
- Other signs. These may include breaking out in a cold sweat, nausea or lightheadedness.

Women, diabetics and the elderly may present atypical signs or symptoms of a heart attack – be sure to speak with your primary care physician about your risk.

## Patient Feature: Phyllis Browns Heart Care

Phyllis Brown has always been very active. She stays busy with her grandchildren; she enjoys gardening, crocheting, reading and visiting friends. “During this past summer, I could begin to feel myself going downhill,” said Phyllis. Throughout the summer, it became increasingly difficult for Phyllis to catch her breath. In September, she began experiencing additional edema symptoms (an abnormal accumulation of fluid in body tissues, common in the legs, ankles and lungs of people with heart failure) for which she wears compression hose to aid in treatment. “This time it (edema) was severe, and I was very tired and short of breath,” said Phyllis. As the month progressed, so did Phyllis’ misery, as she referred to it. She began experiencing a dull, burning sensation in her chest followed by sharp pain in her back. “I woke up one night, and couldn’t catch my breath. I panicked and called my son, and he took me to Licking Memorial Hospital (LMH),” said Phyllis. Phyllis had a heart attack, heart failure and had developed kidney problems.

She spent three days at LMH. “I was not a candidate for angioplasty or bypass surgery, so I started cardiac rehabilitation for my follow-up care,” said Phyllis. In cardiac rehabilitation, Phyllis goes to the Hospital every Monday, Wednesday and Friday, where she exercises on the treadmill, stationary bike and arm machines. “Cardiac rehabilitation is great for patients for many reasons – including socialization, exercise and education. The socialization aspect exposes the patients to people who have had similar heart experiences. Exercising helps them to regain strength and endurance. It introduces



Phyllis Brown begins to warm up for a cardiac rehabilitation session with Nancy Snow, R.N., of Cardiac Rehabilitation.

those patients who have never exercised to an exercise program. For patients who have exercised in the past, cardiac rehabilitation gets them back into exercising. And, it is educational. We teach about smoking cessation and high blood pressure,” said Nancy Snow, R.N., of Cardiac Rehabilitation at LMH.

“My care while I was in the Hospital and during cardiac rehabilitation has been great,” said Phyllis. Now that Phyllis is back on her feet, she is able to get back to doing the hobbies she loves and spending time with her five sons, seven grandchildren and three great-grandchildren.

# Heart Care: How Do We Compare?

At Licking Memorial Hospital, 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** The first step in heart attack treatment is to confirm that the patient is truly experiencing the symptoms of an attack. An electrocardiogram, or EKG, measures the electrical activity of the heart and can determine if a heart attack is occurring.

	LMH 2003	LMH 2004	LMH 1/05-10/05	National Standard <sup>1</sup>
Median time to EKG	11 Minutes	9 Minutes	8 Minutes	less than 10 Minutes

- 2** Thrombolytic, or “clot-busting,” medications can stop a heart attack in progress, which helps prevent heart damage and saves lives. Therefore, the sooner a patient arrives at the hospital and receives the drug, the more effective the treatment will be.

	LMH 2003	LMH 2004	LMH 1/05-10/05	National Standard <sup>1</sup>
Median time to drug	16 Minutes	26 Minutes	30 Minutes	less than 30 Minutes

- 3** LMH’s cardiac catheterization lab performs low-risk diagnostic testing on patients suspected of having blockage in their arteries. A measure of quality during the procedure is the rate of unexpected events.

	LMH 2003	LMH 2004	LMH 1/05-10/05	State Benchmark <sup>2</sup>
Unexpected Event Mortality	0%	0%	0.97% <sup>(4)</sup>	0.10%
Heart attack	0%	0%	0%	0.03%
Cardiac arrest	0%	0%	0%	0.10%
Stroke	0%	0%	0%	0.01%
Vascular complications	0%	0%	0%	0.23%

- 4** Cardiac rehabilitation programs aid people who have experienced heart attacks. LMH’s program provides medical oversight and heart monitoring for individuals as they exercise and strengthen their hearts. LMH also measures participants’ progress in improving certain indicators of heart health.

	LMH 2003	LMH 2004	LMH 1/05-10/05	LMH Goal
Health Indicator				
% Who stopped smoking	64%	77%	83%	greater than 75%
% Who improved weight	48%	74%	51%	greater than 75%
% Who increased exercise time	100%	100%	97%	100%

- 5** During a heart attack, the heart tries to compensate for its weakened pumping action by beating faster, which puts more strain on it. Beta blockers reduce the heart’s tendency to beat faster. Additionally, aspirin has been shown to prevent further blood clotting in heart attack patients.

	LMH 2003	LMH 2004	LMH 1/05-10/05	National Benchmark <sup>3</sup>
Aspirin within 24 hours of patient arrival	97%	95%	90%	96%
Aspirin at hospital discharge	94%	95%	96%	96%
Beta Blocker within 24 hours of patient arrival	95%	93%	91%	94%
Beta blocker at hospital discharge	94%	98%	100%	95%

## Heart Care: How Do We Compare? (continued from page 7)

- 6** ACE inhibitors reduce the risk for mortality in patients with LVSD after heart attack. LVSD refers to the reduced squeezing ability of the left ventricle that can occur after heart attack. Additionally, the likelihood of the patients having another heart attack can be reduced if an ACE is administered.

	LMH 2003	LMH 2004	LMH 1/05-10/05	National Benchmark <sup>3</sup>
ACE at discharge for LVSD	89%	93%	100%	85%

- 7** As part of its quality program, LMH measures mortality rate for specific illnesses.

	LMH 2003	LMH 2004	LMH 1/05-10/05	National Benchmark <sup>3</sup>
Heart attack	11.1%	13.6%	11.4%	7.8%

### Data Footnotes:

- (1) ACC/AHA Guidelines for the Management of Patients with Acute Myocardial Infarction, 1999.
- (2) Ohio Department of Health, Adult Cardiac Catheterization Reports using 2002 Ohio data for low risk laboratories.
- (3) Comparative data from second quarter 2005 from the MIDAS clinical database.
- (4) Percent reflects one patient of 103 tests.

## Frequently Asked Questions About Heart Disease

Heart disease is the number 1 killer of Americans. Exercising at least 30 to 60 minutes at least three times a week can help reduce your risk of heart disease. The following are some frequently asked questions about ways your risk of heart disease can be reduced by exercise.

**Q:** What is one major risk factor for heart disease and other health problems?

**A:** Physical inactivity. Studies have shown that regular physical activity reduces the risk of heart disease. Regular activity may also reduce the risk of some kinds of embolic strokes, which are caused by blood clots.

**Q:** Can moderate to low-intensity activity bring benefits?

**A:** Most definitely. When done for as little as 30 minutes a day, activities such as pleasure walking, climbing stairs, gardening, yard work, moderate to heavy housework, dancing and home exercise have been shown to be beneficial. If you are inactive, doing anything is better than nothing!

**Q:** What type of activity is best for improving the fitness of your heart and lungs?

**A:** More vigorous aerobic activities such as brisk walking, running, swimming, bicycling, roller-skating, and jumping rope – done on most days of the week for 30 to 60 minutes – are best.

**Q:** What percentage of American adults gets enough exercise to achieve cardiovascular fitness?

**A:** Overall 61.4 percent of adults age 18 and older engage in at least some leisure-time physical activity.

**Q:** If I exercise, will I prevent heart disease?

**A:** Physical inactivity, along with cigarette smoking, obesity, diabetes, high blood pressure and high blood

cholesterol, is one of the major modifiable risk factors for heart attack. There is no guarantee that you will not get heart disease, however, your chances of heart disease developing are less if you avoid the risk factors.

**Q:** I have been inactive for years. Shouldn't I see a doctor before I start becoming physically active?

**A:** People middle-aged or older who are inactive and at high risk for heart disease or who already have a medical condition should seek medical advice before they start or significantly increase their physical activity. Most apparently healthy people of any age can safely engage in moderate levels of physical activity (e.g. moderate walking, gardening, yard work).

**Q:** How much physical activity is enough?

**A:** Again, doing anything is better than nothing. Studies show that people who have a low fitness level are much more likely to die early than people who have achieved even a moderate level of fitness. If you want to exceed a moderate level of fitness, you need to exercise three or four times a week for 30 to 60 minutes at 50 to 80 percent of your maximum capacity (the ability to participate in a rigorous exercise for a sustained period of time).

**Q:** Is physical activity safe?

**A:** The potential health benefits of physical activity greatly outweigh the risks, although there is a very slight increased risk of death due to heart attack during vigorous physical activity. Consult your doctor first if you have any concerns, have been sedentary, are overweight, are middle-aged or older or have a medical condition.

**Q:** Do I need to do vigorous physical activity?

**A:** To achieve health benefits, no. Doing moderate-level

Frequently Asked Questions About Heart Disease (continued on page 9)

## Frequently Asked Questions About Heart Disease (continued from page 8)

activities often will help lower your health risks. If you want to attain a high level of cardiovascular fitness, you need to gradually work up to exercising at least three or four times a week for 30 to 60 minutes at 50 to 80 percent of your maximum capacity.

**Q:** Does physical activity counteract the harmful effects of other risk factors?

**A:** Studies show that being physically fit lowers heart disease risk even in people who have other health problems such as high blood pressure, obesity, and high blood cholesterol. To minimize risk, however, you should be physically fit and avoid the other major modifiable risk factors: cigarette smoke, obesity, diabetes, high blood pressure and high blood cholesterol.

**Q:** Do women get the same benefits from physical activity as men?

**A:** Most studies showing the positive effects of physical activity have been done with men. The few studies that have included women have indicated that women may benefit even more than men from being physically fit. Early indications show the reduced rates of death by heart disease are higher for women who are physically fit than for men.

Women who do not exercise regularly have twice the chance of dying from heart disease than women who do exercise, just as women who smoke double their chances of dying from heart disease over women who don't smoke. Women may live longer than men, but they don't necessarily live better. Elderly women who have not been physically active experience more disability in their daily function than women who have been active.

**Q:** I am a senior citizen. Is it too late for me to become physically active? Should I take special precautions?

**A:** More and more seniors are proving every day that they are not too old to become physically active. In fact, the older you are, the more you need regular physical activity. However, there are some special precautions you should take. If you have a family history of heart disease, check with your doctor first. Don't try to do too much too fast. Exercise at an intensity appropriate for you. Pick activities that are fun, that suit your needs and that you can do year-round. Wear comfortable clothing and footwear. Choose a well-lighted, safe place with a smooth, soft surface. Take more time to warm up and cool down before and after your workout. Stretch slowly. Don't rely on your sense of thirst; drink water on a fixed schedule.

**Q:** As a parent, how can I make sure that my children are physically fit?

**A:** Set a good example by practicing good heart healthy habits yourself. Limit sedentary activities such as television, movies, videos and computer games to no more than two hours a day. Plan active family outings and vacations. Assign household chores (mowing lawns, raking leaves, scrubbing floors, etc.) that require physical exertion. Observe what sports and activities appeal to your children, then encourage their development with lessons or by joining teams. If it is safe to walk or bike rather than drive, do so. Use stairs instead of elevators and escalators. Make sure that your children's physical activities at school or in daycare are adequate. When your children are bored, suggest something that gets them moving – play catch or build a snowman!

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## Ask-a-Doc: Bryce Morrice, M.D. (continued from page 5)

These simple suggestions can help you reduce your risk of heart attack and stroke:

- Have your blood cholesterol checked regularly. Take steps to lower it if it's high.
- Don't smoke. Smokers have more than twice the risk of heart attack as nonsmokers do. Even if you don't smoke, being exposed to tobacco smoke daily puts you at higher risk.

- Have your blood pressure checked regularly. Take steps to lower it if it's high.

- Be physically active. Try to get at least 30 minutes of physical activity on most or all days of the week.

One of the most important things that you need to do is talk to your primary care physician.

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## American Family Insurance Agents Donate DVD Player (continued from page 3)

“We wanted to give something that was needed – something that would be useful,” Lisa said. “It makes us feel so good to be able to help the children.”

Adam and Lisa said they intend to make another donation to LMH next year to benefit pediatric patients. Anyone who would like to learn more about charitable giving to LMH is welcome to call the Development Office at (740) 348-4101.

**Be physically active every day.** Research has shown that getting 30 to 60 minutes of physical activity on most days of the week can help lower blood pressure, lower cholesterol and keep your weight at a healthy level. But something IS better than nothing. If you're doing nothing now, start out slowly. Studies show that people who have achieved even a moderate level of fitness are much less likely to die early than those with a low fitness level.

**Aim for a healthy weight.** Obesity is an epidemic in America, not only for adults but also for children. Fad diets and supplements are not the answer. Good nutrition and physical activity are the only way to maintain a healthy weight. Obesity places you at risk for high cholesterol, high blood pressure and insulin resistance (a precursor of type 2 diabetes) – the very factors that heighten your risk of cardiovascular disease. Your Body Mass Index (BMI) will tell you if your weight is healthy. Talk to your primary care physician for more information.

**Manage diabetes.** Cardiovascular disease is the leading cause of diabetes-related deaths. People with diabetes are two to four times more likely to develop cardiovascular disease due to a variety of risk factors, including high blood pressure, high cholesterol, smoking, obesity and lack of physical activity.

**Reduce stress.** Some scientists have noted a relationship between coronary heart disease risk and stress in a person's life that may affect the risk factors for heart disease and stroke. For example, people under stress may overeat, start smoking or smoke more than they other-

wise would. Research has even shown that stress reaction in young adults predicts middle-age blood pressure risk.

**Limit alcohol.** Drinking too much alcohol can raise blood pressure, cause heart failure and lead to stroke. It can contribute to high triglycerides, produce irregular heartbeats and affect cancer and other diseases. It contributes to obesity, alcoholism, suicide and accidents. The risk of heart disease in people who drink moderate amounts of alcohol (an average of one drink for women or two drinks for men per day) is lower than in nondrinkers. However, it's not recommended that non-drinkers start using alcohol or that drinkers increase the amount they drink.

For more information about coronary heart disease, be sure to speak with your primary care physician or visit the Health Information link of the Licking Memorial Hospital Web site, [www.LMHealth.org](http://www.LMHealth.org). Speakers who may present about heart care are available through the Licking Memorial Health Systems Speaker's Bureau. Call (740) 348-1572 for more information.

## Volunteer Spotlight: John and Betty Yoak



Betty and John Yoak are Licking Memorial Hospital volunteers.

Together, John and Betty Yoak have volunteered more than 1,729 hours of service to Licking Memorial Hospital (LMH). "John has volunteered more than 784 hours and Betty has served more than 845 hours at LMH. We are so grateful to have their service to the Hospital," said Carol Barnes, Director of Volunteers, TWIGS and Events at Licking Memorial. John volunteers mainly in the Emergency Department and for Outpatient Surgical Services, as needed. "I enjoy volunteering at the Hospital because I like to get out and see people and help them," said John. Betty, who volunteers at the front desk, echoed his sentiment by saying, "Once we retired, we wanted something to do.

I really enjoy greeting people as they walk into the Hospital and help them find their way. You can always tell when there is a new dad or grandparent, because they walk by beaming and let me know about the baby," said Betty.

The Yoaks moved to Newark in 1963, when the Newark Air Force Base was built. John worked in the Air Force for 37 years and under private contract for an additional six years. Betty was Director of Purchasing at L.P.N. Health Care Facility in Newark. In their free time, Betty and John enjoy camping and boating. Betty also enjoys crafts and working with plastic canvas.

John and Betty have four children – three daughters and one son. They also have eight grandchildren.

# Management News

Congratulations to Licking Memorial Health Systems (LMHS) employees Anne Peterson and Dave Claypool.



Anne Peterson

Anne, LMHS Vice President of Human Resources, has overseen both the Human Resources and Education departments since the summer of 2003. She added Support Services to her areas of responsibility in early December 2005. Support Services includes Environmental Services, Food Service and Laundry. Anne joined LMHS in November 2001 as Director of Human Resources.



Dave Claypool

Dave, who is the Licking Memorial Hospital Controller, also assumed responsibility for the Purchasing Department in early December 2005. He has been with LMHS for 19 years and was named Manager of the Year in the spring of 2005.

## Administrative Spotlight: Marcia Fisher, R.N.C., B.S.N.



Marcia Fisher,  
R.N.C., B.S.N.

Marcia A. Fisher, R.N.C., B.S.N., is proud of the growth she has seen in Licking Memorial Hospital (LMH) maternity services over the past decade. “Our greatest accomplishment in recent years was the achievement of Level II Obstetric/Neonatal licensure granted by the Ohio Department of Health in 2003,” Marcia said. “This increase in licensure allows our team of highly skilled

physicians, nurses and ancillary staff to provide care to high-risk mothers and babies who previously may have been transferred to Columbus. The Maternity Services Department continues to develop new services and strengthen existing services to meet the changing needs of young families and children.”

Marcia has been Licking Memorial Health Systems (LMHS) Director of Maternal/Child since May 2003. She oversees the LMH Labor and Delivery unit, Nursery, Post-partum unit, The Kids’ Place and Safe Surroundings. Marcia joined LMHS in 1996 as a staff nurse in the Maternal/Child unit and was promoted to Patient Care Manager of Maternity Services in 2002. Marcia also worked previously as a casual staff nurse with Genesis HealthCare System’s Intermediate Care Nursery in Zanesville, Ohio.

“Working with LMHS to provide quality health care to our local community allows me to fulfill a personal goal while providing a service to families,” she said. “It is my pleasure to work with an exceptional team of nurses and physicians to provide patient care to Licking County families.”

Marcia holds a Bachelor of Science degree in nursing from Ohio University. She is certified as a Maternal Newborn Nurse by the National Certification Corporation for Obstetric, Gynecologic and Neonatal Nursing; and is a member of the National Association of Neonatal Nurses, the Association of Women’s Health, Obstetrics and Neonatal Nurses, and the Ohio Organization of Nurse Executives.

In her free time, Marcia enjoys scrap-booking and spending time with her husband, John, and their children Sarah (and Sarah’s husband, Jared), Amanda, Alicia and Joe.



**Licking Memorial  
Health Systems**

# Upcoming Dates

For more information about any LMHS event, please call (740) 348-4000, or visit [www.LMHealth.org](http://www.LMHealth.org)

## The Heart Truth – A Red Dress Event

Thursday, February 2  
6:00 p.m.

Licking Memorial Hospital cafeteria

Speakers: Bryce Morrice, M.D., Cardiologist of Licking Memorial Hospital (LMH), and Terry McConnell, R.N., Cardiology Department of LMH.

Pre-registration required and registration is limited to the first 150 registrants. No charge for the program. To register for the program or for further information, call (740) 348-1572.

## First Impressions – Maternal Child Classes

Childbirth Education Classes

Stork Tours

Infant and Child CPR

Parenting Class

Maternity Tour

Breast-feeding Class

Sibling Preparation Class

## Diabetes Self-Management Classes

Tuesday Classes 9:00 to 11:00 a.m. or 1:00 to 3:00 p.m.

Licking Memorial Health Systems, 1915 Tamarack Road, Newark

Wednesday Classes 1:00 to 3:00 p.m. or 7:00 to 9:00 p.m.

Licking Memorial Health Systems, 1915 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 or for further information, call (740) 348-1450.



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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.



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