



Measurably Different ... for Your Health!

## New Technology Keeps LMH on Cutting Edge of Hospitals Nationwide



*Left image:* An abdominal aortic aneurysm (AAA) is a weakened bulge in the abdominal aorta. This image depicts an AAA that is in need of a stent graft to reduce the pressure on the aneurysm. *Right image:* This image depicts the same abdominal aorta following the implantation of the innovative AFX™ Endovascular AAA System to repair the aneurysm. The life-saving procedure was performed at Licking Memorial Hospital.

Licking Memorial Hospital (LMH) recently became the first Hospital in Central Ohio, and one of the first in the nation, to implant the new Endologix AFX™ Endovascular AAA System, a minimally invasive stent technology that was approved by the U.S. Food and Drug Administration (FDA) in June for the treatment of abdominal aortic aneurysms (AAA). The procedure was performed by Howard L. Reeves, D.O., FACOS, and his team, on August 15, 2011 – just one day after the AFX system was released to hospitals

*New Technology Keeps LMH on Cutting Edge of Hospitals Nationwide (continued on page 2)*

## LMH Cardiology Department Surpasses National Standards for Treating Cardiac Patients

According to the Centers for Disease Control and Prevention, cardiovascular disease is the leading cause of death in the United States for both men and women. When Hassan Rajjoub, M.D., joined the Licking Memorial Heart Center in September 2011, he saw an opportunity to save lives in the Licking County community by decreasing the amount of time it takes to get a patient from the Licking Memorial Hospital (LMH) Emergency Department (ED) to the Catheterization Lab for treatment.



Hassan Rajjoub, M.D., joined the Licking Memorial Hospital Active Medical Staff in September 2011 and assisted the Cardiology Department in significantly reducing the amount of time for a patient to receive treatment after arriving at the Emergency Department with symptoms of a heart attack.

*Cardiology Department Surpasses National Standards for Treating Cardiac Patients (continued on page 2)*

Check out our Quality Report Cards online at [www.LMHealth.org](http://www.LMHealth.org).

See pages 10-15 for Quality Report Cards in this issue.

### COMMUNITY EDUCATION

#### Total Knee Replacement

**Date:** Thursday, March 15  
**Location:** LMH First Floor Conference Rooms  
**Time:** 6:00 p.m.  
**Speaker:** Edward Westerheide, M.D.

*(continued on page 3)*

#### Healthy Meals from Start to Finish

**Date:** Tuesday, March 20  
**Location:** LMH First Floor Conference Rooms  
**Time:** 6:00 p.m.  
**Speaker:** Annmarie Thacker, R.D., L.D., C.D.E.

*(continued on page 4)*

#### Dining with Diabetes

**Date:** Thursday, April 12  
Thursday, April 19  
Thursday, April 26  
**Location:** LMH First Floor Conference Rooms  
**Time:** 5:30 p.m.  
**Speaker:** Annmarie Thacker, R.D., L.D., C.D.E.  
Shari L. Gallup, M.S.

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#### Alcohol and Drug Addiction

**Date:** Tuesday, April 24  
**Location:** LMH First Floor Conference Rooms  
**Time:** 6:00 p.m.  
**Speaker:** Richard Whitney, M.D.

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nationwide. Dr. Reeves implanted one of the first endoluminal stent grafts for AAA in the country in 1998, and he has been treating patients at LMH with this technology since 2002.

“At LMH, we invest in state-of-the-art technology as part of our commitment to keep abreast of medical advances and improve the healthcare experience for our patients and visitors,” said Rob Montagnese, Licking Memorial Health Systems President & CEO. “We are proud that as a community hospital, we are competing on the cutting edge of technology with hospitals across the United States.”

An AAA is a weakened bulge in the arterial wall of the abdominal aorta, which supplies blood to the abdominal organs, pelvis and legs. The implantation of a stent graft is often necessary to modify the path for blood flow and reduce pressure on the aneurysm. An AAA typically presents no noticeable symptoms, but it is often deadly if it ruptures. However, for patients with a known AAA, a minimally invasive endovascular aneurysm repair (EVAR) technology, is an excellent alternative to open surgery. The AFX™ Endovascular AAA System is the smallest on the market and can be delivered percutaneously with a small, single incision. This implantation technique offers a significantly lower risk than traditional, open surgery, and is associated with less blood loss, a shorter hospital stay and a faster recovery.

The evolution of this technology is of great benefit to the patients of LMH. Its smaller design allows surgeons to repair a broader range of aneurysms – even in tight, calcified or torturous arteries – and enables them to offer this less invasive option to more AAA patients. “One of the most gratifying uses of this technology is for our patients who present emergently with ruptured aneurysms who previously had little chance of survival,” Dr. Reeves said. “Because this technology has evolved, we are pleased that we have made great strides in the ability to save patients’ lives within our own community.”

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*Cardiology Department Surpasses National Standards for Treating Cardiac Patients (continued from front page)*

When patients experience a heart attack, emergency angioplasty is often necessary to restore the blood flow to the heart muscle by re-opening blocked or clogged arteries. This procedure is performed by inserting a balloon-tipped catheter into the impaired artery, inflating the balloon and placing a stent inside the artery to keep it open. According to guidelines set by the American Heart Association (AHA) and the American College of Cardiology (ACC), patients' risk of death can be reduced by 40 percent if they receive this procedure within 90 minutes of arriving at the hospital.

Dr. Rajjoub and the Cardiology staff recognize that for every minute that passes without opening the blockage, the heart is deprived of precious oxygen and more heart muscle can be irreversibly damaged. That is why the LMH Cardiology Department committed to reducing the average time for receiving treatment to 60 minutes or less.

“Cardiologists often say that ‘Time is muscle,’ meaning that the faster a blockage is cleared and blood flow is re-established to the heart, more heart muscle can be saved,” Dr. Rajjoub said. “Our commitment to minimize the amount of

The AFX™ Endovascular AAA System, manufactured by Endologix, Inc., utilizes an anatomical fixation (AFX) technology in conjunction with a new low profile, highly precise delivery system and stent graft material known as STRATA™. The newly engineered STRATA are utilized to support the stent in the artery without relying on high radial force or barbs to secure to the aneurysm. This makes the stent less prone to dislodge and reduces the risk of endoleaks, which occur when blood leaks between the stent and the artery and allows the aneurysm to continue growing, requiring additional surgeries.



Howard L. Reeves,  
D.O., FACOS

“Stent technology for abdominal aortic aneurysms is evolving rapidly, which provides numerous benefits to patients who are in need of EVAR,” Dr. Reeves said. “However, the ease of implantation and the consistency that is provided throughout the line of Endologix stent products, including the AFX™ Endovascular AAA System, ensures that we are able to safely provide the newest

technology to our patients as soon as it becomes available. We also hope to capture an even broader patient base and be one of the first sites in Ohio to offer Endologix’s state-of-the-art Ventana™ Fenestrated Stent Graft System once it is approved by the FDA for patient use.”

Dr. Reeves joined the LMH Active Medical Staff in 1999, and is board certified in vascular and general surgery. He also served as the Department Chief of Surgery at LMH from 2004 to 2011. Dr. Reeves currently serves as an independent Implanting Consultant for Endologix, Inc. In addition, Dr. Reeves serves on both the Board of Product Development for Cordis Endovascular, as well as the American Board of Osteopathic Examiners.

time our patients wait for treatment not only saves lives, but it also increases the quality of life for our patients who survive.”

Throughout the years, LMH has routinely met and exceeded the AHA/ACC guidelines. However, the Hospital has made great strides in the prompt treatment of cardiac patients. After setting a new, lower goal, LMH patients typically received angioplasty in 2011 in an average of 57 minutes after arriving in the ED with cardiac symptoms – seven minutes faster than the national average of 64. This statistic ranks LMH in the top 20 percent of hospitals nationwide. The Cardiology team reduced the average time even further during the fourth quarter of 2011 to an average of 47 minutes, which propels LMH to the top five percent of hospitals nationwide when measuring speed.

“There is a widespread misconception that you will receive better cardiac care in a larger city,” Dr. Rajjoub said. “During a heart attack, it is a waste of precious time and a risk to heart muscle if a patient is transported to another city. Because community

*Cardiology Department Surpasses National Standards for Treating Cardiac Patients (continued on page 8)*

# New Boutique Offers Supplies for Cancer Patients

A new shop at Licking Memorial Hospital (LMH) is stocked with items specially designed to meet cancer patients' needs. Cancer survivor Katie Leibas created Beautiful You Boutique as a way to "repay" LMH's Oncology staff for their role in saving her life. Through her own experience, she realized that a local specialty shop would be a great help to cancer patients and their caregivers.

The boutique carries a line of in-stock wigs and scarves for women who have hair loss. "It can be traumatic for both men and women to have their hair fall out during chemotherapy, but women especially associate their self-image with their appearance," Katie said. "Hair loss by itself is not that important when you are concerned with fighting for your life, but it can give patients a loss of identity and a sense that their lives are out of control. An attractive wig can definitely lift their spirits and restore confidence to boost the healing process. We help patients realize that losing their hair is just one step in their journey to recovery."

Katie was diagnosed with Stage 3B Hodgkin lymphoma in 2008 when she was 25 years old. She and her husband, Adrian, had just had a baby boy when she noticed a pea-sized lump under her armpit which grew to the size of a golf ball within a few days. She received chemotherapy at LMH, and eventually had a stem cell transplant. Even though she had the transplant performed at The James Cancer Hospital and Solove Research Institute in Columbus, she was able to coordinate her chemotherapy and laboratory appointments at LMH which was a welcome convenience for her.

"When I needed a wig, I had to drive to a store in Columbus," Katie remembered. "Since I placed a special order, I had to make another trip to pick it up. I was not feeling well, so all that travel was very difficult. At Beautiful You Boutique, patients can stop by while they are already at LMH, and try on wigs. That way, they can immediately determine if they like the way the wigs look. I am also able to offer advice on other products, based on my own experience. Patients have told me that it is comforting to have that kind of support so that they do not feel as though they are all alone."

Beautiful You Boutique also carries specialty items, including the Libre line of clothing for chemotherapy and dialysis patients, graphic design t-shirts, skin care products for radiation patients, books for caregivers, novelty items and original artwork that Katie creates. Proceeds from the non-profit store benefit the LMH Oncology Department.



Katie Leibas displays some of the products featured in the new Beautiful You Boutique at Licking Memorial Hospital (LMH). Katie, who has received cancer treatments at LMH, opened the shop to make wigs, skin creams, and other specialty products accessible to cancer patients.

In 2011, two years after Katie's stem cell transplant, the physicians gave her a thrilling "all clear" assessment following tests that revealed no signs of cancer. "I received such excellent, compassionate care at LMH," she said. "Opening this boutique is my way of saying 'thank you' and supporting other patients during their fight against cancer."

Beautiful You Boutique is located on the first floor next to the Women's Imaging Center. The shop is open from 10:00 a.m. to 3:00 p.m., Monday through Friday. Special hours can be arranged by appointment. Please call (740) 348-7745 for more information.

## Community Education - Total Knee Replacement *(continued from front page)*



Edward Westerheide, M.D.

Joint disease can be both painful and disabling, leaving you unable to participate in the activities you once enjoyed. Conservative treatment measures, such as medication, change in activity and the use of mobility aids are helpful, but often prove inadequate as joint disease progresses.

Replacing the diseased knee joint through a surgical procedure known as total knee replacement offers the best method for reclaiming an active life. The number of total knee replacements performed in the U.S. increases every year and ongoing improvements in surgical techniques continue to increase the effectiveness of this surgery.

Edward Westerheide, M.D., of Orthopaedic Specialists and Sports Medicine, will discuss the latest surgical options available during an educational session on Thursday, March 15, at 6:00 p.m., in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. Registration is required. To register, please call (740) 348-2527.



## Education Programs at the Betsy Eaton O'Neill Health Resource Center

Community members are invited to the Licking Memorial Hospital (LMH) Betsy Eaton O'Neill Health Resource Center, located near the LMH Main Lobby, for upcoming education programs, which will cover a variety of health care topics. The programs are held at 1:00 p.m., and are free to the public; however, registration is required. Please call (740) 348-2527 to register.

### Wednesday, March 28

**Staying Active with Arthritis** – Exercise is an important part of staying healthy when diagnosed with arthritis. Physical activity supports joint function, decreases pain and stiffness, improves mobility and lessens fatigue. Many people with arthritis are reluctant to exercise, due to pain and the fear of injury; however, exercise can help keep your muscles strong and prevent further joint damage. Join Kerri Marks, LMHS Physical Therapist, to learn how to safely and effectively exercise with arthritis.

### Wednesday, April 4

**How to Read a Food Label** – Become an informed shopper by correctly using the nutrition label to find out the facts about your food. These facts include which foods are good

sources of fiber, which are low in saturated fats and trans fats, and the comparison of sodium content in food. Join Licking Memorial Dietitian, Lelah Davis, M.S., R.D., L.D., for an informative discussion on how to use the Nutrition Facts panel found on most food labels.

### Tuesday, April 17

**Ask a Pharmacist** – Managing your medications can be complicated. Ensuring that your prescriptions properly meet your needs requires close attention to the effects of the medications within your body. Join Licking Memorial Pharmacist, Jane Melin, R. Ph., for an informative discussion about your medications. Participants are encouraged to bring their current medications, or questions about their medications, to the program.

The Betsy Eaton O'Neill Health Resource Center offers numerous medical resources free of charge, including computers, Internet access, reference manuals, anatomical models, and health-related journals. The Health Resource Center is staffed by volunteers, many with clinical backgrounds, and is open to the community, Monday through Friday, from 8:00 a.m. to 4:00 p.m.

## Community Education – Healthy Meals from Start to Finish *(continued from front page)*



A well-balanced diet and nutritious food choices are known to be key components of a healthy lifestyle. A poor diet has been linked with chronic conditions such as obesity, heart disease and diabetes. The importance of diet in the prevention of disease continues to gain momentum, spawning an entire industry of often conflicting dietary advice. Unfortunately, mainstream “one-size-fits-all” diets typically fail to deliver on promises for better health.

Licking Memorial Clinical Dietitian, Annmarie Thacker, R.D., L.D., C.D.E., will discuss the importance of maintaining a healthy diet during an educational session on Tuesday, March 20, at 6:00 p.m., in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. Registration is required. To register, please call (740) 348-2527.

# Cancer Survivor Shares Story of Hope

On the cusp of completing the \$1.5 million dollar Oncology Department renovation project, Licking Memorial Hospital (LMH) recognizes how difficult the cancer experience can be. In that spirit, the Hospital organized the LMH Oncology Reception. Individuals who have been touched by cancer were invited to the reception, which featured Sean Swarner, a two-time cancer survivor, author and motivational speaker.



Sean Swarner, a two-time cancer survivor, author, motivational speaker, mountain climber and co-founder of the CancerClimber Association, shares his message of hope and survival with cancer patients at Licking Memorial Hospital's Oncology Reception.

“At LMH we recognize the struggles that cancer patients and their families face, but our commitment to improving their health goes beyond providing excellent medical care,” said Rob Montagnese, Licking Memorial Health Systems President & CEO. “Sean has a truly inspirational story, and we are so grateful to him for sharing it with us. It is my hope that his story will provide much needed encouragement to the members of our community, especially those who have been affected by this disease.”

At age 13, Sean was diagnosed with life-threatening Advanced Stage IV Hodgkin's Disease. His prognosis was grim, and doctors did not expect him to live more than three months. Following treatment, Sean's condition improved. Two years later, however, physicians found a cancerous tumor in Sean's chest wall. He was diagnosed with Askin's Sarcoma, an entirely different and potentially fatal form of cancer. This time, physicians estimated that he would live only two weeks. Fifteen years later, and with only partial use of his lungs, Sean became the first cancer survivor to climb Mt. Everest, the world's highest mountain, and subsequently conquer The Seven Summits – the highest peaks in Africa, Europe, South America, Antarctica, Australia and North America.

Sean is now the co-founder of the CancerClimber Association (CCA), an organization focused on providing people with the tools needed to help people overcome cancer with a positive outlook on life. Sean and the CCA are currently working on creating a Mobile Camp that will travel to children's hospitals across the country to provide a three-day camp to children who have been touched by cancer. The camp will feature a portable climbing wall, movie theater, games, outdoor camping and cancer-related educational opportunities for the kids.

However, Sean continues to travel the world sharing his story of hope and triumph against all odds. At the Oncology Reception, Sean described his battles with cancer and the inspiration he gained – both from his own experiences and the experiences of others fighting the disease – to climb to the highest point in the world and use it as a platform to spread his message. To wrap up his presentation, Sean asked the audience members to remember one thing, “The human body can live for 30 days without food. The human body can survive for roughly three days without water, but no human alive can survive for more than 30 seconds without hope because, without hope, we truly have nothing.”

More than 30 LMH Oncology patients, their family members, and LMH physicians and employees were in attendance for the event. They were treated to refreshments as they listened to Sean's dynamic and inspirational presentation. Audience members also had the opportunity to enter a raffle drawing to win one of two signed copies of Sean's book, *Keep Climbing: How I Beat Cancer and Reached the Top of the World*.

## LMHS Sponsors 2012 Groundhog Breakfast

Licking Memorial Health Systems (LMHS) sponsored the Licking County Chamber of Commerce's 56th Annual Groundhog Breakfast on February 3. Approximately 630 community leaders attended the early morning event to learn about Licking County's economic climate.

The Ultra Sounds jazz band, comprised of physicians, staff members and friends of LMHS, performed during the breakfast and social hour. LMHS President & CEO Rob Montagnese outlined the positive impact created by partnering relationships between the Health Systems and local businesses. Licking County United Way Executive Director Donna Carpenter, who is a Licking Memorial Hospital (LMH) Cornerstone Club member, received the prestigious John W. Alford Community Service Award, and LMHS Board of Directors Secretary/Treasurer John Hinderer was revealed as the performer of the Groundhog Breakfast's mascot. *Photo courtesy of The Advocate & NewarkAdvocate.com.*



# Physician Spotlight – Linqun Sun, M.D.



Linqun Sun, M.D.

Linqun Sun, M.D., a board-certified neurologist, received his Doctor of Medicine degree from Suzhou Medical College in Suzhou, China. He completed an internship at the Brookdale University Hospital and Medical Center in Brooklyn, New York. He completed a neurology residency at The Ohio State University Medical Center in Columbus. He also completed research fellowships at the University of Lausanne Medical Center in Lausanne, Switzerland, and at Johns Hopkins University Medical Center in Baltimore, Maryland.

Dr. Sun is accepting new patients with all kinds of neurological disorders at Licking Memorial Neurology, located at Moundbuilders Park, 1272 West Main St., Building 2, in Newark. Appointments can be made by calling (740) 348-7985.

## Ask a Doc – Frequent Headaches

**Question:** I suffer from daily mild headaches. I am concerned because my father had a brain tumor, and also because I have heard there could be a connection between cell phones and brain tumors. Should I be examined for the headaches?

**Answer:** Most adults have occasional headaches, which can occur in the head, scalp or neck. Headaches are usually divided into three categories: cluster headaches, tension headaches and migraines. Although these three types of headaches can be quite painful, they are usually not caused by a serious medical problem.

Cluster headaches are characterized by sudden sharp pain on one side of the head and can begin during sleep. Other symptoms can include a runny nose and a droopy eyelid. Cluster headaches tend to run in families, and occur most commonly in adolescent boys and middle-aged men. Many people respond to inhalation of 100 percent oxygen, but over-the-counter pain medications usually do not provide relief for cluster headaches. Chronic paroxysmal hemicrania (CPH) is a condition similar to cluster headache, but CPH responds well to treatment with the anti-inflammatory drug indomethacin, and the attacks are much shorter, often lasting only seconds. If your physician suspects that you have cluster headaches, you may be asked to keep a diary to identify possible triggers, such as physical stress, heat, certain foods, and alcohol and tobacco use. Your physician may also order a magnetic resonance imaging (MRI) test to rule out the possibility of an underlying cause, such as a brain tumor.

Tension headaches, the most common form of headache, occur when muscles in the neck and scalp become tense as a response to stress, depression or a head injury. The pain level from tension headaches is usually described as mild to moderate, and responds well to massage or occasional use of over-the-counter pain relievers. You should consult your physician if a tension headache persists longer than a few days, or interferes with sleep.

An estimated 29.5 million Americans experience migraine headaches that can be debilitating. Most migraines are characterized by sharp, throbbing pain that may be accompanied by nausea and vomiting, and sensitivity to light and sound. Some migraine sufferers may see an “aura,” flashing lights or spots. Women are three times more likely

than men to have migraines. Most migraines subside within two days, and some can be controlled by over-the-counter pain relievers. You should contact a physician if a migraine persists for more than a few days or does not respond to over-the-counter pain relievers. Your physician may be able to prescribe migraine medication and help to identify possible triggers to be avoided in the future.

Simple lifestyle changes can often prevent headaches. You should regularly get a full night’s sleep, drink plenty of fluids, never miss a meal and avoid caffeine. Ironically, over-the-counter pain relievers may also cause or worsen headaches if used incorrectly. So-called “rebound” headaches can develop when over-the-counter pain medications, such as acetaminophen, ibuprofen, or aspirin, are used in excess of the labeling instructions.

Many patients ask if cell phones cause headaches or brain tumors. Despite widespread medical research, the answer is still unknown. In May 2011, the World Health Organization’s International Agency for Research on Cancer classified the radiofrequency electromagnetic fields emitted from cell phones as “possibly carcinogenic to people.” However, a widely reported study by the Danish Strategic Research Council that was released in October 2011, concluded that there is probably no increased cancer risk for cell phone users. I doubt that your cell phone is causing your headaches, but if you are concerned about the unknown risk of cancer, you can reduce your exposure to the cell phone’s emissions by using a headset, or using the speaker mode so that you can hold the cell phone away from your ear when you talk.

In rare instances, severe headaches can be caused by a serious medical condition, such as a brain tumor or stroke. You should contact a physician if:

- The headache is accompanied by vision problems.
- The headache is accompanied by fever, nausea and vomiting.
- You are elderly, and the headache worsens when you chew.
- Over-the-counter medications do not adequately control the pain.
- Your headache worsens over a 24-hour period.
- Your headache was caused by a head injury.
- Your headaches awaken you from sleep.
- You have frequent headaches, without a known cause.
- Your headache pattern changed recently.

*Ask a Doc – Frequent Headaches (continued on page 22)*

# LMH Celebrates 114 Years of Caring



LMHS President & CEO Rob Montagnese, joined by members of the winning team, presented a donation of blankets and warm winter clothing to The Center for New Beginnings in late February.

Licking Memorial Hospital (LMH) recently celebrated 114 years of providing quality health care to the Licking County community on January 18. As an annual birthday tradition, Licking Memorial Health Systems (LMHS) employees, members of the medical staff, volunteers, retirees, TWIGS members, Board of Directors members and Development Council members celebrated the milestone by donating gifts consisting of new blankets and outerwear. These items were donated to The Center for New Beginnings and the Salvation Army of Licking County to help individuals and families in need – especially during the cold winter months.

The birthday gift donation was part of an interdepartmental competition. Various LMHS departments were combined to form teams, and the team that donated the most items in pounds was the winner. The competition also included an opportunity for employees to give monetary contributions in lieu of donated goods. Every \$5 donated was worth one pound of donated goods.

This celebration marks the eighth year that LMH has celebrated in this manner. This year, LMHS was able to provide 482.8 pounds of donated goods that included \$2,049 in monetary contributions. “I am proud of the care we provide to our neighbors, friends, coworkers and family members throughout Licking County,” said Rob Montagnese, LMHS President & CEO. “As we celebrate 114 years of providing quality health care to the community, I am pleased to recognize the generosity and commitment that the LMHS staff demonstrates to improving the health of the community.”

In addition, LMH presented each baby born on the Hospital’s birthday with a special gift in honor of their shared birthday. Three babies were born on January 18, and each of their mothers received a \$114 gift card to Toys ‘R’ Us.

## FIRST IMPRESSIONS MATERNAL CARE

FEATURING PRIVATE SUITES FOR MOTHERS AND NEWBORNS

At Licking Memorial Hospital, new parents can expect to receive caring, high-tech maternal care close to home. Our Maternal Child Department has been enhanced with the recent addition of new mother-baby suites, to ensure that parents are able to enjoy the private intimacy of their newborn’s first hours. Our maternity experience also features:

- Complete in-room entertainment center
- Private bathroom with shower
- Custom gourmet meal prepared by our on-site chef
- Massage therapy
- Newborn care and breastfeeding education



Licking Memorial Hospital



first impressions

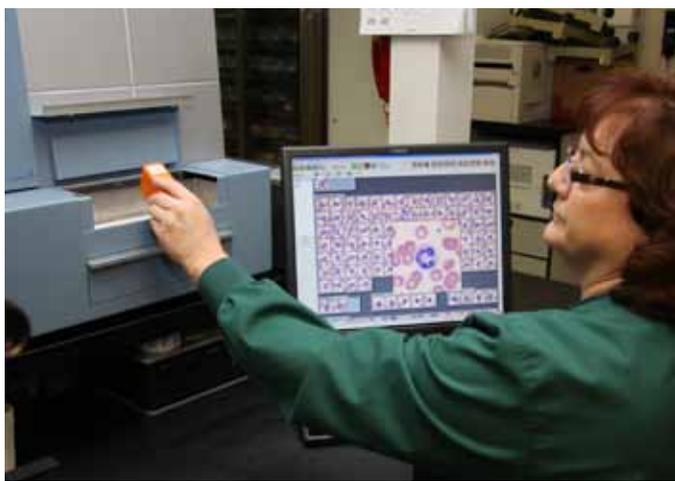


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# High-Tech CellaVision® Enhances Blood Analysis

Medical technologists in the Hematology Department at Licking Memorial Hospital (LMH) analyzed more than 76,000 complete blood count (CBC) tests in 2011. Every day, the medical technologists painstakingly examine an array of cells from patients' samples to look for abnormalities that can indicate disease. To increase the Department's efficiency even more, LMH has invested in the state-of-the-art CellaVision® DM96 analyzer that helps to pre-classify the cells according to similar characteristics.



Hematology Coordinator Diane West, M.T. (HEW), loads a blood slide into the CellaVision DM96. The new technology displays cell images on the computer monitor for the medical technologist to review and verify.

Debbie Young, Vice President Patient Care Services, explained, "CellaVision DM96 is an incredible analytical tool for our Hematology Department. Whereas, our medical technologists previously counted one cell at a time with the manual microscopes, the new technology allows them to interpret 100 cells at a time. I also am happy to report that this new system will not result in any increased costs for our patients."

"Our technologists received special training to incorporate the CellaVision into their analyses," stated Lorei Reinhard, B.S., M.T.(ASCP) S.H., who is Director of Laboratory Services at

LMH. "CellaVision is among the forefront of technology in the field of hematology, and we are excited to be able to offer this advancement for our patients."

CellaVision's electronic capabilities provide the medical technologists better opportunities to share information. Previously, if the technologist wanted to discuss a cell's abnormalities while using a manual microscope, the glass slide with the blood sample was required to remain motionless on the microscope. With CellaVision, the technologist can save the cell's image electronically, and retrieve it quickly when needed later.

The CBC is the most commonly performed laboratory blood test at LMH. It is used to classify white blood cells and analyzes the shape, appearance, number and other parameters of white blood cells, red blood cells, and platelets. The results help physicians diagnose a wide range of diseases, from mild infections to life-threatening cancer. CBC results also can help determine the effectiveness of medical treatments being used to fight the patient's disease.

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## *Cardiology Department Surpasses National Standards for Treating Cardiac Patients (continued from page 2)*

hospitals such as LMH have the ability to routinely provide excellent heart care, a bigger impact can be made on saving more lives within the community."

LMH is committed to the prevention of sudden cardiac death in the community, and has devoted numerous resources to ensure that Licking County residents receive quality cardiac care even before they reach the Hospital. Licking Memorial Health Systems (LMHS) donated approximately 150 automated external defibrillators (AEDs), valued at more than \$198,000, that were placed in key locations throughout the county, including emergency medical vehicles, law enforcement vehicles, schools, youth athletic facilities and Newark City Hall. LMHS also provided training for the AEDs to ensure that staff in these locations could utilize them in case of emergency. In 2007, LMHS invested more than \$300,000 to install and standardize 12-lead electrocardiogram (ECG) transmitters in each of the county's 18 emergency medical departments. The equipment is used in communicating ECG data from an EMS squad to LMH, allowing the ED to begin the diagnostic process for a cardiac patient before the squad arrives. An additional \$50,000 was donated to this project in 2011 to update the equipment and provide extensive training for the ED and Licking County EMS staff. In addition, LMHS underwrites the cost of the Heart to Play program, which provides free ECG screenings to middle and high school athletes and band members.

Licking County All-Stars football players and students in C-TEC's Criminal Justice, Fire and Physical Therapy programs are eligible, as well.

In 2011, the Hospital's Cardiology Department was recognized for its efforts when it received accreditation as a Chest Pain Center with PCI (percutaneous coronary intervention) from the Society of Chest Pain Centers (SCPC). The accreditation is reserved for hospitals that demonstrate an advanced level of expertise in caring for heart attack patients with high-tech interventional procedures. This accreditation places LMH among fewer than 500 hospitals in the U.S. that have received this accreditation.



Hassan Rajjoub,  
M.D.

Dr. Rajjoub received his Doctor of Medicine Degree at Tichreen University School of Medicine in Lattakia, Syria. He completed a residency in internal medicine at the University of Chicago/Weiss Hospital and completed a cardiology fellowship and interventional cardiology fellowship at Saint Louis University Hospital in St. Louis, Missouri. He also is fellowship trained in peripheral vascular disease intervention and board certified in cardiovascular disease, interventional cardiology and nuclear cardiology.

# New Appointments



**Edward A. Del Grosso, M.D.**,  
of Tri County Radiologists, Inc.,  
joined Licking Memorial Hospital's  
Active Medical Staff.



**Aruna C. Gowda, M.D.**,  
joined Licking Memorial  
Hematology/Oncology.



**Martha Zorko Szabo, M.D.**,  
joined Licking Memorial  
Anesthesiology.



**Obiaghanwa S. Ugbana, M.D.**,  
joined Licking Memorial  
Pediatric Hospitalists.



## National Doctors' Day March 30

In recognition of Doctors' Day, express your appreciation for your favorite physician by making a donation to the Licking Memorial Health Foundation in his or her honor. Contributions will benefit the LMH Oncology Renovation Project. For more information, or to make a donation in a physician's name, please call (740) 348-4102. To make a donation online, visit [www.LMHealth.org](http://www.LMHealth.org), and click on the Doctors' Day Recognition link.



**Licking Memorial  
Health Systems**



## Patient Story – Daugherty Family

With four small children, Pataskala resident Alison Daugherty's days are cheerfully busy. She lovingly guides her three daughters and son through home and school life, and protects their health and safety in any way that she can. For that reason, she ensures that all of the children stay up-to-date on every immunization that is recommended by their pediatrician, John D. Applegate, D.O., of Licking Memorial Pediatrics, located on the Pataskala Health Campus, off Broad Street. "There was never any doubt in my mind about any of the vaccinations," Alison said. "We want to follow the recommendations to ensure our family is as safe and healthy as possible. There is no reason not to be vaccinated, and risk being exposed to all those diseases."



(The Daugherty family (left to right) – Mackenzie, Bentley, Alison, Ewan, Sophie and John – follow the recommended immunization schedule to keep their children as healthy as possible.

Alison and her husband, John Daugherty, D.D.S., moved to Central Ohio from West Virginia in 2007, so that John could open a dental practice in Bexley. "Since we were new to the area, we did not know any doctors at first," Alison recalled. "I met with a couple of pediatricians, but they just were not a good fit for us. Then I did a little research on the Internet and found Dr. Applegate's office was nearby. We met him and liked him right away. Now that we recently moved to Pataskala, he is only about one mile away, so that is really convenient for us."

Alison is grateful for the medical advances that have provided vaccinations for many childhood diseases. "My mother was really sick with the measles when she was young, and she often talks about how nice it is that our kids do not have to worry about that," Alison remarked. "When I was little, I had chicken pox, and I passed it on to my brother. I am so glad that with the vaccine, my children are protected from chicken pox – with four kids, they would probably all get sick at the

same time, and I am not sure how I would handle that!" she remarked.

The Daugherty children, Mackenzie, Sophie, Bentley and Ewan, range in ages from 3 to 8 years. Their immunizations have included vaccines against diphtheria, tetanus, whooping cough, polio, measles, mumps, rubella, seasonal influenza, hepatitis B and chicken pox. Alison reported that none of the children have had any significant reactions to the vaccines. "There have been times that we were advised that one of the shots could cause a small bump or a mild fever, and it would develop, but that was all that happened."

"The Daughertys are a perfect example of preventive health care," Dr. Applegate said. "By receiving the immunizations according to the schedule that is recommended by the

Advisory Committee on Immunization Practices, their children are spared from many diseases that were very serious, and even deadly, in past generations."

Dr. Applegate received special recognition from the Licking County Health Department in 2011 for his outstanding success in immunizing his young patients. During 2010, more than 90 percent of Dr. Applegate's patients up to the age of 2 years were completely up-to-date on all immunizations. Diane M. LeMay, M.D., Richard A. Baltisberger, M.D., and Hanaa Abdelmessih, M.D., all of Licking Memorial Pediatrics in Newark, also have received recognition for their outstanding vaccination rate success.

# Pediatric Care – How do we compare?

Check out our Quality Report Cards online at [www.LMHealth.org](http://www.LMHealth.org).

At Licking Memorial Health Systems (LMHS), 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 healthcare choices.

**1** Immunizations are one of the safest and most effective methods to protect children from potentially serious childhood diseases. Licking Memorial Health Professionals (LMHP) monitor the percentage of children, aged 19 months to 35 months, who receive the individual and complete set of recommended immunizations. The series is frequently referred to as the 4:3:1:3:3:1 series. It consists of the following vaccines:

- 4 doses of diphtheria, tetanus (lockjaw), and pertussis (whooping cough)
- 3 doses of polio
- 1 dose of measles, mumps and rubella
- 3 doses of Haemophilus influenzae B (influenza type B)
- 3 doses of hepatitis B
- 1 dose of varicella (chicken pox)

	LMHP 2009	LMHP 2010	LMHP 2011	National <sup>(1)</sup>
Childhood immunization rate (4:3:1:3:3:1 series)	89%	91%	90%	67%
Children, aged 6 months to 18 years, receiving the influenza vaccination	N/A	N/A	LMHP 2010-2011 26%	National <sup>(2)</sup> 26%

**2** LMHP providers follow Advisory Committee on Immunization Practices (ACIP) recommended vaccinations to prevent cervical cancer, varicella (chicken pox) and meningitis among adolescents.

	LMHP 2009	LMHP 2010	LMHP 2011	National
Female adolescents, aged 13 to 17 years, completing HPV vaccination series	41%	45%	48%	32% <sup>(2)</sup>
Adolescent children receiving varicella vaccination	83%	90%	92%	58% <sup>(2)</sup>
Adolescent children receiving meningococcal vaccination	67%	81%	81%	52% <sup>(1)</sup>

**3** Pharyngitis (sore throat) is a common illness in children. The majority of children’s sore throats are caused by viral illnesses. While antibiotics are needed to treat bacterial pharyngitis, they are not useful in treating viral pharyngitis. Before antibiotics are prescribed, a simple diagnostic test needs to be performed to confirm the presence of a bacterial infection. Inappropriate use of antibiotics for viral pharyngitis is costly, ineffective and contributes to the development of drug-resistant bacterial strains. LMHP monitors and reports how many children with sore throats, aged 2 to 18 years of age, received a Group A streptococcus test before they were given a prescription for antibiotics.

	LMHP 2009	LMHP 2010	LMHP 2011	National <sup>(1)</sup>
Children with pharyngitis receiving test before antibiotics	94%	96%	96%	73%

**4** The American Academy of Pediatrics recommends the use of reliever and corticosteroid medications to gain control of asthma attacks and reduce severity as quickly as possible. Reliever medications include drugs such as albuterol breathing treatments that can quickly open airways. Corticosteroid medications include drugs, such as Prednisone or Dexamethasone, that reduce airway inflammation and swelling. Licking Memorial Hospital (LMH) measures how many pediatric asthma patients receive reliever and corticosteroid medications during their hospitalization.

	LMH 2009	LMH 2010	LMH 2011	National <sup>(3)</sup>
Children receiving relievers while hospitalized for asthma	100%	100%	100%	100%
Children receiving systemic corticosteroid medication while hospitalized for asthma	100%	100%	100%	100%

*Pediatric Care – How do we compare? (continued on page 12)*

**5** If a patient must be readmitted to the Hospital within 30 days of treatment for asthma, there may have been a problem in the patient care, such as inadequate diagnosis, treatment, patient non-compliance with discharge instructions or the patient’s inability to understand or follow the discharge instructions. Since self-care is an essential part of asthma control, thorough patient education is important to maintain low readmission rates.

	LMH 2009	LMH 2010	LMH 2011	National <sup>(4)</sup>
Pediatric asthma readmissions within 30 days	0%	0%	0.125%	0%

**6** When a child arrives with suspected or known sexual abuse, the specially trained sexual assault response team (SART) conducts a comprehensive evaluation of the child, including use of forensic kits to gather evidence from sexual assault victims. Complete use of this kit ensures that evidence is collected properly and submitted to law enforcement for analysis.

	LMH 2009	LMH 2010	LMH 2011	LMH Goal
Forensic kit collection was complete for children treated for sexual abuse	100%	100%	100%	100%

**Data Footnotes:** (1) National Committee for Quality Assurance (NCQA), *The State of Healthcare Quality 2011*. (2) National Immunization Survey (NIS) – Teen, United States, 2010. (3) *Hospitalcompare.hhs.gov* national benchmarks. (4) Midas comparative database.

## HPV Vaccine Recommendations Now Include Both Genders

In 2011, the Centers for Disease Control and Prevention (CDC) revised its vaccination recommendations to include teenage boys and young men among those who should receive immunization against the human papilloma virus (HPV). The first HPV vaccine, marketed under the brand name Gardisolv, was initially recommended for adolescent girls and young women, beginning in 2006. Throughout the following five years, nearly 40 million doses of the vaccine were distributed.



The Centers for Disease Control and Prevention now recommends a three-dose HPV immunization for boys, as well as girls, beginning at the age of 11 or 12 years.

HPV is the most common sexually transmitted viral infection. Overall, more than 100 types of HPV have been identified, and more than 40 types can be sexually transmitted. Depending on the type of HPV, infections can cause warts or cancer in the genital areas, as well as other body sites.

Four specific HPV strains, known as 16, 18, 31 and 45, have been shown to cause cervical cancer in women. According to the CDC, an estimated 12,000 women in the U.S. are diagnosed with cervical cancer each year, and at least 70 percent of those cancers are thought to be caused by

HPV 16, 18, 31 and 45, which also have been linked to head and neck cancers in both men and women.

Gardisolv vaccine, which protects against HPV 16, 18, 31 and 45, is administered in three doses. Under current CDC guidelines, all girls and boys should receive their first dose of Gardisolv vaccine at the age of 11 or 12 years. The second dose should follow one or two months later, and the final dose should be given six months after the first dose was administered. The CDC also recommends that teenage girls and young women,

up to the age of 26 years, should be immunized if they did not receive the vaccine at an earlier age. Teenage boys and young men up to the age of 21 years should be immunized if they did not receive the vaccine at an earlier age.



## Patient Story – Jill Miller

Last spring, Jill Miller's nerve-racking five-minute wait ended when two lines finally appeared in the window of her home pregnancy test. "I was pregnant – I was so excited! My husband and I really wanted another baby," she said. Jill kept the good news a secret until her husband, Jason, came home from his work as a manager at Limited Brands, Inc. Then she opened the conversation with a demure "I have something to tell you ...."

The Millers had their first child, Samuel, at Licking Memorial Hospital (LMH) in 2009, and wanted the same level of technology and comfort for the birth of their second child. Jill decided to make an appointment with Obstetrician/Gynecologist Dalia S. Elkhairi, M.D., who had recently joined Licking Memorial Women's Health – Pataskala, which was located just a few miles from the Millers' home.

Jill felt a good rapport with Dr. Elkhairi right from the start. Jill said, "Dr. Elkhairi took the time to talk to me and get to know me. She confirmed the pregnancy test results, took my blood pressure, listened to my heart and checked my weight. She was very attentive and very thorough."

The spring and summer months rolled by quickly, and Jill enjoyed the time to prepare for the new baby. "I did not have any morning sickness. As a receptionist, I walked a lot in my job, plus, I was always running around at home to care for Samuel, so I was getting a lot of exercise. It was a really good pregnancy until the last couple of months, which were pretty uncomfortable."

As the summer drew to a close, Jill began to develop pain and a sense of pressure in her lower abdomen. Besides being very uncomfortable physically, Jill was worried about her unborn baby. She had required medical intervention twice to stop premature labor when she was pregnant with Samuel, and although he was born at full-term, she was concerned that a similar complication might be recurring, and this baby could be born too early.

"Dr. Elkhairi was very reassuring," Jill said. "She ordered tests to rule out any serious complications, and took the time to put me on the fetal heart monitor for about an hour just to be sure that the baby was okay. She told me that everything looked just fine, and made it very clear that I could call her with any concerns. I was very glad that she was so confident and



The Miller family of Pataskala welcomed Baby Rylee in December. Pictured are (left to right): Jill, Rylee, Jason, and Samuel.

positive, and that she really wanted to make sure that I was okay and calm about my pregnancy." Jill decided to take a medical leave of absence from work for the remainder of the pregnancy so that she would have more time to rest.

"On December 5, we showed up at LMH at 5:00 a.m., and they were all ready for me. Everyone was wonderful, and they always made sure I knew what was going on every minute until Dr. Elkhairi delivered Rylee. The birth was a beautiful bonding experience for our family since Jason and I both had other family members in the room. He feels a special connection with LMH because he was born there, too."

Jill noticed a big difference in the Maternal Child patient rooms since her previous stay in 2009. "When I had Samuel, I stayed in a room with two beds. Although I was the only patient in the room, we were always concerned that if another new mom came in we might disturb her. With the new private suites, it was much better. I was able to walk around with my baby without bumping into another bed, or wondering if another patient would be coming in," she said.

Before leaving LMH, Jill and Jason enjoyed a complimentary dinner for two. The Hospital offers a restaurant-style gourmet dinner for new mothers and a guest in the comfort of their rooms. Entree options include lobster tail, filet mignon steak, pork chops, chicken, fish filets or a vegetarian dish. "We really like steak, so we had the filet mignon, mixed vegetables and cheesecake," Jill said. "It was wonderful!"

The third member of the Miller family was not as enamored about the baby's arrival as Jill and Jason were. Samuel, who is now 2 1/2 years old, was not sure about the new addition. "He wanted nothing to do with her at first," Jill recalled, "but he changed his mind quickly. By the time Rylee was six weeks old, he became very affectionate. Now he constantly caresses and kisses her. He is a fantastic big brother."

Approximately 1,000 new babies are born each year at LMH, and are delivered by the four obstetrician/gynecologists and three certified nurse midwives from Licking Memorial Women's Health. New patients are welcome at Licking Memorial Women's Health, which has physician practices conveniently located in Newark and Pataskala.

# Maternity Care – How do we compare?

At Licking Memorial Health Systems (LMHS), 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.

Check out our Quality Report Cards online at [www.LMHealth.org](http://www.LMHealth.org).

**1** According to the American Academy of Pediatrics, low birth weight infants are those who are born weighing less than 2,500 grams (5 pounds, 8 ounces) at term. There are many factors contributing to low birth weight, including multiple births, pre-term births, lack of prenatal care, a mother’s poor nutritional status before and during pregnancy, and drug, tobacco or alcohol use during pregnancy. Low birth-weight infants are often at increased risk for health problems. Adequate prenatal care and health practices can significantly reduce the incidence of low birth weight deliveries. In 2011, there were 974 babies delivered at Licking Memorial Hospital (LMH) – 44 with low birth weight.

	LMH 2009	LMH 2010	LMH 2011	National <sup>(1)</sup>
Low birth-weight infants	3.9%	4.0%	3.8%	8.2%

**2** Smoking during pregnancy is the most important modifiable risk factor associated with adverse pregnancy outcomes.<sup>(2)</sup> It is associated with 5 percent of infant deaths, 10 percent of pre-term births, and 30 percent of small-for-gestational-age infants.<sup>(3)</sup> Because pregnancy smoking rates in Licking County are nearly double the national rate, Licking Memorial Women’s Health providers have increased their efforts to assess patients’ active smoking during pregnancy at each office visit, counsel patients to quit smoking, and refer each pregnant smoker to LMH’s free “Quit for Your Health” tobacco cessation program.

	LMH 2009	LMH 2010	LMH 2011	National <sup>(1)</sup>
Patients who reported smoking during pregnancy	25%	22%	24%	13%

**3** Group B streptococci (GBS) has been the leading bacterial infection associated with illness and death among newborns in the United States since its emergence in the 1970s. Most neonatal GBS infections can be prevented through screenings and, if needed, by giving an antibiotic to the mother before delivery.

	LMH 2009	LMH 2010	LMH 2011	Goal <sup>(4)</sup>
Mothers with GBS receiving antibiotic before delivery	99%	100%	100%	100%
Number of newborns testing positive with GBS	0	0	0	0

**4** Cesarean section deliveries (C-sections) should be performed only when necessary. Lower percentages demonstrate success in avoiding unnecessary surgeries and the risks associated with surgery.

	LMH 2009	LMH 2010	LMH 2011	National <sup>(5)</sup>
Maternity patients who had a C-section	24%	23%	27%	31%
First-time C-sections	13%	12%	15%	17%

**5** Induction of labor is the artificial initiation of labor before it occurs naturally. The initiation of labor sometimes becomes necessary if the fetus is in danger or labor does not occur spontaneously, and the fetus is determined to be at full term. Primary reasons for labor induction include pre-eclampsia, eclampsia, severe hypertension, Rh factor sensitization, prolonged rupture of membranes or intrauterine growth restriction. Induction, however, does not occur without risks to mother and baby.

	LMH 2009	LMH 2010	LMH 2011	National <sup>(1)</sup>
Induction of labor	28%	30%	25%	23%

**6** “Elective deliveries” refer to newborn deliveries that are scheduled in advance, and are often induced, rather than occurring naturally. Most elective deliveries are performed for convenience reasons. Studies have shown that elective deliveries have higher rates of newborn complications, higher C-section rates, and longer hospital lengths-of-stay for mothers. LMH follows American College of Obstetrician and Gynecologist guidelines to minimize the use of elective deliveries.

	LMH 2009	LMH 2010	LMH 2011	National <sup>(5)</sup>
Elective deliveries performed	N/A	12%	0%	14%

**7** Breastfeeding provides many benefits to infants and their mothers. The LMH maternity care staff offers encouragement and support to breastfeeding mothers. Breastfeeding rates are monitored at LMH to evaluate the effectiveness of the support provided.

	LMH 2009	LMH 2010	LMH 2011	Goal
Mothers choosing to breastfeed	58%	59%	61%	greater than 55%

**8** “Exclusive” breast milk feeding refers to the nutrition offered to a newborn while in the hospital following delivery. The World Health Organization and many other healthcare providers/agencies recommend feeding newborns only breast milk for the first 6 months of life. Evidence indicates that providing breast milk exclusively during the hospitalization period following birth is critical to the success of meeting this goal. LMH recognizes, however, that this is a personal decision for each mother and is not mandatory.

	LMH 2009	LMH 2010	LMH 2011	National <sup>(5)</sup>
Mothers who choose exclusive breastfeeding	N/A	44%	46%	48%

**9** Gestational diabetes (GDM) is one of the most common clinical issues facing obstetricians and their patients. The prevalence of GDM ranges from 2 to 5 percent of all pregnancies in the United States, and all pregnant patients should be screened between 24 and 28 weeks’ gestation. Licking Memorial Health Professionals (LMHP) obstetricians screen pregnant patients for GDM by 29 weeks.

	LMHP 2009	LMHP 2010	LMHP 2011	Goal
LMHP pregnant patients screened for GDM by 29 weeks	96%	96%	98%	greater than 90%

**Data Footnotes:** (1) Births: Preliminary Data for 2009. National Vital Statistics Reports; Vol. 59, No. 3: National Center for Health Statistics. December 21, 2010. (2) Heffner, LJ, Sherman, CB, Speizer, FE, Weiss, ST. Clinical and environmental predictors of preterm labor. *Obstetrics & Gynecology* 1993; 81:750. (3) Tong, VT, Jones, JR, Dietz, PM, et al. Trends in smoking before, during, and after pregnancy – Pregnancy Risk Assessment Monitoring System (PRAMS), United States, 31 sites, 2000-2005. *Morbidity and Mortality Weekly Report Surveillance Summaries* 2009; 58:1. (4) Centers for Disease Control and Prevention, the American College of Obstetricians and Gynecologists and the American Academy of Pediatrics, 1999. (5) Comparative data from the Midas Comparative Database.

## Ultrasounds Are Valuable Part of Prenatal Care

Most expectant women who receive prenatal care throughout the duration of their pregnancies have at least one ultrasound test performed to check their unborn baby's condition. Ultrasounds can reveal a great deal of information about the mother's placenta, the amniotic fluid, and the baby.

Ultrasonography uses high-frequency sound waves to create images of internal organs and other soft tissues. The technology was developed from sonars that were used to navigate ships and submarines in the early 1900s. Over the next several decades, scientists discovered that ultrasonography also had valuable medical applications. In the 1940s, high-intensity ultrasound was used in physical therapy for damaged muscles. In the 1950s, it was discovered that ultrasounds could trace activity of the heart valves. In 1965, scientists discovered that ultrasounds could detect an unborn baby's presence as early as five weeks into the pregnancy.

Today, advanced ultrasound images are among the most valuable tools that obstetricians have in monitoring their patients' pregnancy. The ultrasound test is pain-free and begins with the patient drinking water before the examination to ensure her bladder is full. The patient lies on her back on an examining table, and the ultrasound sonographer applies a water-soluble gel to the



Ultrasound technologist Nori Hampton, RT(R), RDMS, and Obstetrician/Gynecologist Linda Yu, D.O., review a patient's ultrasound.

patient's abdomen. The sonographer gently glides a small transducer device over the patient's abdomen, and the resulting images are displayed on a monitor.

Linda Yu, D.O., an obstetrician/gynecologist at Licking Memorial Women's Health, explained, "Our expectant mothers receive an initial ultrasound at 8 to 10 weeks to determine the baby's due date. At approximately 18 to 20 weeks, we offer an ultrasound for anatomy screening to rule out any fetal abnormalities as well as whether her baby is a boy or girl, providing that she wants to know. Also, in many instances, we may order additional ultrasound images throughout the pregnancy."

Dr. Yu said, "The ultrasonic imaging we use has no known risks for either the mother or baby. Some patients ask about exposure to X-rays, but I assure them that there is no radiation associated with ultrasounds. There are no harmful side effects."

Registered ultrasound technologists are required to complete a two-year associate's degree program and pass a national registry exam. Prenatal ultrasounds are available at Licking Memorial Women's Health on Messimer Drive, and the Women's Imaging Center on the first floor of Licking Memorial Hospital.

# Generous Donations to Foundation Recognized

New donors were recently recognized for their generous contributions to the Licking Memorial Health Foundation (LMHF). These contributions ensure that Licking Memorial Hospital (LMH) can continue to provide excellent, quality health care for the community with state-of-the-art technology and capital expansions.



LMHS President & CEO Rob Montagnese (left) and LMHS Board Member and Vice Chair of the LMH Development Council Executive Committee David Shull (right) present Barbara Ransopher (center) with a plaque in recognition of her generous commitment to support the LMHF.

## Barbara and Cyril Ransopher

Barbara Ransopher, and her late husband, Cyril, were honored for their membership in the John Alford Fellowship. Membership is reserved for individuals who support the LMHS mission to improve the health of the community by pledging a minimum of \$25,000 to LMHF over a period of 10 years. Previously, Barbara completed a commitment to The William Schaffner Society on behalf of Cyril and herself.

Both Barbara and Cyril have a long history of public service in Licking County. Cyril served as the Director of Moundbuilders Guidance Center and the Community Mental Health and Recovery Board of Licking and Knox Counties.

Barbara is a former board member of the Mental Health Association and served as chair of LMH's TWIGS 14. She is currently a member of Monday Talks, Progressive Club and Chapter DL of the P.E.O. Sisterhood. She serves as an elder at the Second Presbyterian Church in Newark and has been a member of the church choir for more than 45 years. Barbara has a daughter, Elizabeth, who lives in Gahanna and a son, David, who lives in Westerville with his wife and two children.

The John Alford Fellowship was created in 1996 by the LMH Development Council to memorialize the extraordinary commitment of the Hospital's long-time friend and supporter, John W. Alford. Charitable contributions to LMH are dedicated toward purchasing equipment and funding programs, capital expenses and facility improvements. The contributions are not used for salaries or general operating expenses.

## Greg and Carrie Wallis

Greg Wallis, Director of Surgical Services at LMH, and his wife, Carrie, also were recognized at the meeting for their membership in The William Schaffner Society. The Society is comprised of community members and Licking Memorial

Health Systems (LMHS) employees who have pledged a minimum of \$10,000 to LMHF over the course of 10 years.

Greg joined LMHS in 1997 as a nursing attendant and accepted a position in the Surgery Department as a scrub technician in 1998. In 2002, Greg graduated from Central Ohio Technical College, where he received his associate degree in nursing. After graduating, Greg accepted a staff nurse position within the surgery department. In 2007, Greg was named patient care manager for the Operating Room. After completing his bachelor's degree in nursing (B.S.N.) from The Ohio State University in 2008, Greg was promoted to his current position as Director of Surgical Services. In addition, Greg was honored with the LMHS Manager of the Year Award for 2011. The award recognizes an exemplary manager who demonstrates fair and consistent leadership and an ability to inspire employees. Greg is a member of the Ohio Organization of Nurse Executives (OONE) and the Association of periOperative Registered Nurses (AORN). He also is a board member for both the Newark Kiwanis and the Licking County Chapter of the American Red Cross.

Carrie is an underwriting service support typist at State Farm Insurance in Newark. She is a lifelong resident of Licking County and a graduate of Newark High School. In her spare time, she enjoys scrapbooking, reading and traveling with her family. Greg and Carrie are members of the First Baptist Church in Heath. They have two daughters, Brooklyn and Avery.



Vice President Development & Public Relations Veronica Link (left) and LMHS Board Member and Vice Chair of the LMH Development Council Executive Committee David Shull (right) recognize Greg Wallis (center) for his generous contribution to the LMHF.

## Angie and Walt Greenfield

Angie Greenfield, and her husband, Walt, also were recognized for their commitment to The William Schaffner Society. Angie currently serves as a consultant in the LMH Development Department, where she assists the Development team in increasing donations, supporting the LMH Development Council and writing grants.

Angie, former President of the Liberty Savings Bank's South Carolina Region and currently the owner of Greenfield Consultants, earned a Bachelor of Science degree from Century University in Albuquerque, New Mexico. Angie is very active in the Hilton Head Island, South Carolina community. She serves as Vice Chair of The Children's Center, Treasurer of the Association of Sea Pines Property Owners and governing board member for the Community

*LMHS Recognizes Donors (continued on page 17)*



LMHS President & CEO Rob Montagnese (right) congratulates Angie and Walt Greenfield for their generous commitment to The William Schaffner Society.

Services Associates. She is the former chair of the Greater Island Council and the Bluffton Okatie Business Council. Angie previously served as Vice President of Development and Public Relations for LMH and Executive Director of the Licking County Foundation and the Newark Campus Development Fund prior to moving to South Carolina. In her spare time, Angie enjoys lap swimming, walking the beach, bike riding, playing the piano and spending time with her family.

Walt is the President and CEO of Greenfield/Lewis Investment Counsel, where he is an Investment Advisor. He earned

a Bachelor of Science Degree in Business and a Master of Business Administration and Finance from Miami University. In 1985, Walt was recognized as a Miami University Outstanding Alumni. He is a Certified Public Accountant (CPA) in both Ohio and South Carolina, as well as a National Association of Securities Dealers (NASD) Series 65 Registered Investment Adviser. Walt is a member of the American Institute of Certified Public Accountants (AICPA), and formerly served as the Licking County United Way Chairman, member of the Licking County Chamber of Commerce and Past President of Moundbuilders Country Club. In his spare time, Walt enjoys golfing, walking the beach, playing piano and bike riding.

Angie and Walt split their time between Granville, Ohio, and Hilton Head Island, South Carolina. Together they have four grown children, and six grandchildren.

The William Schaffner Society was created in memory of William Schaffner, who dedicated his life to assure the availability of quality healthcare services to our community. LMHS is proud to acknowledge those who make significant contributions to support the Health Systems' mission to improve the health of the community. The funds are used to enhance medical services and facility improvements at LMHS, and do not assist with general operating expenses.

## Donors

Contributions to Licking Memorial Health Foundation in 2011 are used toward the Oncology Renovation Project at Licking Memorial Hospital. This section highlights our donors and their very generous gifts received in December 2011.

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Gordon Wilken

## Community Education - Alcohol and Drug Addiction (continued from front page)



Richard Whitney,  
M.D.

Research has long supported the connection between the abuse of alcohol and illicit drugs, and serious health problems in the United States. The misuse of alcohol and drugs strains the health care system, burdens the economy and contributes to the health problems and death of millions of Americans each year.

From a chronic disease perspective, long-term alcohol misuse is associated with liver disease, cancer, cardiovascular disease and neurological damage, as well as psychiatric problems, such as depression, anxiety and anti-social personality disorders. For the chemically dependent individual, alcohol and/or drug addiction may seem insurmountable, but effective treatment options are available.

Richard Whitney, M.D., of Licking Memorial Behavioral Health, will discuss alcohol and drug addiction during an educational session on Tuesday, April 24, at 6:00 p.m., in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. Registration is required. To register, please call (740) 348-2527.

# Development Spotlight – Sally Heckman



Sally Heckman

Sally Heckman, Vice President of Human Resources at First Federal Savings, recently joined the Licking Memorial Hospital Development Council, and serves on the Community Relations Committee. Sally has strong ties to the Licking County community, and currently serves on the board of trustees for the Granville Public Library.

As a member of the Community Relations Committee, Sally plans to utilize her local connections to help residents understand the mission of Licking Memorial Health Systems (LMHS), and encourage

them to give their time and talent to keep the organization successful. “I understand how special it is to grow up in a tight-knit community, and I appreciate how many people are connected to LMHS,” Sally said. “I am committed to the mission of the Development Council, and I hope that my contributions will ensure that the Hospital can continue to provide quality health care to the community.”

Sally was born in Newark, and is a graduate of Granville High School. She attended DePauw University in Greencastle, Indiana, and earned her Master of Business Administration degree from The Ohio State University in 2009. Sally currently resides in Granville with her husband, Lee, and her two sons, Will and Everett.

## DeMolay Donation

Licking Memorial Hospital received a donation of 519 plush toy bears from the Masonic Youth Order of DeMolay, Moundbuilders Chapter. The young men participated in a spaghetti dinner fundraiser to obtain the donation. Trent White, the Senior Councilor in the Moundbuilders DeMolay Chapter, first began collecting and donating toys to the Hospital at the age of four. He initiated the project after imagining how a child would feel to be in the Hospital during the holidays, and told his mother he had thought of a way to help. Once Trent joined the Masonic Youth Order, the DeMolay Chapter adopted his project as an opportunity for the young men to achieve one of the organization's goals. The Order of DeMolay is a Masonic youth organization for young men between the ages of 12 and 21, dedicated to preparing young men through civic awareness, personal responsibility and developing leadership skills.

*Pictured left to right: LMHS President & CEO Rob Montagnese, Trent White, Evin Zehring, Conner Wilson, Evan Willeke, James Cable, Dakota Kiger, Josh Moore and Nicholas Willeke.*



## Art from the Heart Showcases Children's Creativity

More than 400 guests attended the Art from the Heart event co-sponsored by Licking Memorial Health Systems (LMHS) and The Works on February 11. The annual event encourages families to bring their children to The Works in Newark, tour the museum's interactive areas, learn about heart health and create works of art.

The children had an opportunity to experiment with various art media, receiving one-on-one assistance from volunteer artists. Techniques included paper mosaic and blotto tempera painting.

At several special stations located throughout The Works, clinical staff from Licking Memorial Hospital (LMH) demonstrated some of the science used to improve the health of the community. The children learned various cardio exercises by playing a game, and both youth and adults had the opportunity to have an electrocardiogram (ECG) screening completed. At the annual laparoscopic surgery booth, children tested their surgical skills using a laparoscope camera and forceps. The young “surgeons” were able to watch their actions displayed on a nearby video monitor.

The young artists and their families will receive a special invitation to attend an art reception in their honor, which will take place later this spring in the LMH Café. During the reception, the children's artwork will be exhibited as a slide show presentation.



Lilly Lake demonstrates her artistic ability at Art from the Heart 2012.

# LMH Volunteer Executive Board

The Licking Memorial Hospital (LMH) Volunteer Executive Board recently installed new officers for 2012. The new officers are: Dick Stewart – President, Ralph Ottensmeier – Vice President, Joanne Hanson – Corresponding Secretary, and Arlene Newman – Recording Secretary.

The LMH Volunteers include more than 100 members who conduct a variety of tasks, ranging from greeting visitors at the reception desk to delivering mail to Hospital departments. To learn about volunteer opportunities, call the Volunteer office at (740) 348-4079, or log on to [www.LMHealth.org](http://www.LMHealth.org) and click on Volunteers.

Newly elected members of the LMH Volunteers Executive Board are: (left to right): Arlene Newman – Recording Secretary; Dick Stewart – President; and Joanne Hanson – Corresponding Secretary. Not pictured is Ralph Ottensmeier – Vice President.



## Volunteer Spotlight – Joanne Hanson



Joanne Hanson

For more than 40 years, Joanne Hanson enjoyed her career as a nurse in the California healthcare community. She spent the majority of her career serving in the Surgery Department at Saint Bernardine Medical Center, assisting with the development of perioperative procedures before they became an industry standard.

Perioperative nurses use a comprehensive and multidisciplinary approach to patient

care, working closely with the entire surgical team. This approach aided Joanne when she transferred to serve with the Case Management staff toward the end of her healthcare career, and continued to influence her life following retirement.

In 2003, Joanne moved to Newark from San Bernardino, California to be closer to family. After a few years, she yearned to form personal connections with others and serve in the community. As a retired Registered Nurse,

she knew that volunteering at Licking Memorial Hospital (LMH) would allow her to accomplish both of her goals. Joanne began volunteering at LMH in 2006, and serves weekly in the mail room, sorting and delivering the mail throughout the Hospital. Her previous healthcare experience has been a great benefit when volunteering for special events such as Red Cross blood drives at LMH and serving on the Volunteer Executive Board as the Corresponding Secretary.

“Joanne is a very active Volunteer who enjoys being busy and is always cheerful,” said Carol Barnes, Director of Volunteers, TWIGS and Events. “She enjoys helping those who come to LMH and is always ready for new challenges.”

Joanne has three children, six grandchildren and one great-grandchild. In her spare time, she enjoys reading, going out with friends, and bowling. She also enjoys volunteering at the Davis-Shai House in Heath, and the LMH TWIGS 6 Granville Thrift Shop. Joanne is a member of the St. Francis De Sales Catholic Church in Newark.

## Retiree Spotlight – Wanda Patterson



Wanda Patterson

Wanda Patterson began serving at Licking Memorial Health Systems (LMHS) as a part-time registrar in the Hospital to help provide for her young family. This position evolved into a full-time position with the Registration Department. She was later approached with the opportunity to assist in the development of the Central Scheduling Department, which would streamline the scheduling process for medical

procedures and appointments within the Hospital. During her time at LMHS, Wanda also served in an administrative assistant role within the Food Service Department, Human Resources, Administration, Development, and Pastoral Care.

“While serving at LMHS, I was always afforded opportunities to gain knowledge and grow professionally,” Wanda shared

while reflecting back on her 28 years of service. “While serving in a variety of departments, I learned about the internal function of a community hospital. I also was able to witness the introduction of new technology within LMHS, for example, transitioning from typewriters as the main source of creating office communication to the use of computers.”

Wanda retired in 2010 and now attends retiree luncheons to maintain the friendships that she developed while serving at LMHS. She also periodically assists in administrative assistant roles within the Health Systems when the need arises. Wanda is a lifelong resident of Licking County and enjoys crocheting, walking with her dog, A.J., assisting friends and family, and renewing old friendships. She has two sons and five grandchildren who strive to help keep her schedule full. Wanda and her husband, Jack, are members of Rocky Fork Church of Christ.

# Document Shredding Event Will Benefit Cancer Patients

By participating in an upcoming document-shredding event in Newark, community members can protect themselves from identity theft and help cancer patients at Licking Memorial Hospital (LMH) at the same time. Park National Bank (PNB) and Shred-it are hosting the sixth annual Community Shred Day in Newark on Saturday, April 21, from 8:00 a.m. to 12:00 Noon. There is no fee for the shredding services, but donations will be accepted to benefit the LMH Oncology Renovation Project.



The community is invited to bring billing statements, receipts and other paper documents to Community Shred Day at Park National Bank's downtown office on Saturday, April 21 from 8:00 a.m. to 12:00 Noon.

Participants are invited to bring paper items to PNB's downtown office, located at the corner of Church and Third streets, for on-site shredding. Special drive-thru lanes for the Community Shred Day will be designated off Church Street. Truck-mounted equipment from Shred-it will crosscut the documents and materials into pieces no larger than 5/8 inch in size and transport the confetti-like shreds for recycling.

PNB Banking Officer Cindy Hollis said, "Many people have unneeded documents at home with personal or sensitive information that, unfortunately, can end up in the wrong hands and lead to identity theft. We intentionally plan the Community Shred Day each year to take place shortly after the end of tax season so Licking County residents can properly discard unneeded or outdated documents. The event is well attended every year, and many people have told us how much they appreciate the service."

Materials that can be accepted for shredding include paper items, such as receipts, tax forms and medical records. Staples and paper clips do not need to be removed; however, papers must be removed from notebooks and binders. CDs, floppy disks and VHS cassettes also will be accepted for shredding offsite. No more than three standard-size boxes will be accepted per

household, and items from businesses or organizations will not be accepted.

PNB staff members will be available at the drive-thru lanes to unload vehicles and place the items directly into the Shred-it trucks. Paper bags and cardboard boxes used for transporting the recyclables also will be accepted. Participants are welcome to park to the side and witness their documents being shredded.

Licking Memorial Health Systems (LMHS) Vice President

Development & Public Relations Veronica Link said, "At LMHS, medical privacy is very important, and we have safeguards in place to protect our patients' records. We are very pleased that so many area residents also have protected their records at home by taking advantage of the past Community Shred Days, and hope that even more use the service this year to safely discard documents with sensitive medical, financial or other personal information. We also are grateful to PNB for supporting our cancer patients by donating the proceeds to LMH's Oncology Department."

Shred-it is a security based company based in Canada, with 140 branches around the world. The local Shred-it operation is headquartered in Gahanna, Ohio, and is an independent, locally owned franchise of the Shred-it Corporation. Shred-it associates are FBI background-checked and fingerprinted.

PNB is one of the leading community banks in Ohio. It is based out of Newark, and operates 18 full-service offices in Licking and Franklin counties, having a staff of more than 500 associates. For more information about Community Shred Day, call (740) 349-3724.

## Community Education – Dining with Diabetes *(continued from front page)*



Annmarie Thacker, R.D., L.D., C.D.E.



Shari L. Gallup, M.S.

Making smart meal choices is important for diabetes management, but healthy eating can be challenging. Dining with Diabetes is a three-part cooking school program for individuals with diabetes and their families that offers healthy alternatives to food preparation. The program, led by Registered Dietitian Annmarie Thacker, R.D., L.D., C.D.E., and Shari L. Gallup, M.S., will include healthy meal demonstrations, taste-testing and discussions about carbohydrates, fats and vitamins. In addition, a three-course meal will be served at each session.

Dining with Diabetes is presented by Licking Memorial Health Systems in partnership with The Ohio State University Extension Office. Advanced registration is required to attend the three-part program. Please call (740) 670-5315 to register. The cost is \$10 for senior citizens (age 60 and over), \$20 for all other participants, and is due at the time of registration. Space is limited – please register by Friday, April 6.

# Red Dress Guests Encouraged to Learn CPR

Gail Hogan, Emmy award winning journalist and host of WCMH-TV's Daytime Columbus talk show, urged the 350 guests at Licking Memorial Health Systems' The Heart Truth: A Red Dress Event to begin making small changes to improve their health immediately.

She urged, "You can begin to make improvements in your life right away by making just one small change. It can be as simple as taking a walk every day. If you work at a desk all day, get up and stretch every hour or so. Movement and exercise are so important for your heart."

Gail shared her own experiences with heart disease, beginning at the age of 32, when she collapsed suddenly from cardiac arrhythmia at work. "Five of my coworkers performed CPR on me for 45 minutes until help arrived," she said. "I am so passionate about CPR. Everyone should learn how to do it, and do not

Guest speaker Gail Hogan demonstrated the hands-only CPR technique on a dummy.

be afraid to perform CPR if someone around you suddenly collapses and does not have a heart beat. Some people hesitate to do CPR because they are afraid that they might not do it correctly, but it is so important that you act quickly. A person whose heart has stopped will die without help."

Gail demonstrated hands-only CPR with a tabletop CPR dummy. "You should lock your hands and push down in the middle of the chest," she explained. "Keep pushing quickly, to the beat of the Bee Gees' song, 'Staying Alive.' Learning CPR could save the life of someone you know. In fact, in most cases where someone uses CPR, the victim is a family member."

Gail now has a pacemaker and defibrillator to control her heart rhythm. She serves on the board of the Central Ohio Chapter of the American Heart Association (AHA) and has volunteered for more than 25 years with the Columbus Chapter AHA. She is a founding member of the Central Ohio AHA's Women's Heart Health Initiative that led to the national Go Red for Women campaign.



LMHS Director of Food Service Brian Merritt demonstrated how to prepare recipes that are heart-healthy.

Guests at the Red Dress event also received a healthy cooking demonstration from Licking Memorial Health Systems (LMHS) Director of Food Service Brian Merritt. Brian demonstrated the preparation of Marinated Mushrooms, Tuna Nicoise Tartine and Cocoa Roasted Almonds. The recipes, along with their nutritional information, are available online at [www.LMHealth.org](http://www.LMHealth.org), by clicking on "Classes and Events."

LMHS hosts The Heart Truth: A Red Dress event each year near the AHA's national Go Red for Women Day. The Red Dress has become a national symbol to draw attention to the fact that heart disease is the number one cause of death for women in the U.S.



LMHS' ninth annual The Heart Truth: A Red Dress Event provided women's heart health information to 350 women at the Bryn Du Field House in Granville on February 9.



Winners of the best outfit judging were: (left to right): second place – Becki Disbennett, third place – Donna Swartz, and first place – Nora Noble.

# Medical Information Options Available

Licking Memorial Hospital (LMH) recently implemented a new, high-tech option for providing patients with personal discharge and medical record information. Upon the patient's request, LMH will create a personalized CD that will be provided as an alternative to a printed copy. Each CD is electronically encrypted and individually password protected to ensure the patient's privacy.

Information that can be requested electronically includes medical test results, diagnosis information and post-care instructions. Post-care, or discharge information, will be provided immediately upon release from the Hospital. Information related to the patient's medical records can be requested at any time, and will be made available within three days following the date of request. Medical records can be provided electronically only if the documentation is currently stored in an electronic format.

The goal of this initiative is to make personal medical records more accessible to the patients. "It is important that our Hospital patients have more direct access to their own medical information," said Sallie Arnett, Vice President Information Systems. "Our hope is to encourage them to maintain detailed personal health records and actively participate in their health care."

To obtain a copy of medical information, the Release of Medical Information form must be completed. To download a copy of the form, please visit [www.LMHealth.org](http://www.LMHealth.org), click on the About Us tab and select Patient & Visitor information. The form is located under the Record Request link at the top of the page. For questions, or to inquire if the records can be provided electronically, please contact the Medical Records Correspondence Department at (740) 348-4122.

*Ask a Doc – Frequent Headaches (continued from page 6)*

- You should call 9-1-1 for immediate medical help if:
- You would describe a severe headache as the "worst of your life."
  - A severe headache comes on suddenly.
  - The headache is accompanied by vision changes, slurred speech, facial droop, numbness in arm or leg, difficulty moving arms or legs, loss of balance, or mental confusion.

Even though you do not mention the intensity of your headaches, or if there are additional symptoms, I would advise you to make an appointment with your physician because you mentioned a family history of brain tumors. Although the risk is very low, there is a rare form of brain tumor that has a genetic link. In addition, your physician will use the opportunity to explore the cause and treatment of your daily headaches to improve your quality of life.

## Cosmetic Enhancements

**Date:** Wednesday, April 4

**Time:** 5:00 p.m. to 7:00 p.m.

**Location:** 1272 West Main Street,  
Building 2, Upper Level, Newark

Please join Licking Memorial Reconstructive & Cosmetic Services for an evening event with James Jeffries, M.D. Dr. Jeffries will host an informal discussion regarding appearance and figure enhancements through simple and convenient cosmetic treatments. Light refreshments will be served during the event. Registration is required - please call (740) 348-7955.

Dr. James Jeffries is a board-certified member of the American Board of Plastic Surgery, and a fellow of the American College of Surgeons. He specializes in a variety of services, including:

- Breast surgery
- Abdominoplasty (tummy tuck)
- Liposuction (SmartLipo™)
- Blepharoplasty (eyelid surgery)
- Botox®, Juvéderm®, Radiesse®, and Latisse®
- Lesion removal
- Wound care management



James M. Jeffries III,  
M.D., F.A.C.S.



Licking Memorial  
Reconstructive & Cosmetic Services



Licking Memorial Hospital

# "Building A Healthier Community Award" Sponsored by the LMH Development Council

This award recognizes an individual, group of individuals or an organization in Licking County that has undertaken a non-profit project with a specific initiative that has improved the health of the community. The award will be presented at the 2012 Lifetime Achievement Reception. Please note, multiple winners may be selected for the same year.

For more information, contact Veronica Link, Vice President Development & Public Relations at (740) 348-4109.

## Nomination Form

Nominee's Name (individual or group): \_\_\_\_\_

Address: \_\_\_\_\_

Present employer or vocational status of individual or description of group/organization: \_\_\_\_\_

Description of project/initiative: (Please feel free to use additional paper and/or attach relevant documents.)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Explanation of how project/initiative helps Improve the Health of the Community:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Additional comments:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please provide us with your name, address and telephone number in order for the committee to work with you in developing a more comprehensive list of your nominee's activities. Thank you.

Your Name

Address

Phone Number

All nominations must be received in the Development Office,  
Licking Memorial Hospital, 1320 West Main Street, Newark, Ohio 43055  
by June 28, 2012, at 5:00 p.m.



## Licking Memorial Health Systems

1320 West Main Street  
Newark, Ohio 43055

Please take a few minutes to read this issue of **Community Connection**.

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

A publication of the LMHS Public Relations Department. Please contact the Public Relations Department at (740) 348-1572 to receive future mailings.

The articles contained in this publication should not be considered specific medical advice as each individual circumstance is different. Should you need medical advice, consult your physician. Entire publication copyrighted 2012 Licking Memorial Health Systems. All rights reserved.

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# Community Events

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

## Cosmetic Surgery Education

Licking Memorial Reconstructive & Cosmetic Services  
1272 West Main Street  
Building 2, Upper Level  
Newark

Wednesday, April 4  
5:00 to 7:00 p.m.  
No charge

Plastic Surgeon James M. Jeffries III, M.D., of Licking Memorial Reconstructive and Cosmetic Services, will discuss cosmetic procedures during this educational session.

There is no fee; however, registration is required. To register, please call (740) 348-7355.

## Betsy Eaton O'Neill Health Resource Center Education Programs

Licking Memorial Hospital – First Floor, off main lobby.  
1320 West Main Street, Newark  
1:00 p.m. No charge.

- **Staying Active with Arthritis** – Wednesday, March 28
- **How to Read a Food Label** – Wednesday, April 4
- **Ask a Pharmacist** – Tuesday, April 17

Reservation is required. Call (740) 348-2527 to register.

## Community Blood Pressure and Diabetes Management Screenings

Licking Memorial Wellness Center at C-TEC  
150 Price Road, Newark

Second Thursday of each month: blood glucose screenings  
Fourth Thursday of each month: blood pressure screenings  
1:00 to 3:00 p.m.

Screenings are free of charge, and no appointment is required. For more information, please call (740) 364-2720.

## Ask the Doc

Saturdays, from 9:00 to 10:00 a.m.  
No charge. Open to the public.  
Shepherd Hill, 200 Messimer Drive, Newark

A physician will answer questions about chemical dependency and treatment options. Call (740) 348-4877 for more information.

## First Impressions – Maternal Child Classes

- Childbirth Education Classes
- Maternity Tour
- Stork Tour
- Breastfeeding Class
- Infant and Child CPR
- Sibling Preparation Class
- Newborn Basics Class

For more information or to register, call (740) 348-4346 or e-mail: [firstimpressions@LMHealth.org](mailto:firstimpressions@LMHealth.org).