

FALL 2011

HEALTHY Outlook

HEALTH NEWS AND HAPPENINGS FOR THE COMMUNITY FROM WOOD COUNTY HOSPITAL

Penny McIntosh of Bowling Green and her grandsons Eli and Camden McIntosh enjoy playing in the leaves.



"I CONSIDER MY WEIGHT LOSS A GIFT"

Center for Weight Loss Surgery changes lives for the morbidly obese

Penny McIntosh of Bowling Green leads an active lifestyle. At 50 years old, she exercises every day, watches what she eats, runs 5K races, loves to play with her grandchildren and take walks on the beach with her husband.

But it wasn't always that way. Just two years ago, Penny weighed 345 pounds. She was classified as super morbidly obese; could eat a pound of spaghetti by herself at one sitting; took two blood pressure pills a day, asthma meds and a water pill; and she developed arthritis in her knees.

Penny tried to lose weight, pursued various diets, and was successful in reducing her maximum weight of 384 pounds. But she couldn't keep the weight off.

The turning point for Penny came at her granddaughter's birthday party, when she couldn't even get off the floor. "My granddaughter said, 'Grandma, you're as big as the sky.' That broke my heart; I cried for days, listening over and over in my mind, those words, knowing my life had to change. I knew my life would be short, if I did nothing."

Penny went with a friend to a support group meeting of the Center for Weight Loss Surgery (CWLS) at Wood County Hospital. She entered a medically supervised weight loss program and made the decision to have gastric bypass surgery.

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WOOD COUNTY HOSPITAL

DEPEND ON US.

www.woodcountyhospital.org

Message



A fast paced 2011 draws to a close!

What a difference a year makes. It seems as though we just rang in the new year for 2011 and, at this writing, we're bringing it to an end. Wood County Hospital continues its Mission to serve the residents of our communities with great service, touch and quality. We continue to care for increasing numbers of patients across our service lines, especially in important areas such as Emergency Room, Surgery, and Outpatient services. I continue to hear great testimonials in the community from families for the care they received from our nurses and caregivers in Med-Surg and ICU. Outpatient, ancillary and diagnostic departments continue to increase in numbers as well.

In a very short time, the Hospital will convert from a paper medical record system to a comprehensive Electronic Medical Record. This transition is more than two years in the making, and is the product of countless hours of effort by our staff and physicians. The new EMR will improve record retention, continuity of care, and patient safety. It is a complex change involving all hospital systems, but very exciting.

Over the year we have added a number of physicians to the Staff to serve the community. These include Drs. Scott Dearing (Orthopedics), Stephanie Weckesser (Pediatrics), Deanne Kiba (Family Practice), Hares Akbary (Pain Management) and Coral Matus (Hospitalist Service). In addition, we were fortunate to bring back to Bowling Green Dr. Sherri Thomas, Developmental-Behavioral Pediatrics, who is operating the Child Development Center. We are fortunate to have these new people join our existing group of clinicians.

The Hospital is continuing to update the facility as part of our "Phase II" master plan. This includes the current work on our Emergency Department expansion, and future changes to Diagnostics, Purchasing, Linen, and Housekeeping. We are also hoping at some point in the near future to update the Critical Care Unit of the facility.

We remain focused upon providing the best service to our community and remain grateful for their continued support. Please accept our wishes for a joyous and healthy holiday season.

Sincerely,

Stanley R. Korducki
President

Center for Weight Loss Surgery

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How bariatric surgery works

"Morbid obesity is a big problem in the United States today," explained Penny's doctor, Peter Lalor, M.D., bariatric and general surgeon and Medical Director of the Center for Weight Loss Surgery. "People who should consider these types of surgeries are people who have struggled with weight loss all their life.

Usually someone is going to be in excess of 100 pounds overweight, and they are starting to have major health problems because of it. The reality is that evidence shows that these people are not going to be able to lose weight and keep it off, and because of that long-term lack of maintenance and the health problems associated with staying this way, surgery is really the best option these days."

Gastric bypass works by malabsorption and restriction. "Because we rearrange the intestines, what is eaten is not absorbed very well," Dr. Lalor explained. He counsels patients that weight loss surgery is a tool, not a magic solution. But, if people combine the surgery with healthy lifestyle changes, "it's not uncommon for people to lose 40 pounds even in the first months and immediately see benefits."

Bariatric surgery has been shown to produce weight loss that reduces major health problems such as diabetes, cardiovascular disease and high blood pressure.

The WCH Center for Weight Loss Surgery is a Bariatric Surgery Center of Excellence, meeting the highest standard of qualifications and credentialing for bariatric surgery.

Penny McIntosh, third from left and her teammates at the Walk from Obesity held at Wood County Hospital on September 24, 2011. More than \$10,000 was raised for independent educational and research initiatives of the American Society of Metabolic and Bariatric Surgery Foundation and the Obesity Action Coalition.

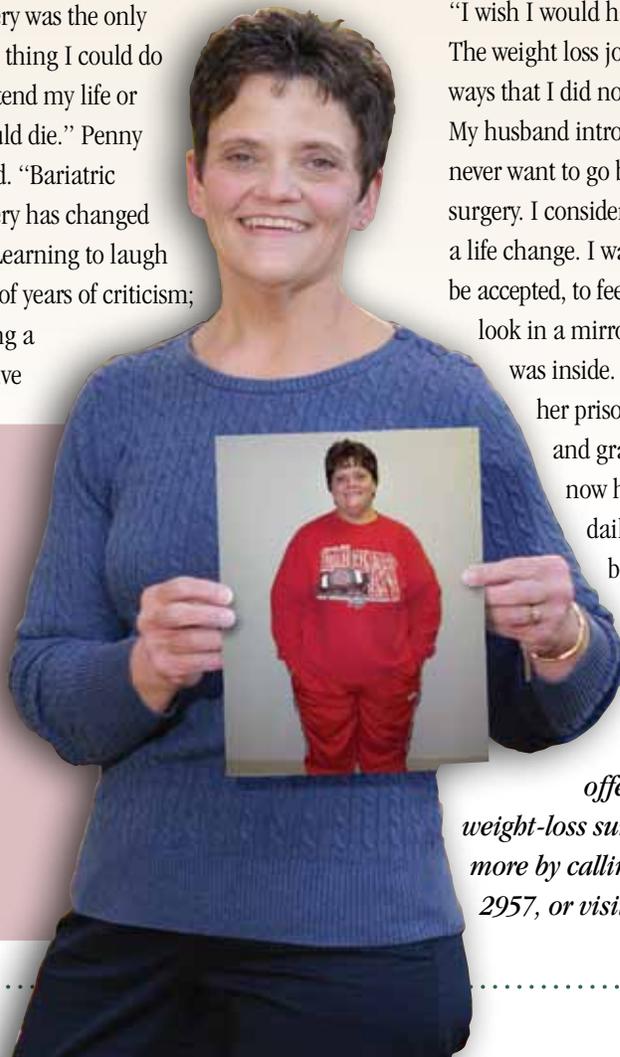


Penny's new life

Penny lost 185 pounds since she had surgery at the Center.

"I've heard people say that they have not had good results from surgery, but I think it's because they did not follow the guidelines. Surgery gives you the tool to fix your weight, but it's not a switch you flip." Penny said. "You have to decide this is what you're going to do. You are going to have to work at it. There are sacrifices. There are foods that I can't eat now. I look for other ways to enjoy life besides food. It's a life-long process that changes your life. I needed to work on all the issues that caused me to be heavy in the first place."

"I was at the point of desperation. I knew that surgery was the only other thing I could do to extend my life or I would die." Penny added. "Bariatric surgery has changed me. Learning to laugh after of years of criticism; having a positive



"I was at the point of desperation. I knew that surgery was the only other thing I could do to extend my life or I would die... I never want to go back to the way I was before surgery. I consider my weight loss a gift, not just a life change." — Penny McIntosh

attitude toward food; realizing the surgery was the first decision I made to allow myself a healthy life, emotionally and physically. Since surgery, I no longer have medications for blood pressure, asthma or arthritis. I have confidence I have never felt, and reflect on the freedom bariatric surgery has given me."

"I look for other ways to enjoy life besides food. I can now enjoy long walks, or riding my bike. I've taken "Sushi" classes, bought an art museum pass, taken glass blowing. It's a life-long process that changes your life.

"I wish I would have done it a long time ago. The weight loss journey has affected me in ways that I did not think it would affect me. My husband introduces me as his new wife! I never want to go back to the way I was before surgery. I consider my weight loss a gift, not just a life change. I was desperate to be healthy, to be accepted, to feel normal, and to be able to look in a mirror and see the person I knew was inside. I have allowed her to open her prison doors, take a deep breath and grasp life with both hands. I now have life, and choose to live it daily to love and allow myself to be loved. I encourage people to come to information sessions or support groups and learn more about CWLS."

Wood County Hospital offers free seminars about weight-loss surgery. Register or learn more by calling toll-free 1-877-705-2957, or visit bariatricprocedures.org.

State award reflects high quality of WCH's therapy programs

If you are recovering from an accident or injury, how do you know you are obtaining the best possible therapy for your optimal recovery?

You can be assured of high quality care at Wood County Hospital, as evidenced by the fact that Deb Butler, OTR/L, the Director of Rehabilitation Services, recently received recognition from her professional peers when she was presented with the Model Practice Award in Administration/Management from the Ohio Occupational Therapy Association.

"This award should be proof to all our patients and physicians that the best rehab they can get is right here at Wood County Hospital!" Butler said.

The selection is based on the individual's significant professional contributions in demonstration of innovative and progressive

state-of-the-art treatment and or development of assessment tools.

"In 1990 I came to WCH and started its first occupational therapy program," she explained. "In 1996 I began the first speech therapy program here. In 1999 I became the Director of Rehabilitation Services, which brought occupational therapy, speech therapy, physical therapy and sports medicine together as a comprehensive team."

"My philosophy is that the best Rehab team is made up of all the different therapists and each therapist, regardless of their discipline, is vital to the success of every patient," Butler explained. "In Rehab we work hard and we play hard! My staff has more than doubled over the past 10 years because we continue to offer progressive state-of-the-art treatment with therapists who are highly skilled and extremely competent."

She added that the Rehabilitation Services staff at Wood County Hospital works hard to raise the level of care throughout the region by offering their services to other facilities and schools.

"This award means that a dream has come true! It means that my staff has made me look good," she said, crediting her achievement to her coworkers. "It also means that I have accomplished something that has helped thousands of people in our community. Furthermore, this award should be proof to all our patients and physicians that the best rehab they can get is right here at WCH!" ■

Deb Butler, OTR/L, Director of Rehabilitation Services

Additional treatment rooms now enhance Emergency Dept. care

Phase Two of the Emergency Department's five phase renovation is now complete, with the first four of 20 new treatment rooms in use since early November.

These new spacious treatment rooms are enclosed by glass and aluminum doors, providing patients greater privacy and noise reduction. Once the entire project is complete, the two nurses stations will be partially enclosed in glass, further reducing the noise level which patients experience.

Adding to our patients' comfort while in the ED are the latest beds with television speakers near the head and convenient remote controls at the pillow position.

"Particular emphasis has been placed on creating a more private, quiet environment for the comfort of our patients" said William Kidd, Vice President of Support Services.

Patients and visitors will also notice changes at the back of the hospital where walls were removed in the Radiology/Laboratory Waiting Room to create a more open, spacious environment. New signage has been installed to help visitors navigate the hospital, and the hallway had a facelift with new colors and flooring.

The ED project is Phase II of the hospital's major expansion program that began in 2007, all designed to enhance accessible, high quality hospital services to our local community.

The entire project is scheduled to be complete in October, 2012.



MEDICAL STAFF Additions

Wood County Hospital Welcomes New Physicians

Wood County Hospital recently added a number of new physicians to its medical staff of more than 190 primary care and specialist physicians. The addition of these physicians enhances the scope of comprehensive care and leading-edge treatment options available to area residents. Some of the new physicians are:

Deanne Kiba, DO, a family physician, treats patients of all ages and has an emphasis on women's health, anti-aging, nutritional and preventative health care. She attended medical school at Ohio University College of Osteopathic medicine, and completed her residency at Affinity Medical Center in Massillon, Ohio.



Deanne Kiba, DO



Coral Matus, MD



Naheed Sufi, MD



Stephanie Weckesser, MD

Dr. Kiba has joined Bowling Green Family Physicians. Appointments with Dr. Kiba may be made by calling 419-352-9071.

Coral Matus, MD, is a board certified family physician who provides medical care exclusively to hospitalized patients. Dr. Matus

received her Doctor of Medicine degree at The Ohio State College of Medicine. She completed her residency at The Toledo Hospital Family Practice Residency and a fellowship in Faculty Development at the University of Michigan. She has joined the Hospitalist group at Wood County Hospital.

Naheed Sufi, MD, is an occupational medicine physician who has joined Wood County Hospital's ReadyWorks Department. She obtained her medical degree from Nawabshah Medical College in Pakistan, and completed her family practice residency at St. Mary's Medical Center in Evansville, In. Dr. Sufi has been practicing occupational medicine since 1995. Appointments at ReadyWorks can be made by calling 419-373-4162.

Stephanie Weckesser, MD, is a general pediatrician whose office is located at the practice of Drs. Mohammed and Syeda Ahmed. A graduate of Ohio Northern University, she received her Doctor of Medicine degree from The University of Toledo College of Medicine. Dr. Weckesser completed her residency in pediatrics at the University of Toledo Department of Pediatrics. Appointments with Dr. Weckesser may be made by calling 419-354-3123.

More detailed information about these physicians and other members of the Wood County Hospital medical staff can be viewed online at www.woodcountyhospital.org or by calling the Physician Referral line at 419-373-4195. ■

Dr. Akbary joins Wood County Hospital's Center for Pain Management



Hares Akbary, MD

Hares Akbary, MD, Anesthesiologist and Interventional Pain Medicine physician has recently joined the Wood County Hospital medical staff within the Center for Pain Management.

The Center for Pain Management is dedicated to treating patients with chronic pain due to various causes, such as injury, degenerative conditions, other physical ailments as well as cancer. Conditions treated at the center include chronic neck or back pain, post-surgical pain, cancer-related pain, nerve pain, arthritis pain, shingles, and work-and sport-related injuries. The Center has been operational at Wood County Hospital since March, 2010.

The Center staff utilizes the latest techniques and equipment to obtain the best possible outcomes for each individual patient. Their goal is to improve the patient's quality of life by working with patients and their referring physicians to successfully manage pain.

Dr. Akbary is an anesthesiologist with fellowship training in pain medicine. He received his medical degree at Saint Christopher's College of Medicine in Luton, England. He completed a residency in anesthesiology at Wayne State University in Detroit, MI and a fellowship in pain medicine at Northwestern University in Chicago, IL.

Using interventional pain management techniques, Dr. Akbary will provide any anesthesia needed and perform various procedures, such as steroid shots in the spine or in painful joints. Patients are seen by referral only. Referrals can be faxed to 419-373-7695. For more information, call the Center for Pain Management at 419-373-7696. ■

FROM THE Foundation

Annual Campaign to support essential services of Center for Child Development

Responding to a distinct community need of as many as 18,000 children in this area, Wood County Hospital established the Center for Child Development in August of this year.

Now, friends and supporters of Wood County Hospital are being asked to ensure that the Center is able to help all the children and families who need these essential services by making a donation to the Wood County Hospital Foundation Annual Campaign to benefit this new and vitally important Center.

The Center for Child Development serves children impacted by developmental and behavioral health issues ranging from learning disorders such as autism, cerebral palsy, genetic disorders and associated cognitive delays such as Down syndrome, visual and hearing impairments, and developmental challenges associated with chronic medical conditions.

Early, expert intervention and continued excellent care are critical to their development into healthy, happy and productive members of society.

The need is great

Families of children with developmental issues in Wood County had to travel as far away as Akron, Cleveland or Columbus to receive assessment services. Now, the Center and its highly skilled staff provide an opportunity for children to receive diagnosis, treatment and follow-up in one location closer to home.

“Without the support of funds from this year’s WCH Foundation Annual Campaign, the reality is that many children and teenagers simply would not receive services

Sherri Thomas, MD (second from left), interviews the mother of one of her patients while he reads.



Beth Instone, RN, measures a young patient.

they truly need. This could have a very negative effect on their health and well-being throughout their entire lives,” said Stan Korducki, Wood County Hospital President. “We may never fully appreciate the number of lives impacted and improved as a result of this campaign, but the families benefiting from these services will certainly know and appreciate what we so together to help them.”

Essential community support

In September, the United Way in Wood County provided a \$25,000 grant to the newly established Center for Child Development to fund care and services to these children. Michael George, Director of United Way in Wood County, said, “This program obviously directly contributes to the overall health and well-being of our community.”

“We can think of no greater benefit for our community – both now and for the future – than making sure we serve this important, innovative and vital Center,” Korducki added. “Quite simply, children need these services, and their brighter future is dependent upon our ability to meet their needs.”

“This Center exemplifies our fulfillment of our most important commitment to area residents: To provide the highest quality,



most comprehensive care close to home,” Korducki said. “By making a generous contribution to this campaign, you become our essential partners in this service, and quite literally you will be making the lives of children and their families significantly brighter.”

If you care to make a contribution on behalf of the Center for Child Development at Wood County Hospital, please use the attached envelope. ■

Windisch Memorial Golf Outing raises funds for WCH

Noted community leader Paul Windisch gave his heart and soul to Bowling Green and Wood County Hospital. Following his February, 2010 death, his friends and professional colleagues continued his tradition of giving to WCH by holding the second annual Paul Windisch Memorial Golf Outing on September 30 at Stone Ridge Golf Club.

Proceeds of \$3,000 from this year’s event went to the Wood County Hospital Foundation.

Windisch was a member of the Wood County Hospital Board of Trustees for 19 years, serving as its Chair in 2004 and 2005.

“Paul was passionate about Wood County Hospital and its importance to our community,” said his widow Cheryl Windisch. “This event offered an opportunity to create awareness for the hospital.”

The event was sponsored by First Federal Bank. ■

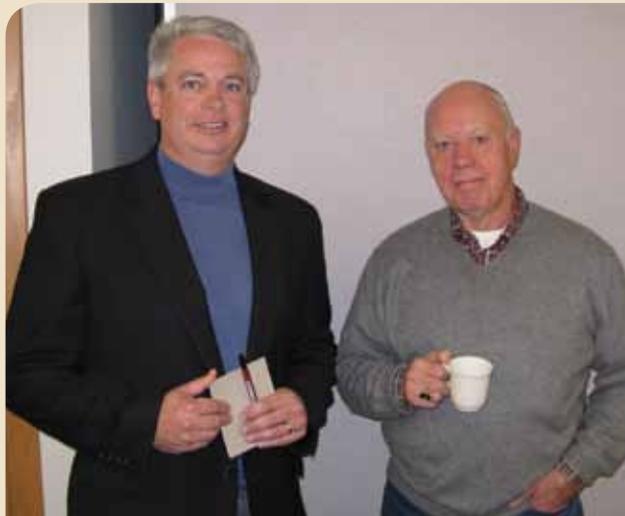
Planned gifts enable WCH to plan its future

Providing attorneys and accountants with the latest strategies, regulations and opportunities involving estate planning enables them to better help their clients meet their personal and family needs and obligations. This timely and important information also enables people to structure charitable gifts to non-profit organizations close to their hearts, such as Wood County Hospital.

That is why the WCH Foundation and Savage & Associates co-sponsored their third financial planning seminar in October at WCH for local attorneys and CPAs. More than 30 attendees heard a presentation by Gary Smith, an attorney with Eastman & Smith, regarding estate planning and life insurance.

“The Foundation was established through a planned gift over 20 years ago, and we continue to receive gifts from individuals’ estates. We hope our local attorneys continue to work with their clients on reiterating the importance of WCH in their community and the need for philanthropic support” stated Cristy Gray, Vice President of Development.

If you have any questions about how to include Wood County Hospital in your will, or



you have already recognized the Hospital in your plans, please contact Cristy Gray at 419-373-7627.

Ryan Dauterman, left, Financial Planner, Savage and Associates and Robert Maurer, attorney and WCH Foundation donor.

Memorial/Tribute Donors

Family and community members continue to recognize the importance of Wood County Hospital and what it meant to their loved ones.

Joe Sarver, Marilyn Kempf, Alyce Walden, Family of Sara J. Peper, Grandchildren of Lucille Ledyard, Ann Bader, Brenda Bechstein and Linda Wright

Some of the gifts recognize those who recently passed:

David Bowers, Barbara Clark, Mary Ann Hiser, and Sarah J. Peper



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Wellness Programs

Sign up for your health class online!

The easiest, fastest way to learn about classes and programs at Wood County Hospital is via our website, www.woodcountyhospital.org. You will find detailed listings of upcoming classes, health screenings and events in the "News and Events" section of the website. You can also register and pay for classes online, all from the comfort of your personal computer, 24 hours a day. You will receive instant confirmation with specifics about the class upon completing your online registration. Enhance your health now by checking out our programs!

Positively Pink

Women's Health Series

Events planned with today's woman in mind. Health information sessions with a fun-filled twist. Plan on an evening with information, relaxation, entertainment, food and prizes! For more information, call 419-354-8887.

February 23– Topic to be announced

6:30 – 7:00 p.m. Activities

7:00 – 9:00 p.m. Presentation

Weight Loss Programs

Choose to W.I.N.

Learn how to lose weight and keep it off through a customized eating plan. Weekly meetings led by a registered dietitian are held every Saturday from 10 to 11:00 am. A one-time "roll-in" information session is required to begin this. For more information call 419-354-8887.

Session 1 Roll-in Class

Saturday, January 7 11:15 a.m. – 12:30 p.m.

Session 2 Roll-in Class

Saturday, February 4 11:15 a.m. – 12:30 p.m.

Session 3 Roll-in Class

Saturday, March 3 11:15 a.m. – 12:30 p.m.

Cost: \$50.00 start up fee/\$5 per session.

Weight Loss Surgery Information Session

Peter F. Lalor, MD, and members of the Center for Weight Loss Surgery team will discuss obesity and the weight loss surgery options available at Wood County Hospital at this free program. For more information, call 419-373-7699.

Tuesday, Jan. 17 7:00 – 9:00 p.m.

Saturday, Jan. 21 9:00 – 11:00 a.m.

Tuesday, Feb. 15 7:00 – 9:00 p.m.

Saturday, Feb. 21 9:00 – 11:00 a.m.

Know Your Numbers: Personal Health Screenings

As part of its' Know Your Numbers series, the WCH Wellness Center is offering a variety of free health screenings to help you take charge of your health. All screenings will be conducted at the hospital's front entrance. Pre-registration is required for each event. Call 419-354-8887 to reserve your appointment.

Blood Pressure Screening

January 11 10:00 a.m. – noon

Height, Weight, & Body Mass Index (BMI)

February 8 10:00 a.m. – noon

Blood Glucose Screening

March 14 10:00 a.m. – noon

Diabetes Interest Group

Free monthly meetings for individuals who have diabetes, or their significant others. Each session covers current topics and information about diabetes including heart health, medication reviews, healthy eating, exercise, and self care management, etc. For more information, call 419-354-8863, Option 3.

Thursday, December 8 6:00 – 7:00 p.m.

"How Sweet is Too Sweet" Jane Graffin, Clinical Nutrition Manager/Diabetes Education Program Coordinator will discuss non-nutritive sweeteners and holiday eating)

Thursday, January 12 11:30 a.m. – 1:00 p.m.

"Medication Review and Safety" Todd Leopold, Pharm D., Pharmacist at Wood County Hospital, will discuss medication safety. Bring your own medications for a personal review by a pharmacist.

Thursday, February 9 noon – 1:00 p.m.

Topic to be announced

Personalized Knee Replacement Surgery

Carlos Gomez, MD, Orthopaedic Surgeon, will discuss the latest technology used for personalized knee replacement surgery at Wood County Hospital. Call 419-373-4164 for more information.

Wednesday, January 18 6:00 – 7:30 p.m.

HealthMatters Lecture Series

Bimonthly lecture series on a variety of health topics given by WCH healthcare professionals. Call 419-354-8887 for more information.

Tuesday, January 17 5:30 – 6:30 p.m.

"Taking Control of Asthma"