

# SUMMER 2016 HEALTHY Outlook

HEALTH NEWS AND HAPPENINGS FOR THE COMMUNITY FROM WOOD COUNTY HOSPITAL

(Right): Dr. Peter Lalor, Medical Director at the Wood County Hospital Center for Weight Loss Surgery, consults with post-surgery patient Mary Clare Gremling.



The Center for Weight Loss Surgery at Wood County Hospital is a nationally accredited program that meets the highest standards for patient safety and quality of care.

## For weight loss surgery, the best option is in Bowling Green, Ohio

### THE CENTER FOR WEIGHT LOSS SURGERY PROVIDES PATIENTS WITH A COMPREHENSIVE PROGRAM TO ACHIEVE LONG-TERM SUCCESS

Helping obese individuals achieve better health and quality of life through weight loss surgery and a comprehensive approach to their care is the objective of the Center for Weight Loss Surgery (CWLS) at Wood County Hospital.

Our comprehensive approach to weight management includes much more than just surgery – it's the Center's team of caring professionals who work together throughout the patient's weight loss journey. The team provides dietary/nutritional consulting, psychological evaluations and support groups, and long-term coordination of care, which is a large part of what makes surgeries at the CWLS successful.

Convenience for patients is an important part of our approach to bringing the multidisciplinary program together. When a patient decides to pursue weight loss surgery, all testing and procedures are conducted at the hospital in one day. All meetings with dietitians, counselors, and doctors take place on the hospital campus.

The Center has helped thousands of patients achieve significant, consistent weight loss for better health since the hospital's first bariatric surgery was performed in 1978. Today, the Center for Weight Loss Surgery (CWLS) performs more than 250 surgeries each year.

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WOOD COUNTY HOSPITAL

DEPEND ON US.

[www.woodcountyhospital.org](http://www.woodcountyhospital.org)



Healthcare in America is always changing. We see continuous development of new technologies, interventions, treatments, and medications. With the advent of health reform through the Affordable Care Act, we see many new attempts to adjust the delivery system and create alternate models of care. This makes change at Wood County Hospital a regular part of our culture.

As we prepare to celebrate our 65th year of providing service to Wood County residents, we are looking back fondly. But mostly we are looking ahead to new opportunities to serve our patients in better and more effective ways.

In this issue, you will see a feature story on our Center for Weight Loss Surgery, which again has received accreditation as a Center of Excellence in that service area. It's no small wonder since our hospital was one of the pioneer facilities offering this specialized surgery under the clinical leadership of Douglas S. Hess more than 30 years ago. Patients from all over the country have come to WCH for this surgery and continue to choose WCH because of the excellent reputation of the hospital and Dr. Lalor.

At WCH, we continue to offer excellent surgical options across many specialties. Elsewhere in this issue, we discuss cataract surgery using the new LenSx Laser, which elevates this procedure to an incredible new level in terms of effectiveness, outcome, and recovery. At WCH, we have a great ophthalmology department and a number of excellent young surgeons, including Drs. Richard and Christina Tam, Matthew Currie, and Michael Abowd.

We are excited about our continued growth across the surgical specialties. During the past year, we have seen significant growth in ear, nose, and throat surgery with Dr. Evan McBeath and podiatry with Dr. Charles Ranker. The hospital is pleased that we will offer more availability in urology with Dr. Salvador Peron and his expanding practice at the hospital.

We continue to serve the community well in general surgery with Drs. D.W. Hess, Michael Bielefeld, Todd Tamlyn, and Peter Lalor. Our orthopedic physicians (Drs. Carlos Gomez, Scott Deering, and Merrill Gladden) are regionally known for their capabilities in total joint replacement, sports medicine, and hand surgery as well as general orthopedic care.

Our Women's Care group (Drs. Ian Leggat, Abeer Ahmed, and Megan Porter) offers gynecologic surgery as well as experienced and sensitive care for obstetrical needs.

Surgery is an excellent example of our hospital's response to changes in surgical practice, technology, and facilities. "Depend on Us" to provide the highest level of compassion and competent service in all departments of the hospital as we continue to fulfill our commitment to the community.

Sincerely,

Stanley R. Korducki  
President

## Getting started

An individual considering weight loss surgery follows a specific path. First, the patient will attend a free, informational seminar where the patient learns about obesity, the weight loss surgery options offered, and has the opportunity to speak with members of the CWLS team.

Next, a surgery consultation will be scheduled. The approach to bariatric surgery is different for everyone, and the CWLS medical team will work with each patient to determine which surgical procedure is ideal. A meeting is set up with the bariatric psychologist for a mental health assessment to help ensure the patient is prepared for the surgery and is equipped for long-term success. A complete checklist will be provided to help prepare for the procedure, and a pre-surgery preparation is scheduled.

The Center for Weight Loss Surgery offers the most surgical options in Northwest Ohio through minimally invasive or laparoscopic procedures – these procedures include the Roux-en-Y gastric bypass, laparoscopic adjustable gastric band (Lap-Band® and Realize® Band), sleeve gastrectomy, and biliopancreatic diversion with a duodenal switch, as well as revision surgery.

When it's time for surgery, patients are given state-of-the-art surgical suites and spacious, private patient rooms.

Post-surgery patients are encouraged to be a part of support groups available at the CWLS for individuals who have had weight loss surgery. Monthly support meetings help patients maintain success in their weight loss journey.

## Success stories

Bariatric surgery has changed the lives of thousands of people. For CWLS patient Katie Lambert, it was a decision to improve her health that inspired her to contact the Center.

# CELEBRATING SURVIVORSHIP



The CWLS staff: (from left) Deb Dawley, RN, CBN; Ginger Caris, RD, LD; Beth Gries, RD, LD; Laurie Meyer, CNP, CBN; Leah Herbert, RD, LD; Peter F. Lalor, MD; Kristina Shultz, office manager/financial coordinator; Kayle Soto, receptionist; Jessica Eberly, RN

"I had to make the decision that enough was enough," explains Katie. "I have a long life ahead, so I needed to make that change and make the commitment."

"If a patient has the right motivation, dedication to a lifestyle change, and the follow up required, they can be very successful with this type of surgery," says Dr. Peter Lalor, Surgeon and Medical Director at the CWLS.

## Am I a candidate?

How do you know if you should consider weight loss surgery? If you are 100 pounds or more over your ideal weight, diet and exercise have failed you, your doctor has expressed concern that your current weight is detrimental to your health, and you're motivated to make a change, then weight loss surgery is an option.

More specific criteria include having a Body Mass Index (BMI) over 40, or having a BMI that is over 35 along with one or more major health conditions, such as diabetes, heart disease, or high blood pressure. Those who are morbidly

obese are at greater risk for health problems, including osteoarthritis, sleep apnea, reflux, gallstones, and certain cancers.

## Take the next step

When it comes to encouraging others facing the same challenges of obesity and considering the surgery option, Katie, having gone through the procedure, is now a passionate advocate for the CWLS. "I would say go for it," says Katie. "Think of the life that you could have and everything that you can do that you've always wanted to do."

To view an informational video, visit us at [www.woodcountyhospital.org](http://www.woodcountyhospital.org) and click on Care & Services. From there, click on Centers of Care, then Weight Loss Surgery.

To register for a seminar, call 1-877-705-2957, or email [shultzk@woodcountyhospital.org](mailto:shultzk@woodcountyhospital.org).

Through a generous donation from the BGSU Athletic Department, radiation oncology patients from the Maurer Family Cancer Care Center and their caregivers were invited to attend a cancer survivor dinner in April. The dinner was held at Wood County Hospital to celebrate the lives of cancer survivors and their successful treatments. More than 100 participants attended the event.



Jill Carr, cancer survivor, gave a moving speech highlighting and thanking her new community of cancer supporters.

"We are thrilled to celebrate our family of patients at the Maurer Family Cancer Care Center," Dr. Robert Lavey said. "The patients, their partners, and the center's staff have become such close friends that gathering together is natural. The patients' enthusiastic response to our invitation is so gratifying."

Sponsors of the event included the Victory Center, That Special Woman, Soto Salon & Spa, Wood County Hospital Wellness, Wood County Hospital Occupational and Physical Therapy, the WCH Gift Shop, and the American Cancer Society. To learn more about the Maurer Family Cancer Care Center, visit [www.woodcountyhospital.org/services/centers-of-care](http://www.woodcountyhospital.org/services/centers-of-care).



*"We have found that surgery is the best option to combat morbid obesity today."*

— Dr. Peter F. Lalor, MD, FACS, FASMB  
Medical Director, CWLS

# When it comes to stroke treatment, time is crucial!

*Each passing second after someone suffers a stroke means a greater risk of permanent damage or death, so it is critical to get a diagnosis and treatment as fast as possible.*

**W**hile time is often a major factor in determining how much damage a medical ailment can cause, it is especially true with strokes. Under the right conditions, the reversibility of stroke symptoms can decrease by the minute. But why is the saying “time saved is brain saved” so important when it comes to strokes?

According to Katie Hunt, Wood County Hospital Emergency Department Director, “Time is crucial for treating strokes. The earlier that patients can get to the emergency department, the better chance we have of treating a stroke and possibly reversing it. Medications and interventions are often time



The acronym FAST can help you quickly identify signs of a stroke. If you suspect someone is experiencing a stroke, conduct the following simple assessments:

**F** **FACE** – Ask the person to smile at you. Does his/her mouth and face move symmetrically on both sides?

**A** **ARMS** – Ask the person to hold out his/her arms. Are both arms held out at the same time, and do they stay together?

**S** **SPEECH** – Ask the person to speak a sentence. Does the sentence come out clearly? Is the speech slurred?

**T** **TIME** – Time is critical. Remember to intervene quickly and note when the symptoms first appeared. This is important information because the treatment clock starts once the first symptoms appear.

sensitive, so the first thing that we ask the patient or family is what time the symptoms started. If proper medical care is administered within the first one to three hours after a stroke has occurred, the likelihood of survival and recovery increases dramatically.”

Wood County Hospital partners with the University of Toledo Medical Center (UTMC) Stroke Network to offer quicker care to stroke

patients. Using high-quality teleconferencing equipment, members of the UTMC Stroke Team, which includes two fellowship-trained stroke neurologists, a dedicated stroke nurse, and a neurosurgeon, are able to work in tandem with WCH emergency department physicians. Using this network, UTMC’s Stroke Team can perform a virtual examination of a stroke patient, view radiologic studies, talk with family members, and develop a state-of-the-art treatment plan.

According to Hunt, this type of collaboration provides life-saving advantages:

“Collaborating with UTMC benefits the patients because we have direct communication with the physicians, therefore cutting out wasted time with multiple phone calls.”

The most important point to remember is to get emergency help immediately if someone you know is experiencing symptoms of a stroke. Do not waste time calling a doctor if you suspect someone has suffered a stroke or think it could be happening to you. Call 911 and request emergency medical help so that treatment can be started immediately. For more information, visit <http://www.woodcountyhospital.org>

## FREE FALL SPORTS TRAUMA CLINICS

**W**ood County Hospital will offer a Sports Trauma Clinic for students on Saturday mornings from 8:30 am to 9:30 am. The clinic will be held on the following dates:

August 20, 27                      October 1, 8, 15, 22, 29  
September 3, 10, 17, 24        December 17

A sports medicine physician, along with an athletic trainer from Wood County Hospital Rehabilitation Services, will conduct the clinic and provide free evaluations of scholastic-aged athletes with sports injuries. The clinic is free, but there may be fees for additional services, such as x-rays, casting, rehabilitation, lab tests, and other procedures. The clinic will be offered in the Wood County Hospital Medical Building, 960 W. Wooster, Suite 101.

For more information, please call (419) 373-4154. ■



# MEDICAL STAFF News

The Falcon Health Center welcomes **Mikyong Suh**, Certified Psychiatric Mental Health Nurse Practitioner; **Ginger Bullimore**, Family Certified Practice Nurse Practitioner; **Jennifer Ruckstuhl**, Certified Nurse Practitioner; and **Caroline Strzesynski**, Women's Health Nurse Practitioner.

Certified Pediatric Nurse Practitioners **Mary Clare McFadden** and **Jessica Bostater** are joining the team at Wood County Medical Associates. Mary Clare will also be assisting in the Center for Child Development. The WCMA office is located at 970 W. Wooster, Suite 130. Appointments can be made by calling 419-352-6890.

**Ashley M. Donaldson-Woolum**, Certified Acute Care Nurse Practitioner, comes from the Ohio State University-Wexner Medical Center and has joined the Intensive Care Unit at Wood County Hospital.

**Dr. Mostafa Abuzeid** will be joining Women's Care of Wood County in August. Dr Abuzeid will be expanding the expertise in the office and will be offering a fertility clinic for patients.

## Hospitalists

Wood County Hospital, in partnership with the Hospital Care Group, is pleased to introduce the new hospitalist staff starting at Wood County Hospital through the summer and fall. **Dr. Enas Kanama** will continue her service as a hospitalist with WCH.

**Julie Smelzer**, CNP, **Ric Miller**, PA, as well as **Dr. Devang Butani**, **Dr. Alka Seth**, and **Dr. Nathaniel Duke** make up the team at Wood County Hospital. Dr. Butani will be serving as the Medical Director for the WCH/HCG hospitalist service. WCH is proud to offer hospitalist coverage on site 24 hours a day, 365 days a year.



Mikyong Suh



Ginger Bullimore



Jennifer Ruckstuhl



Caroline Strzesynski



Mary Clare McFadden



Jessica Bostater



Ashley M.  
Donaldson-Woolum



Julie Smelzer



Dr. Devang Butani



Dr. Alka Seth

## GUILD HITS A MAJOR DRIVE



(From left): Laurie Newlove, Denise Robins, Barbara Sanchez, Jane Schimpf, Julie Thayer, and Candice Ziegler.

On a perfect June day, 20 teams of women came out to Stone Ridge golf course to support the WCH Guild. “We are so fortunate to have so many local businesses and individuals contribute to help make this event such a success,” said Laurie Newlove, WCH Director of Volunteer Services. “This year we raised nearly \$14,000 to support the Maurer Family Cancer Care Center. Thank you to all our volunteers, donors, and players!”

The Guild holds many events throughout the year to raise money to support services at the Hospital. A new event, Hops and Vines, is a beer and wine tasting with food pairings that will be held on October 7, 2016, from 5:30–8:30 pm outside the Hospital's Rehab building. Invitations will be mailed in the upcoming weeks. If you would like to volunteer at any of the Guild events or at the Hospital, please contact Laurie Newlove at 419-354-8942. ■

# FROM THE Foundation

## RECOGNIZING OUR DONORS

### A Special Time and Celebration

**A**t Wood County Hospital's Family Birthing Center, we share in the excitement of the birth of a new baby. It is a time of great joy.

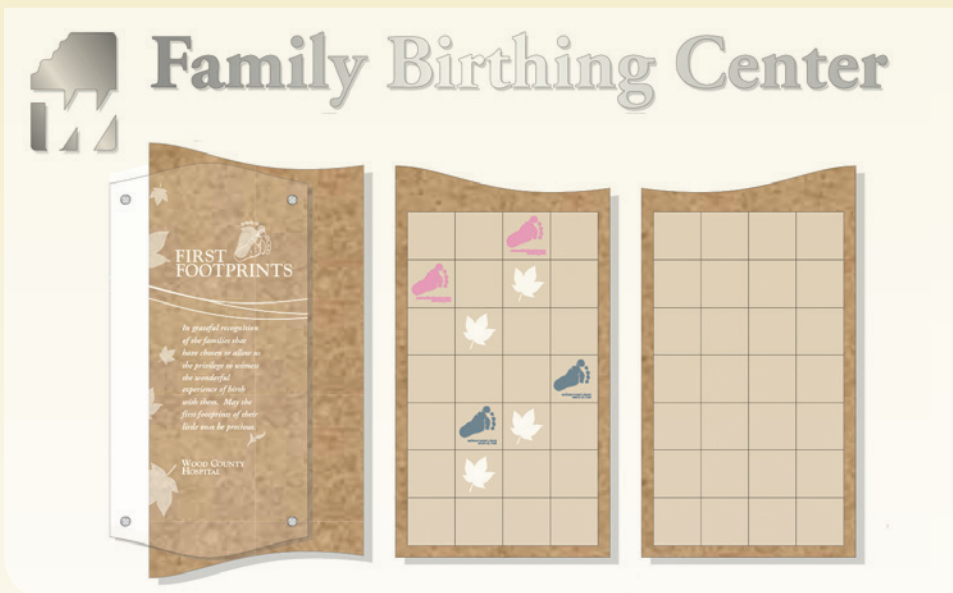
Parents, grandparents, friends, and relatives are always anxious to let everyone know about their precious new arrival. We are inviting families who have had a baby born at Wood County Hospital to honor the birth of their precious little one by having their baby's footprint on a tile outside the entrance of the Family Birthing Center.

With a contribution of \$50 to the Wood County Hospital Foundation, your baby can become a member of First Footsteps. When becoming a member, his or her pink or blue

footprint will be proudly displayed for all time. The baby's name and birth date will appear as well.

As you honor the birth of your newest family member through your contribution to the Wood County Hospital Foundation, you are also helping sustain excellence in delivery and neonatal care by providing funds that will be used exclusively in this area. It makes a great present for the holidays, Mother's Day, Father's Day, or even for the little one's first birthday.

If you would like additional information, please contact the Wood County Hospital Foundation at 419-373-7627.



### BLOOD ANALYSIS DAY

**F**or the 12th year, the WCH and the BG Chamber of Commerce offered community members the opportunity to have their blood work done at the hospital at a significant savings. More than 265 community members participated in the program. All

proceeds benefit scholarship funds at both organizations. Scholarships are awarded to area high school students, and each organization has its own criteria for the selection process. The winners this year of the WCH Foundation Scholarships were Grace O'Hare from BG High School and Alexandria Wenig from Otsego. Bowling Green High School graduate Drew Peterson was the

### Donations

#### Obstetrics

*Michelle and John Maurer*

### Summer Memorials

#### Eleanor & Dale Roe Memorial

*Karen & David Apple*

#### Kathryn & Joy Apple Memorial

*Karen & David Apple*

#### Mary Ellen Reyome

*Robert & Amy Vanscoter*

*Robert & Mary Rose Herman*

*Randy & Jodi Deck*

*Tod & Dawn Reyome*

*Anonymous*

#### Bill Stokes

*Marcella Duncan*

*Frank & Ellen Smith*

*Verna Speck*

#### Larry Irvin

*Marilym Irvin Fernside*

*Jim Irvin*

#### Larry Smith

*Richard & Sonja Chamberlain*

*Tom & Kathy Haswell*

*Robert & Teresa Pruger*

*Ron & Pat Kuhl*

*Elyse Stickel*

*Elaine Lyons*

*Kent & Louise Reichert*

*Dave & Karen Apple*

*Seldon & Peggy Carsey*

*Melvin Johnson Family*

*Becky & Maxine Repasz*

*Marsh & Marsh*

*Scotty Huntington & Ron Shaner*

*William & Jacquilyn Gibson*

*Judy Jennings*

*Sue Clark*

*BGHS Class of 1961*

#### Dennis East II

*Karmen Concannon*

*Dick & Nadine Edwards*

*Robert & Dinah Vincent*

*Dave Gnepper*

*Gaylyn & Jan Finn*

recipient of the BG Chamber of Commerce scholarship.

With the continued success of this program, each organization will be increasing the number of scholarships next year. ■

# Wellness PROGRAMS

Wood County Hospital is committed to improving the health and wellness of community members of all ages by providing health education, health screenings, weight loss programs, and aquatics programs. Listed below are some of the programs offered. For more detailed information and to register, visit us online at [www.woodcountyhospital.org/classes](http://www.woodcountyhospital.org/classes), or follow us on Facebook. You can also call us at 419-354-8887.

## Presentations and Events

### AUGUST

#### Wood County Fair

Monday, Aug. 1 – Monday, Aug. 8

#### Safe Sitter

Saturday, August 27 9:00 am – 4:00 pm

*Safe Sitter® is a program for 11–14 year olds in which they are taught life-saving skills and other safety practices they can apply when home alone or watching younger children.*

#### Walk with a Doc – Dr. Stansberry

Saturday, August 13 9:00 am – 10:00 am

*Join a local physician and other health-conscious individuals for a walk around the Wood County Hospital campus.*

#### Pemberville Free Fair

Wednesday, August 17 – Saturday, August 20

### SEPTEMBER

#### Walk with A Doc – Dr. Sanchez

Saturday, September 10 9:00 am – 10:00 am

*Join a local physician and other health-conscious individuals for a walk around the Wood County Hospital campus.*

#### Positively Pink

Thursday, September 15 6:30 pm – 8:30 pm

*Our guest speaker is Lorin Sonnenberg, from Sonny Smiles Foundation. Get the answers you need to live a long, healthy, and happy life.*

#### Safe Sitter

Saturday, September 24 9:00 am – 4:00 pm

#### National Prescription Drug Take Back

Saturday, September 24 10:00 am – 2:00 pm

*Take advantage of free and safe disposal of prescription drugs through this program organized by the United States Drug Enforcement Agency, BGPD, and Wood County Hospital.*

## Health Screenings

#### Know Your Numbers: Pulmonary Screening

Tuesday, September 20 8:00 am – 10:00 am

## Weight Loss Programs

#### Weight Loss Surgery Information Session

Peter Lalor, M.D., bariatric surgeon, will discuss the weight loss surgery options available at Wood County Hospital. Call 419-373-7699 for more information.

Wednesday, August 10 6:30 pm – 8:30 pm

Wednesday, September 14 6:30 pm – 8:30 pm

Saturday, September 17 9:00 am – 11:00 am

## Diabetes Interest Group

Free monthly meetings are held on the second Thursday of the month from 12 noon to 1 p.m. for individuals who have diabetes, their caregivers, and their significant others. Each session covers current topics and information about diabetes.

## It's Clear: Wood County Hospital is the place for cataract surgery

Cataract procedures are one of the most common surgeries in the U.S., with more than three million performed each year<sup>1</sup>. The surgery department at Wood County Hospital has a new LenSx laser, which allows surgeons to remove cataracts faster, safer, and more precisely.

Normally, the process to remove cataracts is performed manually, by a surgeon, who makes tiny incisions in the eye using a surgical blade. The new LenSx laser captures high-resolution images of the eye, which leads to more precise measurements. Surgeons can then use these measurements with the LenSx system to automate and execute the most challenging steps of the traditional cataract surgery.

This process, combined with the benefits of the new LenSx laser, provides superior outcomes compared to manual surgery. It also reduces surgical time and improves the recovery process. Many patients experience improved vision after only two weeks and approach optimal vision between two and four months after the procedure.

If you are interested in this new procedure, please contact your optometrist for a referral to a local ophthalmologist. ■

<sup>1</sup>Common Eye Disorders: Cataract. Centers for Disease Control and Prevention website: [http://www.reviewofophthalmology.com/content/t/surgical\\_education/c/53422/](http://www.reviewofophthalmology.com/content/t/surgical_education/c/53422/) Accessed June 13, 2016.





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SUMMER 2016

# HEALTHY Outlook

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