

# FALL 2013 **HEALTHY** Outlook

HEALTH NEWS AND HAPPENINGS FOR THE COMMUNITY FROM WOOD COUNTY HOSPITAL

*Terri Nonnemaker of Wayne is back coaching Girl's Volleyball following her treatment at the Wood County Hospital Center for Pain Management.*



## Center for Pain Management patients share stories of relief from chronic pain

In March, Terri Nonnemaker began having severe headaches that simply would not go away. The Wayne wife, mother, special education teacher and volleyball coach had blurred vision, nausea and even found talking painful.

With no relief after five months, 13 doctors, various medications and weeks in the hospital, she was referred to the Center for Pain Management at Wood County Hospital, where she was treated by the Center's Medical Director, Dr. Hares Akbary, an Interventional Pain Medicine specialist.

"I could tell that he knew I was in pain," Nonnemaker said. She was given an occipital nerve block and trigger point injections at the base of her head and neck. "I felt relief from the pain immediately."

"Dr. Akbary's goal was to help me with my pain and get me off all the medications I was taking, as well as help me manage day-to-day functions," Nonnemaker said. She is using transcutaneous electrical nerve stimulation for pain and is off all but one medication. "Just to be able to eat without pain is great. It's such a relief not to be in pain."

"All the staff at the Pain Management Center treated me as an individual, not a number, offering advice and comfort," Nonnemaker said. "Dr. Akbary is my hero and the biggest reason that my pain is under control."

Chronic pain affects more than 100 million American adults, with one-third reporting that

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**WOOD COUNTY  
HOSPITAL**

DEPEND ON US.

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

# PRESIDENT'S Message



“Personal Care, Professional Excellence.” “Your Healthcare, Your Community, Your Hospital.” “Depend on Us.” These are all tag lines we have used at Wood County Hospital over the past ten years in our various periodicals and our patient education materials. It’s interesting once in a while to look back and reflect upon the trajectory our hospital is taking in achieving its mission. It’s important to do in this time of rapid change.

These tag lines collectively represent a statement of values we believe in, and live by. Obviously the Hospital is patient centric and always community focused. We strive to offer the right services and care expertly delivered by our excellent physicians and staff every day. And certainly that’s why we offer the implicit guarantee “Depend on Us” to the communities we serve.

The health care industry is at this time in our history pretty disrupted. This is due to the massive number of changes, and new challenges inherent in “Health Reform.” Catalyzed by the Affordable Care Act (also known as “ObamaCare”), providers, insurers, employers and patients all have to deal with new ideas, new options and new rules. This will make—for a time—for a very confusing health care environment.

In times of rapid change and ambiguity then, it’s important to keep the framework of core values in mind. We believe that this keeps our hospital grounded and oriented in the right direction. So our focus on patient and community health needs; consistent performance improvement and service holds us true.

We look forward to opening our new Radiation Therapy Center in January. This will permit members of our community requiring this treatment to have it right here at WCH. The facility will have state-of-the-art technology, and will be physically adjacent to the Medical Oncology offices as well. The Hospital has been fortunate to recruit a highly qualified radiation oncologist, Dr. Ronald Lavey, who will serve as the director the therapy center. An experienced physician with impressive credentials Dr. Lavey will join with our medical oncologist Dr. David Brown, and our other Medical Staff members in offering high level cancer care, here in Bowling Green.

This certainly is an exciting addition to our portfolio of services. But also it is a reiteration of our continued focus on what we feel is most important — providing needed health services to our community in a high quality manner, and always trying to get better. We feel privileged to serve the families in Wood and Henry counties, and will continue to be the hospital you can depend on.

Sincerely,

A handwritten signature in black ink that reads "Stan Korducki". The signature is written in a cursive, flowing style.

Stanley R. Korducki, FACHE

President

CONTINUED FROM PAGE 1

their pain is “disabling,” defined as both severe and having a high impact on functions of daily living. Chronic pain can be either intermittent or continuous and caused by a variety of injuries and disease processes, including nerve damage and cancer.

In response to the growing issues of chronic pain, Wood County Hospital created The Center for Pain Management in 2010. The Center treats patients with chronic pain or very difficult pain-management problems due to injury, degenerative conditions or other physical ailments, as well as cancer-related pain. Conditions treated at the Center include chronic neck or back pain, post-surgical pain, cancer-related pain, nerve pain and arthritis pain, as well as many other types of pain.

“We use the latest techniques and equipment to obtain the best possible outcomes for our





Volleyball coach Terri Nonnemaker and members of her Donnell Middle School girl's volleyball team, Morgan Kirk (left) and Elle Price.

patients,” said Dr. Akbary. “Our goal is to work with patients and their referring physicians to successfully manage pain and improve the patient’s quality of life, and to return them to normal activity ASAP. For most patients nonoperative care should be tried first. We approach the treatment of chronic pain in a multi-disciplinary fashion, including interventional techniques that involve treating the source of pain, physical therapy, TENS,

dietitian, and other support methods.”

Beverly Jackson of Bradner had lower back and leg pain. “I looked fine but I was able to cover my pain with smiles,” she said.

She had a device similar to a pacemaker implanted under the skin at her waist which conducts waves of pleasant stimulation to her areas of pain. She carries a remote control device at all times which enables her to control the amount of stimulation.

“Coming to the Pain Center was the best thing I’ve ever done,” Jackson said. “Dr. Akbary is a good doctor who is very concerned about the care of his patients. If you have pain, don’t hesitate to come to the Pain Management Center. It has worked wonders for me.”

Dave Horger of Bowling Green came to the Center seeking relief from increasing pain in his lower back. “The pain got to the point that I couldn’t move. Going from sitting to

*Dave Horger of Bowling Green exercises regularly following his successful treatment for spinal compression fractures resulting from a form of cancer called multiple myeloma. Horger’s cancer is now in remission.*

standing up was unbearable.” said Horger, a former local radio personality.

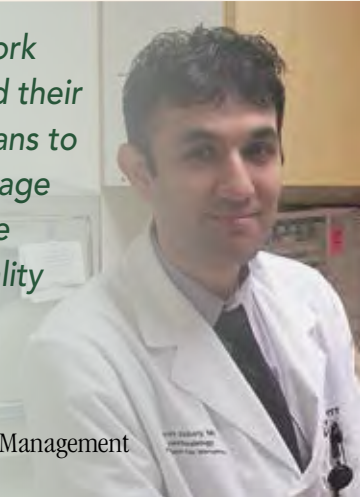
Dr. Akbary determined that Horger’s pain was the result of spinal compression fractures caused by multiple myeloma which is a form of cancer. He performed a minimally invasive procedure called Balloon Kyphoplasty which stabilizes the fractured vertebrae with bone cement.

“The thing that impressed me about Dr. Akbary was his compassion. He felt my pain,” noted Horger. “He really knew something had to be done. The people here at WCH have been great.”

“People should not have to resign themselves to living with pain as a necessary part of aging or as an inevitable consequence of a past illness or injury,” Dr. Akbary said. “It is critical that people

**“ Our goal is to work with patients and their referring physicians to successfully manage pain and improve the patient’s quality of life...”**

– Dr. Hares Akbary,  
Medical Director  
Center for Pain Care Management



know about the full spectrum of treatment options and that there are ways to feel better and control their pain without relying only on oral pain medications. If you are in pain, talk to your doctor about seeing a pain specialist.”

Nonnemaker said, “Before my treatment with Dr. Akbary it was painful to talk, but now it is wonderful to laugh.”

For more information about services available at The Center for Pain Management at Wood County Hospital, call 419-373-7696. ■



# Five things to bring to your next emergency visit

**W**hen you are already in an emergency department is the wrong time to think of information and items that you should have brought with you to help the medical team.

David Baehren, M.D., an emergency medicine physician at Wood County Hospital, offers five key suggestions about things to bring to the emergency department.

## LIST OF MEDICATIONS AND ALLERGIES

Many drugs interact so it is important for the doctor to review your list before giving you any medication. Adverse reactions to medication are common reasons for emergency visits. Drugs like blood thinners, antibiotics, or sleeping pills can cause a litany of problems. Type out an accurate list of your medications



*Paramedic Jay Rollo meets with patients in a private triage room to discuss what brought them to the Wood County Hospital Emergency Room.*

## Treating emergencies at the speed of an app!

When you or your loved ones face a medical emergency, every second counts.

That's why Wood County Hospital has two new ways to get you the care you need faster than ever before.

First is the Wood County Hospital ER App, and it's available now on Android phones and is coming soon to the iPhone App Store. Just download and launch the free Wood County Hospital ER App for your smart phone and enter your relevant personal information and medical history. Then the next time you need to visit the Wood County Hospital ER, you and your medical team will be more prepared than ever.

Don't have a smartphone? Download our Personal Medical Information form (in .pdf format) from our website and complete the information there.

You will find both the app and the .pdf form at our website, [www.woodcountyhospital.org/ER](http://www.woodcountyhospital.org/ER).

with doses and frequency and keep it in your purse or wallet. Along with your allergies it is helpful to know what your reaction was to the medication.

## MEDICAL HISTORY

While you are typing, include your medical problems and any surgeries. Vague recollections such as "I might have had my appendix out," or "I have a bad heart" are not helpful. Bad heart could mean anything from atrial fibrillation to congestive heart failure. List your specific problems and review it with your family doctor at your next visit.

## NAMES OF YOUR DOCTORS

You need to provide the name of your family doctor and any specialists you see. If you require admission or transfer, the emergency physician needs to discuss your problem with your doctor. Unless your doctor tells you otherwise, it is generally best to go to the hospital where your doctor and your specialists have admitting privileges.

# MEDICAL STAFF News

## A FRIEND OR FAMILY MEMBER

Just as children should never come to the hospital alone, older folks should have someone with them as well. Patients from assisted living or nursing homes should have someone with them without fail. Family members often remember important pieces of information and serve as invaluable advocates for patients who may be confused because of illness or medication.

## A DRIVER

If you have a painful condition, don't expect more than Tylenol and a prescription if you plan to drive yourself home. Bring a driver if you have significant pain.

## YOUR INSURANCE INFORMATION

Having your insurance information at the time of the visit will prevent a second interaction in order to have your claim properly directed to your insurance company. You should know how your particular plan covers emergency visits and whether a deductible applies.

So plan ahead now, and make your emergency department visit less urgent, less stressful and more productive for your recovery. It could save your life. ■



David Baehren, MD

Wood County Hospital recently added the following members to our medical staff of more than 190 primary care and specialist physicians:

**Nicholas Pflgebraar, DO**, a family physician, has joined Bowling Green Family Physicians and Pemberville Family Practice, where he treats patients of all ages. He attended medical school at Ohio University College of Osteopathic Medicine, and completed a family practice residency at Firelands Regional Medical Center in Sandusky. Appointments with Dr. Pflgebraar may be made by calling 419-352-9071.

**Randy Trimpey, MD**, is a board-certified family physician who has rejoined the Bowling Green Clinic practice following a three-year hiatus. Dr. Trimpey obtained his medical degree at the University of Toledo (formerly the Medical College of Ohio). He completed a family medicine residency at Flower Hospital in Sylvania and a fellowship in sports medicine at SportsCare in Toledo. He is board-certified in both family and sports medicine. Appointments with Dr. Trimpey may be made by calling 419-352-1121.

**Helen Mabry, MD**, is a board-certified general surgeon who specializes in oncoplastic breast surgery. Dr. Mabry obtained her medical degree at The Ohio State University College of Medicine, completed her residency in General Surgery at the University of South Florida and a fellowship in oncoplastic breast surgery at the University of Southern California.

Oncoplastic surgery encompasses plastic surgical techniques in order to reshape the remaining breast after the appropriate excision of breast cancer. Appointments with Dr. Mabry may be made by calling 419-354-3250.

**Matthew Currie, MD**, is an ophthalmologist who provides comprehensive ophthalmic medical and



Nicholas Pflgebraar, DO



Randy Trimpey, MD



Helen Mabry, MD



Matthew Currie, MD

surgical services to patients of all ages. Dr. Currie obtained his medical degree from Rush University in 2009. He completed his residency in ophthalmology at St. Louis University. Dr. Currie has joined Vision Associates. To schedule an appointment call 419-354-3926.

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

## Learn more about our Primary Care Providers

Would you like to learn more about members of the Wood County Hospital Medical Staff in their own words? WCH now offers a series of video interviews that can be viewed on our website, [www.woodcountyhospital.org](http://www.woodcountyhospital.org) under Find a Doctor. In the three-minute videos entitled, "A Conversation With," the providers discuss their special professional interests, what patients can expect when they meet with the providers, as well as why they chose their medical specialty. ■

# FROM THE Foundation

## Compassionate caregivers recognized by grateful patients

Every hour of every day, skilled medical professionals at Wood County Hospital (WCH) deliver high quality care to our patients. Furthermore, they do so with genuine concern and compassion for the individuals they are caring for. Our team's expertise and dedication to the very best patient care is what truly makes WCH your Community Hospital.

Recently, many of the grateful recipients of that care took advantage of Wood County Hospital's 2013 Spring Annual Fund campaign to thank and recognize WCH caregivers for their outstanding efforts.

From the Emergency Department to nursing units to our Welcome Center staff, more than 30 individuals and departments were personally named in the campaign... some more than once! All the employees honored were recognized with a special badge holder and certificate.

The donations received will assist the WCH Foundation in fulfilling the hospital's ongoing mission of providing quality, compassionate care.

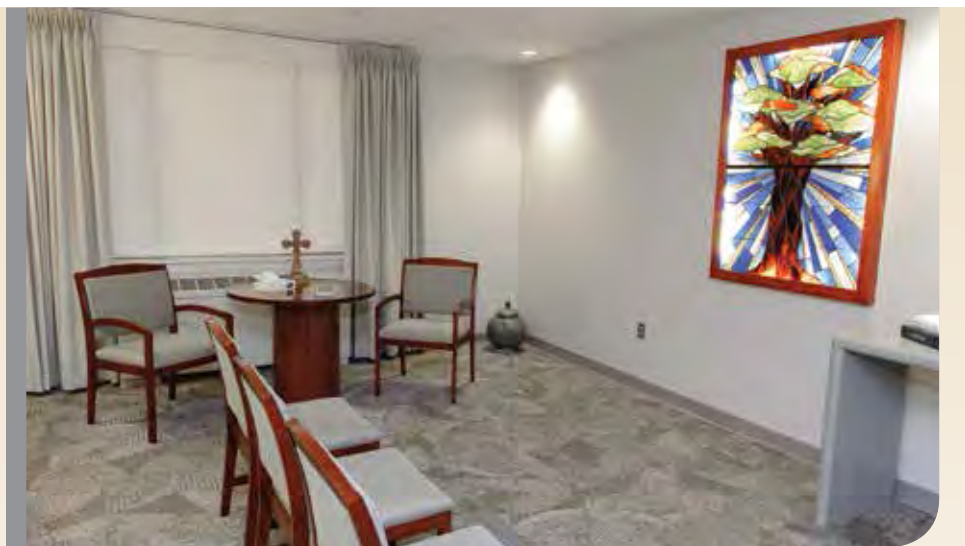
Of course, we are always happy to hear about the excellent, empathetic care you received at Wood County Hospital, and you can be

sure that your doctor, nurse, technician or therapist will be happy to know that they made a personal difference in your well-being. If you would like to recognize a WCH staff member by giving a gift, please contact Cristy Gray at [grayc@woodcountyhospital.org](mailto:grayc@woodcountyhospital.org).

Thank you for your ongoing support! ■

## DONOR APPRECIATION DINNER

*Liz Uhlman, below left, and her daughter Jane Uhlman Maxfield were among those thanked and recognized at the Wood County Hospital Foundation donor appreciation dinner in May. The event celebrated the successful \$2.1 million Vision for Tomorrow fundraising campaign for the hospital's recently completed \$43 million renovation project. Members of the Uhlman family have been generous donors to WCH for more than 60 years. If you are interested in supporting the work and mission of Wood County Hospital, please contact Cristy Gray at [grayc@woodcountyhospital.org](mailto:grayc@woodcountyhospital.org).*



## WCH's new chapel is now open

Wood County Hospital patients, their families and visitors, employees and others have a beautiful place for meditation, prayer and quiet reflection with the opening of the new Wood County Hospital Chapel.

The focal point of the new Chapel is a mosaic, stained glass piece themed "The Tree of Life," which was created by local artist

Amanda Gullafson Fleming.

The Wood County Hospital Guild provided funds for the project. The Guild's Chapel Committee and Laurie Newlove, Director of Volunteers and Lifeline, provided the vision for the non-denominational space.

The Chapel space is located on the second floor of the hospital and oversees the hospital roof garden. ■





John Heffernan, President of BG Lincoln Auto Sales, left, presents a check for donations raised through the Driven to Give event for the Wood County Hospital Center for Child Development to Cristy Gray, Vice President of Development for WCH, and Dean King, President, Wood County Hospital Foundation.

## Driven to Give program raises funds for Center for Child Development

**B**G Lincoln Auto Sales presented the Wood County Hospital Foundation with a check for \$2,060 which was raised during the Driven to Give event on May 4, 2013. The funds will be used to purchase equipment for the Center for Child Development at Wood County Hospital.

At this event, 50 members of the Wood County community took a test-drive in select Lincoln vehicles. For every test drive, Lincoln and BG Lincoln Auto Sales donated \$20 or \$40 (depending on the vehicle driven) to the Wood County Hospital Foundation.

Driven to Give is a national initiative sponsored by The Lincoln Motor Company and its dealers to help raise much needed funding for local community groups and nonprofit organizations. Since its inception, the program has generated over \$1 million in donations for educational or charitable organizations nationwide, ensuring that programs continue despite budgetary constraints and financial challenges.

“We know funding for the community programs is hard to come by, and we want to do our part to help make sure these programs

remain available,” said John Heffernan, BG Lincoln Auto Sales Dealer. “We were excited to raise money for the Center for Child Development at Wood County Hospital.”

The Center for Child Development serves children from infancy to age 21 who have developmental behavioral conditions such as delayed development, genetic disorders, autism spectrum disorders and intellectual disabilities. It is one of only a few programs of its type in Northwest Ohio.

“We are so thankful to BG Lincoln Auto Sales for their involvement with the Driven to Give program, which offered an easy way for community members to support the essential work of the Center for Child Development without having to make a personal donation,” said Cristy Gray, Vice President of Development at Wood County Hospital. “People love to assist innovative programs that help children and teenagers, especially services such as this Center, which strives to optimize the child’s and family’s capacity to function through specific programs customized to the child’s unique needs.” ■

## RECOGNIZING OUR DONORS

### Memorials

*Harry Stork*

*Irene Michel*

### Annual Fund Donors

*Leonard Schneider*

*Mike Miesle*

*James Kroos*

*Ruth Peters*

*Vaugh & Deb Wickerham*

*Jan Hoffman*

*Maxine & Dick Beaverson*

*Jack & Linda Leow*

*Dr. David & Mary Jane Miller*

*Donelda Huffman*

*Alyce & Edward Walden*

*Shawn & Mary Jacoby & Family*

*Roberta Schmunk*

*Gladys & Janet Kroos*

*Judy Aufdenkamp & Family*

*Jim & Nancy Bostdorff*

*Jim & Selene Bostdorff*

*James & Mira Houdesbell*

*Mike Leslie*

*Anna & Susan Stork*

*Lee Kroos*

*Toledo Molding & Die*

*Power of Yesteryear Club*

*Mary Stork Kroos*

*Tom & Jeannie Stork*

# WCH, BGSU partner on new on-campus Falcon Health Center

**B**owling Green State University students, faculty and staff can now take advantage of a new \$5 million Wood County Hospital owned and operated health facility on campus in the new Falcon Health Center, which opened in August.

“Wood County Hospital is thrilled to be partnering with BGSU for this new health center,” said Stanley Korducki, President of Wood County Hospital. “We are committed to providing excellent patient care and services to

better serve the BGSU students, faculty and staff.”

“The Falcon Health Center is a wonderful addition to campus,” said BGSU President Dr. Mary Ellen Mazey. “The entire University



*Falcon Health Center staff includes full time physicians, nurse practitioners and other healthcare providers. Pictured are (from left): Kevin Martin, M.D., Emergency Medicine; Sue Perkins, Certified Nurse Practitioner; Meagan Bower, MD., Internal Medicine; Nicholas Espinoza, DO, Medical Director and Family Medicine; Abby Maas, Women's Health Nurse Practitioner; Jeffrey Noftz, M.D., Family/Sport Medicine; Crystal McGrain, Women's Health Nurse Practitioner.*







*(Left-Right) Stan Korducki, President of Wood County Hospital; Nicholas Espinoza, DO, Director of Medical Services at the Falcon Health Center; Dr. Mary Ellen Mazey, BGSU President; and Alex Solis, Undergraduate Student Government President officially open the new Falcon Health Center during the ribbon cutting ceremony on Wednesday, August 21, 2013. (Bianca Garza Photo/Marketing & Communications, BGSU)*

community will benefit from the partnership with Wood County Hospital and the enhanced health care amenities being offered.”

The new 23,000 square foot building, which replaces the former BGSU Student Health Service facility, houses 22 private exam rooms, procedure rooms, an IV therapy area, wellness and patient education rooms, and clinical support areas. All medical services formerly provided at the BGSU Student Health Service will be available at Falcon Health Center.

“Our goal at Falcon Health Center is to assist BGSU students to develop into responsible health care consumers with the ability to maintain wellness first and foremost, while addressing preventive matters and acute illness,” said Nicholas Espinoza, D.O., FHC Medical Director. “We will be a true campus and community resource.”

Preventive and illness-related health services will be provided by a team of physicians, nurse practitioners, nurses and other healthcare professionals. Services include general radiology, lab and blood draw, immunizations, nutrition counseling, travel health, sexual health, men’s and women’s health, as well as mental health services. A drive-through pharmacy is also available.

Korducki added, “The new facility is technology enabled with electronic medical records, and

digital radiography. Patients will be able to access their records through a secured internet portal. This will promote continuity of care while maintaining patient privacy. Coordination between physicians at the Falcon Health Center and the Hospital for services students receive there will be improved as well.”

“We envision this partnership as a model for

the type of relationship our organization can build with employers to improve the health status of their workforce as well,” Korducki added. “BGSU has been an excellent partner in this project. The University and WCH will work together to improve health care and wellness of the students and faculty.”

To learn more about FHC services, hours and staff visit [falconhealth.org](http://falconhealth.org). ■

## BG RESIDENT WINS FALCON FOOTBALL TRIP



*On August 29, 2013, Bowling Green resident Fred Vandermeulen won the Wood County Hospital-sponsored trip to see the BGSU Falcons play the Mississippi State Bulldogs in Starkville, MS on October 12, 2013. More than 900 entries were received in the contest which ran throughout the 2012-2013 athletic calendar. Wood County Hospital and Falcon Sports annually sponsor a trip for two to an away football game. The 2014 trip will be to Milwaukee, Wisconsin to see the Falcons play the Badgers. For more information visit [www.bgsufalcons.com](http://www.bgsufalcons.com). Pictured are Fred Vandermeulen and Wood County Hospital President Stan Korducki.*



# Take this quiz for a good night's sleep!

**B**ing Crosby once crooned that people who can't sleep should count their blessings instead of sheep, but even that may not be enough for someone with a serious sleep disorder.

The most common sleep disorders include sleep apnea, narcolepsy, insomnia, and periodic limb movement disorder.

Sleep apnea, for example, can impact your quality of life, leading to high blood pressure, heart failure or stroke, and increase the chance of driving accidents.

So how do you know if your sleep issues may be caused by sleep apnea and require professional help?

The staff of the Sleep Disorders Center at Wood County Hospital has created a series of questions that may help you decide. Learn your risk for sleep apnea by answering the following questions:

If you answered yes to two or more of these questions, you may be at risk for sleep apnea.

The Center provides both in-lab and home testing services. The type of testing service

patients receive is based on the patient's medical history.

Studies in the Center are conducted in private, homelike bedrooms, with polysomnographic technologists in a separate room monitoring your sleep patterns, heart and brain activity, blood oxygen levels and body movements.

For in-home sleep tests, patients come into the Center, meet with a sleep technician to complete paperwork and are shown how to use the diagnostic equipment at home. Tests results are then forwarded to your physician with recommendations for treatment, when appropriate.

If a sleep disorder is diagnosed, it can usually be treated effectively with a range of medical treatments which include continuous positive airway pressure (CPAP) therapy, medication or lifestyle changes. In CPAP therapy, a face mask

is attached to a tube and a machine that blows pressurized air into the mask and through the airway to keep it open.

In some cases prescription medications may be effective in treating disorders such as narcolepsy and periodic limb movements. In addition, you may be advised to make some lifestyle changes, such as avoiding caffeine, alcohol and nicotine near bedtime, and getting regular exercise during the day but not right before bed.

If you suspect you or someone you care about suffers from sleep apnea, speak with your physician or call the Wood County Hospital Sleep Disorders Center at 419-373-4173 and improve the rest of your life. ■

	YES	NO
Do you snore?	<input type="checkbox"/>	<input type="checkbox"/>
Are you sleepy during the day?	<input type="checkbox"/>	<input type="checkbox"/>
Are you overweight?	<input type="checkbox"/>	<input type="checkbox"/>
Do you wake up with morning headaches?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have high blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>
Are you irritable, fatigued, or have difficulty concentrating?	<input type="checkbox"/>	<input type="checkbox"/>
Do you find it hard to stay awake while driving, watching TV, reading a book or attending a meeting?	<input type="checkbox"/>	<input type="checkbox"/>
Do you ever wake up choking, gasping for air or having a skipping or racing heart during the night?	<input type="checkbox"/>	<input type="checkbox"/>
Has anyone watched you sleep and told you that you hold your breath, snort, and often move during sleep?	<input type="checkbox"/>	<input type="checkbox"/>

# 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](http://www.woodcountyhospital.org). You will find detailed listings of upcoming classes, health screenings and events in the "News and Events" section of the website. All classes and programs take place in the WCH Meeting Rooms. You can also register and pay for classes online or call us at 419-354-8887. You will receive instant confirmation with specifics about the classes upon completing your online registration. Enhance your health now by checking out our programs.

### 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, December 4 6:00 – 7:30 pm

### Carlos Gomez, MD to appear on WTOL

See Dr. Carlos Gomez and two of his patients discuss personalized joint replacement surgery on "Time Waits for No One," Saturday, November 23 at 7:30 pm on WTOL, Toledo 11.

### Ladies Day Out

Saturday, November 9 8:30 am – 1 pm

Join us for a morning filled with vital health information of concern to women from the experts at Wood County Hospital and other medical organizations. Free refreshments, demonstrations, health screenings and door prizes.

### Know Your Numbers: Personal Health Screenings

Take the first step in taking charge of your health by coming to variety of FREE health screenings offered through the Know Your Numbers series.

### Blood Pressure Screening

Tuesday, December 17 10:00 am – 12 noon

Location: Wood County Hospital front lobby (enter doors by circular drive off of Wooster St.). To register, call 419-354-8887.

### Diabetes Interest Group

This free monthly community education program is designed to educate people with diabetes and their families about issues in diabetes care. Registration is not required. For more information, call 419-354-8863, option 3.

### Proper Foot Care

Thursday, November 14 Noon – 1 pm

### Diabetes Management during the Holidays

Thursday, December 12 6 – 7 pm

### Health Matters Lecture Series

#### Healthy Eating at the Holidays

Tuesday, November 12 5:30 – 6:30 pm

Christine Haar, MS, RD, LD, Program Director, Dietetic Program, Bowling Green State University. To register, call 419-354-8887.

### Fitness Classes

#### Learn Belly Dancing with Aegela

Wednesdays, October 23 – November 20  
4 – 5:00 pm

Cost: \$45 for the 5-week session  
To register, call 419-354-8887.

### Weight Loss Surgery Information Seminars

Peter F. Lalor, M.D. and members of the Center for Weight Loss surgery team will discuss obesity and the weight loss surgery options available at Wood County Hospital. For more information, call 419-373-7699, option 4.

Saturday, November 16 9 – 11 am

Tuesday, November 19 7 – 9 pm

Tuesday, December 10 7 – 9 pm

## NEW CANCER CENTER BREAKS GROUND



Ground has been broken for the new state-of-the-art Cancer Center located on the campus of Wood County Hospital. Area residents requiring chemotherapy and radiation therapy services will be able to receive the highest standards of care close to home. The new facility will begin accepting patients in January 2014.



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For the best emergency care, come to Wood County Hospital. Staffed by board-certified emergency medicine physicians and specially trained health professionals, our expanded E.R. offers the latest technologies and amenities. If you

require additional tests or treatments, you'll be glad to know that the full resources of our hospital are just down the hall. And with our new E.R. app, your experience will be even better. So when you have an emergency, depend on us, **the E.R. that stands for you.**



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