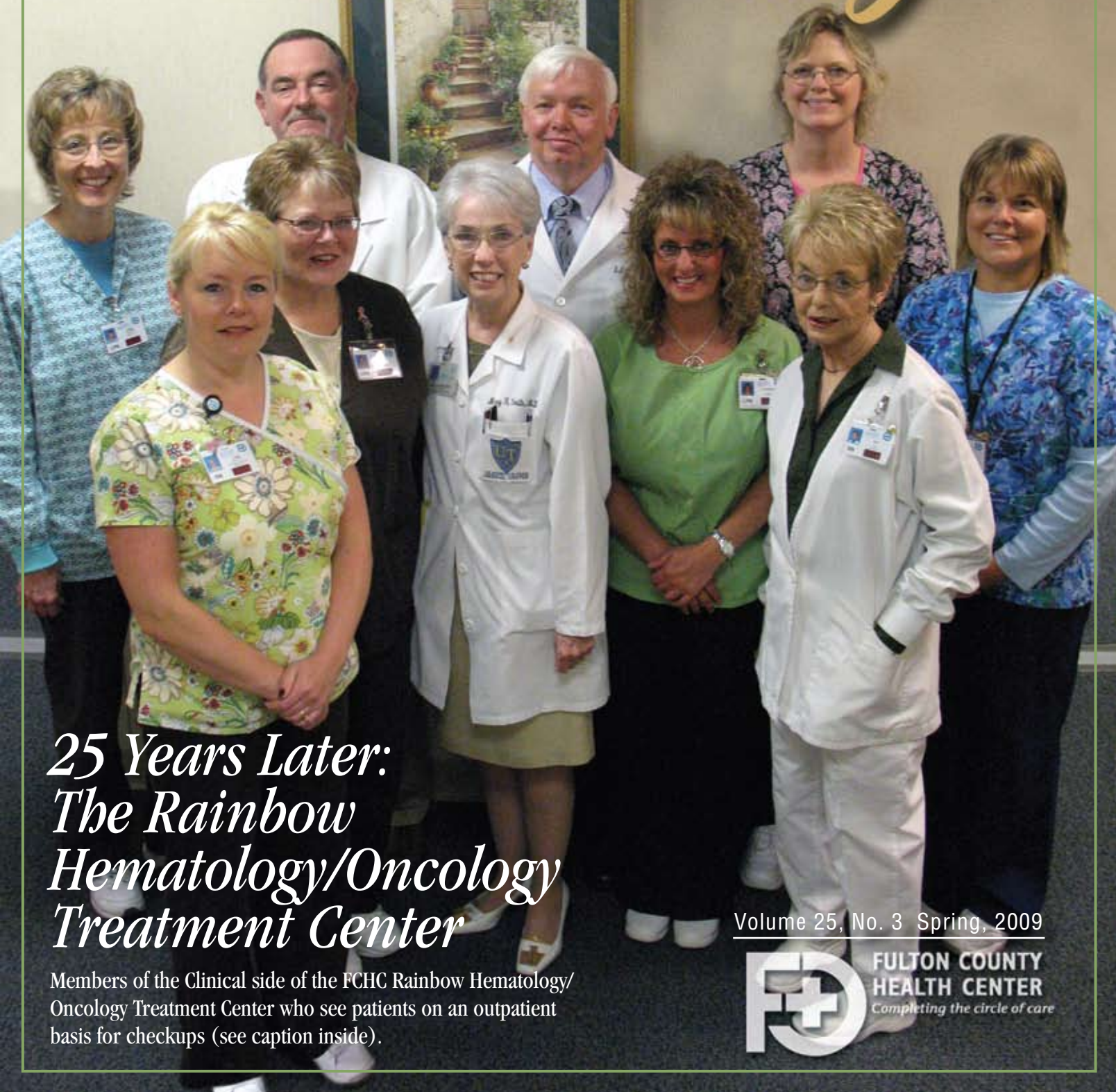


A publication of Fulton County Health Center

Health *Centering*



25 Years Later: The Rainbow Hematology/Oncology Treatment Center

Members of the Clinical side of the FCHC Rainbow Hematology/Oncology Treatment Center who see patients on an outpatient basis for checkups (see caption inside).

Volume 25, No. 3 Spring, 2009



**FULTON COUNTY
HEALTH CENTER**
Completing the circle of care

It began in 1984 with a limited staff, no official name, and tucked away on the third floor of the Health Center. This year, as it celebrates 25 years of serving patients, The Rainbow Hematology/Oncology Treatment Center is a thriving department occupying 9,000 square feet of a facility added to the Health Center in 2000. The department is on the first floor, situated between the Medical Office Building and the main hospital entrance.

More Than a Cancer Center

Originally, The Rainbow Hematology/Oncology Treatment Center functioned solely as a chemotherapy treatment facility. Today, it also functions as an infusion center, using intravenous medications to treat a variety of both cancer and non-cancer patients, including those with multiple sclerosis, Krohn's disease, rheumatoid arthritis, and asthma. The facility also treats patients requiring blood transfusions, antibiotic therapy, and gamma globulin therapy. Each patient is given a customized treatment program depending on his or her type of illness and its severity.

"We've really expanded the services we offer, and as a result our patient base has grown," says Leisa Britsch, RN, OCN, Unit Manager of The Rainbow Hematology/Oncology Treatment Center. Last year The Rainbow Hematology/Oncology Treatment Center handled over 4,600 patient visits. Since 2003, the Hematology/Oncology Center has seen an increase in the number of patient visits every year except in 2008. This is not surprising considering the American Cancer Society's nationwide statistics, which show there has been a 0.8% per year decrease in cancer incidence each year from 1995 through 2005.

"We always felt that increased screenings would result in increased cancer detection, thereby increasing the incidence rates," says Britsch. "But statistics tell us otherwise, which is a good thing." Britsch says it is quite possible that the cancer incidence has dropped thanks to fewer smokers and more people paying attention to diet and exercise. She adds, "The other factor that comes into play is that with better early detection tools, cancers are being found earlier and not needing to see us for treatment."

The treatment side of The Rainbow Hematology/Oncology Treatment Center works with patients requiring IV pharmaceutical drugs.

Pictured, left to right - Front: Leisa Britsch, RN, BSN, OCN, Unit Manager; Andrea Andrews, RN, BSN. Back: Karen Keefer, RN; Brandy Nofziger, Unit Secretary; Tammy Kleinsmith, RN.



Cover: Pictured on the front cover are, left to right - Front: Leisa Britsch, RN, BSN, OCN, Unit Manager; Cindy Wallischek, LPN, Clinical Trial Data Manager; Mary Smith, M.D., Hematologist; Claudette Galbreath, LPN; Lila Miller, RN, OCN; Beth Lange, Unit Secretary. Back: Chris Wilson, LPN; Kenneth Krupp, M.D., Medical Oncologist & Hematologist; John Feldmeier, D.O., Radiation Oncologist; and Jane Patterson, Unit Secretary.

An Accredited Program

Since 1992 The Rainbow Hematology/Oncology Treatment Center has held the prestigious accreditation from the American College of Surgeons Commission on Cancer. CoC accreditation recognizes the quality of comprehensive cancer care available at a facility and offers a commitment that the patient will have access to all of the various medical specialists who are involved in the diagnosis and treatment of cancer. The program has a Medical Oncologist, Kenneth Krupp, M.D., who sees patients



The Rainbow Hematology/Oncology Treatment Center



once a week at the facility. Mary Smith, M.D., a Hematologist also sees patients once a week at the Center. Although the Hematology/Oncology Center does not provide cancer radiation therapy on site, it does offer the service of a Radiation Oncologist through Toledo Radiation Oncology. Six Registered Nurses, four Licensed Practical Nurses, and four administrative staff members support the physicians. All of the Registered Nurses are certified to administer chemotherapy, and three of them have advanced certification as Oncology Certified Nurses (OCN).

Support for Patients & Families

In addition to treating patients, the Hematology/Oncology Center also offers a broad choice of support services for cancer patients. The Cancer Resource Center provides free on loan books and videos and Internet access so patients can conduct their own research. The Lymphedema Therapy

Clinic works with patients to reduce swelling in the extremities from surgery through massage and wrappings. A Patient Navigator helps connect cancer patients with various community resources and assists with insurance and prescription drug issues, and transportation. The Look Good Feel Better program provides hair and skincare classes for women undergoing chemotherapy. In addition, Nutrition and Stress Counseling are offered to patients as well.

Clinical Trials

Since 1990 The Rainbow Hematology/Oncology Treatment Center has offered clinical trials through the Toledo Community Oncology program. "The clinical trials allow us to use new medications and to try different ways of administering the medications," says Britsch. The National Cancer Institute, an organization responsible for overseeing cancer research in the United States, monitors the clinical trials.

"I've seen a lot of new chemotherapy drug options become available for patients in the 15 years I have been in the department," says Britsch. "One of the newer class of drugs being used is the monoclonal antibody that has very few side effects," says Britsch. She says this type of drug targets cancer cells that have a certain type of protein and does not harm healthy non-cancerous cells nearby. "There are also more oral chemotherapy pills that patients can take at home while continuing to be monitored by one our doctors," says Britsch. "The oral medications replace the IV chemotherapy treatments in some cases." Patients who require the more traditional intravenous chemotherapy treatment now have a much broader range of anti-nausea medications from which to choose. "The nausea drugs really work well," says Britsch. "It used to be they would last about eight hours, but we have some that are given intravenously which last up to seven days."

What's Ahead in Cancer Treatment?

"In the future I believe we will see even more medications that are targeted towards a specific type of cancer cell," says Britsch. Improved diagnostic tools continue to be developed for earlier and better detection of cancers. "The Health Center plans to offer breast MRI's at the end of 2009," says Britsch. The Health Center already offers Positron Emission Tomography (PET) scans, which are highly accurate in detecting certain cancers and help to determine the stage of the cancer. Other improvements at FCHC related to cancer detection and treatment include the addition of Imaging (X-ray) Guided Biopsies, and Radiofrequency Ablation performed by a radiologist certified with the American Board of Radiology who has a Specialty in Diagnostic Radiology.

Celebrating 25 Years

"Our cancer treatment program has grown to become a regional treatment facility with patients coming to us from five different counties," says E. Dean Beck, FCHC Administrator. "We're proud of our dedicated physicians and nurses who provide this valuable medical service." In celebration of its 25th anniversary The Rainbow Hematology/Oncology Treatment Center held an open house for patients, families, physicians and staff in October. For more information about The Rainbow Hematology/Oncology Treatment Center, contact the department at 419-330-2708.



(L-R): Kenneth Krupp, M.D., Medical Oncologist & Hematologist; Mary Smith, M.D., Hematologist; and John Feldmeier, D.O., Radiation Oncologist.

The Rainbow Hematology/Oncology staff works as a team to prepare and implement a customized treatment plan for patients. Reviewing a patient's case are, (left), Cindy Wallischeck, LPN, Clinical Trial Data Manager; (right) Leisa Britsch, RN, BSN, OCN, Unit Manager; (seated) Dr. Mary Smith.

The Rainbow Hematology/Oncology Treatment Center

- Celebrating its 25th anniversary this year
- In 2000, new 9,000 square foot facility added to the Health Center
- Provides chemotherapy treatment to cancer patients and infusion therapy to non-cancer patients
- Handled 4,600+ patient visits in 2008
- Staff Physicians: A Medical Oncologist, Hematologist and Radiation Oncologist
- Support Staff: 6 RN's certified to administer chemotherapy, 4 LPN's, 4 administrative staff members
- Accredited by the American College of Surgeons Commission on Cancer since 1992
- Offers clinical trials
- Provides many support services for patients & family

They don't scrub for surgery, operate sophisticated medical equipment, or scrutinize diagnostic images. They are content to quietly go about their business and provide assistance to Fulton County Health Center staff members where needed.

50 Years of Service



“They” are the Volunteers of the FCHC Auxiliary, a dedicated group of men and women whose organization celebrates its 50th anniversary this year. The Volunteers were established as an arm of the FCHC Auxiliary in October, 1958. The Auxiliary, which serves as the fundraising portion of the organization, dates back to 1932. There are currently 135 active adult volunteers who provide assistance to 12 of the Health Center’s departments. The FCHC Auxiliary is led by Julia Engler, formerly the FCHC Director of Nursing, who has a vast knowledge of the inner workings of the Health Center. She uses that knowledge to select and place volunteers.

“We’ve developed a 2-3 page job description for each area of the Health Center that our volunteers staff,” says Engler. “Every volunteer goes through an orientation process provided by myself and other seasoned volunteers, so they know what to expect before they step foot in the department.”

FCHC Auxiliary Volunteers work anywhere from one day a month to one day a week for 4-6 hours per day. They can be seen in Central Registration, the Emergency Department’s Registration area, the Cardiology Clinic, Surgery Waiting Area, Oncology, the Outpatient Stress Unit Reception Area, X-Ray (escorts), Health Information, the Cafeteria, Kitchen, Gift Shop, and the Lobby Information Desk. There are nine male volunteers and four married couples. They transport patients in wheelchairs, help make salads in the kitchen, and provide helpful information to visitors. Last year, Auxiliary Volunteers provided 12,701 hours of assistance. “Once people start volunteering they tend to stick with it,” says Engler. “Usually the only reason they take a break is because of family issues or personal health reasons.”

“Our staff members are very grateful for the dedication and assistance provided by the Auxiliary Volunteers,” says E. Dean Beck, FCHC Administrator. “These people not only help reduce our operating costs with their volunteer hours, but they also provide significant financial assistance through their fundraising activities.”

The FCHC Auxiliary Golf Outing, which is held each summer in early June, brings hospital staff members, physicians, and suppliers together for a fun afternoon on the links. The afternoon of golf is followed by a chicken dinner at the Health Center. Suppliers are more than willing to pay to play golf, and the outing has become the major fundraising event sponsored by the Auxiliary. Proceeds are donated to FCHC for the purchase of medical equipment and supplies. In addition, the Auxiliary raises funds through its gift shop and various internal and external fundraisers such as book and plant sales.

“We’ve been in existence for over 50 years and lately we’ve been averaging about \$50,000 a year in donations to the Health Center,” says Engler. “Over the past 25 years alone our Auxiliary has raised and contributed nearly \$525,000 to the Health Center.” That staggering number was used to purchase items such as surgical equipment, defibrillators, fetal monitors, stretchers, and cribs for newborns.

High school teens also have an opportunity to volunteer at the Health Center through the Auxiliary’s VolunTeen program. Last year 52 area teens contributed 765 hours of their time to work in areas such as the gift shop and cafeteria. Teen volunteers who plan to pursue a health care related education after high school can qualify for a \$500 scholarship from the Auxiliary by working at least 100 hours at

the Health Center before graduation. Last year the Auxiliary gave out three scholarships. “It’s a great opportunity for a young person to experience the day-to-day workings of a hospital and to decide if health care is what they want to pursue as a career,” says Engler.

The next time you visit Fulton County Health Center, take a moment to notice the many Auxiliary Volunteers as they go about their business of helping the facility to function as efficiently as it does.

Our History

The Volunteers of the FCHC Auxiliary are celebrating their 50th anniversary this year. The FCHC Auxiliary, which serves as the fundraising arm of the organization, dates back to 1932. Over the past 25 years the Auxiliary has raised and donated \$524,544 to the Health Center. These donations were used to support the main lobby renovation in 1994 and 1995. They were also used to purchase large items such as:

- Gastroscope & Other Surgical Equipment
- Stretchers
- Defibrillators
- Cribs for Newborn Nursery
- Fetal Monitors
- Hearing Aide Booth
- Ultra Sonic Cleaner for SPD
- Furniture for the New Addition
- Various Items for Fulton Manor
- Various Items for Physical Therapy

Welcome, Dr. Steck

Ann Steck, M.D., a Family Practice physician, will be joining Dr. Murtiff and the staff at the Delta Medical Center, located at 6696 U.S. 20A in Delta, beginning July 6, 2009. Dr. Steck is originally from Delta and graduated from Delta High School in 1998. She received her Medical Degree from The University of Toledo Medical Center (formerly Medical University of Ohio) and completed her Family Practice Residency at the Toledo Hospital. She has been serving as the Swanton High School Team Physician since 2007. Dr. Steck's professional interests include women's health, sports medicine, pediatrics, and dermatologic procedures. She is accepting new patients and can be reached at 419-822-3242.



Dr. Steck is originally from Delta and graduated from Delta High School in 1998. She received her Medical Degree from The University of Toledo Medical Center (formerly Medical University of Ohio)

Sleep Lab Gets New Director

Fateh Ahmed, M.D., FAASM, a board certified physician with specialization in Pulmonology, Critical Care and Sleep Medicine, is the new Director of the FCHC Sleep Lab. He has been a member of the FCHC medical staff since 2002. He has begun to hold clinics at the Sleep Lab, located on the 3rd floor of Fulton County Health Center, every other Tuesday beginning on May 26th. Appointments can be made by calling his Toledo Clinic office at 1-800-444-3561.

OB Renovation Continues

The work continues on the renovation of our Obstetrics Department. Private showers are being installed in the Post-Partum rooms, and the entire department is being painted with new wall coverings. The renovation work will give the department a new, friendlier appearance. Work should be completed by late summer.

See You At the Fair!

Once again the FCHC staff will be on hand at the Fulton County Fair, September 4-10. Free blood pressure and blood sugar tests will be offered along with free health care information. Additional tests will be offered at a minimal charge. Look for us at the Fair!

Need a Speaker?

We can provide expert speakers on a wide range of health care topics such as: Stress Management, Nutrition, Fitness, Smoking Cessation, Weight Management, and Managing High Blood Pressure. Contact Steve McCoy, Director of Marketing & Planning, at 419-330-2717.

Fulton Manor Gets New Administrator

Dave Renton, the Administrator at Fulton Manor long-term care facility and Fulton Suites independent living units, retired on April 30, 2009. Dave had been the administrator at Fulton Manor & Fulton Suites since it opened on our campus in 1996. We thank him for



Mary Jo Smallman, LNHA

his many years of service. Mary Jo Smallman, LNHA, has been named the new Administrator of the two facilities. She has been a part of the Fulton Manor/Fulton Suites staff since 1996 when the facilities opened and serving since 2000 as the Director of Nursing prior to becoming the new administrator. Smallman also worked for 12 years at Detwiler Manor before it closed and was replaced by Fulton Manor/Fulton Suites.

Fulton Suites Openings

Fulton Suites independent living units, located on the FCHC campus, currently has three openings. In addition, short-term stays are available on a weekly or monthly basis. Short-term stays are helpful to caregivers who are going on vacation or just need a break. For more information, contact Fulton Suites at 419-335-2017.

FCHC Exceeds Vaccination Goal

Fulton County Health Center participated in the Joint Commission Resources (JCR) Influenza Vaccination Challenge for 2008-2009. The challenge was to improve flu vaccination rates among health care workers. According to the Centers for Disease Control, the national average of health care workers who receive the flu vaccine is only 42%. Vaccination helps to decrease the chance of a health care worker passing the flu to patients. The Influenza Vaccination Challenge encouraged hospitals to achieve a vaccination rate of 43% or more. FCHC established a goal of at least 50% vaccination. We are happy to announce that 53% of our staff members were vaccinated! We congratulate them for their efforts to protect themselves, their patients and their loved ones.

Shuttle Hours Change

The FCHC free courtesy shuttle that transports patients and visitors from our parking lots to various entrances to our facility has new hours that became effective on May 11. The shuttle is now operating: 7:30 a.m. – 5:00 p.m., Monday-Friday. The shuttle does not operate on weekends. We will re-evaluate the shuttle's hours this fall as the weather becomes cold and wet.

Message from the Administrator

For the past 25 years Fulton County Health Center has treated thousands of area cancer patients through our Rainbow Hematology/Oncology Treatment Center. The dedicated physicians, nurses and support staff work hard to make sure each treatment is customized to the individual patient's needs. They are also a very caring staff that provides much needed support and resources to patients and their families. We honor them in this issue for their 25 years of serving the community.



Speaking of anniversaries, the Volunteers of our FCHC Auxiliary are celebrating their 50th anniversary this year. These dedicated men and women have donated hundreds of thousands of hours through the years to help patients and families alike. The Auxiliary also assists us in purchasing new medical equipment and supplies through their fundraising efforts. We are very appreciative of their ongoing volunteer and fundraising efforts to make us a better medical institution.

There are other articles of interest in this newsletter, including an article that may answer some of your questions about the much-publicized swine flu as well as our Health Tips on Preventing Heat-Related Illnesses during the warm summer months.

We hope you continue to find this newsletter both informative and helpful in your efforts to lead a healthy lifestyle. Take care and enjoy the summer months!

Sincerely,

E. Dean Beck

E. Dean Beck, FCHC Administrator



Health & Fitness Classes

Register on-line at www.fultoncountyhealthcenter.org (click on Health Classes/Special Events), or call 419-330-2735. Questions? Call 419-330-2724. All classes except Aquatics & Yoga can be mixed and matched for dates/times/locations. **7 Week Session – June 15-August 1; 7 classes - \$28, 14 classes - \$40, 15 or more classes - \$50.**

Health & Fitness Class Descriptions

Aquatic Aerobics

A high-energy, vigorous workout performed in shallow water to avoid injury. Great for toning and strengthening.

Arthritis Aquatic Therapy

Consists of range of motion, muscle strengthening, stretching and endurance building activities. All classes are structured so participants can work at their own ability level.

BBCF - Basic Boot Camp Fitness

Class geared for men and women with basic movements, offering a variety of fitness intensities.

Cardio Core Strength Training

A class geared toward variety! You'll be stepping on a bench, performing aerobic moves on the floor, using hand weights, X-ertubing, figure 8 bands, jump ropes, and the Body Bars. Your cardiovascular system and strength training will be challenged.

Smooth Moves I

Fun for all! Simple choreography to low impact aerobics and strength training helps lose fat and gain lean body mass.

Stepping Up Kicking Low

Challenge yourself with a high energy fun new workout, a combination of stepping up and down on a Reebok bench with intervals of forward, side and back kicks.

Pure & Simple Yoga

This classes consists of basic Yoga postures, breathing and relaxation techniques. Yoga movement and passive stretch are the focus of this gentle artful format. It's soft and simple. Advanced class demonstrates more challenging postures.

The Ball

Incorporated into your workout to perform a variety of balance, core training, strength training, and flexibility exercises.

Grief Support

H.O.P.E

Helping Other Parents Experiencing Grief (H.O.P.E.) is a support group that meets the third Monday of every month (except December) at 7:30 p.m. in the FCHC Meeting Room. H.O.P.E. offers support for parents who have experienced miscarriage; stillbirth; or the death of infants, young children, and teenagers due to illness or accident. For more information, call Fulton County Health Center at 419-330-2757.

Health & Fitness Classes: 7 classes - \$28, 14 classes - \$40, 15 or more classes - \$50

Wauseon Classes	Day(s)	Time	Location
Boot Camp-Cardio Core	M-W	6:00 AM	FCHC Rehab Center
Boot Camp-Cardio Core	M	5:00 PM	FCHC Rehab Center
Boot Camp-Cardio Core	T-TH	5:30 PM	FCHC Rehab Center
The Ball & Much More	M-W	6:00 PM	FCHC Rehab Center

Wauseon Aquatics Classes	Day(s)	Time	Location
Aquatic Aerobics	T-TH	7:30 AM	FCHC Rehab Center
Aquatic Aerobics	T-TH	6:00 PM	FCHC Rehab Center
Arthritis Aquatic Therapy	T-TH	9:00 AM	FCHC Rehab Center
Arthritis Aquatic Therapy	M-W	4:30 PM	FCHC Rehab Center

Edon Class	Day(s)	Time	Location
Smooth Moves-The Ball	T	6:00 PM	Edon Community Center

Montpelier Class	Day(s)	Time	Location
Smooth Moves-The Ball	W	5:30 PM	Montpelier School North Gym

Archbold Classes	Day(s)	Time	Location
Co-sponsored by Archbold Parks & Recreation Dept.			
Boot Camp-Cardio Core	M-W	8:00 AM	Park Pavilion
Stepping Up-Smooth Moves-The Ball	T-TH	4:15 PM	Park Pavilion
7 classes - \$23, 14 classes - \$32, 15 or more classes - \$42			

Fairlawn Complex Classes	Day(s)	Time	Location
Arthritis Aquatic Therapy	W-F	10:15 AM	Wyse Commons
Aquatic Aerobics	M-W	8:30 AM	Wyse Commons
7 classes - \$28, 14 classes - \$40, 15 or more classes - \$50			

Yoga Classes: Yoga classes cannot be mixed & matched with other classes.

Wauseon Classes	Day(s)	Time	Location
Pure & Simple Yoga (Mat Required)	SAT	9:00 AM	FCHC Rehab Center
7 classes - \$38			

Archbold Class	Day(s)	Time	Location
Pure & Simple Yoga (Mat required)	T-TH	5:30 PM	Park Pavilion
7 classes - \$34, 14 classes - \$52			

Diabetes Classes

Register by calling the Diabetes Education Office at (419) 330-2772, or by visiting www.fultoncountyhealthcenter.org. A \$5 donation is suggested to cover supplies.

Conversation Maps: On the Road to Better Managing Your Diabetes. This new, ADA-approved format engages participants on meaningful topics. Learn about diabetes myths, facts, and the basics of diabetes care. Tues., July 28, 6:30-8:30 PM, Archbold Public Library.

Conversation Maps: Monitoring Blood Glucose. What makes blood sugar fluctuate, and how do you manage the highs and lows? How do you change the glucose meter into an ally for optimal diabetes control? Learn more in this interactive session. Tues., Aug. 25, 6:30-8:30 PM, Swanton Public Library.

Conversation Maps: Continuing Your Diabetes Journey. What is the natural course of diabetes? What body systems are most affected? Are complications unavoidable? How do oral medications and insulin work? Join our conversation on Tues., Sept. 22, 6-8 PM, Wauseon Public Library.

Mountain Climbing

July: Keep It Moving! Judy Price, FCHC Fitness Director. Wed., July 1, 9–11 AM or Thurs., July 9, 7–9 PM, NEW LOCATION FOR JULY - FCHC Rehab Center, 138 E. Elm St.

August: Urological Issues and Diabetes. Dr. Charles Lash. Wed., Aug. 5, 9 – 11 AM or Thurs., Aug. 13, 7 – 9 PM, FCHC Meeting Room.

September: Getting Off on the Right Foot. Dr. Brad Adams. Wed., Sept. 2, 9 – 11 AM or Thurs., Sept. 10, 7 – 9 PM, FCHC Meeting Room.



Health & Fitness Classes

Register on-line at www.fultoncountyhealthcenter.org (click on Health Classes/Special Events), or call 419-330-2735.

For Oncology and Obstetrics Programs, visit our web site at www.fultoncountyhealthcenter.org.

Heart Health

Blood Pressure Management

Learn what high blood pressure is, its effects, and how to lower and control it. Get information on lifestyle changes, current treatments, and medication do's and don'ts. Tuesday, July 14, 9:30 - 10:30 am, Free, FCHC Meeting Room.

Salt Sense

Whether it's for high blood pressure, heart disease or to maintain a healthy diet, learn how and where to reduce sodium. Includes label reading, commercial product choices, recipes and shopping tips. Tuesday, June 9 or August 11, 9:30 - 11:00 am, \$5, FCHC 1st Floor Cardiac Rehab Classroom.

Lifestyle for Lower Cholesterol

Focus will be on risk factors for heart disease, cholesterol numbers and their significance, type of fat and cholesterol in the diet, and more! Tuesday, June 23 or August 25, 9:30-11:00 am, \$5, Cardiac Rehab Room. Please call 419-330-2735 to pre-register.

Safety

Babysitting Classes

Learn to handle emergencies such as choking, burns and more, and become a more effective and competent baby sitter. Class covers growth and development and safety for the sitter as well as the children and much more. Class certification is given. Please bring a sack lunch. Beverages/ snacks provided.

Saturday, June 27, 9:00 am-3:00 pm, \$20, Liberty Center Library. Call 419-533-5721 to register.

Saturday, July 25, 9:00 am-3:00 pm, \$20, Archbold Library. Call 419-446-2783 to register.

Community First Aid and CPR

Learn how to handle emergencies through this American Red Cross class. Participants will be certified in adult, child and infant CPR and obstructed airways. Class taught by RN. Saturday, July 18, 8:00 am - 4:00 pm, \$50, FCHC Meeting Room.

Cardiopulmonary Resuscitation

CPR Certification by the American Heart Association for health professionals and health professional students. Taught by RN. Registration and payment due 1 week prior to class. Sign-in starts at 7:30 am, class begins promptly at 8:00 am, Saturday, June 20 & August 8, 8:00 am - 2:00 pm, \$50, FCHC Meeting Room.

Weight, Smoking

Hypnosis

You deserve to be Nicotine Free and Drop the Pounds you want to become the healthier you. Hypnosis helps. Andrew Lesniewicz PC/CR Ht, a National Certified Hypnotherapist, Professional Counselor and area resident, offers dependable service to assist you in making the change towards a healthier you. The cost is \$50 per person to attend either a Stop Smoking or Weight Loss Seminar. The fee includes a personal reinforcement CD of the program with the option of attending a future seminar if needed. Bring a friend and pay the discounted price of \$40 per person. To register, contact the FCHC Corporate and Community Health Promotions department at 419-330-2735 or Andrew Lesniewicz PC/CR Ht, at 419-467-9406 to register. FCHC Surgery Conference Room. Classes will not be cancelled.

Monday, June 8 & 15

Weight Loss – 5:30-6:45 pm
Stop Smoking – 7:00-8:15 pm

Saturday, August 8

Weight Loss – 1:00-2:30 pm
Stop Smoking – 3:00-4:30 pm

Saturday, June 13 & 20

Weight Loss – 1:00-2:30 pm
Stop Smoking – 3:00-4:30 pm

Monday, August 10

Weight Loss – 5:30-6:45 pm
Stop Smoking – 7:00-8:15 pm

Monday, July 6 & 13

Weight Loss – 5:30-6:45 pm
Stop Smoking – 7:00-8:15 pm

Health TIPS

Health Tips is designed to give you simple suggestions for a healthier lifestyle. This issue's health tip is:

Preventing Heat-Related Illness

Now that summer is almost upon us, it is important to remember some basic health tips to insure a safe and healthy summer season.

- Avoid strenuous activity in very hot, humid weather.
- Give your body time to acclimate to the hot weather by cutting activities in half for 4 - 5 days.
- Drink plenty of water before, during and after you are active.
- Check your urine. It should be clear to pale yellow. If it's dark yellow, you haven't had enough fluids.
- Take frequent breaks in the shade or by a fan.
- Wear lightweight, light-colored, loose fitting clothing to keep your skin cool.
- Exercise during the cooler times of the day.
- If you have to stand for long periods of time in hot weather, flex your leg muscles often to prevent blood from pooling in your lower legs.
- Do not drink caffeine or alcohol while physically active, as they increase your risk of dehydration.
- Medications, both prescription and over-the-counter, can increase your risk of heat-related illnesses. Check with your doctor or pharmacist.

In This Issue:



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FCHC Auxiliary Volunteers: 50 Years of Service
Swine Flu Q&A

Health Tips: Preventing Heat-Related Illness

Message from the Administrator

FCHC News & Notes

Health & Fitness Classes

is published four times a year by
Fulton County Health Center for area residents.

E. Dean Beck, Administrator

Dale Nafziger, President, Board of Directors

Steve McCoy, Director of Marketing and Planning

For address changes or information about articles or
programs in this issue, contact
Fulton County Health Center at (419) 335-2015.

Swine Flu

Influenza viruses are unpredictable and can change dramatically. We want you to be prepared, so we have compiled a list of answers to commonly asked questions with help from the Centers for Disease Control (CDC).

Q: What is swine flu?

A: Swine influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses. Outbreaks of swine flu happen regularly in pigs. People do not normally get swine flu, but human infections can occur as they did in Mexico.

Q: What is H1N1?

A: H1N1 is the official name that has been given to the current swine flu strain by worldwide health officials.

Q: How do you catch the H1N1 virus?

A: Through contact with infected pigs or environments contaminated with these flu viruses. Or, through contact with a person who has this flu virus.

Q: How long is a person contagious?

A: Possibly for up to 7 days following the onset of the illness. Children could potentially be contagious for up to 14 days.

Q: What are the symptoms of H1N1?

A: Fever, cough, sore throat, body aches, headache, chills, fatigue and possibly diarrhea and vomiting.

Q: How can I protect myself?

A: Avoid touching your eyes, nose and mouth with your hands. ■ Cover your nose and mouth with a tissue when you cough or sneeze, and throw the tissue in the trash. ■ Wash your hands often with soap and warm water. Alcohol-based hand cleaners are also effective. ■ Avoid close contact with sick people.