

A publication of Fulton County Health Center

Health *Centering*



*FCHC: Ramping Up
the Vascular Surgery
Department*

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

Do you find yourself suffering from leg pain when you walk? It could be a symptom of peripheral arterial disease (PAD). Perhaps you suffer from kidney disease that requires regular dialysis treatments offered on the FCHC campus. Or maybe you experience pain in the abdomen after eating, which could be the sign of a blocked artery. Or perhaps you have swelling with pain in your leg, which could be due to a clot in the vein that can be removed. Or you may have large bulging veins causing pain in your legs, that we call varicose veins. In all of these cases, Fulton County Health Center stands ready to assist you.

The Health Center is ramping up its efforts to provide state-of-the-art Vascular Surgery so many patients can stay in town for treatment. Munier Nazzal, M.D., a member of the FCHC medical staff and a Vascular Surgeon and Professor of Surgery at The University of Toledo Medical Center, is leading the development of the Health Center's Vascular Surgery department.

The area of Vascular Surgery involves the blood vessels – your veins and arteries. “Vascular Surgery has progressed from being almost exclusively an open surgical procedure, where we once had to open up a patient to get to the problem, to one that is becoming increasingly less invasive, where we perform surgery through small incisions and use catheters to reach specific areas of the body,” says Dr. Nazzal. “The minimally-invasive techniques are a great benefit to patients, because they are less risky and they allow the patient to heal quicker and get back to normal activities faster.”

Dr. Nazzal says there are a variety of vascular conditions Fulton County residents face including: varicose veins, blocked arteries in the legs, renal (kidney) disease requiring dialysis, carotid artery disease that can lead to a stroke, and abdominal aortic aneurysms that are fatal if they rupture.

At Fulton County Health Center, several of these conditions can now be diagnosed and treated through minimally-invasive techniques performed in either the operating room or the Health Center's two-year-old FCHC Heart & Vascular Center, commonly called the Cath Lab. “In just the first three months of this year, our Cath Lab has already seen twice the number of cases that we experienced in all of 2008, our first year of operation,” says Lisa Cheney, RN, FCHC Coordinator of the Heart & Vascular Center. “We're performing several

FCHC: Ramping Up the

types of minimally-invasive procedures in our Cath Lab.”

Cheney says peripheral (leg and arm) catheterizations and renal (kidney) catheterizations are done to diagnose and treat conditions involving blocked arteries. “Through angioplasty and stenting, we will be able to restore blood flow to previously occluded arteries,” says Cheney. “These procedures are performed in our Cath Lab under IV sedation.”

Varicose veins are one of those conditions that are treated in the Surgery Department using one of two minimally-invasive procedures – either laser surgery or radio frequency ablation. Both procedures serve as alternatives to the traditional vein stripping operation that required the leg to be surgically opened ... usually a painful procedure. In both forms of the new treatment, ultrasound is used to guide a catheter that is inserted into the abnormal vein. Using either laser or radiofrequency energy, the wall of the vein contracts and the lumen gets obliterated. Both treatments cause a reaction in the wall of the blood vessel that essentially blocks the veins instead of having



Vascular S



A typical case of varicose veins.

it stripped out. With smaller incisions – each 1-2 mm in size – the rest of smaller abnormal veins can be removed, thus directing the blood flow to other veins.

Patients with renal disease can have an AV Fistula or graft performed by an FCHC Vascular Surgeon in the Surgery Department. The graft connects the patient's vein and artery to allow dialysis medical personnel to easily insert a needle during routine dialysis treatment.

Pacemakers are also installed in patients



transesophageal echocardiograms (TEE) are also performed in the Cath Lab to determine if there are structural or functional issues with a patient's health, such as mitral valve prolapse or patent foramen ovale (a condition known to cause strokes). If so, the patient is referred to another hospital for treatment.

A blocked carotid artery in the neck can lead to a stroke, and there often are no symptoms. Doing a simple ultrasound can discover the blocked carotid artery before it causes a major or minor stroke. Surgery to clean the artery is the standard and acceptable procedure to prevent stroke in most cases. "In some patients the minimally-invasive techniques we use can help us treat a blocked carotid artery before it becomes a problem," says Dr. Nazzal.

Abdominal aneurysms are another

Dr. Munier Nazzal talks to a patient prior to performing minimally-invasive surgery in the FCHC Heart & Vascular Center. He is assisted by Janet Douglas, BSN, RN (left) and Heather Green, RT(R) (right).

is a change. Once the aneurysm reaches a certain size or expands rapidly, we can repair it in a Toledo area hospital such as the University of Toledo Medical Center. In more than half of the cases the aneurysm can be repaired using a minimally-invasive procedure. Our future plan is to do this relatively minor procedure at Fulton County Health Center. It involves repairing the aneurysm through small incisions with stents, followed by a one or two-night stay in the hospital."

"Vascular disease is a disease of aging, and it is also affected by poor dietary habits, smoking and lack of exercise," says Dr. Nazzal. As the population of Fulton County ages, you can be assured that top quality vascular care is available to you at Fulton County Health Center. For more information about the FCHC Vascular Surgery program or the Heart & Vascular Center, contact Steve McCoy, FCHC Director of Marketing and Planning, at 419-330-2717.

Surgery Department



Dr. Nazzal reviews a patient's vascular image with Heather Green, RT(R).

FCHC Vascular Surgeon Munier Nazzal, M.D., is leading the effort to provide state-of-the-art vascular surgery at FCHC. Pictured (left to right) at the nurses station are: Janet Douglas, BSN, RN; Heather Green, RT(R); and Lisa Cheney, RN, Unit Coordinator.

through the FCHC Heart & Vascular Center. "It usually requires an overnight stay to make sure the patient adjusts well to the new unit," says Cheney.

Some of the procedures performed by FCHC Vascular Surgeons in the Cath Lab are diagnostic in nature, such as heart catheterizations. "If we find the patient has blocked arteries during the heart catheterization, then we will transfer the patient to another hospital for intervention," says Cheney. Diagnostic cardiac

potentially deadly disease, just like a blocked carotid artery. "It's a silent killer," says Dr. Nazzal. "If a patient has a family member with an aneurysm or has risk factors such as smoking and is above the age of 50, we will check out the patient to see if he or she might have one using a simple ultrasound. Sometimes we find a small aneurysm and keep watch over it over time to see if there

A Growing Vascular Surgery Program

The FCHC Vascular Surgery program continues to grow and can now diagnose and/or treat conditions such as:

Peripheral artery disease – such as blocked leg and carotid arteries.

Venous disease – such as varicose veins and vein clots.

Dialysis access – vascular surgeons create a port that allows dialysis medical personnel to easily access for ongoing treatment.

Aneurysm in abdominal aorta and other arteries.

Pacemakers – to help regulate the heart's rate and/or rhythm. They are performed under IV sedation and require an overnight stay.

Heart Catheterizations – to diagnose blocked arteries.

Cardiac Echocardiograms – to look for other heart issues such as mitral valve prolapse.

Message *from the* Administrator

At Fulton County Health Center, we continually look for ways to improve the delivery of health care to you. I am pleased to report in this issue that we are taking steps to further develop our Vascular Surgery

services. Led by Dr. Munier Nazzal, an FCHC physician who is also a Vascular Surgeon and Professor of Surgery at The University of Toledo



Medical Center, we will be performing new minimally-invasive surgical techniques in our Heart & Vascular Center as well as in our Surgical Suites.

We have also introduced a new Surgical Weight Loss program using Adjustable Gastric Banding, a minimally-invasive procedure that essentially reduces the size of the stomach and causes you to feel full after eating much sooner than before the surgery. Dr. Jose Parodi, one of our General Surgeons, is leading the charge to develop this program.

We also have many long-standing programs that have served the community well. One of those programs is Occupational Medicine led by Lynn Thourot, RN, COHC. Lynn and her staff serve as advocates between injured workers and their employers, with the goal of rehabilitation and returning the worker to work.

Please take time to read about these new developments in this newsletter along with our other programs and services available to you.

Enjoy the summer months, and stay well!

Sincerely,

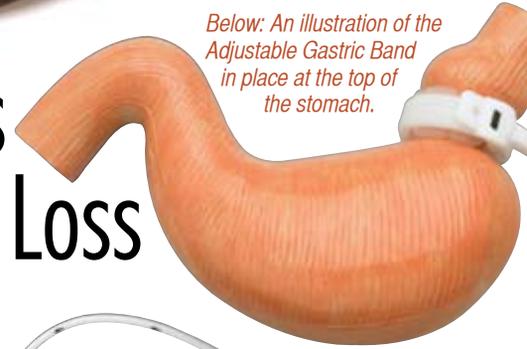
E Bean Beck

E. Bean Beck,
FCHC Administrator



Above: A close-up view of the Adjustable Gastric Band.

FCHC Introduces Surgical Weight Loss Program



Below: An illustration of the Adjustable Gastric Band in place at the top of the stomach.

Jane loves to watch her two young children play in the backyard and longs to join in their fun. But, like a growing number of Fulton County residents, she is quite overweight and doesn't have the energy or strength to walk around the backyard. Constant dieting hasn't worked, and she wonders what more she can do to shed the excess pounds.

Obesity is a growing problem, not only in Fulton County but also across the entire country. It is estimated that approximately one third of people are overweight. Thanks to a new Surgical Weight Loss Program being introduced by Fulton County Health Center, people like Jane have an alternative to dieting. The Surgical Weight Loss program is under the direction of FCHC General Surgeon Jose Parodi, M.D., a Fellow of the American College of Surgeons who is board certified by the American Board of Surgery. He is also a member of the American Society of Metabolic and Bariatric Surgery.

The key to the development of the FCHC Surgical Weight Loss Program is the introduction of a medical procedure known as Adjustable Gastric Banding, performed using minimally invasive surgery. "In this procedure I will make a small incision near

the belly button and thread an inflatable band to the top part of the stomach," says Dr. Parodi. "Once the band is in place, I will tighten it around the top of the stomach using a saline solution. This creates a small pouch that reduces the capacity of the stomach to help the patient feel full even though they haven't eaten as much as they normally do. Over time they will lose about one to three pounds per week." Adjustable Gastric Banding will typically be performed on an outpatient basis under a general anesthetic. Patients can expect to resume most normal activities within 48-72 hours.

People interested in the procedure must



Before and after photos of patient Alan who had successful Adjustable Gastric Banding surgery. Alan lost 130 pounds after undergoing Adjustable Gastric Band surgery.



This illustration shows how the Adjustable Gastric Band ties off the top part of the stomach.

first meet certain Body Mass Index (BMI) criteria. BMI is calculated by dividing a person's body weight (lbs.) by their height in inches squared. That amount is then multiplied by 704.5. It sounds complicated, but Dr. Parodi and the FCHC staff can help determine a patient's Body Mass Index.

People with a Body Mass Index of 25 to 29.9 are considered overweight. Those with a BMI from 30 to 34.9 are considered Obese. Those with a BMI of 35 to 39.9 are considered Severely Obese, while those with a BMI of 40 or more are considered Morbidly Obese. Weight-loss surgery, such as Adjustable Gastric Banding, is recommended as a treatment option for persons with obesity who have:

- 1) A BMI greater than 40
- 2) A BMI of 35 to 39.9 with serious medical conditions such as diabetes, hypertension, arthritis, or sleep apnea

Patients who qualify for Adjustable Gastric Banding with their Body Mass Index must also go through a pre-operative evaluation and screening process. The patient's health status is evaluated along with any illnesses they may have. The person must

demonstrate they have attempted – and failed – to lose weight through dieting. They may also undergo a psychological evaluation.

“We want to make sure the person is the right candidate for this procedure, because it is surgery we are talking about,” says Dr. Parodi. He says Adjustable Gastric Banding has had a successful track record in patients across the country and abroad. “Patients who have this surgery can expect to lose up to 50% of their excess body weight (EBW) in one to two years,” says Dr. Parodi. “That means if they are 100

pounds overweight, they can expect to lose 50 of those 100 pounds of excess weight.” In order to lose that amount of weight after the surgery, patients must adopt good dietary habits, change their behavior as it relates to eating, and exercise.

As the name implies, Adjustable Gastric Banding allows for the band to be tightened or loosened to help achieve a level of fullness after eating. In follow-up visits to his office,

Dr. Parodi will adjust the diameter of the band by adding saline through an access port placed under the patient's skin during the original procedure. “A patient's situation changes over time, and this will allow us to adjust the band as needed,” says Dr. Parodi. The procedure is also reversible, and the band can be removed at any time.

Adjustable Gastric Banding is not to be confused with gastric bypass surgery, which involves cutting or stapling the stomach or re-routing the intestines. Gastric bypass does offer more rapid weight loss to patients, but there is a small potential for the intestines to leak and cause internal problems. There is no chance of leakage with Adjustable Gastric Banding since the stomach and intestines are not cut or stapled. Erosions or slippage of bands are rare. Adjustable Gastric Banding is a reversible procedure; gastric bypass surgery is not reversible. Adjustable Gastric Banding at FCHC is not covered by Medicare or Medicaid, but most health insurance companies will cover the procedure if the patient meets the criteria and goes through the pre-operative evaluation process.

For more information about Adjustable Gastric Banding, contact Becky Willford-Cook, RN, Certified Perianesthesia Nurse, at 419-337-7378.

Photos and illustrations courtesy of LAP-BAND® Adjustable Gastric Banding System from Allergan, Inc. LAP-BAND® is a registered trademark owned by Allergan, Inc.

Save the Date

Do you want to learn more about Adjustable Gastric Banding surgery? Then mark your calendars for:

“Metabolic & Bariatric Surgery 2010, A Surgeon's Perspective”

Tuesday, June 29, 6:00-7:00 pm,
FCHC Ground Floor Beck Meeting Room

Thursday, July 15, 6:00-7:00 pm, FCHC Ground Floor Beck Meeting Room



Jose Parodi, M.D.

Join FCHC physician Jose Parodi, M.D., a board certified surgeon who is a member of the American Society of Metabolic and Bariatric Surgery, as he discusses the problem of Obesity & Related Co-Morbidities such as Diabetes and their response to Metabolic & Bariatric Surgery. Dr. Parodi will also explore the role of Bariatric Surgery in Diabetes Mellitus as well as indications for Lap Band or Bypass Surgery, Statistical Analysis, and Patients' Satisfaction following Metabolic and Bariatric Surgery.

To register, call the FCHC Corporate and Community Health Promotion Dept. at 419-330-2735, or you can register on-line at www.fultoncountyhealthcenter.org.

FCHC and Fulton Manor Receive Joint Commission Gold Seal of Approval

Fulton County Health Center, along with Fulton Manor Nursing and Rehabilitation Center, have earned The Joint Commission's Gold Seal of Approval™ for demonstrating compliance with The Joint Commission's national standards for health care quality and safety. Founded in 1951, The Joint Commission is dedicated to continuously improving the safety and quality of the nation's health care through voluntary accreditation. The Joint Commission's on-site survey of Fulton County Health Center and Fulton Manor Nursing and Rehabilitation Center occurred in December 2009.

"Above all, the national standards are intended to stimulate continuous, systematic and organization-wide improvement in an organization's performance and the outcomes of care," says Mark Pelletier, R.N., M.S., executive director, Hospital Programs, Accreditation and Certification Services, The Joint Commission. "The community should be proud that Fulton County Health Center is focusing on the most challenging goal -- to continuously raise quality and safety to higher levels."

In regards to Fulton Manor Nursing and Rehabilitation Center, "Accreditation standards exceed federal and state requirements," says Gina Zimmermann, M.S., senior executive director, The Joint Commission. "Furthermore, because this is a voluntary program, accreditation represents Fulton Manor Nursing and Rehabilitation Center's decision to be recognized for its efforts to provide safe, quality care." E. Dean Beck, FCHC Administrator spoke of his pride in a staff whose members ask what needs to be done to be accredited by The Joint Commission. "In addition, they appreciate the educational aspect of the survey and the opportunity to interact with the team of surveyors," says Beck. "The accreditation is proof of our entire organization's commitment to providing high-quality, personalized care conveniently close to home."



Occupational Medicine: Striving for the Best Outcome

When an employee is injured, he/she wants to know when they will be able to return to their job. At the same time, the employer is eager to have their employee return with a minimum amount of lost time. Who determines when the time is right for the worker to return?

That's where the FCHC Occupational Medicine Department steps in. "We like to think of ourselves as an advocate between the injured worker and the employer," says Lynn Thourot, RN, COHC, Manager of the FCHC Occupational Medicine program and a Certified Occupational Hearing Conservationist.

The FCHC Occupational Medicine Department is located on the first floor of the Health Center in the Fast Track section of the Emergency Department. It is managed by Thourot with assistance from Aldine Holsopple, LPN, COHC. Harry Murtiff, D.O., serves as its Medical Director as well as the Medical Director for the Health Center's Emergency Department. He sees injured workers along with Richard Grieser, M.D., the Industrial Physical Director.

"When an injured worker visits us, it's like going to the doctor's office for a follow-up," says Thourot. "Dr. Murtiff or Dr. Grieser will evaluate the progress they are making from their injury. Thourot spends time working with area employers in managing the myriad of paperwork required for filing with the Bureau of Workers' Compensation. "If the person needs to see a specialist, we'll file the application for coverage," she says. The employer is updated with the progress of his employee with a work ability form that is issued with each office visit.

In addition to helping injured workers return to work, the FCHC Occupational Medicine Department performs drug screenings, hearing tests and pre-employment



Lynn Thourot, RN, COHC, Manager of the FCHC Occupational Medicine program and a Certified Occupational Hearing Conservationist, instructs an area employee before a hearing test. Both are pictured inside the sound-resistant audio booth donated by the FCHC Auxiliary.

physicals. "We provide Department of Transportation physicals for area truck drivers," says Thourot. "Truck drivers need to have these physicals every two years, and it's very convenient for them to come to our Health Center." The trucking companies pay for the vast majority of these physicals since health insurance does not cover them. These physicals are performed by Dr. Grieser or Dr. Murtiff.

The FCHC Occupational Medicine Department has a new OSHA approved audio testing booth. It was purchased with funds provided by the FCHC Auxiliary. Both Thourot and Holsopple are Certified Occupational Hearing Conservationists (COHC) and conduct hearing tests to help prevent and/or detect hearing loss among occupational workers.

The FCHC Occupational Medicine Department has also performed on-site seasonal flu vaccinations for local companies.

For more information about the FCHC Occupational Medicine program, contact Lynn Thourot, RN, COHC, Manager, at 419-330-2660 or lthourot@fulhealth.org.

What To Bring to the Hospital

We want to make sure your experience at Fulton County Health Center is a good one. Here is a helpful checklist of items to bring and things to do before arriving (in case of an emergency, please come directly to the hospital – family members can provide this information later):

TO BRING

1. Insurance Cards

- All current health insurance cards, including your primary & secondary insurance companies
- Medicare card or Medicare HMO card
- Most recent Medicaid paper or Medicaid HMO card
- If work related, bring employer information, 3rd party payer information, and BWC card
- Medicare Part D card OR your prescription coverage card

2. Driver's license or personal photo I.D.

3. Names of two emergency contacts with phone numbers

4. Advanced Directives

- Durable Power of Attorney for health care

- Legal Power of Attorney, which includes health care

- Living Will

5. Signed Physician Order – with the diagnosis specifying the medical tests

6. Personal items

- Assistive devices (cane, wheelchair)
- Personal care items (for overnight stays)
- List of medications or the actual medications in their prescription bottles, including over the counter medications and vitamins
- Your primary care physician's phone number
- Your personal health history (it's a good idea to note key points)

TO DO

1. Stay on schedule. Some insurance companies pre-authorize coverage of a test for a specific day. If the test is performed on another day, the test might not be covered by your insurance company.

2. Be Proactive. Contact your insurance company before your Health Center visit to check benefits and see if the test or surgery requires pre-authorization. If so, ask your physician office if the pre-authorization has been completed.



Health TIPS

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

Beating the Summer Heat

Whether you are working in the yard, sitting in your backyard, or doing physical exercise or work, here are some tips to avoid heat exhaustion and even heat stroke:

1. Stay hydrated – Drink plenty of water before you start feeling thirsty, and continue to drink throughout the day. You may drink as much as 3-4 quarts of water on a hot summer day. Avoid alcohol and caffeine, which are diuretics that will cause you to lose water through your urine. Sports drinks are high in sodium and are only recommended for exercise or long, hard work.

2. Use plenty of sunscreen – Apply at least SPF 30 or higher, and put it on throughout the day. Look for “UVA/UVB protection” on the label. Skin cancer is on the rise and can be attributed directly to prolonged exposure to the sun, especially sun burns.

3. Schedule physical strenuous work in the early morning or later in the evening when it's cooler. If you have to work outside during the heat of the day, take breaks, drink water, and wear a hat to protect the head and face.

4. Dress in light, loose clothing – Cotton fabrics are best for the heat.

5. Wear sunglasses – Get yourself a good pair that protects your eyes against ultraviolet light.

6. Never leave children or pets in a hot car – The temperature inside on a hot day can get well over 100 degrees, and that can be devastating on a child or pet.



Medical Costs a Burden? *We Can Help!*

What if your doctor says you need medical tests or surgery but you don't have health insurance? Do you put off the tests or surgery? Can you really afford to do that from a health perspective?

At Fulton County Health Center, our mission is to provide care to patients regardless of their ability to pay. We understand that some patients do not have health insurance while others are unable to pay the portion of the bill that insurance does not cover. In order to remedy this, we have created a Financial Assistance Program that offers free or discounted services to eligible patients in order to minimize the financial impact.

"This is not a collections program," says Terijo Kern, FCHC Coordinator of Cashier & Collections. "The goal is to provide financial assistance to those who qualify, and the key is for the patient to communicate with us if they will have difficulty paying their medical bills."

FCHC's trained financial counselors can answer questions about insurance coverage, identify gaps in coverage and assist in seeking alternative methods of coverage. In addition, they can help direct patients on where to apply for public assistance, establish payment plans, or apply for assistance through the Financial Assistance Program. "In some cases, eligible patients may not be required to pay for medical services," says Kern. "In other cases, they may be asked to make a partial payment."

Our financial counseling or registration staff will try to contact all patients during an ER visit to assist with any financial questions and to collect ER co-pays that are due based

on your insurance plan. A minimum payment of \$25.00 is requested at the time of your ER visit.

You may be eligible for our Financial Assistance Program if you meet these guidelines:

- You do not qualify for government-sponsored programs such as Medicaid
- Your family income is at or below 200% of the Federal Poverty Guidelines; a reduced level of assistance is available for those whose income is above the 200% level
- You have insurance but feel you may have difficulty paying the portion not covered

FCHC Financial Counselors will conduct an interview to make a preliminary determination on eligibility for financial assistance, and they will also assist in completing the application. The applicant will be required to provide family size and income information. A final determination of financial assistance eligibility will be made within five working days of receipt of all necessary documentation.

A Financial Counselor is available Monday – Wednesday, 8:00 a.m. – 8:00 p.m. and Thursday and Friday from 8:00 – 4:30 pm. All financial information remains confidential. Online payments are offered through the Health Center's web site. Our Quick Check program also allows patients to make a payment over the phone by providing their account and routing number. A 15% discount is offered on self-pay balances due when full payment is received at the Health Center within 15 days of the statement date. "The bottom line is that we will treat all who seek medical care regardless of their Eligibility for financial assistance or their ability to pay," says Kern.

For more information about the FCHC Financial Assistance Program, please contact a Financial Counselor at 419-330-2669 (option 7).

Shining the Light on Colon Cancer

This important program will help you better understand one of the most common types of cancer. Sponsored by the Fulton County Colon Cancer Coalition, the event will be held Tuesday, June 22, at 5:30 p.m. in the FCHC Ground Floor Beck Meeting Room. A free dinner will be provided along with door prizes and giveaways. Participants should park in the South parking lot. Presentations will begin at 6:15 p.m. covering colon cancer awareness/prevention; nutrition and healthy lifestyles; and health menu planning.

Presenters will include:

- FCHC surgeons discussing colon cancer prevention and treatment
- FCHC nurses discussing colon cancer awareness and screenings
- Colon cancer survivors and family members speaking about their struggles and success in fighting colon cancer
- Fulton County Health Department staff giving an overview of the local free clinic and their role in colon cancer prevention

Pre-registration is required; please call 419-330-2751 by June 21st.

FCHC Auxiliary Events

July 21, 22 & 23 – Books on the Go, FCHC Cafeteria; July 21-9 am-6 pm, July 22-7 am-5 pm, July 23-7 am-2 pm.

September 22 – Handbag sale by the Bag Lady, FCHC Cafeteria, 7 am-4 pm.

Care to Help?

The FCHC Auxiliary is looking for more volunteers; day, evening and weekend times are available. Call:

Julie Engler, FCHC Volunteer Coordinator, at 419-330-2695

Tina Stanley, FCHC Volunteer Coordinator, at 419-551-1385

Tammy Allison, Fulton Manor Director of Activities, at 419-335-2017, Ext. 2798 or 2805

New State Tax Harmful to Hospitals

TAKE CHARGE OF YOUR HEALTH

Medical technology continues to advance, and there are many new and exciting tests available to you. If your doctor orders tests, remember that you have the right to ask questions and to have the tests performed at a location convenient to you. Here are a few guidelines to help in the process:

1. Ask your physician to explain:

- The reason for the test
- How the test will be performed
- If you need to prepare for the test

2. Ask your insurance company:

- If the test is covered by insurance and if pre-authorization is required. If so, have your physician's office staff complete the pre-authorization before the test is performed.
- If the test is pre-authorized for a SPECIFIC DAY. The test may not be covered if it is performed on a day other than the one specified by the insurance company.
- If you must have the test performed at a SPECIFIC LOCATION in order for it to be covered.

3. Ask Fulton County Health Center if we can perform the test.

4. Tell your physician where you would like to have the test performed.

Fulton County Health Center has changed dramatically over the past five years and now offers more state-of-the-art diagnostic services including: heart catheterizations, digital mammography, MRI's, CT scans on a 64-slice scanner, mobile lithotripsy for kidney stones, and a mobile PET scanner to monitor cancer in patients. So before you schedule your test, consider having it performed at Fulton County Health Center.

In order to help balance the state's budget, the governor and the Ohio General Assembly placed a two-year tax on hospitals in 2009. The taxes will allow Ohio to tap into \$1.7 billion in federal Medicaid money. But, in the process, they have placed a tremendous burden on hospitals and the health care industry – one of Ohio's most promising growth industries.

The hospital tax is particularly harmful because it is based on a percentage of hospital expenses, including the expense of uncompensated care to patients who are not able to pay their hospital bills.

This means hospitals, like Fulton County Health Center, not only incur the costs to provide care for which they are not paid, but they must also pay a state tax on top of that uncompensated care.

"To put it into perspective, suppose you are a painter and you incur the costs to buy paint and equipment to paint someone's house ... not to mention the labor cost," says E. Dean Beck, FCHC Administrator. "You get the house painted, only to learn the homeowner cannot pay for the job. So you are out the money owed you for labor and expenses. On top of that, you must pay Ohio sales tax on the cost of the paint job ... even though you did not receive payment for your services. It's not fair, and that's the situation faced by hospitals with this state tax and uncompensated care."

Locally, Fulton County Health Center will pay \$729,000 in taxes spread out in three payments for tax year 2010. The Health Center made its first payment in November

(Continued on page 12)





Health & Fitness Classes

Register on-line at www.fultoncountyhealthcenter.org (click on Health Classes/Special Events), or call 419-330-2735. 7 Week Session – June 14 – July 31, 2010 (except where noted).

Health & Fitness Class Descriptions

Aquatic Aerobics

A high-energy, vigorous workout 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.

Cardio Core

A class geared toward variety! You'll step on a bench, perform aerobic moves on the floor, use an exercise ball, hand weights, X-ertubes, figure 8 bands, jump ropes, and Body Bars. Your cardiovascular and musculoskeletal systems will be challenged.

Yoga

Class consists of basic Yoga postures, breathing and relaxation techniques. Yoga poses and passive stretches are the focus of this artful format. It's a total body workout as you use the weight of your body to build the various poses.

Oncology Programs

In addition to treating patients, the Rainbow Hematology/Oncology Treatment Center also offers a wide variety of support services to patients, families and the community. We offer educational materials and programs, as well as other services to help patients and families cope with the diagnosis and stress of their disease.

For more information, call 419-330-2708.

Counseling Services - Counseling for nutrition, emotional and coping concerns, as well as end of treatment concerns.

American Cancer Society Services on Site: "Look Good/Feel Better", Patient Navigator and Cancer Resource Center (Cancer information).

American Cancer Society Programs by referral: "Reach to Recovery" and "Road to Recovery."

Physical Therapy, Stomal Therapy and Wound Care on site.

Lymphedema Clinic - An outpatient clinic that includes specialists from nursing, physical therapy, and massage therapy who are trained to work together in treating patients with lymphedema.

Prosthesis and Wig Bank - Available for patients who cannot afford to purchase their own.

Stress Counseling - A free consultation by a licensed social worker experienced in working with patients undergoing cancer treatment.

Health & Fitness Classes: 7 classes - \$28, 14 classes - \$40, 15 or more classes - \$50 (excludes specially priced classes)

Wauseon Classes	Day(s)	Time	Location
Cardio Core	M-W-F	6:00 AM	FCHC Rehab Center
Cardio Core	T-TH	5:30 PM	FCHC Rehab Center

Wauseon Aquatics Classes	Day(s)	Time	Location
Aquatic Aerobics	T-TH	7:30 AM	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

Archbold Fairlawn Complex Classes	Day(s)	Time	Location
Aquatic Aerobics	M-W	9:00 AM	Wyse Commons
Arthritis Aquatic Therapy	W-F	10:15 AM	Wyse Commons

Yoga Classes: Mat Required. Yoga classes cannot be included with other class pricing.

Wauseon Class	Day(s)	Time	Location
Yoga	SAT	9:00 AM	FCHC Rehab Center
7 classes - \$35			

Swanton Class	Day(s)	Time	Location
Yoga	T	6:00 PM	Swanton Public Library
7 classes - \$35			

Obstetrics: Partners in Pregnancy Programs

All classes meet in the FCHC 3rd Floor Training Room. To register, call 419-330-2757.

Breastfeeding Classes – Learn the process of Breastfeeding and getting off to a good start. Discuss advantages, techniques, pumps and any questions you might have about breastfeeding. Taught by a Certified Lactation Consultant. Free.

Childbirth Education – 2 hours/week for 4 weeks or 6-hours on Saturday. Taught by experienced childbirth educators. Learn about the birth process, breathing techniques, relaxation, and comfort measures. Includes labor preparation, discussions, and birth/c-section videos. 4-week series- \$25. Saturday session – \$40 (includes food/refreshments).

Refresher Class – Review of Childbirth Education class. Optional tours of OB and birth video. One 2-hour session – \$10.

Shape-Up for Motherhood – Fitness class for pregnant women and new mothers to help them regain their energy and get back to regular exercise. 1-hour session, 1x per week, \$2/session.

Sibling Class – For children age 3 and older at home. Held at 10 a.m. the first Saturday of each month. Includes OB department tour and stamping a T-shirt for the baby. Free 1 session.

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

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

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, June 8 or August 10, 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, July 13, 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, July 27, 9:30-11:00 am, \$5, Cardiac Rehab Room. Please call 419-330-2735 to pre-register.

Safety

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, August 14, 8:00 am - 2:00 pm, \$50, FCHC Ground Floor Meeting Room.

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 26, 9:00 am -3:00 pm, \$20, Delta Library. Call 822-3110 to register.

Saturday, July 24, 10:00 am - 4:00 pm, \$20, Wauseon Library. Call 419-335-6626 to register.

Saturday, July 31, 9:00 am - 3:00 pm, \$20, Liberty Center Library. Call 419-533-5721 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 10 or September 18, 8:00 am - 4:00 pm, \$50, FCHC Ground Floor Meeting Room.

Weight, Smoking

Summer Weight Loss

4-week class on weight loss utilizing weekly goals, food logs and accountability. Thursdays, June 3 - June 24, 11:00 am - Noon, \$15, FCHC Cafeteria.

Hypnosis

You deserve to be Nicotine Free and Be Your Ideal Size and Shape. Andrew Lesniewicz, PCC CHt, a National Certified Clinical 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 Andrew Lesniewicz PCC CHt, at 419-467-9406. Classes are held in the FCHC 2nd Floor Surgery Conference Room. Classes will not be cancelled.

Monday: July 12, August 9, September 13

Weight Loss – 5:30-6:45 pm

Stop Smoking – 7:00-8:15 pm

Saturday: July 10, August 7, September 11

Weight Loss – 1:00-2:30 pm

Stop Smoking – 2:30-4:00 pm

Weight, Smoking (Continued)

Stop Smoking, Lose Weight through Hypnosis

Based on deep mind/body relaxation, Nationally Certified Clinical Hypnotist, Donald J. Mannarino, M.A., with over 28 years of experience with some of the largest health organizations in the world will lead two wellness seminars: Stop Smoking-Weight Loss. The cost includes a complimentary CD of the program for personal reinforcement as well as the option of attending a future seminar free if needed. For more information and to pre-register please visit: www.DonMannarino.com or call Don directly at 216-831-6251. In an effort to control seating, pre-registration is mandatory!

Weight Control – Thursday, August 5, 5:00 pm, \$60, FCHC Meeting Room

Smoking Cessation – Thursday, August 5, 6:00 pm, \$60, FCHC Meeting Room

Diabetes Education Classes

Know Your Numbers: Healthy Steps

Knowing Your Numbers – the ADA goals for blood sugar, cholesterol and blood pressure – is the key to a long, healthy life with diabetes. Learn all about how to manage meals, movement, medications and glucose monitoring to prevent complications. Tuesday, July 27, 6-8 pm, Wyse Commons Gathering Space, Fairlawn Complex, Lutz Rd, Archbold. Register for this class by calling the Diabetes Education Office at (419) 330-2772 by Monday July 26, or by visiting the FCHC website. A free will donation of \$5 is suggested to cover the cost of supplies.

Mountain Climbing

Monthly class in self-help for the person with diabetes: 1st Wed. of month, 9-11 am; 2nd Thurs. of month, 7-9 pm., \$5. FCHC Meeting Room. Support person is welcome and free. No registration necessary.

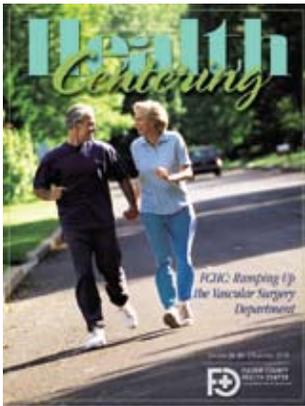
July Mountain Climbing: Keep It Moving! with Jamin Torres, new FCHC Fitness Coordinator. **LOCATION THIS MONTH ONLY:** FCHC Rehab Center, 138 Elm St. July 7, 9-11 am; repeated July 8, 7-9 pm.

August Mountain Climbing: Urological Issues and Diabetes with Dr. Charles Lash. August 4, 9-11 am; repeated August 12, 7-9 pm.

September Mountain Climbing: Getting Off on the Right Foot with Dr. Brad Adams. September 1, 9-11 am; repeated September 9, 7-9 pm.

Diabetes Support Groups –Wednesdays, except 1st Wed. of month, 9:30-10:30 am, every Thursday from 3-4 pm and the second Thursday of every month from 5-6 pm. Diabetes Education Office, 4th Floor, FCHC. Free. Come and learn from the educators AND from others traveling this diabetes journey. If you need assistance in staying on track with your diabetes self-care, this is the place for you! The Diabetes Education office also has an A1C machine available for that all-important 3-month average test, for the low out-of-pocket cost of \$10.

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New State Tax Harmful to Hospitals

(Continued from page 9)

2009, its second payment this past February, and the third payment this May. The state plans to reimburse hospitals a portion of this tax through a 5% increase in Medicaid payments to hospitals and an expansion of the Medicaid supplemental payment program. However, those payments fall short of full reimbursement. “Hospitals are expected to provide efficient, quality health care to anyone who walks through their doors, regardless of their ability to pay,” says Beck. “But Medicaid pays us only 23 cents for every \$1 we charge patients, so we are forced to absorb the remaining unpaid, uncompensated care balance.”

Beck says the Health Center is faced with a double whammy because of its Fulton Manor long-term care facility. “Not only are we faced with the state hospital tax on our Health Center, but we must also pay a bed tax for our nursing home facility,” says Beck.

The result of these taxes is that FCHC has instituted a voluntary time off program for employees to shave labor costs, along with a hiring freeze. Beck says there are no plans for layoffs, but medical equipment updates and future construction projects are on hold. Fortunately, over the past few years the Health Center was able to complete a major three-story addition that tripled the size of its Emergency Department along with major renovations to several departments.

“It’s not just our Health Center that is affected by the state tax,” says Beck. “We are one of the largest employers in Fulton County with almost 900 employees and a 2009 payroll of nearly \$32 million. “The tax has caused us to implement a hiring freeze, and those lost wages of new employees will have a direct impact on our local economy. Also, when hospitals have to cut back and table plans to upgrade their equipment and facilities, it affects the local economy as well as the patient. The tax may be a good thing for the state’s budget, but it is not good for the health and well being of patients and hospitals across the state.”

For more information about the state tax on hospitals, visit the Ohio Hospital Association’s web site at www.ohanet.org. and click on “Hospital Tax.”

