

A publication of Fulton County Health Center

Health *Centering*

*Lack of Sleep:
A Serious and
Growing
Problem*

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FULTON COUNTY
HEALTH CENTER
Completing the circle of care

Jim

wasn't sure what was wrong. At work, he was having difficulty staying awake during meetings.

When he sat down to use his computer or read a report, he would find himself drifting off to sleep. Coffee helped, but he found himself drinking more and more cups each day. Jim finally made an appointment with his doctor . . . after he fell asleep at the wheel while driving the family to visit relatives one Saturday afternoon.

Jim's symptoms are typical of people who have some type of sleep disorder, and it is more common than you would think. "In America today, 20% of the population has some type of sleep disorder, but only 3% get tested and treated," says Tom Gorczyca, RRT, Director of FCHC's Respiratory Therapy program and its Sleep Disorder Center. "It's a growing problem that needs to be addressed because people's lives are at stake, particularly for those who drive a car or truck or who operate dangerous equipment."

Why Sleep Is Important

Most people will spend about one-third of their lives sleeping. Yet with so much of your life devoted to sleeping, many people take sleep – and the lack of it – for granted. Sleep is essential to provide the body and mind with much needed rest and rejuvenation. Proper sleep is critical to regulating moods and emotions. Lack of sleep leads to irritability and affects your ability to interact with others and make decisions. It also impacts your motor skills – in fact, a seriously sleep-deprived person behind the wheel of a car or truck will act much like a drunk driver.

Sleep consists of two basic states: Non-rapid eye movement (NREM) sleep, which is classified as Stages 1 - 4 during the natural sleep cycle, and rapid eye movement (REM) sleep, which is the fifth stage.

STAGE 1

A light sleep, where you feel half awake/half asleep and may experience sudden jerky movements of your legs or other muscles.

STAGE 2

A deeper sleep where you are no longer aware of your surroundings or noise; in this stage the heart rate slows and your body temperature drops.

STAGES 3 & 4

Are now grouped together and classified as Stage 3 sleep, known as Delta sleep; this stage is important for that restorative, refreshed feeling in the morning.

STAGE 5

The rapid eye movement (REM) phase, when the muscles in your body are temporarily paralyzed and totally relaxed and the body is in its deepest state of rest. REM sleep constitutes 25% of overall sleep.

STAGE 6

Wake.



Lack of Sleep:

A SERIOUS AND GROWING PROBLEM



The six stages comprise a sleep cycle. The sleep cycle varies and is influenced by health conditions, undiagnosed sleep disordered breathing, and internal and external factors that affect our sleep cycle.

The problem with losing sleep is that sleep deprivation is cumulative and has a negative effect that can be divided into four categories: lifestyle, health conditions, medication side effects, and clinical disorders. In our fast paced society sleep deprivation is becoming more common, and many people try to convince themselves they can survive on less sleep. Sleep, however, is needed to regenerate neurons in the brain that affect our ability to process information and regenerate certain parts of the human body. Prolonged sleep deprivation leads to cognitive impairment, mood disorders and excessive daytime sleepiness. It is becoming more common to hear the news of someone who fell asleep behind the wheel of a car or truck. When this happens, the situation is clinically classified as Micro-sleep, when sleep interrupts a person who is awake and impairs their ability to function. Sleep is the body's fountain of youth and the building block of every individual's ability to maintain a healthy productive lifestyle. We must allow our bodies and brains to rest, or we will eventually suffer mental and physical consequences.

Sleep Center to the Rescue

The Sleep Disorder Center was opened on the third floor of Fulton County Health Center in November, 1999. Its staff has expanded over the years to meet growing demand and now includes two Board Certified Sleep Disorder physicians who are also Pulmonologists – Fatah Ahmed, M.D., FCCP, D'ABSM, the Medical Director of the Sleep Disorder Center, and Naeem Lughmani, M.D., FAASM, FCCP. In addition, three Registered Polysomnographers are trained to conduct screening tests on patients.

The Center recently received a five-year accreditation from the American Academy of Sleep Medicine (AASM). It is the only sleep center in Fulton County to receive the



accreditation. “We had to demonstrate to the AASM surveyors that we adhere to the highest standards of care and quality, and that we provide treatment as well as screenings,” says Gorczyca.

The FCHC Sleep Center was recently renovated to offer suites with a comfortable bedroom, lounge area and shower for patients who sleep overnight at the Center for testing. “We wanted to create an environment that was as hotel-like as possible,” says Gorczyca. The Sleep Disorder Center now offers two suites and operates five nights a week – Sunday through Thursday. The Center sees 35-40 patients a month, and patients must have a referral from a physician – typically a family physician, cardiologist, or an ear/nose/throat doctor.

“Our Sleep Center has provided a valuable service to our communities for the past 10 years,” says E. Dean Beck, FCHC Administrator. “The AASM accreditation is proof that our staff is meeting stringent standards as they test and treat patients with sleep disorders.”

Three Types of Tests

All patients at the Sleep Center are first put through a Polysomnography (PSG) diagnostic test during which they spend the night sleeping in the comfortable bedroom suite in the Sleep Disorder Center, hooked to various high-tech computer monitors. The testing looks at a patient's brain waves, heart rate, blood pressure, respiratory rate, and much more. All testing is performed under the careful scrutiny of a trained Polysomnographer. “We're looking for any disruptions or abnormalities while the patient sleeps,” says Gorczyca.



An FCHC Sleep Center staff member checks electrodes and leads on a patient prior to testing.

After the diagnosis of a sleep-related breathing disorder, the patient could undergo one of two recommended tests for treatment. The C-pap therapy test applies continued positive airway pressure to keep the airway open during sleep. The Bi-level therapy test provides the patient with two levels of pressure therapy – inspiration and expiration – to splint the airway. Bi-level therapy is used for those patients who cannot tolerate continuous positive airway pressure during sleep.



A third study performed in the Sleep Center consists of the Multiple Sleep Latency Test and Maintenance of Wakefulness Test. These tests are performed to evaluate individuals whose ability to remain awake constitutes a safety issue. It is also used for patients with suspected narcolepsy, idiopathic hypersomnia and sleep deprivation.

“It is critical for some professionals like truck drivers, pilots and those in positions involving public transportation and safety, to be assessed and treated,” says Gorczyca.

Patients at the Sleep Disorder Center are constantly monitored, but they do have their privacy. “Once a person falls asleep they don't even know they are wearing electrodes and being monitored,” says Gorczyca. Testing occurs over one night, and the majority of patients arrive between 7:00 and 8:00 p.m. for preparation. These patients typically go to sleep at 10:00 or 11:00 p.m. Individuals who are diagnosed with Obstructive Sleep Apnea are fitted with the C-pap mask and return for one more night of testing to adjust air pressure levels. After the sleep study is complete, patients visit a physician specialist to receive the results of the study. These doctors include Pulmonary specialists, Sleep specialists, Cardiologists, Ear/Nose/Throat specialists, Psychiatrists, and Neurologists.

Lack of Sleep: A Serious and Growing Problem

(Continued from page 3)

Types of Sleep Disorders

“Sleep problems are a disorder, not a disease,” says Gorczyca. Common sleep disorders include Obstructive Sleep Apnea, Restless Leg Syndrome, Insomnia, and REM Behavior Disorders.

Sleep Apnea occurs when a person’s airway muscles relax, the upper airway becomes obstructed and breathing becomes impaired. People with sleep apnea literally stop breathing repeatedly during their sleep, sometimes for a minute or longer at a time, and as many as hundreds of times during the night. “As a result, the person is exhausted the next day without realizing why,” says Gorczyca. The Sleep Disorder Center can detect oxygen deprivation and other markers that identify Sleep Apnea. Treatment involves wearing a C-PAP mask to bed each night, which provides continuous air pressure to keep the airways open so the patient can breathe and sleep normally.

When the legs have involuntary muscle movement, the person is experiencing either **Restless Leg Syndrome or Periodic Limb Movement Disorder**. “The patient feels creeping or crawling in the legs off and on during the night, and they can’t fall asleep as a result,” says Gorczyca. It is caused by many things including neurological respiratory dysfunction, EEG arousal, seizures, or isolated conditions that can be detected through sleep tests and controlled with medication.

Insomnia, a third typical sleep disorder, is the inability to sleep and can be transient (occasional) or chronic. “Insomnia is our most difficult to treat since it often involves poor sleep hygiene and can require behavior modification therapy,” says Gorczyca. He describes poor sleep hygiene as not having a routine of going to sleep at the same time each night and not waking up at the same time each morning. People with poor sleep hygiene will nap during the afternoon, then stay up all night watching the television. Eating



and drinking after 7:00 p.m. at night contributes to poor sleep hygiene as well. Proper sleep hygiene involves knowing when to sleep, when to exercise, when and how to relax, what to eat and when, as well as other factors. Proper sleep hygiene and medications, prescribed for a short period of time, are the typical treatment options for insomnia.

REM (Rapid Eye Movement) Behavior Disorders can be associated with neuropathy, while another 60% of such disorders occur from unknown causes. REM Behavior Disorders occur when a person is in deep sleep and begins to physically act out a dream or to violently thrash arms and legs. “The REM stage of sleep is when the body rejuvenates itself,” says Gorczyca. “It is so deep that muscles become temporarily paralyzed so the person is totally relaxed. But the muscles in a person with REM Behavior Disorder aren’t relaxed and actually begin moving.” It results in a person being irritable and moody. Medication is, again, used to treat the neurological condition.

The Link Between Obesity, Diabetes and Sleep Disorders

Obstructive Sleep Apnea affects more than 18 million people in the United States, and it is a leading cause of high blood pressure, stroke, heart attack, and cardiovascular disease. “I’ve worked at Fulton County Health Center for 41 years,” says Gorczyca, “and I know from experience the majority of heart attacks occur between midnight and 5:00 a.m. I can’t prove it, but I would venture to say that Sleep Apnea is a leading cause of many of these heart attacks.”

Lack of sleep is adding to the problem of obesity among Americans. If you are tired, your body produces more ghrelin, a hormone that stimulates appetite. It also decreases production of leptin, which tells your body to stop eating. So, the person who is tired from lack of sleep ends up craving carbohydrates and calories because of the hormone imbalance. Eating more causes obesity, which can lead to type 2 diabetes.

Diabetes is also directly related to a lack of sleep. When you don’t get enough sleep your body’s stress control system is changed and a hormonal imbalance occurs. This imbalance affects insulin production and increases the glucose levels in the body.

A Growing Problem

The prime candidates for sleep disorders are people age 35-55, but those over 65 are increasingly being diagnosed with it. Research now indicates that a lack of sleep in children and teens, is affecting learning disorders.

“I feel that sleep disorders will become one of the largest growth areas in the health care industry in the coming years, especially with the rise in obesity, diabetes and other health issues associated with untreated sleep disorders,” says Gorczyca. “The technology, research and treatment of sleep disorders continues to improve, and the issue of sleep disorders is becoming an essential aspect of health promotion and disease prevention.”

Help is Near

Testing at the FCHC Sleep Disorder Center requires a physician’s order. For more information, contact the FCHC Sleep Disorder Center at 419-330-2683, M -F, 8 a.m. - 4 p.m.

Dialysis Center Grows



Two years ago Fulton County Health Center constructed a Dialysis Center on its campus just north of Fulton Manor Long-term Care. FCHC contracted with DaVita, a nationwide provider of dialysis services, to offer on-site hemodialysis treatment three days a week. Since then the Dialysis Center has grown to serve 44 patients. Four staff members have been added, and the facility is open six days a week, from 5:00 a.m. - 4:30 p.m. "We have the capacity to treat 70 patients a week," says Jo Pastorella, RN, CDN, DaVita Group Facility Administrator.

On-site hemodialysis is used to remove the excess toxins and fluid from patients' bodies. The treatment takes 3-4 hours, and patients visit three times a week. Six months ago the Dialysis Center began offering peritoneal dialysis, where patients can perform their own dialysis at home. "The Nephrologist will determine if a patient can benefit from home-based dialysis," says Pastorella. "We then set them up with the equipment and train them. The peritoneal dialysis patient will visit our Dialysis Center once a month for a checkup."

Pastorella says it is beneficial to have the Dialysis Center located close to Fulton County Health Center. "There have been times when one of our patients has had a problem while being treated, and we've sent that person to the Health Center's Emergency Department just a short distance away," says Pastorella. "There have been cases where the Emergency Department has called us to send over one of our nurses to help with one of our patients who had an emergency. There have been other cases where we needed to draw blood and have it analyzed quickly, and the Health Center sent someone over right away to transport the specimen to their main lab for quick analysis. So the proximity of our Dialysis Center to the Health Center definitely helps the patient." Pastorella says patients also benefit from Nephrologists holding clinics at the Health Center. "Our patients can stay local for visits with their kidney specialist."

The Dialysis Center services any patient with commercial health insurance plans as well as those covered by Medicare and Medicaid. For more information about the FCHC Dialysis Center, visit www.davita.com or call 419-335-0695.

It's Your Choice: Off-site Labs

In today's health care world, it's good to know that patients still have choices. One of these choices is where to go to have blood drawn or other specimens collected for lab analysis as ordered by a physician. Fulton County Health Center has five outpatient off-site collection centers for patient ease and convenience. Each site can handle new physician orders as well as repeat standing orders. Fulton County Health Center's main lab also draws blood and collects specimens for outpatients as well as for inpatients.

"Patients who use our off-site services will not notice anything different in the collection procedure than from our main lab at the Health Center, other than that the off-site collection facility is closer to their home," says Rick Dwyer, MT, FCHC Central and Off-site Laboratory Manager. "The off-site collection centers are an extension of our main lab, and patients will see the same Phlebotomists who work at the Health Center." Each off-site facility collects specimens for these types of tests:



Chemistry	Urinalysis
Hematology	Microbiology
Coagulation	Histology
Serology	Blood Bank

Patients who visit the off-site collection centers will register just like they would in the Central Registration department at the Health Center. The FCHC Phlebotomist will draw blood or collect the specimen at the off-site facility, label it, and then transport it back to Fulton County Health Center's main lab for analysis. The Health Center's main lab, which is accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO), analyzes 95% of all specimens collected. The remaining 5% of tests are sent to reference labs

that specialize in the unique type of testing analysis ordered by the physician. "These specialized tests are performed in a more cost effective manner by these reference labs since they are set up to handle large volumes of these specific tests," says Dwyer.

Dwyer says about 20% of patients who need lab work done go to the off-site collection centers. "We have plenty of capacity to handle more patients at the off-site centers, and I think it's just a matter of people understanding that we offer the service and letting them know where they are located."

FCHC off-site collection centers are noted in an information box next to this article with contact phone numbers included.

FCHC Off-site Collection Centers

Archbold

(Wyse Commons, Fairlawn Complex)
550 Haven Dr.
M-F, 7:00 a.m. - Noon
419-446-4899

Delta Medical Center

6096 U.S. 20A
M-F, 7:00 a.m. - Noon
419-822-3242

Fayette Medical Center

124 W. Main St.
M-W-F, 6:00 a.m. - Noon
419-237-2501

Morenci Medical Associates

(Dr. Shivaprasad Shetty's office)
240 West Main St.
M-F, 7:00 a.m. - Noon
517-458-1786

Wauseon

(FCHC Rehab Center)
138 E. Elm St.
M-F, 7:00 a.m. - Noon
419-335-0189

FCHC Main Inpatient & Outpatient Laboratory

725 South Shoop Ave., Wauseon
M-F, 7:00 a.m. - 7:30 p.m.
Sat., 8:00 a.m. - 1:00 p.m.
24/7 Emergency Lab Service
419-330-2631

Health TIPS

Health Tips is designed to offer you simple suggestions for a healthier lifestyle.

This issue's health tip is:

Colon Cancer Screenings

March is Colon Cancer Awareness Month, and in the United States colorectal cancer is the third most common cancer in men and women and the second leading cause of cancer deaths in men and women combined. Pick up a hemocult kit at the FCHC Bi-Annual Health Fair and collect a stool sample in the privacy of your home. Return the sample to FCHC for analysis. If necessary, your doctor may prescribe a colonoscopy that is performed under conscious sedation. Early detection gives you a 90% chance of surviving for five years. When cancer has spread to the lymph nodes, the five-year survival rate drops to 64%. Once it has spread to more distant parts of the body, the rate drops to 8%. Talk to your doctor and contact the FCHC Endoscopy Department at 419-330-2751 for information on colonoscopies.

Colorectal Cancer Risk Factors

1. Age – 90% of patients are over 50.
2. Race – African-Americans are at greater risk; begin screenings at age 45.
3. Family History – A relative with colorectal cancer increases your risk.
4. Tobacco Products – Will increase your risk.
5. Physical Inactivity – Places you at greater risk than those who exercise 30 minutes a day, four times a week.
6. Diet – Red meat increases your likelihood of having colorectal cancer.

A New Tool to Fight Breast Cancer



In the United States, breast cancer is the most commonly diagnosed cancer among women next to skin cancer. Currently, more than 1 in 4 cancers are breast cancer. For U.S. women, breast cancer death rates are higher than those for any other cancer besides lung cancer. So Fulton County Health Center is adding a new high-tech tool to continue the fight against this deadly disease.

In April, FCHC will begin using Magnetic Resonance Imaging of the breast to help Radiologists diagnose and treat breast cancers. The 30-minute exam will use a sophisticated new breast coil device that interfaces with the Health Center's MRI scanner. Unlike traditional MRI scans, patients having a Breast MRI will lie face down on the scanner table, and each breast will be lowered into the breast coil. A contrast dye will also be injected in the patient to help in the diagnosis. The coil is used to detect the MRI signal from which images are produced.

"Breast MRI can tell the Radiologist if there is a tumor present when other modalities are inconclusive," says Phil Badenhop, RT(R) (MR), Sr. MRI Technologist. Badenhop, along with Shari Hoffert, RT(R) (MR), will be the technologists who provide Breast MRI's at Fulton County Health Center.

"We use digital mammography at the Health Center which is more advanced than the traditional mammogram, but even this reliable tool is only about 60% to 70% accurate in the detection of breast cancers," says FCHC Radiologist Michael Pole, M.D. "So we can't rely on mammograms to catch all cancers." Dr. Pole says the Breast MRI's

use of a contrast dye allows Radiologists, like himself, to follow the intake and washout of the dye as it is absorbed into the breast tissue and then released. "Blood will pool in a breast tumor, and the contrast dye will also pool in the tumor," says Dr. Pole. "If pooling of the dye is seen on the Breast MRI image, we'll know there is a tumor there." Breast MRI will be used strictly as a diagnostic tool and not a screening tool. "It's too costly to use Breast MRI's on every patient, so we will limit it to those patients who are at high risk," says Dr. Pole.

Women who have a high breast cancer risk fall into several categories: 1) Those who have a family history of breast cancer; 2) Women with a questionable finding on their mammogram; 3) Those with dense breast tissue, since mammograms will only show a large white area; 4) Women with close family members who have the BRCA1 or BRCA2 gene mutation; and 5) Patients with a newly-diagnosed breast cancer – Breast MRI will scan the other breast for cancer, and it will also help determine if the cancer has spread to the lymph nodes, something that is difficult to pick up in a mammogram. "In some cases the Breast MRI will eliminate the need for a breast biopsy," says Dr. Pole.

Two technologists will be responsible for performing all Breast MRI's: Phil Badenhop, RT(R) (MR), Sr. MRI Technologist, and Shari Hoffert, RT(R) (MR), who also provides Breast MRI's at Mercy-Tiffin Hospital. For more information about Breast MRI's, contact Phil Badenhop, RT(R) (MR), Sr. MRI Technologist, at 419-330-2668.

Source: Breast cancer statistics provided by www.breastcancer.org.

New Doctor in Fayette

Freeda Flynn, M.D., a Family Practice physician, will join the FCHC Medical Staff and the Fayette Medical Center on April 5 as a full-time physician. Dr. Flynn received her Medical Degree in 1991 from The University of Louisville School of Medicine. She completed her Internship at Duke University Medical Center and her Family Medicine Residency at the Wheeling Medical Park Family Health Center. She will be accepting new patients. For more information contact the Fayette Medical Center at 419-237-2501.



Golf, Anyone?

The FCHC Auxiliary will hold its 11th Annual Auxiliary Golf Tournament on Thursday, June 3, 2010 (Rain date: June 10). The 4-person scramble will begin with a shotgun start at noon at Ironwood Golf Course, 1015 West Leggett St., Wauseon. Registration begins at 11:00 a.m. The popular event features prizes for the longest drive, closest to the pin, and longest putt. A silent auction and dinner at FCHC follow the 18-holes of golf. The cost to participate is \$70 per person or \$280 for a team of four players. The fee covers 18 holes of golf with a cart, sack lunch, gift pack, beverage tickets, and BBQ chicken dinner. Sponsorship opportunities are available: \$550 – Gold Sponsor; \$450 – Silver Sponsor; \$350 – Bronze Sponsor. Proceeds from the auction are used by the FCHC Auxiliary to purchase medical equipment. Entry deadline is May 22 and is limited to the first 36 paid foursomes. For more information, contact Janice Fitzenreiter in the FCHC administrative office at 419-330-2603.



Need a Speaker?

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

Auxiliary News

April 1 – Bake and Spring Flower Sale. Also, goodies from the Mennonite Pantry. FCHC Cafeteria.

April 28 & 29 – *New!* Michele's Shoe Sale: Shoes from New Balance, Dansko, Aerosoles, Spira, Born, Clarks, Clogs, Reebok, and Skechers. Men's and Women's sizes will be available. To be held in the FCHC Beck Meeting Room. More details to follow.

May 1 – Annual Geranium Sale. Pick-up at Zion Mennonite in Archbold and Trinity Lutheran in Wauseon for our annual geranium sale. Order sheets can be picked up in our gift shop or from our auxiliary members. Deadline to order is April 16.

May 4 – Cheu's Pearls. Details to be announced.

June 3 – FCHC Golf Outing.

Care to Help?

The FCHC Auxiliary is looking for more volunteers to help around the Health Center. Day, evening and weekend times are available. Call Julie Engler, Volunteer Coordinator, at 419-330-2695 if you are interested in becoming a Volunteer at the Health Center. Call Tammy Allison, Director of Activities, at 419-335-2017, Ext. 2798 or 2805, if you are interested in becoming a Volunteer at the Fulton Manor.

Message *from the* Administrator

As I write this message I wonder how many of you find yourselves sleep-deprived and unable to function at your normal capacity. Lack of sleep can be caused by underlying health problems that can only be detected using sophisticated sleep study tests. Fortunately, we can help. Our lead story in this newsletter discusses the FCHC Sleep Disorder Center. Please take time to learn more about sleep disorders, and talk to your family physician if you are having issues. It's important for your health, and for the health of your loved ones, to get help if needed.

We are pleased to announce a new diagnostic tool in the fight against breast cancer. This April we will introduce Breast MRI's to help in the diagnosis and treatment of breast cancer. A related article in this newsletter goes into more depth about this procedure and how it can benefit women in our communities.

We welcome Dr. Freeda Flynn, a Family Practice physician, who has joined our Medical Staff. Dr. Flynn will operate out of the Fayette Medical Center.

Our annual Report to the Community can be found in this newsletter. Please take time to review the many services we offer and note the volume of patients we see each year. As always we appreciate your trust in our health care services. We are quite proud of our many community-based programs, including our health and fitness classes and Biennial Health Fair (see related article). We are also pleased to offer choices to our patients. One of those choices comes in the form of our off-site blood and specimen collection centers that allow you to have this type of work done at a facility close to your home. We encourage you to read the article in this newsletter about those off-site collection centers and take advantage of them.

As the gloomy days of winter slowly begin to disappear, I hope you take the opportunity to get outdoors – it's great for your health!

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. 7 Week Session – March 29- May 15, 2010 (except where noted).

Health & Fitness Class Descriptions

Aquatic Noodle Workout

Use the noodle for upper and lower body toning, abdominal toning and aerobic workout; you'll push, pull, float, balance, and get an awesome workout!

Aquatic Aerobics

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

Cardio Core

A class of variety! You'll step on a bench, perform aerobic moves on the floor, use dice, jump ropes, and the Body Bars. A great all-in-one workout for both cardiovascular and strength training!

Smooth Moves

Choreographed with simple dance and aerobic moves to gain strength and improve cardiovascular health. A fun, high energy workout!

Drums Alive®

Powerful beat and rhythm of the drums, using the stability ball, that will get your feet stomping and your body moving. Simple movements on the ball, with the ball, and around the ball. Great workout!

Yoga

This classes 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 hold the various poses!

Kids Tumbling for Fun – Beginner

Designed for the gymnast just starting out. This class will introduce them to the beginning basics of the sport: forward and backward rolls, cartwheels, headstands, etc. No previous gymnastics experience needed.

Kids Tumbling for Fun – Intermediate

Requires previous gymnast experience, must be able to do a handstand and cartwheel.

Parent & Child Water Wonders

Parent/guardian must be in the water. Class works on performing various strokes and skills while experiencing an enjoyable time in the water.

Advanced Parent & Child Water Wonders

Parent/guardian must be in the water. The child will be exposed to games that use basic swimming movements in the water, such as straight leg kicks, arm strokes, and breath control.

Golden Retrievers

Gain strength and flexibility in this no-sweat exercise class. Many of the exercises are performed sitting on a chair.

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.

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	5:00 PM or 7:00 PM	FCHC Rehab Center
Smooth Moves	T-TH	6:30 PM	FCHC Rehab Center
Cardio Core	M-W-F	6:00 AM	FCHC Rehab Center
Cardio Core	T-TH	5:30 PM	FCHC Rehab Center
New! Drums Alive®	M	6:15 PM	FCHC Rehab Center
New! Drums Alive®	W	5:00 PM or 7:00 PM	FCHC Rehab Center
Golden Retrievers	M-W	10:00 AM	Wauseon Senior Center
Donations appreciated. Sponsored by American Physical Rehabilitation Network.			
Wauseon Aquatics Classes	Day(s)	Time	Location
Arthritis Aquatic Therapy	T-TH	9:00 AM	FCHC Rehab Center
Arthritis Aquatic Therapy	M-W	4:30 PM	FCHC Rehab Center
Aquatic Aerobics	T-TH	7:30 AM	FCHC Rehab Center
Aquatic Aerobics	M-T-W-TH	6:00 PM	FCHC Rehab Center
Parent & Child Water Wonders, Beginner (6-24 months)	SAT	9:30 AM (30 min.)	FCHC Rehab Center
Parent & Child Water Wonders, Beginner (24-36 months)	SAT	10:00 AM (30 min.)	FCHC Rehab Center
Parent & Child Water Wonders, Advanced (3-5 years)	SAT	11:00 AM (30 min.)	FCHC Rehab Center
8 weeks - \$32; April 10-May 29			
Bryan Classes	Day(s)	Time	Location
Smooth Moves & The Ball	M-W	5:15 PM	Lincoln School Gym (Classes begin April 5)
The Ball	M	6:15 PM	Lincoln School Gym (Classes begin April 5)
Evergreen School District Classes	Day(s)	Time	Location
New! Drums Alive®	M	6:00 PM	Evergreen H.S. Upstairs Lobby
Smooth Moves	M	7:00 PM	Evergreen H.S. Upstairs Lobby
Smooth Moves	W	7:00 PM	Evergreen Elem. School Gym
Fayette School Class	Day(s)	Time	Location
Smooth Moves	M-W	6:15 PM	Fayette School Band Room
Liberty Center Class	Day(s)	Time	Location
Cardio Core	M-TH	3:30 PM	Liberty Center Elem. School Library
Pioneer Class	Day(s)	Time	Location
Smooth Moves	T-TH	5:30 PM	Pioneer Community Center
Swanton Classes	Day(s)	Time	Location
Cardio Core	T-TH	6:00 PM	St. Richard's School (Classes begin April 6)
West Unity Class	Day(s)	Time	Location
Smooth Moves	T-TH	6:15 PM	Solid Rock Church
Archbold Fairlawn Complex Classes	Day(s)	Time	Location
Aquatic Aerobics	M-W	9:00 AM	Wyse Commons
Aquatic Aerobics	T-TH	5:45 PM	Wyse Commons
Arthritis Aquatic Therapy	W-F	10:15 AM	Wyse Commons
Arthritis Aquatic Therapy	M-W	4:45 PM	Wyse Commons
Noodle Workout	F	9:00 AM	Wyse Commons
Noodle Workout	M	5:45 PM	Wyse Commons



Health & Fitness Classes

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Health & Fitness Classes (continued)

Archbold Classes	Day(s)	Time	Location
Co-sponsored by Archbold Parks & Recreation Dept.			
Cardio Core	T-TH	5:30 AM	Park Pavilion
Cardio Core	T-TH	5:30 PM	Park Pavilion
Cardio Core	M	5:30 PM	Park Pavilion
Cardio Core	W	5:00 PM	Park Pavilion
New! Drums Alive®	T-TH	3:30 PM	Park Pavilion
7 classes - \$21, 14 classes - \$32, 15 or more classes - \$42			
Kids Tumbling for Fun Beginner (4-7 years)	SAT	9:00 AM (45 min.)	New Elem. School Cafeteria
Kids Tumbling for Fun Intermediate (4-7 years)	SAT	9:45 AM (45 min.)	New Elem. School Cafeteria
6 weeks, \$25; begins April 10			
Golden Retrievers	M-W	9:15 AM	Wyse Commons
Donations appreciated. Sponsored by Archbold Parks & Recreation Dept.			

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 - \$33			
Swanton Class	Day(s)	Time	Location
Yoga	T	7:15 PM	Swanton Public Library
Yoga - New Day!	SAT	10:00 AM	Swanton Public Library
7 classes - \$33			
Archbold Class	Day(s)	Time	Location
(Co-sponsored by Archbold Parks & Recreation)			
Yoga	M	6:45 PM	Park Pavilion
7 classes - \$30			

Ballroom Dancing

Delta Class	Day(s)	Time	Location
NEW! Beginner Ballroom Dance Class	T	6:30 PM	Delta Memorial Hall
6 weeks – \$60/couple or \$35/single; April 6 - May 11.			
Learn the basics of Ballroom Dancing, one of the most elegant forms of dancing.			

Oncology Programs

The Rainbow Hematology/Oncology Treatment Center offers a variety of programs, such as those listed here, to serve patients. For more information, call 419-330-2708.

Cancer Resource Center - Sponsored by the American Cancer Society. Books and videos available free on loan and free Internet access to cancer web sites.

Lymphedema Therapy Clinic - Reduce swelling in the extremities from surgery through massage and wrappings. Often covered by insurance.

Patient Navigator - American Cancer Society employee helps connect cancer patients with various community resources including insurance and prescription drug issues, financial assistance and transportation.

Look Good Feel Better - Hair and skincare classes for women undergoing cancer treatment. Sponsored by The American Cancer Society and The National Cosmetology Association and The Cosmetology, Toiletry and Fragrance Association. Offered every other month.

Nutrition Counseling - Free consultation by a registered dietician for all patients undergoing chemotherapy at Fulton County Health Center.

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

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.

New Fitness Coordinator Joins FCHC

Jamin Torres, BA, ACE

CPT, graduated from Bowling Green State University with a Bachelor of Science Degree and a major of Exercise Specialist.

He is certified as a Personal Trainer by the American Council on Exercise.

Jamin's experience includes: one-on-one personal training, working in a cardiac rehabilitation department, operating a corporate fitness center, as a health coach, and working as an Account Executive for an international wellness company that assisted large companies with their wellness initiatives. Jamin, a member of the FCHC Corporate and Community Health Promotion Department, replaces Judy Price who has retired. Jamin's main duties will be to coordinate the many health and fitness classes offered to the community. He can be reached at 419-330-2724 or jtorres@fulhealth.org





Health & Fitness Classes

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

Healthy Living

SuperMarket Tours

Come join us as we walk through your local grocery store and look at the portions, calories, fat, and sodium content of various products. Free. Chief in Wauseon, Thursday, April 22, 10:00 a.m.; Kroger in Swanton, Wednesday, April 28, 10:00 a.m.; Community Markets in Delta, Wednesday, May 5, 10:00 a.m.; Super Valu in Archbold, Thursday, May 6, 10:00 a.m. Please register in advance by calling 419-330-2735.

Super Foods for Super Health

The foods we eat provide nutrients like protein, carbohydrates, fat, vitamins, and minerals. This session will share information about foods that provide benefits above and beyond these nutrient values. Tuesday, April 27, 12:00 Noon or 7:00 p.m., Free, FCHC Beck Meeting Room.

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, April 13 or June 8, 9:30 - 10:30 am, Free, FCHC Cardiac Rehab Classroom.

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, May 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, May 25, 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, April 24 & June 5, 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, May 1, 9:00 am-3:00 pm, \$20, Evergreen Library. Call 419-644-2771 to register.

Saturday, May 15, 9:00 am-3:00 pm, \$20, Swanton Library. Call 419-826-2760 to register.

Saturday, June 26, 9:00 am-3:00 pm, \$20, Delta Library. Call 419-822-3110 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, May 22, 8:00 am - 4:00 pm, \$50, FCHC Ground Floor Meeting Room.

Weight, Smoking

Energy In, Energy Out

Do you want to gain, lose or maintain weight? Join us as we talk about how the calories we eat are distributed throughout the body and how the body utilizes them. We will explore what happens when changes are made to the calories in/calories out equation, Tuesday, March 23, 12:00 Noon or 7:00 p.m., Free, Fulton County OSU Extension office, 8770 St. Rte. 108, Wauseon.

Weight, Smoking (Continued)

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 Surgery Conference Room. Classes will not be cancelled.

Monday: April 5 & 12, May 17, June 14

Weight Loss – 5:30-6:45 pm

Stop Smoking – 7:00-8:15 pm

Saturday: April 3 & 10, May 15, June 12

Weight Loss – 1:00-2:30 pm

Stop Smoking – 2:30-4:00 pm

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, April 29, 5:00 pm, \$60, FCHC Meeting Room

Smoking Cessation – Thursday, April 29, 6:00 pm, \$60, FCHC Meeting Room

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.

Diabetes Education Classes

Conversation Maps: On the Road to Better Managing Your Diabetes.

What are the simplest ways to manage diabetes? What challenges do you face as you incorporate your diabetes care into your daily life? Come and learn about diabetes myths, facts, and the basics of diabetes care. Join our conversation! Tuesday, May 25, 6-8 pm, Fayette Opera House. Register by calling the Diabetes Education Office at (419) 330-2772, or by visiting the FCHC website – www.fultoncountyhealthcenter.org. A 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.

April: It's a double header! Andrew Lesniewicz, PCC CHT, from the Fulton Stress Unit, will present a program entitled **Improving Your People Skills**. Andrew will help us learn how better communication can decrease stress in our lives and improve diabetes care. Wed., April 7, 9-11 a.m.

Dr. Richard Tam, Ophthalmologist, will present **The Eyes Have It** – information about preventing and treating eye complications associated with diabetes. Thurs., April 8, 7-9 p.m.

May: Label Reading – Jill Crossgrove-Murillo, RD, LD, FCHC Dietitian, will present a program to help you better understand nutritional facts on food product labels. Wed., May 5, 9-11 a.m. or Thurs., May 13, 7-9 p.m.

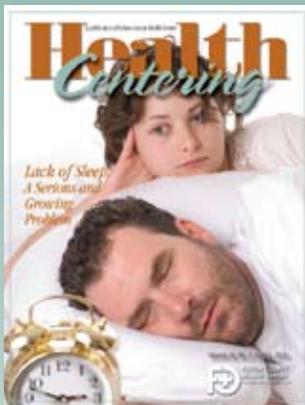
June: Medication Issues for Better Diabetes Care – Curtis Black, RPh, PhD, University of Toledo Professor of Clinical Pharmacology, will present information on medications that are commonly prescribed to improve the way our bodies function with diabetes. Wed., June 2, 9-11 a.m. or Thurs., June 10, 7-9 p.m.

Diabetes Support Groups – Wednesdays, except 1st Wed. of month, 9:30-10:30 a.m., every Thursday from 3-4 p.m. and the second Thursday of every month from 5-6 p.m., 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.

Report to the Community 2009

General Category	2008	2009
Admissions	2,239	2,029
Outpatient Visits	138,558	144,854
Emergency Room Visits	11,464	11,750
Fast Track Visits	2,084	2,124
Inpatient Surgeries	555	562
Outpatient Surgeries	2,428	2,417
Outpatient Services	196,571	208,017
OB Deliveries	341	283
Oncology Visits	4,623	4,723
Laboratory Tests	144,673	149,695
Radiology Procedures	41,828	43,515
Respiratory Procedures	2,682	2,836
Physical Therapy Outpatient Visits	7,196	7,447
Diabetes Education Outpatient Visits	263	242
<i>(includes both individual and group patients)</i>		
Cardiac Rehab Visits (Includes both Phase II and Phase III)	5,511	5,848
Stress Unit Admissions	362	353
Stress Unit Outpatient Visits (Therapists only)	3,196	3,207
Stress Unit Partial Hospitalization Visits	428	305
Corporate and Community Health Promotions		
Event Participants	2,690	2,840
Corporate Program Participants	1,777	1,882
School Program Participants	1,225	1,008
Community Education Classes	1,946	1,989
Fitness Class Participants	2,139	1,401
Fitness Classes	162	155
Auxiliary		
Active Volunteers	130	132
Volunteers' Service Hours	12,701	11,783
Active Volunteers	35	51
Volunteers' Service Hours	765	1,130
Money Donated	*\$43,721.45	**\$66,819.00
*2008 donations include – O.B.: Fetal monitor; Stress Unit: D.B.T. Program; Oncology Waiting Area: Toledo Blade subscription; S.P.D.: Ultrasonic cleaner; Occupational Medicine: Hearing Aide Booth		
**2009 donations include – EEG Machine for Radiology, 8 wall-mounted televisions for pre-operation bays, and a \$50,000 Certificate of Intent for funds toward updating the lobby in 2010		
Physicians AddedAnn Steck, M.D. - Family Practice Dexter Phillips, D.O. - Family Practice, Fateh Ahmed, M.D. - Pulmonology Hope Mitchell, M.D. - Dermatology, Gurushankar Govindarajan, M.D. - Cardiology Munier Nazzal, M.D. - Vascular Surgeon, David Kouba, M.D. - Dermatology		
Equipment NIM Response System (nerve locator), Colon Videoscope, Flexible Uteroscope		
ServicesRemodel of Obstetrics Department and changed name to Family Birthing Center to reflect a strong family emphasis in Obstetrics care, Remodel of the Stress Unit Inpatient Nurses Station, Lithotripsy		
Uncompensated Care	2008	2009
	\$2,523,710	\$2,691,323

In This Issue:



Lack of Sleep: A Serious and Growing Problem

Dialysis Center Update

It's Your Choice: Off-site Labs

Health Tips

A New Tool to Fight Breast Cancer

News & Notes

Message from the Administrator

Health and Fitness Classes

Report to the Community

FCHC Biannual Health Fair

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.

Check Your Health!

Fulton County Health Center wants you to keep tabs on your health. Mark your calendars for:

FCHC Biennial Health Fair

Date: April 10

Time: 7 a.m.-11 a.m.

Place: FCHC Beck Meeting Room

Parking: South Lot - Use ER Entrance

Free admission: Refreshments, Giveaways, Prizes

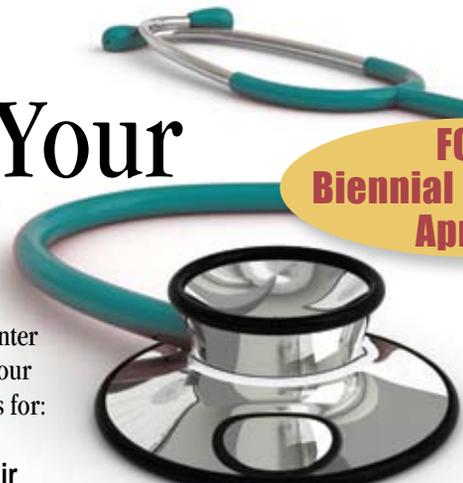
Sponsored by the FCHC Corporate & Community Health Promotion Department. Northwest State Community College Nursing Students will partner with FCHC staff members to present poster displays on detection and prevention topics.

Screenings & Information

New this Year! Appointments will be taken for the Blood Tests. You may call 419-330-2735 for an appointment beginning Tuesday, March 23 through Thursday, April 8.

Comprehensive Blood Test (\$30, normally \$400) - Includes Lipid profile for heart health, tests for liver and kidney health,

**FCHC
Biennial Health Fair
April 10**



hemogram to detect infections or anemia. Requires a 12-hour fast – no food or drink. Men may add a PSA for an additional \$20. **CASH OR CHECKS ONLY!**

Free tests available-No appointments will be taken for these tests.

- ✓ Osteoporosis Screening
- ✓ Blood Sugar Screening
- ✓ Blood Pressure Screening
- ✓ Vision Test
- ✓ Dermascan Screen (sun damage)
- ✓ Hearing Test
- ✓ Stress Evaluation (paper test for depression by the FCHC Stress Unit)
- ✓ Waist Measurement & Nutrition Information
- ✓ Pinch & Grip Strength Testing
- ✓ Wellness & Prevention Information
- ✓ Fitness Class Information
- ✓ Health Information will be provided by a Urologist and Vascular Surgeon