

A publication of Fulton County Health Center

# Health *Centering*

Focusing  
on Women's  
Health

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





# FOCUSING *on Women's* HEALTH

*You have probably noticed, when you're out shopping, the large number of national magazines devoted to women's health issues. It's no coincidence. Women's health is a popular topic largely because women, in general, tend to be more in-tune with their health needs and are more likely to manage the health care needs of their families. At Fulton County Health Center, we offer a vast number of women's health services. This issue of Health Centering is devoted to covering three main areas of Women's Health: Diagnostics, Services and Wellness.*

## Women's Health: FCHC Diagnostics

The key to treating disease and illness in women is to determine, with accuracy and timeliness, exactly what is wrong. Thanks to continued improvements in diagnostic technology, Fulton County Health Center is able to offer diagnostic capabilities that rival those used in large, metropolitan hospitals. The main departments that handle the bulk of the diagnostic tests are Radiology, Sleep Lab and Laboratory.

### Radiology

"We have a full arsenal of high-tech diagnostic tools that we use to help patients," says Barb Gibson, RT(R), RDMS, FCHC Director of Radiology. The FCHC Radiology Department employs a staff of 45, which underscores the importance of this department. "We're open 24/7," says Gibson. "When patients are not feeling well, we need to get them in quickly and perform whatever tests the physician has ordered." Here's a look at some of the key issues facing women and the diagnostic tools used today:

### Breast Health

Breast cancer is the most common cancer affecting women, and FCHC offers three state-of-the-art diagnostic tools to help patients:

#### Digital Mammography

FCHC's ACR-accredited digital Mammography unit is designed to help doctors determine, at an early stage, if a patient has a suspicious lump that needs to be more closely examined. The images produced by FCHC's digital mammography unit are extremely detailed and enable doctors to find small, suspicious lumps that could not be detected with older mammogram units.

*The digital mammography unit was installed in 2008 and provides detailed images that help in a patient's diagnosis. Pictured (L-R) are Radiology Department staff members: Josie Torres, RT(R)(M), Michael Pole, M.D., Radiology Medical Director, Michelle Andrews, RT(R)(M), and Heather Green, RT(R), Radiologic Technologist Registered.*



### Breast MRI

The MRI (Magnetic Resonance Imaging) scanner uses three-dimensional computer software to produce highly accurate images of the body. A breast MRI can be performed when digital mammograms have a difficult time diagnosing women who have dense breast tissue or a patient's history warrants a MRI.

### Stereotactic/ Mammotome Core Breast Biopsy

It is not always possible to tell from mammograms or breast MRI's whether a lump is benign or cancerous. If so, a stereotactic/mammotome breast biopsy can be performed to remove specimens of the area using a biopsy device that is less invasive than surgery. Mammography and ultrasound equipment is used to help guide the Radiologist to the site of the area in question.

## Heart Health

It may surprise you to learn that women are twice as likely as men to have heart attacks. Here are some of the diagnostic tools used to detect heart disease in women:



### Cardiolite® Stress Test

The patient is injected with a radioactive isotope in small amounts, after which she walks or runs on a stationary treadmill. An ultrasound is performed before and after to take pictures of the heart and blood vessels. This cardiac imaging test is helpful in diagnosing artery disease.

▲ Linda Turnbull, LPN, Cardiovascular Stress Technologist, performs a Treadmill Cardiolite® Stress Test on a female patient.

## Echocardiogram

Echocardiograms use sound waves to check if the heart valves are working and if the heart is squeezing properly. A stress echocardiogram is also used to compare the heart in its resting state and again after the patient has walked or run on a stationary treadmill.

## EKG

An Electrocardiogram (EKG) is used to monitor the electrical activity of the heart by capturing and recording activity using round electrodes attached to the chest.

## Heart and Vascular Center

Heart Catheterizations are many times needed to accurately diagnose coronary artery blockage, damage to the anatomy or structure of the heart, and/or pumping function of the heart. Now advanced heart and vascular care is a lot closer to home at the FCHC Heart and Vascular Center, which offers quality diagnostic heart and interventional vascular procedures using the latest state-of-the-art imaging system. Our equipment is designed to provide heart and vascular imaging with less radiation, better image quality and faster diagnostic outcome. Along with the advanced technology, the Heart and Vascular Center staff is also focused on providing quality personalized patient care. The same physicians and staff follow the patient through the whole process and in follow-up care.

## Obstetrics/Gynecology

Our Radiology Department provides a variety of equipment to diagnose most fetal and gynecological problems, using the latest technology including our 64 slice Computerized Tomography (CT) scanner and our Ultrasound area:

## Ultrasound

The specialized technologists in our Ultrasound area offer routine abdominal and obstetric/gynecological studies in addition to cardiovascular techniques such as carotids, venous and arterial doppler, and echocardiograms. Today's ultrasound technology produces incredibly clear images of the fetus. Ultrasound can also be used to examine the breast and pelvic areas to determine if a tumor is present. Three-dimensional ultrasounds are also performed at FCHC, which give added clarity to the image of the baby or of a tumor.

## 64 Slice CT Scanner

The Computerized Tomography (CT) scanner uses radiation to photograph "slices" of the body. The CT scanner can be used to image a woman's pelvic area as well as the hips and extremities.

## Osteoporosis

As women age their bones become more brittle.

There is a simple, non-harmful DEXA Scan test that can determine the state of a woman's bone density. This non-harmful limited dose X-ray equipment

produces clear digital images. They are typically performed at the same time as when mammograms are scheduled.



Barb Gibson, RT(R), RDMS, FCHC Director of Radiology (pointing in background) and Brenda Baker, RBT, RDMS review an ultrasound image of a fetus.

## Cancer

One in three women will be diagnosed with some type of cancer in their lifetime. In addition to detecting breast cancer, FCHC also offers other high-tech tools to search for other types of cancers:

## CT Scan

In addition for use in OB/GYN diagnostic needs, the 64 slice CT scanner is used to create images of the head when there is a suspicion of tumors or bleeding from a stroke or trauma. It is also used to produce images of the abdominal area to show masses of tissue, fluids or kidney stones. The CT scanner can be used to guide physicians when taking needle biopsies of the pancreas and kidney.

## Endoscopy

All women over the age of 50 are recommended to have a colonoscopy screening for colon cancer. For some women with certain risk factors such as family history, your physician may recommend testing at an earlier age. Endoscopies are performed under procedural sedation to view the colon (colonoscopy) or esophagus and stomach (gastroscopy) to search for tumors or to screen for any other abnormalities in the gastrointestinal tract. It is a routine exam that is performed on an outpatient basis. For more information on the risks of colon cancer in women, visit the American Cancer Society's website at [www.cancer.org](http://www.cancer.org).

## Sleep Disorders

Do you feel tired during the day? Maybe you can't drive a car without dozing off. Sleep apnea and other forms of sleep deprivation can be diagnosed at FCHC. (Continued on page 7)







## FOCUSING *on Women's* HEALTH

# Women's Health: FCHC Services

The number of services offered to women seeking medical care at Fulton County Health Center is significant. This article attempts to highlight the main services used by women over the years.

## Obstetrics

Having a child is one of the most special moments in the lives of couples. Over the years, the FCHC Obstetrics Department has grown to make the birthing experience a very special time. The process begins soon after a couple finds out they are expecting a child through our Partners in Pregnancy program, which helps expectant moms be better prepared for the birthing process and life after childbirth. Family-oriented educational programs are also provided for new dads and young siblings so they can both be more prepared for the new arrival.

In 2009 our Obstetrics Department was remodeled to provide a more comfortable environment that includes patient rooms with showers, sleep chairs for dads, as well as a more soothing environment overall. We also renamed our unit "The Family Birthing Center" . . . to better reflect our mission of making the miracle of birth a special family experience. Security is also a priority, and a Hugs® Infant Protection System was installed that uses electronic ankle bands to link mothers with their newborns.

## Oncology

Established in 1984, the FCHC Rainbow Hematology/Oncology Treatment Center has provided chemotherapy treatment to thousands of women suffering from various forms of cancer. Our Registered Nurses are Oncology Nursing Society Chemotherapy/Biotherapy Providers, and three are Oncology Certified Nurses. In addition to chemotherapy treatments, cancer patients can also receive lymphedema therapy for swollen lymph areas. While no radiation treatments are performed on site, patients can receive radiation therapy consultation in the department. Infusion therapy is also provided to patients suffering from Rheumatoid arthritis and osteoporosis. The Center also offers a variety of support services.

*FCHC Orthopedic Surgeons Christopher J. Spieles, M.D. (left), and Daniel J. McKernan, M.D. (right).*



## Surgery

"It is difficult to list the many types of surgery that we offer to women," says Kim Willeman, RN, BSN, CNOR, FCHC Surgery Unit Manager. "Here is a brief overview of the types of inpatient and outpatient procedures that we offer, some of which are unique to women."



## Traditional Surgery

No one wants to have surgery but, if needed, our surgery department offers a variety of advanced surgical procedures including laparoscopic surgery. Some of the types of surgery for women include:

**Breast Cancer** – Sentinel node biopsies are used to detect lymph node cancer. A lumpectomy is performed to remove a suspicious lump while a mastectomy is done to remove the entire breast when the cancer has spread.

**Joint Replacement** – FCHC's 5-star rated Joint Replacement program is ranked by HealthGrades® as being in the top 15% of hospitals across the country in clinical outcomes. Our skilled surgeons have performed more than 2,000 joint replacement surgeries at the Health Center. Patients can move to Fulton Manor on the FCHC campus for short-term recovery and rehabilitation, or they can return home.

**Kidney Issues** – Women who have certain types of kidney tumors can have them "cooked" through

a unique procedure called Radio Frequency Ablation, where a probe is inserted into the tumor, which is then heated and destroyed. Women suffering from kidney stones can have the stones "pulverized" through a non-invasive process called lithotripsy.

**Obstetrics/Gynecology** – C-sections and post partum tubal ligations are performed by the Surgery Department, along with hysterectomies and endometrial ablations. We also do LEEPs (Loop Electrosurgical Excision Procedure) to obtain a biopsy of the cervix.

**Pelvic Organ Prolapse** – Women who begin having pelvic organ prolapse, due to a weakness in the pelvic muscles, can now have a new minimally invasive, trans-vaginal urological procedure called anterior apical vault suspension to correct the problem. The process involves surgically inserting a sheet of synthetic mesh onto the pelvic floor to support the diaphragm.

**Spine/Osteoporosis** – For women who suffer from pain due to fractures of the vertebrae caused by osteoporosis, Balloon Kyphoplasty is a procedure that restores height of the vertebrae often eliminating pain caused by the fracture. It also prevents Kyphosis (hunchback) which can eventually lead to pulmonary problems.

**Thyroid Issues** – Thyroid problems are more common in women, and a thyroidectomy can be performed to remove the diseased thyroid.

## Vascular Surgery

There are a variety of vascular conditions in women that can be treated in both our Surgical Department and our Heart & Vascular Center. These conditions include:

**Blocked Arteries** – Catheterizations of the vessels in the abdomen, kidneys, and legs can show restricted blood flow to these body parts. Many of these restrictions can be treated with balloon angioplasty and/or stenting. A simple ultrasound can discover a blocked carotid artery before it causes a major or minor stroke.

**Heart** – Pacemakers are inserted to help keep the heart rhythm constant. Diagnostic heart catheterizations allow visualization of the coronary arteries that supply blood to the heart muscle. Diagnostic cardiac transesophageal echocardiograms (TEE) are used to look for valve problems, heart muscle function or patent foramen ovale, a condition known to cause strokes.

**Varicose Veins** – treated using minimally-invasive laser surgery or radio frequency ablation. Both are alternatives to traditional vein stripping that required the leg to be surgically opened.

## Bariatric Surgery

The newest program offered by the Surgery Department is Weight Solutions. It offers a surgical option for weight control when other attempts of weight loss have failed. The surgery involves placing an adjustable gastric band around the upper portion of the stomach to create a small pouch, thus limiting food intake. Combined with diet and exercise, patients achieve long-term weight loss and improved health. Many of our patients are women who suffer from type 2 diabetes, fatty liver disease, sleep apnea, heart disease, and high blood pressure. Most of these conditions develop as a result of obesity and can improve or resolve with weight loss.

## FCHC Rehab Center

The FCHC Rehab Center is a dedicated modern facility that offers a variety of rehabilitation programs to meet the specific needs of women who may need Physical, Occupational or Speech therapy. An indoor warm water therapy pool may be used for therapy along with a variety of therapy equipment. Our staff includes licensed Physical, Occupational and Speech Therapists who assist women recovering from strokes, injuries or joint replacement surgery along with other rehabilitation needs. The FCHC Rehab Center is located at 138 E. Elm Street in downtown Wauseon. We also offer fitness memberships along with personal fitness trainers to develop individualized fitness programs.

## Other Services

There are three other main types of services offered to women (and men) at Fulton County Health Center: Cardiac Rehabilitation, Diabetes Education and The Stress Center.

## Cardiac Rehabilitation

If you have experienced a heart attack, bypass surgery, or coronary artery disease you know just how devastating the effects of these conditions can be. However, improved quality of life may be possible through practical lifestyle changes. With the help of our Cardiac Rehabilitation Center, more female cardiac

patients are turning to healthier active lifestyles. Our Cardiac Rehabilitation Center is a full service center accredited by the American Association of Cardio-Vascular and Pulmonary Rehabilitation (AACVPR). Modern exercise equipment is used by patients under the watchful eye of staff members. Each person has an individualized treatment program designed to meet specific health needs to improve their quality of life.

## Diabetes Education



*Susan Dittes, RN, BEd, CDE, Diabetes Education Coordinator, assists a patient in understanding self-care skills.*

Women who are diagnosed with diabetes are faced with both lifestyle changes and a specific regimen of disease management skills that may feel overwhelming. When this happens, our Diabetes Education program can help. Recognized by the American Diabetes Association for meeting the National Standards for Diabetes Self-Management Education, we provide a comprehensive program for persons diagnosed with diabetes. The program includes 1:1 diabetes counseling as well as group education classes in comfortable classroom settings. Both are available through a physician or nurse practitioner's order. We also offer a free Diabetes Support Group every Wednesday and Thursday on the FCHC third floor. For more information, see the Diabetes Education classes listed in the Health Classes section of this newsletter.

## Stress Center

Celebrating its 30th year of operation, the FCHC Stress Center, located on the fifth floor of the Health Center, offers a variety of comprehensive programs for women who may be struggling with depression, anxiety or other mental health issues. Inpatient and outpatient programs are available based on severity of symptoms.

## Full Range of Services

For women looking for state-of-the-art healthcare close to home, our broad range of services are designed to meet the growing health needs of both you and your family. At Fulton County Health Center our focus is to offer quality care that makes a difference in the lives of those we serve. To learn more, contact Fulton County Health Center at 419-335-2015.



Over time much of modern medicine has focused on the diagnosis and treatment of disease. But during the last several years there has also been a major push in the health care industry on Wellness. At Fulton County Health Center, we saw the importance of Wellness more than 20 years ago and have been an area leader in offering Wellness Programs throughout Northwest Ohio.

## Timely Classes & Programs

Through our Corporate and Community Health Promotion Department, we offer health programs to meet the wellness needs of women (and men) of the area. Whether it's a fun fitness class or a program on improving eating habits, stress management, safety, weight loss and even smoking cessation, our programs are designed to improve the wellness of our area residents. Class listings are posted in each issue of Health Centering and on our website at [www.fultoncountyhealthcenter.org](http://www.fultoncountyhealthcenter.org).

### Fitness Classes

Throughout the year FCHC holds fitness classes for women (and men) in local communities of Fulton, Henry and Williams counties. "While both men and women take advantage of the classes we offer, over the years we've probably filled our classes with at least 95% women," says Sharon Morr, Director of the FCHC Corporate & Community Health Promotion Department. The fitness classes are both land-based and water-based, and they are designed to assist women by providing aerobic workouts, flexibility exercises and strength training. Fitness classes appeal to women of all ages and includes special classes such as SilverSneakers®, Golden Retrievers, Arthritis Aquatics, and Yoga. Women seeking a more challenging workout can find it in classes such as Turbo Kick® and Cardio Core. Moms can bring their children for Kids Tumbling for Fun and Parent & Child Water Wonders classes.

### General Health Classes

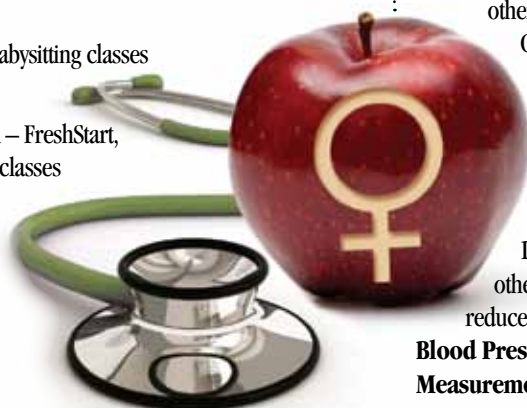
Want to lower your cholesterol or take steps to control your blood pressure? Maybe you want to learn First Aid or CPR. Fulton County Health Center has a variety of programs that are geared towards improving your wellness and safety. These classes cover the following wellness categories:

**Heart Health** – Cholesterol, lifestyle management and blood pressure classes

**Safety** – First Aid & CPR and babysitting classes

**Stress Management**

**Weight & Smoking Cessation** – FreshStart, bariatric surgery and hypnosis classes



FOCUSING  
*on Women's*  
HEALTH



## Women's Health: FCHC Wellness

### Women's Health Forums

FCHC has offered several Women's Health Forums since 2004. An example is our recent, "A Morning for Me: Women's Wellness Forum" held on April 2nd. Fifty-three attendees heard DeLores Pressley, a nationally known motivational speaker, present: "Believe in the Power of You: Leveraging Your Personal Strengths." "This conference was especially useful for mothers, sisters, aunts, and grandmothers who are involved with raising teenagers and encounter family conflict in the process," says Morr. The forum included other topics such as: Recognizing and Understanding the Signs of Drug Abuse; Conflict Resolution, A Win, Win Outcome; Minimally Invasive Plastic Surgery; and Success with Stress. Women's Health Forums were also held in 2004 and 2007, and one is being planned for this fall.

### Health Fairs

In addition, the FCHC Corporate and Community Health Promotion Department reaches women through its biennial health fair held every other year in early April. Comprehensive Blood Tests are offered at a significantly reduced cost. Free screenings are also provided for: **Osteoporosis, Blood Sugar, Blood Pressure, Vision, Derma Scan (sun damage), Hearing, Stress, Waist Measurement, and Strength.**

## Dinner with the Docs/ Heart Matters

Dinner with the Docs provides attendees with a free dinner and includes a panel of 4-5 physicians on staff at Fulton County Health Center. Attendees have the opportunity to submit questions to the physicians, and the questions are answered that evening by the panel of doctors. Heart Matters, held in the past in February during Heart month, is also an evening meal and program that focuses on cardiac care and treatment with one of our cardiologists.

## Farm Screenings

Each year the FCHC Corporate & Community Health Promotion Department holds a health screening for area farmers and their families. Complete blood work is performed along with Dexa Scans and Derma Scans and hearing, vision and carotid artery tests. Both husbands and wives attend the popular screening.

## Diabetes Education & Support

Our Diabetes Education Department is focused on assisting individuals to better understand diabetes, how to deal with it on a daily basis, and providing ongoing support through the individual's life with diabetes.

## Obstetrics Classes

The FCHC Obstetrics Department's Partners in Pregnancy program offers a group of classes to help expectant moms and fathers to better deal with a newborn. Breastfeeding and childbirth education classes prepare parents for that new arrival. Fitness classes for pregnant women are offered to keep moms healthy and well. Siblings classes are provided for brothers and sisters of the newborn to help them better understand and deal with the new baby in the house.

## Programs to Keep You Healthy

Fulton County Health Center offers all types of Wellness programs for area residents – from fitness and health fairs and health screenings. For more information, contact Fulton County Health Center at 419-335-2015.

## Sleep Disorder Lab

The FCHC Respiratory Therapy Department operates the Sleep Disorder Laboratory. Women with chronic sleep deprivation spend time sleeping in a comfortable hospital room hooked to various high-tech computer monitors. The Sleep Disorder Lab determines if a patient has sleep apnea or some other disease that can be treated.

## Laboratory



High-tech scanners aren't the only tools in the diagnostic arsenal available to women at FCHC. A key to diagnosing tumors and other diseases is through our Laboratory. Our main laboratory is fully accredited by the Joint Commission and offers advanced diagnostics 24/7. The FCHC Lab also offers five off-site drawing stations for the convenience of patients in Archbold, Delta, Fayette, Morenci and at the Rehab Center in Wauseon. Most off-site stations are open Monday through Friday, 7 am - Noon, with the exception of Fayette which opens at 6 am and the Morenci site which is open Monday, Wednesday and Friday.

The Lab has three main Departments: Clinical Pathology, Anatomic Pathology and Microbiology.

## Clinical Pathology

This is where the bulk of blood and body fluids are tested to determine the presence or absence of a variety of diseases in women. Tests to help monitor the risk of heart attack are also performed here. The BNP test to help diagnose

congestive heart failure is also available. FCHC's Laboratory has the most up-to-date analyzer to run a complete blood count that determines the presence of infection, anemia, leukemia and other blood abnormalities.

## Anatomic Pathology

For women, when lumps in the breast or other suspicious masses are discovered, they are analyzed first by a full-time Histotechnologist, then by the Pathologist to render a diagnosis. This includes all tissues removed from surgery and at the doctor's office, as well as pap smears, bone marrow and tissue samples.

## Microbiology

This section of the Lab works with cultures to grow bacteria from the blood, urine, stool, tissues or other body fluids in order to determine the presence or absence of infection. The Laboratory also has various tests to diagnose viral infections such as Influenza and RSV as well as various other infections.

## Comprehensive Diagnostic Services

If you or a loved one is in need of advanced diagnostic services, we have a complete range of state-of-the-art diagnostic tools and laboratory services to serve the needs of you and your family. For more information, contact Fulton County Health Center at 419-335-2015.





# Health & Fitness Classes

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

## Heart Health

### **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 12 or September 13, 9:30 - 11:00 am, \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

### **Low Cholesterol Living**

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 26 or September 27, 9:30 - 11:00 am, \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

## Lifestyle

### **Lifestyle Management Training**

Individual training that includes a 6-visit series with a Health Coach (dietitian/certified fitness professional) to learn and set goals for healthy eating, exercise and living, \$150 for series. Call 419-330-2721 to schedule.

### **Lifestyle Management Class**

One-time visit with a Health Coach (dietitian) to review healthy eating strategies and goals for healthy living, \$50. Call 419-330-2721 to schedule.

## Safety

### **Babysitting Classes**

Learn to handle emergencies such as choking, burns and more, and become a more effective and competent babysitter. 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, July 30, 9:00 am-3:00 pm, \$20, Evergreen Library. Call 419-644-2771 to register.

### **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, July 23 or September 17, 8:00 am - 2:00 pm, \$50, FCHC Ground Floor Meeting Room.

### **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, June 25 or August 13, 8:00 am - 4:00 pm, \$60, FCHC Ground Floor Meeting Room.

## Weight, Smoking

### **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 PC/CR CHt, at 419-467-9406. Classes are held in the FCHC 2nd Floor Surgery Conference Room. Classes will not be cancelled.

#### **Saturday, June 4**

Weight Loss – 1-2:30 pm

Stop Smoking – 2:30-4:00 pm

#### **Monday: June 13 & August 1**

Weight Loss – 5:30 pm-6:45 pm

Stop Smoking – 7:00 pm-8:15 pm

## Metabolic / Bariatric Surgery and G.E.R.D. Programs

**Jose Parodi, M.D.**, FCHC General Surgeon, will present two key topics in special programs this summer. The first will deal with the problems of Obesity and Related



**Jose Parodi, M.D.**

Co-Morbidities, such as Diabetes and their response to Metabolic and Bariatric Surgery. Dr. Parodi will also explore the role of Bariatric Surgery in Diabetes Mellitus as well as

indications for Lap Band or Gastric Bypass Surgery, statistical analysis, and patient satisfaction following Metabolic and Bariatric Surgery. Three free sessions will be offered: Tuesday, June 21, July 19 & August 23, 6:00 - 7:30 p.m., FCHC Beck Meeting Room. Registration is required and can be accomplished by calling 419-337-7378, or by registering online at [www.fultoncountyhealthcenter.org](http://www.fultoncountyhealthcenter.org).

The second program will focus on G.E.R.D.: Heartburn, Acid Reflux and Hiatal Hernia, a Guide to Successful Treatment. In this program Dr. Parodi will discuss the causes of G.E.R.D. and effective treatment options that are now available. After his presentation there will be a question and answer session. Three free sessions will be offered: Tuesday, June 28, July 26 and August 30, 6:00-7:30 p.m. in the FCHC 2nd Floor Surgery Conference Room. Registration for this class is also required by calling 419-337-7378, or by registering online at [www.fultoncountyhealthcenter.org](http://www.fultoncountyhealthcenter.org).





# Health & Fitness Classes

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



## 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 10:00 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.

## Diabetes Education & Support

**Pre-Diabetes: Everything You Needed to Know and Were Afraid to Ask.** There are now 79 million Americans with pre-diabetes. Are you one of them? How can you find out? This class is for everyone interested in pre-diabetes, ranging from those simply concerned about their risks to those who already have some basic information. All of us can become healthier by following the meal planning and physical activity tips presented in this class! Thursday, July 28, 6-7:30 pm. Swanton Public Library, 305 Chestnut St., Swanton. Taught by Certified Diabetes Educator. Suggested donation of \$5 to cover the cost of supplies. Must pre-register at 419-330-2772.

### Balancing Life with Diabetes (formerly Mountain Climbing)

Monthly class in self-help for the person with diabetes: 2nd Thurs. of every month, 7-9 pm: \$5 suggested donation. FCHC Meeting Room. No registration necessary.

**July: Improving Your Self Care Knowledge for a Better Quality of Life.** Dr. Jana Bourn, Wauseon Clinic, will help you discover the facts of diabetes management in a fun and easy-to-learn format. Thurs., July 14, 7-9 PM.

**August: Urological Issues and Diabetes with Dr. Charles Lash** from Advance Urology and Continence Center. Diabetes can cause complications in various systems within our bodies. Fifty percent of those living with diabetes have changes in sexual function. Come and learn about these "plumbing issues" and what you can do about them. Thurs., Aug. 11, 7-9 PM.

**September: Getting Off on the Right Foot with Dr. Bradley Adams.** Learn why taking good care of your feet is such an important issue for persons diagnosed with diabetes—AND—how foot problems that can arise are prevented and treated. Sept. 8, 7-9 PM.

**Diabetes Support Groups** - Every Wednesday of 2011, 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, 3rd Floor, FCHC. Free. Learn from the educators AND from others traveling the diabetes journey. If you need assistance in staying on track with your diabetes self-care, this is the place for you!

## 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.

# Message *from the* Administrator

We did something in this issue of *Health Centering* that we have never done before in all the years we have been publishing the newsletter. We have basically devoted the entire issue to covering Women's Health. Why?



Because studies show that women, in general, tend to be more in-tune with their health than are men. Women also tend to be the decision makers when it comes to health issues in their

families. Not in all cases, but in most cases.

At Fulton County Health Center, we offer a broad range of medical care for women ... from diagnostics to services to wellness programs. It is difficult to cover all areas in a single issue, but we attempted to highlight the main ones. When you read the articles here, you may be surprised to see how many programs and services cater to the specific health care needs of our female population. You men out there need not worry, because we can handle your medical needs as well!

I would like to congratulate the fine staff of our Stress Unit who celebrate 30 years of serving the mental and behavioral health needs of our communities. These dedicated individuals are highly trained and work hard to help their clients.

Summer is finally here (I hope) so get outside for some exercise to stay healthy! As for me, I hope to play a few rounds of golf!

Stay well!

*E. Dean Beck*

E. Dean Beck,  
FCHC Administrator



# Health & Fitness Classes

Register on-line at [www.fultoncountyhealthcenter.org](http://www.fultoncountyhealthcenter.org) (click on Health Classes/Special Events), or call 419-330-2735. 7 Week Session – June 11 – July 30, 2011 (except where noted).

## Health & Fitness Class Descriptions

### Aikido - Beginner

Is a non-competitive martial art that can be practiced by almost anyone. Aikido techniques do not rely on physical strength but rather develops relaxed power through the focus of intention and Ki. The result is a creative method of non-destructive conflict resolution.

### Aquatic Aerobics

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

### Arthritis Aquatics

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.

### AthleKinetix™

Utilizes any fitness training product available to create a dynamic workout that will consistently challenge the body with creative, innovative exercises. There are NO repetitions, NO rest, NO choreography, and NO two classes are the same.

### Cardio Core

A class geared toward variety! You'll be stepping on a bench, performing aerobic moves on the floor, using the Ball and Body Bars. A great all-in-one workout incorporating both cardiovascular, flexibility, and strength training!

### Cardio Dance (formerly Smooth Moves)

Choreographed with upbeat dance and aerobic moves to gain strength and improve cardiovascular health. A fun, high energy workout suitable for all fitness levels.

### Kids Sport Conditioning

Fun class designed for kids from the ages of 11 - 15 years of age who are looking to improve their muscular strength, muscular endurance, flexibility, cardiovascular condition, speed, and agility. Various pieces of equipment and exercises will be utilized which are suitable for children who are interested in improving their overall physical condition for the purpose of sport.

### SilverSneakers® Muscular Strength & Range of Motion

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a SilverSneakers® ball are offered for resistance, and a chair is used for seated and/or standing support.

### Total Body Tone

This class utilizes and requires a light pair of dumbbells and an exercise mat. Individuals will go through a 60 minute workout that will include a warm-up, resistant training session that will target the entire body, and a cool down.

### Yoga

This 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 hold the various poses!

### Yoga - Gentle

A class for people new to yoga or for those who are experiencing joint sensitivity, overall stiffness due to lack of activity, or other physical limitations.

### Yoga - Intermediate

This class covers yoga poses and their variations in more detail than the other classes and includes some challenging poses. Poses are held longer than in the beginner classes in order to increase strength, balance, and flexibility.

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

(excludes specially priced classes)

Wauseon Classes	Day(s)	Time	Location
AthleKinetix™	M, W, F	6:00 AM	FCHC Rehab Center
Cardio Core	M & W	5:30 PM	FCHC Rehab Center
Cardio Core	T & TH	5:30 PM	FCHC Rehab Center
Kids Sport Conditioning (July 11 - August 24)	M & W	6:45 PM	FCHC Rehab Center
SilverSneakers® MSROM	T & TH	10:30 AM	FCHC Rehab Center
Aikido	M	5:30 PM	Fulton County Senior Center
7 weeks - \$42			
Wauseon Aquatics Classes	Day(s)	Time	Location
Aquatic Aerobics	W	5:30 PM	FCHC Rehab Center
Aquatic Aerobics	T & TH	7:30 AM	FCHC Rehab Center
Arthritis Aquatics	T & TH	9:00 AM	FCHC Rehab Center
Arthritis Aquatics	M & W	4:30 PM	FCHC Rehab Center
Pioneer Class	Day(s)	Time	Location
Total Body Tone	T & TH	5:30 PM	Church of the Nazarene
West Unity Class	Day(s)	Time	Location
Cardio Dance	T	6:15 PM	Solid Rock Church
Archbold Class	Day(s)	Time	Location
Arthritis Aquatics	W & F	10:15 AM	Fairlawn Retirement Community

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

Wauseon Classes	Day(s)	Time	Location
Yoga - Intermediate	SAT	9:00 AM	FCHC Rehab Center
Yoga - Gentle	SAT	10:30 AM	FCHC Rehab Center
7 classes - \$35			
Swanton Class	Day(s)	Time	Location
Yoga	T	7:15 PM	Swanton Public Library
7 classes - \$35, begins June 7th			



# The Fulton County Stress Unit: *Serving Individuals for 30 Years!*



*Pictured from left to right: Karen Fruth, Administrative Assistant; Benjamin Forester, D.O.; George R. Williams, M.D.; Mary Mangan, M.D.; Steven Cox, M.D.; Joy Vandock, LSW, Staff Education. Fruth and Vandock were staff members of the Stress Unit when it opened 30 years ago.*

Do you remember when gas was \$1.25 a gallon, the first launch of the Columbia Space Shuttle or seeing in theatres the movie "Raiders of the Lost Ark"? Did you know that in 1981 the first IBM personal computers were sold to the public, MTV was born, or that Atari released Pac-Man, launching home video gaming? What you may not remember was another event occurred in June of 1981 when Fulton County Health Center opened the Fulton Stress Unit to provide mental health treatment close to home.

When it first opened in 1981, the Stress Unit only offered inpatient treatment. Later in 1989, the Stress Unit added outpatient counseling, and partial hospitalization to meet the growing demand for comprehensive mental health counseling locally.

Our Inpatient Unit is a 24/7, comprehensive acute care program that serves those 18 years and older who are suffering from severe emotional problems. The program includes a traditional inpatient unit as well as a Psychiatric Intensive Care Unit. Each patient receives a comprehensive evaluation by a psychiatrist, and an individualized treatment plan is developed by the Stress Unit team to meet the specific needs of the individual. Family Therapy is also offered and each person discharged is given specific outpatient discharge plan for further treatment to help prevent relapse.

In 1989, the Outpatient program was established providing focused individualized treatment with minimal disruption to the client's normal routine. Individual, family and group treatment is offered based on one's specific needs. In the event of an emergency, our crisis line provides a 24-hour backup to assist in a time of crisis.

Our Partial Hospitalization/Intensive Outpatient program was established as a bridge between traditional inpatient and outpatient treatment for those who may need more intensive treatment not available in traditional outpatient or as a step down treatment option following an inpatient stay. It is designed to provide short-term intensive individualized and group therapy treatment to clients along with medication management while allowing them to maintain their normal family activity.

The Stress Unit staff includes four Psychiatrists, a Nurse Practitioner, Registered Nurses, Licensed Independent Social Workers, Licensed Professional Clinical Counselors, Licensed Independent Marriage and Family Therapists, a Registered and Licensed Occupational Therapist and Licensed Social Workers.

The Stress Unit has provided mental health treatment to thousands of people throughout Northwest Ohio. Over the years treatment has changed. Most of our patients are now treated in an outpatient treatment setting at the Stress Unit but we still offer inpatient treatment for those suffering severe depression and other severe mental health issues. To get started all it takes is a phone call. Individuals or concerned family members, physicians, clergy, mental health professionals, employers, or friends can arrange for a free initial consultation by appointment by calling the Stress Unit at 1-800-323-2708 or locally at 1-419-337-8661.

## FCHC News & Notes

### *See You At the Fair!*

Once again the FCHC staff will be on hand at the Fulton County Fair, September 2-8. Free blood pressure and blood sugar tests will be offered along with free health care information. Cholesterol screenings and additional tests will be offered at a minimal charge. Look for us at the Fair! For more information, watch your local newspapers or visit [www.fultoncountyhealthcenter.org](http://www.fultoncountyhealthcenter.org).

### *Speakers Bureau*

Looking for a speaker for your organization's meeting? We can provide expert speakers on a wide range of health care topics, including: Stress Management, Nutrition, Fitness, Smoking Cessation & Weight Management, Managing High Blood Pressure, Dealing with Cancer, Diabetes, and other topics. For more information, contact Steve McCoy, Director of Marketing & Planning, at 419-330-2717.

### *FCHC Auxiliary Events*

**31 Handbag Sale:** June 8, 7 a.m. – 6 p.m., June 9; 7 a.m. – 3 p.m, FCHC Cafeteria

**Books on the Go:** July 20, 10 a.m. – 6 p.m.; July 21, 7 a.m. – 6 p.m.; July 22, 7 a.m. – 3 p.m., FCHC Cafeteria.

### *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.

## Unsung Heroes Will Return

Our ongoing series about "The Unsung Heroes" of our Health Center has become quite popular with readers. Due to space limitations in this issue, we are unable to provide a story about a new group of "Unsung Heroes." But, look for the series to return in our fall issue of *Health Centering!*

## In This Issue:



### Focusing on Women's Health:

Diagnostics, Services and Wellness

Health & Fitness Classes

Message from the Administrator

The FCHC Stress Unit

FCHC News & Notes

Urology Equipped for Women's Health

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.

## Urology Equipped for Women's Health Issues

Urological issues are some of the more common health concerns faced by women, and FCHC Urologist Charles Lash, M.D., is well equipped to handle them. Dr. Lash was part of a unique group of Urologists from across the country trained to perform the minimally invasive Anterior Apical Vault Suspension procedure. The surgery is designed to surgically insert a sheet of synthetic mesh onto a woman's pelvic floor to support the diaphragm. Dr. Lash was selected for his interest and experience in female pelvic floor reconstruction.

"Many women, from their mid-20's and older begin having pelvic organ prolapse," says Dr. Lash. "It's similar to a hernia where there is a weakness in the pelvic muscles and the female organs begin pushing out through the hernia's opening. It's uncomfortable, but it's a normal part of the female aging process. The Anterior Apical Vault Suspension procedure can correct the problem." Dr. Lash says he has had great success with the treatment. "The results of this procedure are absolutely spectacular," he says.

Dr. Lash provides a full array of comprehensive urological care for women including those suffering from: kidney stones; urinary tract infections; incontinence; voiding dysfunction, such as urinary frequency or pain on urination; pelvic floor prolapse; and interstitial cystitis, characterized by



*Dr. Charles Lash, M.D., is one of a unique group of Urologists from across the country who is trained on a new minimally-invasive trans-vaginal urological procedure. Here he explains to a patient a Uro-Dynamic study to assesses patient bladder functions.*

urinary urgency and pain. "The fact is the number of patients we have and urological procedures that we perform are comparable to any other health care facility in the region."

"The Health Center has excellent facilities and urological equipment for me to treat just about any urological problem," says Dr. Lash. He notes that FCHC has state-of-the-art bladder function investigation equipment, including Uro-Dynamic equipment for diagnosis of bladder function and nerve root stimulation equipment for the surgical treatment of overactive bladders that do not respond to medical drug therapy.

For more information about female urological procedures, contact Charles Lash, M.D., at 419-335-2500.