

A publication of Fulton County Health Center

Health Centering

3D Mammography™ Comes to FCHC



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Inspiring Future Generations

Members of the FCHC Radiology/Mammography Department are excited about the new state-of-the-art 3D Mammography™ unit. (L-R): Michelle Andrews, BAHS, RT(R)(M), Heather Green, RT(R), Lynette Shepard, RT(R)(M), Josie Torres, RT(R)(M), Kayla Milliman, RT(R)(CT)(M).

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**Fulton County
Health Center**
Completing the circle of care

“What makes it so special is that the unit lets doctors examine a woman’s breast tissue layer by layer.”

— Michelle Andrews, BAHS, RT(R) (M), FCHC’s Assistant Radiology Manager and the Lead Mammographer

3D Mammography™

COMES TO FCHC

An exciting, new high-tech diagnostic tool has just been added to the FCHC Radiology Department, and it will make it easier and more conclusive to detect breast cancer earlier when it is more treatable. The Genius™ 3D Mammography™ system from Hologic® became operational in early May after passing Food & Drug Administration (FDA) approval.

“Our role in the Radiology Department is all about earlier diagnosis of diseases,” says Michelle Andrews, BAHS, RT(R) (M), FCHC’s Assistant Radiology Manager and the Lead Mammographer. “The 3D Mammography™ unit is much more accurate than the 2D systems that hospitals have been using. It means patients will be much less likely of having to return for a call back exam due to inconclusive results.”

Andrews says 3D Mammography™ also has a 20% to 65% increase in the detection of invasive breast cancers that have spread from the original site.

“We follow the mammography guidelines of the American College of Radiologists and the U.S. Department of Health and Human Services,” says Andrews. “Both organizations say women should begin having an annual mammogram at age 40, and sooner if they are at higher risk.” Women should get an order from their primary care physician for a routine mammography screening. FCHC recommends that women choose the 3D Mammography™ exam, but the conventional 2D Mammography unit is still offered as an



Lynette Shepard, RT(R)(M) prepares a patient for the 3D Mammography™ exam.



Josie Torres, RT(R)(M), is at the controls of the new 3D Mammography™ system.

option. The patient’s health insurance company will be billed for the conventional 2D Mammography exam, which is typically covered by insurance. The insurance company will also be billed for the 3D Mammography™ exam. If insurance does not cover the 3D Mammogram™, then the patient will be counseled regarding the additional cost of the 3D exam.

HOW IT WORKS

The procedure for the new 3D Mammography™ is the same as what patients have come to expect from the conventional 2D exam. The technologist will position the patient, compress her breast, and take images from different angles. There’s no additional compression required, and it only takes a few extra seconds for the exam, which is proven to be more accurate. The 3D image is low-dose, meaning a patient only receives a small amount of radiation during the exam.

Radiologist Michael Pole, MD, explains to a patient how he will perform a breast biopsy.



The technologist views the images at the computer workstation before the patient leaves the exam room, to ensure that quality images have been captured. The images are then sent to the radiologist, who examines the images and sends the report to the patient's primary care physician.

"What makes it so special is that the unit lets doctors examine a woman's breast tissue layer by layer," says Andrews. "It gives us slices of images, like the pages of a book, rather than trying to look through the cover of a book to see what's behind it. It solves the problem of missing a suspicious area because it's hiding in the clouds, so to speak."

Reading the image

Once the mammography images have been obtained and verified by the technologist to be good images, they are electronically sent to a radiologist who reads the images on screen. After the images are read, a report is completed and sent to the referring provider.

Michael Pole, MD, Medical Director of the FCHC Radiology Department sees the advantages of the 3D Mammography in providing the most accurate diagnoses. Dr. Pole underwent eight hours of advanced training on how to read the new image slices generated by the 3D Mammography™ unit. "I'm a big fan of 3D Mammography™," says Dr. Pole. "The

beauty of this device is that for dense breast tissue that can hide suspicious lesions, I can flip through the 3D images and see the suspicious looking area for what it actually is. That helps to eliminate callbacks to patients to come in for a second, more definitive type of exam."

what if They find something?

If Dr. Pole confirms there is something in the mammography exam that should be investigated, he will schedule and perform a needle biopsy. Part of the process involves inserting an tiny metal marker in the breast to identify where the biopsy occurred. The biopsied tissue then is sent to the medical lab where it is read. The results are then given to Dr. Pole, who forwards them to the patient's primary care doctor.

"If the biopsy results are negative, then the patient can go about their life," says Dr. Pole. "If it comes back positive, then we'll schedule a consultation with one of our surgeons. The tiny metal marker I inserted during the biopsy will help guide the surgeon when removing the affected area."

chemo vs. radiation

Once surgery has been performed, the patient will meet with a medical oncologist to discuss follow-up treatment options. Sometimes only radiation therapy is scheduled, while other times both radiation and chemotherapy are scheduled. Women who have had only a small lump removed will likely be scheduled for radiation therapy that is performed by a radiation oncologist at a radiation treatment center. If a full mastectomy is performed, no radiation treatment is necessary unless the cancer has spread to the lymph nodes. In those cases, both radiation and chemotherapy are recommended.



Leisa Britsch, RN, BSN, OCN, Director of the FCHC Rainbow Hematology/Oncology Unit, reviews chemotherapy medication information with a new patient.

Radiation therapy is typically scheduled for five days a week for five to six weeks.

"Today's chemotherapy drugs are much more advanced than what we had to work with just 10 years ago," says Leisa Britsch, RN, BSN, OCN, Director of the FCHC Rainbow Hematology/Oncology Unit. "They are more effective, and there are a dozen options compared with the two we had in the past. Plus, only a quarter of them cause hair loss, and we are able to reduce the side effects of nausea to almost nothing with other pharmaceutical drugs we have."

Chemotherapy treatments are usually given once every three weeks for three to four months. In addition to chemotherapy drugs, there are antibody treatments that target the tumor and ignore healthy cells. The cancer must, however, express a certain gene in order for patients to receive these antibody treatments.

what happens After Treatment?

Once chemotherapy and radiation treatments have been completed, the patient will typically visit their oncologist twice a year for follow up. Three years ago FCHC created a Survivor Clinic for patients with all types of cancer. An oncologist and nurse practitioner operate the clinic.

(Continued on page 4)

3D Mammography™

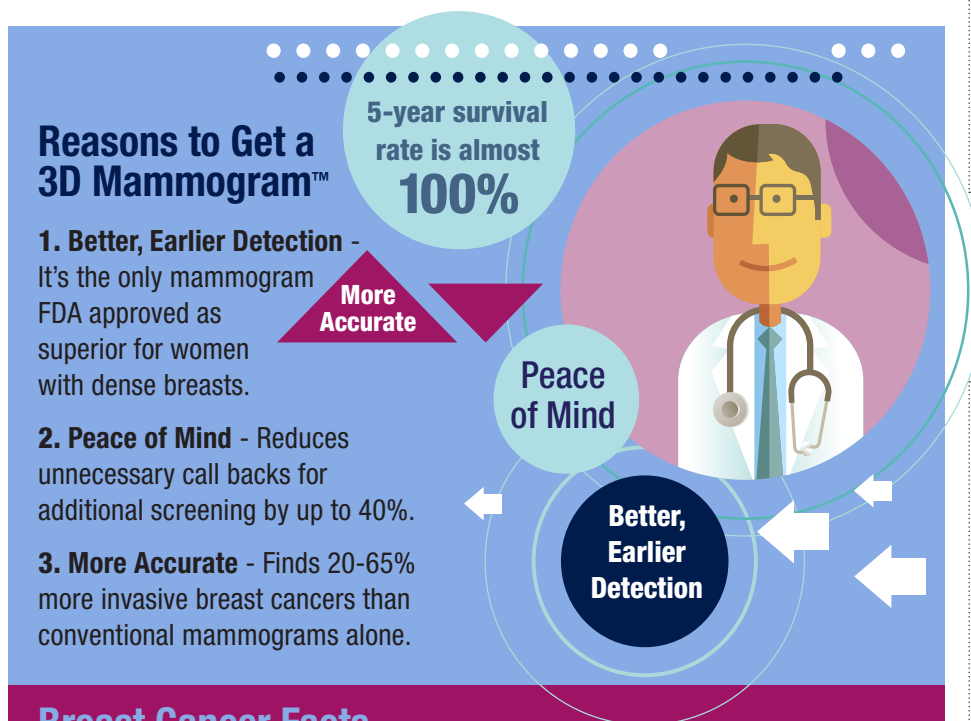
COMES TO FCHC
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“The clinic will schedule one-on-one meetings with the patient to discuss what to watch for with long-term side effects after surgery and treatment,” says Britsch. “They will make sure a patient is up-to-date on their immunizations, and they will work with the patient to offer exercise and nutritional recommendations. But just because a patient has beaten one type of cancer, it doesn’t mean they shouldn’t have all of their cancer screenings done, and the clinic will encourage that.”

we’re There, From start to finish

“Our new 3D Mammography™ system will allow us to capitalize on new technology to help us make a more accurate breast cancer diagnosis,” says Patti Finn, FCHC CEO. “But beyond that, if a patient needs a biopsy, surgery, radiation at an area treatment facility, chemotherapy, or antibody therapy, we can help. We are also there after treatment to support the patient through our Survivor Clinic. It’s all based on part of our mission to serve our community by promoting and providing the means for continued health and wellness.”

For more information about 3D Mammography™ at FCHC, contact our Radiology/Mammography Department at 419-330-2651 or email us at info@fulhealth.org.



Breast Cancer Facts

1. 1 in 8 women will develop breast cancer in their lifetime. With a family history, the risk is doubled.
2. High-density breasts are more prone to developing cancer.
3. 8 out of 9 women who are diagnosed with breast cancer have no family history of it.
4. With early detection, the five-year survival rate is almost 100%.

Message from the CEO

One of the exciting things about working in health care is being able to take advantage of medical technology that can truly help people. So it is with great pride that we have introduced a new, state-of-the-art 3D Mammography™ system here at the Health Center. This new technology will help us identify suspicious breast tissue at earlier, more treatable stages. It will also help to minimize call backs for additional exams that were sometimes necessary using the standard 2D system. Our lead story in this newsletter deals with this promising technology.



In this newsletter we include an article about how physical therapy can help individuals with balance issues caused by a variety of situations. We also have an update on our Cardiac Rehabilitation program that assists patients who have had a heart attack or some type of cardiac issue.

Our News & Notes includes information about a variety of individuals and happenings at our Health Center. We also include a list of general health and fitness classes for you to consider. Please take advantage of them for the benefit of your health!

As always if you have any comments or suggestions, please feel free to contact any member of our staff.

Best Regards,

Patti Finn

Patti Finn,
Fulton County Health Center
Chief Executive Officer

Dealing with Balance Issues



Have you noticed that your balance is not as good as it once was? There are a variety of reasons why your balance could be compromised. The good news is that the physical therapists at FCHC may be able to help.

Lindsay Galambos, PT, DPT, an FCHC Physical Therapist says there are many reasons that an individual's balance may be impaired. During the rehabilitation process for many diagnoses, improving balance is a focus of therapy services. People of all ages can be effected, whether balance deficits are: the result of an injury sustained during a sport or fitness activity, part of the aging process, after a fall, following surgery, caused by neurological deficits, or from symptoms of vertigo such as dizziness or a spinning sensation. The primary diagnoses for balance problems treated at FCHC are related to vertigo, age related changes, or for the prevention of falls.

As we age we tend not to move as much. "Let's say an elderly person feels unsteady on their feet or trips and falls," says Galambos. "They become afraid of moving and possibly falling, so they stop moving as much as they once did. This can be made worse by other health issues related to pain, underlying cardiac or respiratory problems that cause them to get out of breath, or impaired sensory systems such as loss of feeling from diabetes. A person with neuropathy may not have the proper sensation to feel the floor or uneven surface in the ground, and this can cause them to stumble and lose their balance. The sensory systems, which we utilize to maintain our balance, include vision, vestibular, and body awareness. It is the use of these systems that assists with maintaining balance during all daily activities. Physical therapy services identify the weakened areas of an individual's balance and develop a specific plan to address these problems."

Vestibular Therapy

The vestibular system allows the brain to know the body's orientation in space without the use of any other sensory information. This system resides within the inner ear and consists of three semicircular canals on either side of the head, which contain fluid. When you move, the fluid changes direction and stimulates specific receptors/hairs within the semicircular canal based on the focus of gravity. These tiny hair cells translate the physical movement of the body to electrical signals it sends to the brain. All of that works together to help you maintain balance as you move, sit, or lie down.

Vestibular rehabilitation therapy uses special assessment tools and exercises to diagnose and treat deficits related to the impairment of this sensory system and its effects on balance. A physical therapist will complete a thorough history and examination to determine the

underlying cause and need for vestibular rehabilitation. During the examination the physical therapist will attempt to provoke signs and symptoms by moving the patient's head, since head movements are essential in stimulating and retraining the vestibular system. Galambos says the therapist will perform a series of movements of the patient's head while watching the individual's eyes and asking for feedback regarding symptoms. The results of these tests assist with indicating the structures involved and underlying cause of the imbalance.

Treatment of Balance Impairments

After determining the area(s) of deficit, treatment often consists of challenging the impaired sensory system. The goal of treatment is to increase the use of a weakened sensory system or compensating for sensory loss. Often treatment encompasses strengthening, increasing stability, and stabilizing gaze while you are moving. This could include having a patient stand on uneven surfaces, such as a foam square, a Bosu® exercise ball, or even a specialized rocker board. "We're challenging the person to maintain balance with these types of activities, so when they stand and walk normally they can maintain their balance without increased effort or risk of falls," says Galambos.

How to Get Help

FCHC physical therapists work with patients admitted to the Health Center, Fulton Manor, as well as on an outpatient basis at the FCHC Rehabilitation Department. A physician's referral is needed. Once an appointment has been scheduled, the therapist will conduct a patient assessment that includes a medical history as well as questions about the problem the patient is experiencing. The therapist will also conduct strength and balance tests. Staff members in the therapy department will check with the patient's health insurance company to verify the type of insurance coverage offered.

For information about balance issues and vestibular and physical therapy, contact the FCHC Rehabilitation Department at 419-335-1919.

Cardiac Rehab: Helping Patients to Recover

monitor to track their heart rhythm and rate. Staff will monitor blood pressures and work closely with the client in prescribing exercise as well as teaching healthy lifestyles.” The Cardiac Rehabilitation Department offers different types of exercise equipment, including treadmills, bikes, recumbent stair steppers and ellipticals, rowing machines, and weight

resistance equipment. The idea is to make it safe and fun while providing clients with a variety of options to meet their exercise needs. In addition, staff are available to answer questions

and offer explanations of medical verbiage, and clients have the opportunity to connect with others in similar situations. The department can handle up to eight monitored patients at a time. Medicare and most insurance companies will cover up to 36 sessions.

Clients who enter the Phase 3 unmonitored exercise program, or maintenance program, will still be supervised but will no longer wear a heart monitor. The client may remain in the program for as long as they wish, depending on their needs and goals. Each Tuesday and Thursday the department is filled with the sound of treadmills, steppers, and various other pieces of equipment being used. But most of all there are the sounds of jovial chatter coming from our Phase 3 clients. The Phase 3 portion is not covered by Medicare® or insurance, but patients can use the FCHC Cardiac Rehabilitation Department for a minimal cost of \$5 per visit.

Pulmonary Wellness is a supervised exercise program geared to clients with lung related diseases. Staff members monitor heart rates, blood pressures, and oxygen saturation levels during the client's exercise session. The cost is \$5 per session.

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Cardiac Rehab patients have a variety of exercise equipment options from which to choose.

The Goal of Rehab

“Our Cardiac Rehab Program focuses on two things - exercise and education,” says Angie McWatters, BSN, RN, Unit Manager. “We’re trying to positively impact a patient’s lifestyle to improve their heart health and prevent a reoccurrence of a cardiac episode.” McWatters says typical Cardiac Rehabilitation patients have had a heart attack, bypass surgery, a heart valve repair or replacement, angioplasty, placement of stents, a heart or lung transplant, congestive heart failure, or some type of coronary artery disease.

FCHC Cardiac Rehab offers three different programs for clients: a cardiac monitored exercise program (Phase 2), a maintenance exercise program (Phase 3 & 4), and a pulmonary wellness program.

Phase 2 Cardiac Rehab Program

“During our outpatient supervised, cardiac monitored program (Phase 2), we monitor clients while they exercise,” says McWatters. “They’ll wear a heart

Angie McWatters, BSN, RN, Cardiac Rehabilitation Unit Manager, monitors a patient using a treadmill to exercise.

If you have had a heart attack or heart surgery, one of the best things you can do for your heart health is to participate in Cardiac Rehabilitation. A comprehensive Cardiac Rehabilitation program can help patients recover more fully, both physically and psychologically, so they can get on with their lives. At Fulton County Health Center, we offer a program that not only helps strengthen the heart but also provides life changing strategies to maintain one’s overall health and well-being.

The FCHC Cardiac Rehabilitation

Department is hospital-based and is located on the main floor of the Health Center, near the main patient registration area. The department opened its doors to clients in 1986, and since 2005 it has been certified by the American Association of Cardiovascular & Pulmonary Rehabilitation. Patients must have a doctor’s order to utilize the service.

Cardiac Rehab

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The Education Component

When a client enters the Cardiac Rehabilitation Program at FCHC, they are encouraged to participate in one or more of the many general health classes the Health Center has offered for years (see class section of this newsletter). “We’ll hold sessions with them that review proper nutrition, how to eat healthier foods, how to control blood pressure and manage stress,” says McWatters. “In general, we’re advocating a lifestyle adjustment to prevent what occurred with their heart from happening again.”

A New Service

Medicare® has recently approved cardiac rehabilitation for patients with peripheral artery disease. Peripheral artery disease or P.A.D. occurs when extra cholesterol and fat circulating in the blood collects in the walls of the arteries that supply blood to your limbs. In the fall of 2018, the FCHC Cardiac Rehabilitation Department hopes to begin offering exercise and education for these patients in a supervised setting. “Early treatment of P.A.D. can help prevent disability and restore mobility,” says McWatters.

The Benefits

There are several benefits of participating in Cardiac Rehabilitation after a heart event. These include:

- ▶ Lower your risk of a future cardiac event
- ▶ Control heart disease symptoms such as chest pain or shortness of breath
- ▶ Stop or reverse damage to blood vessels in your heart
- ▶ Improve your stamina and strength
- ▶ Return to work
- ▶ Get back to your daily activities

For more information about the FCHC Cardiac Rehabilitation Department, contact Angie McWatters, BSN, RN, Unit Manager, at 419-330-2692.

HEALTH TIP: Stay Well This Summer

Many of us will be working, exercising or sitting outside this summer. Here are some tips for a safe and healthy season:

1. Never Leave Children or Pets in a Hot Car

The temperature can get well over 100 degrees inside the car in less than 15 minutes. So don’t think you can run in for that one grocery store item and leave your child or pet in the vehicle.



2. Use Sunscreen

Skin cancer is on the rise and can be attributed directly to prolonged exposure to the sun. Apply a water-resistant, broad-spectrum sunscreen with an SPF of 30 or higher. Look for “UVA/UVB protection” on the label. In addition, wear a hat to protect the head and face.

3. Play it Safe Around Water

Here are common sense reminders about water safety:



- ▶ Never leave your child unattended.
- ▶ Appoint designated watchers at social gatherings where children are near a pool or pond.
- ▶ Remove toys from pools and ponds that may attract children.
- ▶ Avoid strong currents and only dive if you know the water is at least 9 feet deep.
- ▶ Avoid alcohol before swimming or boating.



4. Stay Hydrated

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



5. Avoid Working During the Heat of the Day

Schedule physical strenuous work in the early morning or later in the evening when it’s cooler.

Health & Wellness Programs

HEALTH EDUCATION

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.

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. Tues., June 5 or Aug. 7, 9:30 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom. Call 419-330-2692 to register.

Healthy Summer Cooking

Learn how to use produce to create quick, healthy summer meals. Tues., June 19, 6:00-7:00 p.m., \$5, FCHC Wellness Center. Please call to register at 419-330-2721.



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! Tues., June 19 or Aug. 21, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom. Call 419-330-2692 to register.

Managing Your Blood Pressure

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. Thurs., July 12 or Sept. 13, 9:30 - 10:30 a.m., Free, FCHC Cardiac Rehab Classroom. Please report to Cardiac Rehab at 9:20 a.m. the day of the class. To register call 419-330-2692.

Relaxation/Stress Management

Learn basic relaxation and stress management techniques to improve your heart and health. This class will give you practical tools to decrease your stress and improve ways you can relax in today's busy world! Tues., July 24 or Sept. 25, 9:30 - 11:00 a.m., Free, FCHC 1st Floor Cardiac Rehab Classroom. To register call 419-330-2692.

SAFETY

American Heart Association Heart Saver CPR & First Aid

Learn how to handle emergencies through this American Heart Association class. Participants will receive a 2-year certification in adult, child, infant CPR; obstructed airways; and first aid. Meets most childcare requirements. Registration and payment due 1 week prior to class. Sat., June 23 or Aug. 25, 9:00 a.m. - 3:00 p.m., \$75, FCHC Ground Floor Meeting Room.

American Heart Association Healthcare Provider CPR

CPR Certification by the American Heart Association for health professionals and health professional students. Registration and payment due 1 week prior to class. Sign-in starts at 8:30 a.m., class begins promptly at 9:00 a.m. Sat., July 21 or Sept. 22, 9:00 a.m. - 12:00 p.m., \$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. Please bring a sack lunch. Beverages/snacks provided.

- Sat., June 16, 9:00 a.m. - 3:00 p.m., \$20, Liberty Center Library. Call 419-533-5721 to register.

WEIGHT LOSS

An Introduction to Weight Loss Surgery: Sleeve Gastrectomy

Attend one of these free seminars in the FCHC Beck Meeting Room to learn more about Sleeve Gastrectomy weight loss surgery. The staff and physicians of our Weight Solutions program will provide an overview of the effects of obesity and treatment using weight loss surgery options. You will also learn how bariatric surgery can treat chronic health conditions related to obesity, such as: Type 2 Diabetes, High Cholesterol, Sleep Apnea, and Hypertension. To register, call 419-337-7373.

- Mon., Aug. 6, Sept. 10, 5:00 p.m., Timothy Duckett, MD, FCHC Beck Meeting Room
- Mon., Aug. 20, Sept. 17, 6:00 p.m., Arun Kumar Baskara, MD, FCHC Beck Meeting Room

Bariatric Support Group

- Tues., June 26, Aug. 28, Sept. 25, 5:00 p.m.

Register online at fultoncountyhealthcenter.org (click on Health and Wellness Programs in the Quick Links section), or call 419-330-2735 unless noted.

DIABETES EDUCATION

Contact the Diabetes Education office at 419-330-2772 for information and/or scheduling group presentations. Check out the FCHC website: fultoncountyhealthcenter.org

Taking Charge of Blood Sugars Through Daily Choices

Individual training that includes a 5-visit series with an RN Certified Diabetes Educator to examine and set goals in the seven aspects of self-care that affect blood sugars. \$150 for series. Call 419-330-2772 to schedule.

Taking Charge of Blood Sugars Mini-Series

Two visits with an RN Certified Diabetes Educator using a simplified curriculum for learning how to better manage blood sugars. \$75 for two classes. Call 419-330-2772 to schedule.

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.

Counseling Services

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

Patient Navigation

On-site case management, financial counseling and facilitation with community resources.

American Cancer Society - Look Good Feel Better

Hair and Skincare classes, Mon., Sept. 17, 5:00 - 7:00 p.m., FCHC Oncology Library, call 419-330-2708 to RSVP one week prior to the event. Free make-up kit included. Plus Cancer Resource Center (Cancer information).

American Cancer Society Programs by Referral

"Reach to Recovery" and "Road to Recovery." Physical & Occupational Therapy, Stomal Therapy and Wound Care - on site.

Lymphedema Therapy

Includes specialists from nursing, physical therapy, and massage therapy who are trained to work together in treating patients with lymphedema.

Prosthesis and Wig Bank

Available for patients who cannot afford to purchase their own.

Yes Mamm Program - Free screening mammograms for uninsured and underinsured men and women age 40 and over. A doctor's order is required. For more information call 419-330-2706.

PARTNERS IN PREGNANCY

To register for Partners in Pregnancy classes, call the FCHC Family Birthing Center at 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 an International Board Certified Lactation Consultant. Free by appointment.

Car Seat Checks

Making sure you have your car seat installed correctly is important to your baby's safety. Inspections are performed by a certified car seat technician. Free by appointment.



Childbirth Education

Class is 2 hours/week for 2 weeks or 4 hours on Saturday. Taught by experienced childbirth educators. Learn about the birth process, breathing techniques, relaxation, and comfort measures. Includes labor preparation, discussions, and Powerpoint presentations. Call to register and get cost information.

Sibling Class

For children age 3 and older at home. Held at 10:00 a.m. the first Saturday of even months. Includes Family Birthing Center 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 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, teenagers, and adults due to illness or accident. If you are suffering from the death of a child at any age, you are welcome to attend. Please contact Patricia Franz Pahl, LSW, LCDC III, H.O.P.E. Group Coordinator at 419-330-2757 (FCHC OB Unit) or 419-335-2015, Ext. 2385 (Office).

H.E.L.P.

Helping Each other Live Past a suicide is a new support group offered at FCHC that meets the third Monday of each month at 6:00 p.m. in the FCHC Ground Floor Meeting Room. If you have lost someone to suicide, you are welcome to attend the meetings. We cannot take your grief from you, but it does help to talk with someone who knows your despair and isolation. We give supportive listening through these grieving times. We educate participants on the causes of suicide in order to prevent more loss. Please contact Patricia Franz Pahl, LSW, LCDC III, H.E.L.P. Group Coordinator at 419-330-2757 (FCHC OB Unit) or 419-335-2015, Ext. 2385 (Office).



Fitness Programs

7-Week Session: June 18 - August 4

7 Classes - \$28; 14 classes - \$40; 15 or more classes - \$50. All classes can be mixed; excludes specially priced classes.
Register: fultoncountyhealthcenter.org or 419-330-2735.

CARDIO, STRENGTH AND CONDITIONING

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 cardiovascular, flexibility, and strength training!

M W 5:30 PM FCHC Wellness Center, Wauseon

Cardio 360

This is a class you can be crazy about with various types of cardio including step, dancing, and kickboxing. Plus some resistance training that will utilize various types of equipment while targeting numerous muscle groups. The Step 360 will be incorporated into this workout! Who knew that exercising could be this fun!

M W 5:30 PM Ruihley Park Pavilion, Archbold (June 4-Aug. 8)

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 for men and women. Must bring stability ball and mat. FUN! FUN! FUN!

T TH 6:00 PM FCHC Wellness Center, Wauseon

POUND®

The world's first cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing drums. This takes cardio drumming to the next level. (Mat Required)

M W 6:45 PM FCHC Wellness Center, Wauseon

M W 6:45 PM Ruihley Park Pavilion, Archbold (June 4-Aug. 8)

T TH 5:00 PM FCHC Wellness Center, Wauseon

Tabata Fire

Tabata is a system of short, high-intensity intervals developed by Japanese Professor Izumi Tabata. Each exercise lasts only 20-60 seconds each. The one hour training can push men or women to new physical levels never imagined and people continue to burn calories for hours after!

T TH 5:30 AM FCHC Wellness Center, Wauseon (June 5-July 19)

Zumba®

Forget the workout, just lose yourself in the music and find yourself in shape at the original dance - fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

T TH 7:00 PM FCHC Wellness Center, Wauseon (June 4-Aug. 8)

SENIOR ADULT

Delay the Disease (For Parkinson's Disease)

A fitness program designed to empower people with PD to take control of the disease with daily exercise, including Activities of Daily Living exercises.

T TH 10:30 AM FCHC Wellness Center, Wauseon (June 5-July 19)

SilverSneakers® Classic

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. A chair is used for support, stretching, and relaxation exercises. **(Free to SilverSneakers® card holders, regular pricing applies to others)**

M W 10:00 AM FCHC Wellness Center, Wauseon

AQUATICS

Aquatic Aerobics

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

M W 6:15 PM FCHC Wellness Center, Wauseon

SilverSneakers® Splash

Activate your aqua urge for variety! Splash offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required. A special SilverSneakers® kickboard is used to develop strength, balance and coordination. Ideal for those with arthritis, as this class consists of range of motion, strengthening, and endurance. Work at your own ability level. **(Free to SilverSneakers® card holders, regular pricing applies to others)**

T TH 9:30 AM FCHC Wellness Center, Wauseon

T TH 10:30 AM FCHC Wellness Center, Wauseon



138 E. Elm St.
Wauseon, Ohio
419-330-2724

Fitness Memberships

The FCHC Wellness Center offers a variety of fitness membership options for area residents. A membership allows for use of exercise equipment along with guidance from a Personal Trainer/Exercise Specialist to help you develop a fitness plan to meet your health goals. We offer both single and family plans with options of 3, 6, or 12 months. We also offer special discounts for Seniors age 65 and older. For more information and fitness membership rates, visit fultoncountyhealthcenter.org.

Summer Hours

Mon. - Thurs. 5:00 a.m. - 7:00 p.m.
Fri. 5:00 a.m. - 5:00 p.m.
Sat. 8:00 a.m. - 11:00 a.m.

New Hospitalist

Khaled Abuhantash, MD, Internal Medicine, has joined the FCHC medical staff as a Hospitalist. He is a member of Hospital Care Group of Fort Wayne, Indiana. Dr. Abuhantash received his medical education in 2004 from Al Quds University Medical School in Jerusalem. He completed his Internal Medicine residency in 2010 from the University of Toledo Medical Center. Dr. Abuhantash is board certified by the American Board of Internal Medicine. As a Hospitalist, Dr. Abuhantash's role is to serve as an adult patient's physician while they are in the hospital when the patient's primary care physician has approved doing so; or he will admit to the Health Center patients who do not have a primary care physician.



New Web Site Is Coming

For those of you who enjoy visiting the FCHC web site (fultoncountyhealthcenter.org), we are working to make it even better! This summer we will introduce our updated site with new features that make it easier to navigate and to view from tablets and mobile devices. Watch for further details in our fall issue of *Health Centering*.

Listen Up!

Tune your radios to 96.1 WMTR at 7:00 a.m. on Saturdays or 8:00 a.m. on Sundays for "Health Centering on the Radio". Stay in touch with your local hospital and find out more about FCHC news and upcoming events.

Like Us on Facebook

If radio isn't your thing, then follow us on Facebook. Learn about the latest happenings at FCHC!

Fisher Receives Citizens Award



FCHC staff member Rosemary Fisher (right) holds her Citizens Service Medal presented to her by the Hilton Head Island Fire Rescue. Pictured with Rosemary is the man whose life she helped save through CPR.

In the Fall 2017 Issue of *Health Centering*, we wrote about the exploits of Rosemary Fisher, MSN, RN, CNP, a Nurse Practitioner in our FulCare Behavioral Health program. Last summer, in Hilton Head Island, South Carolina, Fisher was running a 5K road race when she stopped to help perform CPR on a fellow runner who had collapsed. Soon after, she had to assist another runner who had collapsed. Both victims survived. As a result, Fisher was awarded the Citizens Service Medal by the Hilton Head Island Fire Rescue. She received her award this past February. The award is given to a citizen, or other public safety person not affiliated with Fire Rescue, who demonstrates exceptional courage, judgment, or ability under hazardous or life threatening conditions to aid, rescue, or protect another; or provides exceptional service to the fire department. Congratulations, Rosemary, on your heroic work!

Construction Update

Construction continues on FCHC's new four-story, 62,000 square foot South Medical Office Building. The facility will be under roof by the end of May. The exterior brick and interior floor will be completed during the months of June and July, and the windows will be installed by the end of August. Interior work will begin in September. The project remains on schedule to be completed in the spring of 2019.



FCHC Auxiliary Fundraising Events

August 2: Robert's Uniforms, Fulton Manor, 10:00 a.m. - 4:00 p.m.

Oct. 8-9: Collective Goods, FCHC Cafeteria

Oct. 24-25: Passion for Fashion, FCHC Cafeteria

See You At the Fair!

FCHC will again be at this year's Fulton County Fair, Aug. 31 - September 6. Many FCHC Departments will be at the fair throughout the week to answer your health questions. Watch for our schedule of events on our website (fultoncountyhealthcenter.org), our Facebook page and in local newspapers as we get closer to the event!

Auxiliary Volunteer Opportunities

Volunteer positions are available at both our main campus and at Fulton Manor. To find out about opportunities at FCHC, contact Mary Gautz, LSW, FCHC Volunteer Coordinator, at 419-330-2695. Contact Tammy Miller, 419-335-2017, Ext. 2798, for opportunities at Fulton Manor.

INSPIRING FUTURE GENERATIONS

In June 2015, FCHC kicked off its first Health Care Camp as a way to share its facility with high school students, especially those curious about a health care career. Since then, the camps have been held quarterly during the school year as well as 2-3 times each summer. We have hosted 18 groups of students to date; 98 students, representing 14 schools. They learned about vocational planning for a health care career, including concepts such as basic clinical skills, confidentiality, infection control, customer service, empathy, insurance 101, and safety. They also practiced wheelchair use and received a thorough tour of the hospital.

“The camp is the gateway to ongoing job shadowing and volunteerism opportunities at FCHC,” says Mary Gautz, FCHC Volunteer Coordinator. “Those who attend our camps can apply to be Volunteens, where they will gain even more vocational health care experiences. As a Volunteen, they will be coached by a variety of FCHC staff members who will offer them a variety of job shadowing opportunities throughout our facility.”

FCHC will host two Health Care Camps this summer: Monday, June 25 and Thursday, July 26. Both summer camps are free and will be held from 1:00 to 4:30 p.m. at the FCHC main campus, 725 South Shoop Ave., Wauseon. Pre-registration is required, and each session is limited to the first 10 students who pre-register. Interested students should contact Mary Gautz, Volunteer Coordinator, at mgautz@fulhealth.org or 419-330-2695 for more information or to receive an application.



These students participated in the most recent Health Care Camp in April at FCHC. Pictured in the front row, L-R: Torri Bost, University of Toledo; Emma Sprow, Tinora High School; Katelyn Guanci, Wauseon High School; Dalia Luna, Archbold High School; Amanda Payne, Archbold High School. Back row: Fernando Chavez, Ohio State University.

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

Patti Finn, Chief Executive Officer | **Carl Hill**, President, Board of Directors | **Steve McCoy**, Director of Marketing and Planning

For address changes or information about articles or programs in this issue, contact the FCHC Marketing and Planning Department at 419-330-2717.