

FALL 2014

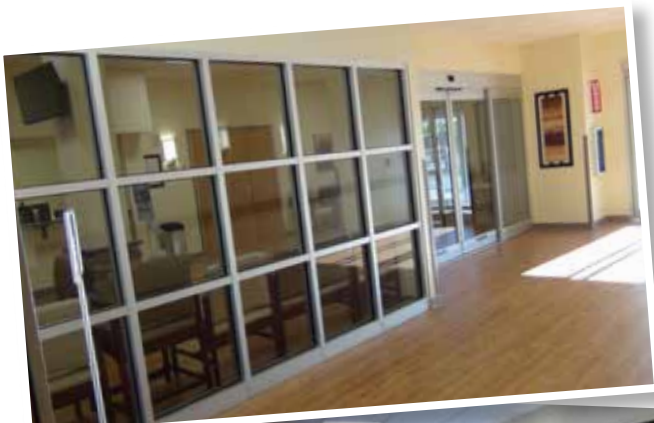
AVITA *Today*

AVITA ONTARIO



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COUNTDOWN TO DECEMBER 5TH GRAND OPENING



PHYSICIAN PRACTICES AT AVITA ONTARIO ARE NOW



Avita's first medical offices at 715 Richland Mall are now open! Seven orthopedic and sports medicine providers, along with three primary care physicians, are welcoming patients on the east end of the building. Construction continues at the former retail site, now officially referred to as **Avita Ontario**. Avita is on schedule to officially launch the opening of Avita Ontario this December. The completion of Phase 1 will offer a variety of medical services to the residents of Richland and surrounding counties, including laboratory, pharmacy, MRI, CT, X-ray, mammography, endoscopy, and a range of medical providers.

GRAND OPENING CELEBRATION!

Mark your calendars for Friday, December 5, 2014, for the official *Grand Opening of Avita Ontario*! You are invited to tour the entire first phase and visit all the different medical areas that are now next to the mall. The public open house will be held from 5:30 to 7:00 pm. The following medical providers will be moving to Avita Ontario in December and will be joining the providers currently practicing at the mall location (seen on the next page):

FAMILY MEDICINE

Julie Beard, MD
Melissa Becker, MD
Natalie Roby, CNP

PEDIATRICS

Charles Shaw, MD
Susan Baker, CNP

EAR, NOSE, & THROAT

Eric Grimes, MD
Lannette Clemons, CNP

PLASTIC & RECONSTRUCTIVE SURGERY

Walter Bodjanac, DO

GENERAL SURGERY

Joseph Centa, MD
Eric Kuivinen, MD

PAIN MANAGEMENT

SPEECH & AUDIOLOGY

INTRODUCING KYLE RANDALL, MD ORTHOPEDIC SURGERY & SPORTS MEDICINE

Avita is pleased to welcome Kyle Randall, MD, to our Sports Medicine and Orthopedic team. Fellowship-trained in Orthopedic Sports Medicine, Dr. Randall was one of the very first physicians to care for patients at Avita Ontario at 715 Richland Mall.

"Randall is a great addition to our orthopedic and sports medicine team, and his Fellowship compliments our sports program well," comments Jerome Morasko, President/CEO, Avita Health System. "We believe that Avita has the most diversified orthopedic and sports medicine group between Cleveland and Columbus, and we are eager to expand this service line, among others, in Richland County."

A native of Fredericktown, Dr. Randall earned his Medical Doctorate from Wright State University, in Dayton, followed by a Residency in Orthopedics at the Medical College of Wisconsin in Milwaukee. After his Residency, Randall returned to Ohio to complete a Fellowship in Orthopedic Sports Medicine at The Ohio State University Medical Center. "I am thrilled to be returning back to Richland County," comments Randall. "After providing care to OSU athletes while earning my Fellowship, it is rewarding to me to be able to come back and care for active individuals and athletes near my hometown."



CURRENTLY AT AVITA ONTARIO

PRIMARY CARE

Edward Adkins, MD.....419-529-6195
Family Medicine
Board-Certified in Family Practice

Kathy Bakenhaster, MD....419-529-6195
Family Medicine
Board-Certified in Family Practice

G. David Long, MD.....419-529-6195
Family Medicine
Board-Certified in Family Practice

ORTHOPEDICS & SPORTS MEDICINE

Robert Dawson, MD.....419-468-HAND
Orthopedic Surgery
Board-Certified in Orthopedics; Fellowship-Trained in Hand and Upper Extremities

Scott Foster, MD.....844-HIP-KNEE
Joint Replacement and Revision Surgery
Board-Certified in Orthopedics; Fellowship-Trained in Primary and Revision Hip and Knee Replacement

Kyle Randall, MD.....419-709-8645
Orthopedic Surgery and Sports Medicine
Fellowship-Trained in Orthopedic Sports Medicine

Ryan Wagner, MD.....419-562-5281
Sports Medicine
Board-Certified and Fellowship-Trained in Primary Care Sports Medicine

Thomas Zuesi, DO.....419-468-7059
Sports Medicine
Board-Certified in Emergency Medicine and Primary Care Sports Medicine

Laurie Cullen, PA-C.....419-468-7059
Orthopedics

Jill Vidrine, PA-C.....419-709-8650
Joint Replacement



Kyle Randall, MD

Avita's orthopedic and sports medicine specialists are trained to provide the latest in musculoskeletal care on a broad range: from routine treatment for conditions such as muscle sprains, to more complex cases such as complete joint reconstruction. Our Board Certified surgeons are available in Richland and Crawford counties and are specially trained in advanced techniques that get you back on your feet and in working order. Six of our ten providers went one step further in their training and completed a Fellowship in order to excel in an area of expertise.

The newest member to Avita's Center for Sports Health service line is Charlie Davis, PA-C. Davis is working alongside Dr. Thomas Zuesi to care for athletes and active individuals of all ages. Through a systematic and comprehensive approach, Avita's Sports Medicine team helps return individuals to their activities. With a musculoskeletal injury, it is common for a Sports Medicine provider to be the frontline caregiver, with a goal of overcoming the injury and avoiding surgery. Although surgery can sometimes be avoided with proper

care and treatment of an injury, surgery may also be unavoidable and a referral to one of Avita's experienced Orthopedic Surgeons needs made.



Besides caring for patients alongside Dr. Zuesi, Charlie Davis is also spending time with Avita's Family Practitioner, Dr. Robert Secor in Ontario. Together, they are caring for patients of all ages in Family Medicine.

Orthopedics and Sports Medicine IS OUR PLAYING FIELD

Fellowship trained in Reconstructive Foot and Ankle Surgery



Samantha Bark, DPM
Foot and Ankle Surgery
Galion
419-468-7059

Fellowship trained in Hand and Upper Extremities



Robert Dawson, MD
Orthopedic Surgery
Ontario, Galion
419-468-HAND

Fellowship trained in Adult Reconstruction



Scott Foster, MD
Joint Replacement Surgery
Ontario, Marion, Bucyrus
844-HIP-KNEE



James Kerbs, MD
Orthopedic Surgery
Galion
419-468-7059



Lawrence Pabst, MD
Orthopedic Surgery
Galion
419-468-7059

Fellowship trained in Orthopedic Sports Medicine



Kyle Randall, MD
Orthopedic Surgery
Ontario, Bucyrus
419-709-8645

Fellowship trained in Primary Care Sports Medicine



Ryan Wagner, MD
Sports Medicine
Bucyrus, Crestline, Ontario
419-562-5281

Fellowship trained in Primary Care Sports Medicine



Thomas Zuesi, DO
Sports Medicine
Galion, Ontario
419-468-7059



Laurie Cullen, PA-C
Orthopedics
Ontario, Galion
419-468-7059



Jill Vidrine, PA-C
Joint Replacement
Ontario
419-709-8650

The chart on this page is an indication of the conditions often diagnosed and treated by Avita's Orthopedic and Sports Medicine providers. If your condition is not listed, call one of our Orthopedic or Sports Medicine providers to determine which provider can best help you overcome the injury.

	G: Galion O: Ontario C: Crestline	B: Bucyrus M: Marion	Samantha Bark, DPM	Robert Dawson, MD	Scott Foster, MD	James Kerbs, MD	Lawrence Pabst, MD	Kyle Randall, MD	Ryan Wagner, MD	Thomas Zuesi, DO	Laurie Cullen, PA-C	Charlie Davis, PA-C	Jill Vidrine, PA-C
Location	G		G, O	O, B, M	G	G	O, B	B, C, O	G, O	G, O	G	O	
Achilles Tendon Injury													
Ankle Instability													
Anterior Hip Replacement													
Arthritis													
ACL Reconstruction													
Arthroscopic Surgery													
Athlete's Foot													
Bone Spurs													
Bone Fractures													
Bunions													
Bursitis													
Carpal Tunnel													
Club Foot													
Curly Toes													
Diabetic Neuropathy													
Dislocations													
Epicondylitis													
Flat Feet													
Frozen Shoulder													
Ganglion Cysts													
General Orthopedics													
Gout													
Hammertoes													
Hand Surgery													
Heel Pain/Spurs													
Hip Replacement													
Joint Pain/Swelling													
Jumper's Knee													
Knee Replacement													
Ligament Injury													
Meniscus Tears													
Muscle Strain													
Osteoarthritis													
Partial Knee Replacement													
Revision Joint Replacement													
Rotator Cuff Repair													
Runner's Knee													
Shin Splints													
Shoulder Instability													
Shoulder Replacement													
Sports Medicine													
Stress Fractures													
Tarsal Tunnel Syndrome													
Tendonitis													
Tendon Repair													
Tennis Elbow													
Toe Walking													

The fellowship process is designed to allow physicians to develop special skills and interests that they hope will become the focus of their professional career. Many surgeons like to focus their attention on a narrower area, which allows them to obtain a higher level of proficiency and knowledge about a more limited area of practice; and thus they can provide better care for their patients in that area.

Becoming Fellowship-trained is a decision that doctors must personally make after they complete their medical education and residency programs. The road to becoming a physician is a long one, most completing their education in 13 years. It's that 14th year that some physicians feel is the most important: The Fellowship.

There are Fellowship programs in a lot of areas of medicine. In essence, Fellowship training gives a physician extra training in a specific subspecialty. Time spent studying in a Fellowship program provides the physician with the most current and relevant approaches to prevention and treatment of disease or injury.

"The hand is one of the most intricate parts of the body. It is this complexity that drew me to pursue subspecialty training."

Dr. Robert Dawson

Depending on the healthcare specialty, some physicians are required to obtain a

Fellowship. But often times, in a specialty such as orthopedics, a physician wants to essentially "master" their skills as a surgeon and has that option of continuing their education, or, continue with a Fellowship. The Fellowship period is where physicians learn the most advanced practices and techniques that are relative to their field.

Just as there are questions on what being Fellowship trained means, there are similar questions on Board Certification. What exactly does it mean to be board-certified? To practice medicine in the United States, doctors must be licensed by the states in which they work. However, being licensed does not indicate whether a doctor is qualified to practice in a specific medical specialty,

such as family medicine or surgery. One of the best ways to know if your doctor has the qualifications to provide care in a specialty is to find out if he or she is Board Certified and participating in activities to stay up-to-date with the latest advances in medicine and patient care.

Board Certified doctors voluntarily meet additional standards beyond basic licensing. They demonstrate their expertise by earning Board Certification through one of the 24 Member Boards that are part of the not-for-profit American Board of Medical Specialties (ABMS).

WHY WE CHOSE TO GO ONE STEP FURTHER



Dr. Walter Bodjanac
Plastic & Reconstructive Surgery

I decided to obtain a Reconstructive Microsurgery Fellowship for the advanced training in complex reconstructive cases. This includes tumors, wounds, traumatic injuries to the face, extremities, and peripheral nerves, as well as restorative microsurgery. My Fellowship allowed me to train with Dr. Julia Terzis, a world renowned surgeon. It also enabled me to become involved in clinical research including publishing several articles on advanced techniques in nerve regeneration and reconstruction.



Dr. Robert Dawson
Hand & Upper Extremity Surgery/Orthopedics

I chose hand and upper extremity surgery because I enjoy the diversity the specialty offers. The hand is one of the most intricate parts of the body. It is this complexity that drew me to pursue subspecialty training and continues to keep me excited to care for patients after ten years of practice. The Fellowship has enabled me to take care of both simple and complex problems of the hand and arm that for years left the community to seek care in larger cities.



Dr. Scott Foster
Hip and Knee Replacement & Revision

Completing a Fellowship was a year that allowed me to commit myself in the advanced science of joint replacements. I am now comfortable in delivering the highest quality care for patients whose needs extend well beyond that of a simple, routine primary joint replacement. I was truly passionate about working with peers and fellow attendings as we went one step above to learn the most advanced treatments for joint replacement patients.



Dr. Kyle Randall
Orthopedic Surgery & Sports Medicine

An Orthopedic Sports Medicine Fellowship gave me the opportunity to fine tune my skills in shoulder and knee arthroscopy, as well as perform complex cases that otherwise require academic level expertise. Getting to work with professional and collegiate teams also helped develop the experience needed to know how to fine tune treatment strategies toward any given athlete or weekend warrior to get them back on their feet.



Dr. Theodore Woodruff
Neurology

The main reason I chose to pursue a Fellowship was to learn one specific sub-specialty area in greater detail. For example, my Fellowship was in clinical neurophysiology. I spent one year learning how to do EEG interpretation, perform and interpret EMGs, and spent dedicated time in an epilepsy clinic. There is simply not enough time during residency to learn how to interpret and perform EMG/EEG with any sure competence.

THE IMPORTANCE OF THE WORD

FELLOWSHIP

Physicians become eligible for board-certification

Residency Training
(5 year average)

Medical School
(4 year average)

College Education (4 year average)

Fellowship Training

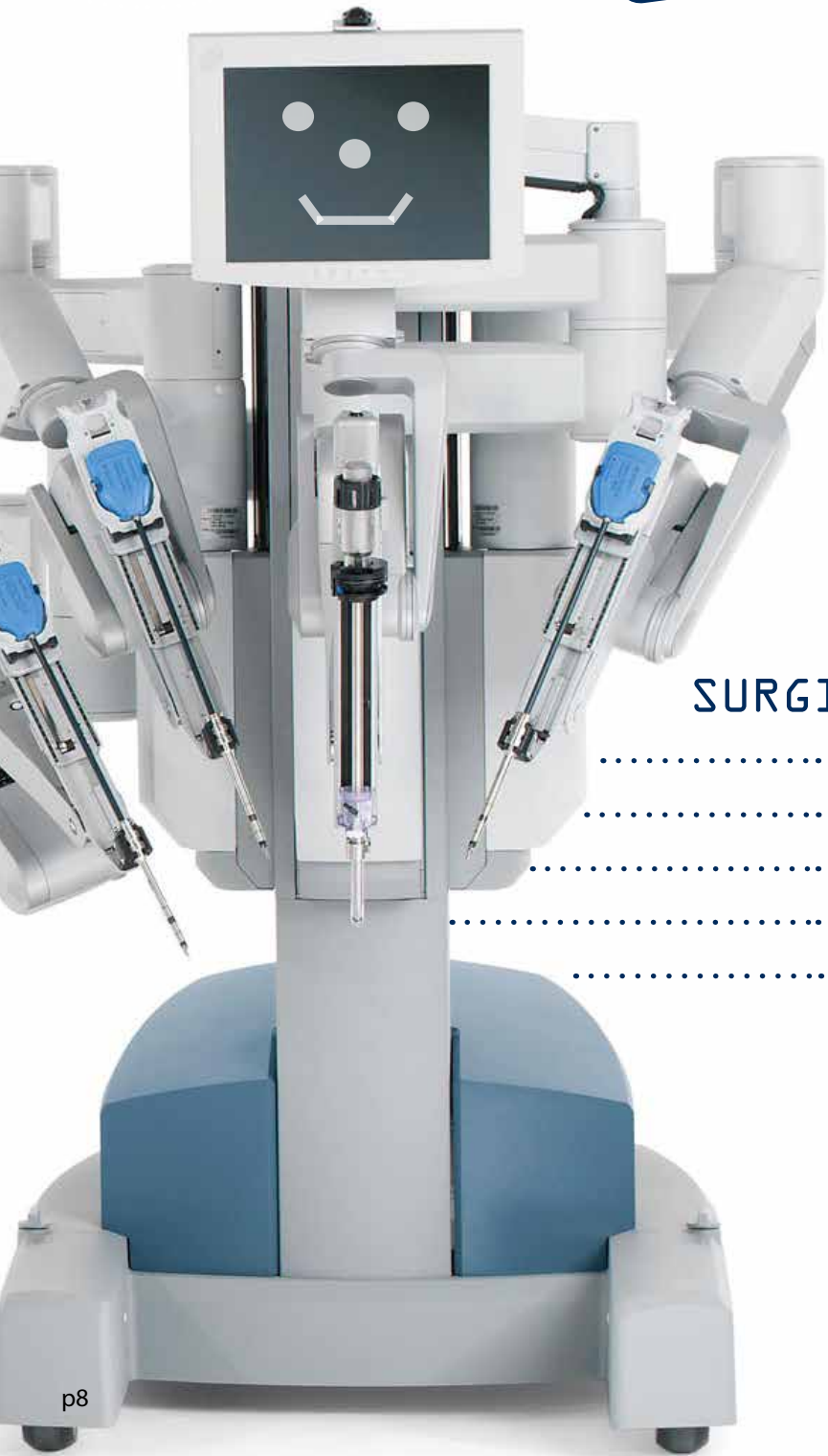
Fellowship-Trained Physicians at Avita:

- Samantha Bark, DPM *Foot & Ankle Surgery*
- Walter Bodjanac, DO *Plastic & Reconstructive Surgery*
- Robert Dawson, MD *Hand/Upper Extremity Surgery*
- Jodi Dome, DO *Nephrology*
- Mark Forsyth, MD *Pathology*
- Scott Foster, MD *Joint Replacement and Revision*
- James Heddleson, DO *Critical Care/Pulmonary Medicine*
- Elizabeth Klenk, MD *Internal Medicine*
- Jack Moskowitz, DO *Pathology*
- Kyle Randall, MD *Orthopedic Surgery/Sports Medicine*
- Mesfin Seifu, MD *Pulmonary/Sleep Medicine*
- Rebecca Strickland, MD *Geriatrics/Palliative Care*
- Ryan Wagner, MD *Primary Care Sports Medicine*
- R. Theodore Woodruff, MD *Neurology*
- Thomas Zuesi, DO *Primary Care Sports Medicine*

STEPS TO BECOMING A PHYSICIAN

MEET GALION HOSPITAL'S SURGICAL ROBOT,

SURGIO



He's been named....and he's been busy! Surgio is a state-of-the-art da Vinci® robot that assists surgeons in the operating room at Galion Hospital. This surgical system helps surgeons transcend the limitations of conventional surgery to provide a minimally invasive option for a range of procedures.

The da Vinci robot features a magnified 3D high-definition vision system and tiny wristed instruments that bend and rotate far greater than the human wrist. As a result, da Vinci enables surgeons to operate with better vision, precision, dexterity, and control.

SURGICAL BENEFITS

- Decreases blood loss during surgery
- Leaves less scarring
- Speeds recovery time for patients
- Less need for pain management medications post surgery
- Shorter hospital stays

Minimally invasive da Vinci uses the latest in surgical and robotics technologies and is beneficial for performing routine and complex surgeries. Your surgeon is 100% in control of the da Vinci system, which translates his or her hand movements into smaller, more precise movements of tiny instruments inside your body. Some of the more common procedures a surgical robot is used for include: Gallbladder removal, hysterectomies, hernia repair, uterine fibroid removal, endometriosis, excessive menstrual bleeding, pelvic prolapse, and gynecological cancers.

SURGEONS UTILIZING THE DA VINCI SYSTEM AT GALION HOSPITAL

The da Vinci system is used for a variety of surgical procedures at Galion Hospital. More commonly, general surgeons and gynecologists use the da Vinci system for the advances in patient care. These surgeons use the surgical robot at Galion Hospital:

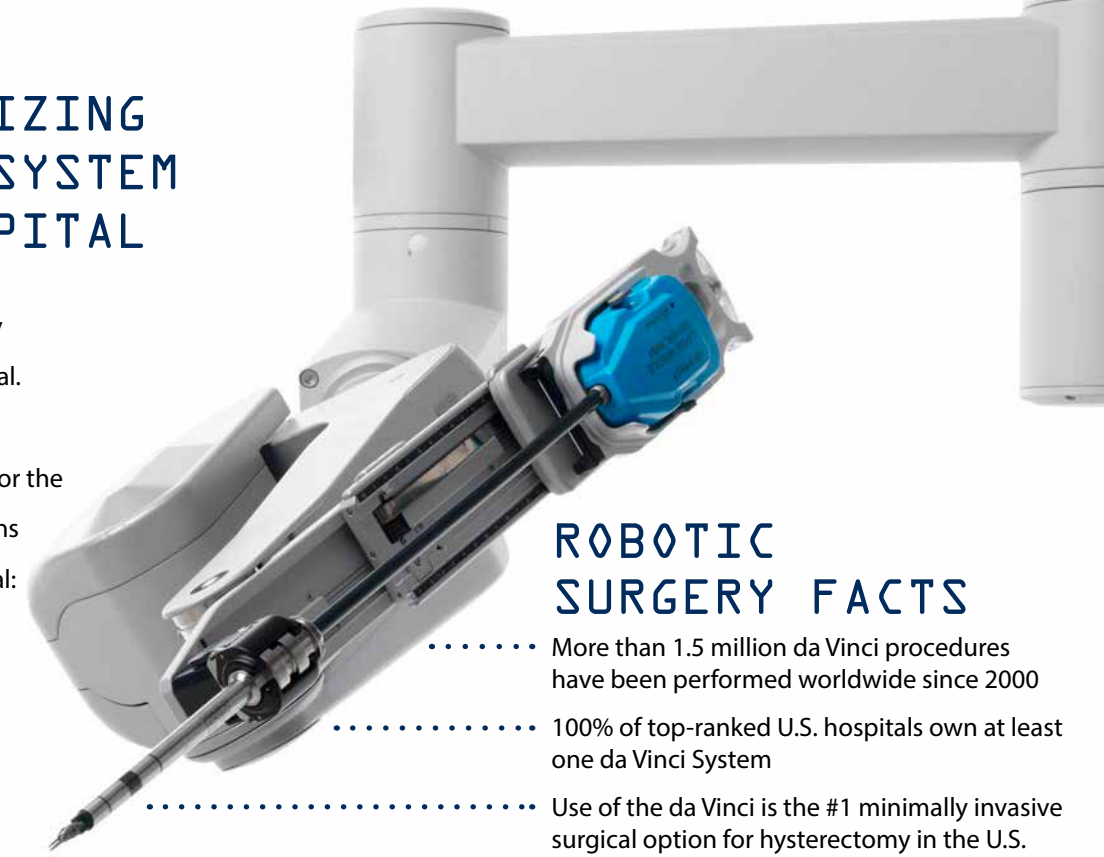
DR. ERIC HOFF
Obstetrician/Gynecologist, Galion

DR. DARYL SANDER
General Surgeon, Galion

DR. ERIC KUIVINEN
General Surgeon, Galion

DR. TYLER HUGGINS
Obstetrician/Gynecologist, Galion

DR. EDROY MCMILLAN
Obstetrician/Gynecologist, Mansfield



ROBOTIC SURGERY FACTS

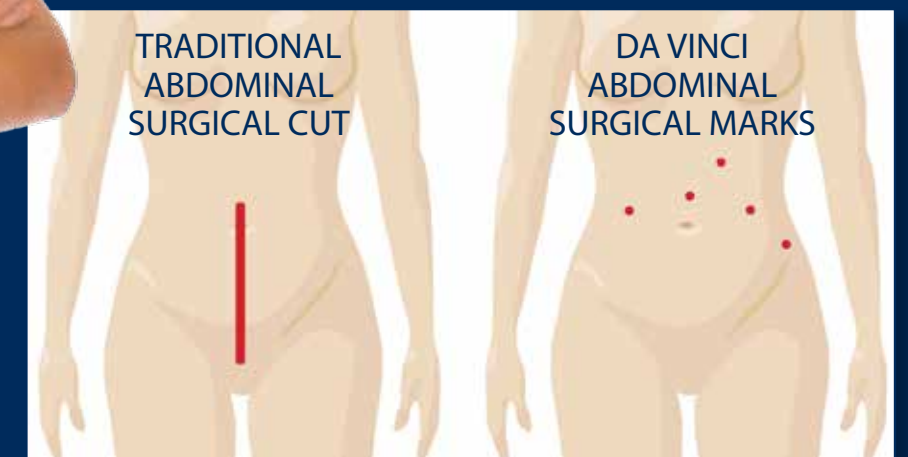
- More than 1.5 million da Vinci procedures have been performed worldwide since 2000
- 100% of top-ranked U.S. hospitals own at least one da Vinci System
- Use of the da Vinci is the #1 minimally invasive surgical option for hysterectomy in the U.S.

FROM THE DOC

“ Being 100% in control of Surgio during procedures has allowed my minimally invasive surgeries to advance to new levels. I am now able to offer hysterectomies with no hospital stay, less pain, and a safer surgical experience. Robotic surgery allows unsurpassed visualization of the surgical area in 3D. This results in virtually a bloodless surgery. Surgio has allowed my patients to return to work in 1-2 weeks, depending on their level of activity at work and the individual's surgical case. By using Surgio, I am able to perform, with confidence, difficult surgeries with minimally invasive techniques. ”



Eric Hoff, DO
Obstetrician/
Gynecologist





Samantha Bark, DPM
 955 Hosford Rd, Galion
419-468-7059

Avita's foot and ankle surgeon cares for even the tiniest feet

Dr. Samantha Bark dedicates her days at Avita caring for ankles, heels, arches, and toes...especially those of children. Through extensive training and a Fellowship at the Rubin Institute for Advanced Orthopedics Limb Lengthening and Deformity Correction in Baltimore, Dr. Bark can diagnose and treat complex foot and ankle conditions for adults and children of any age.

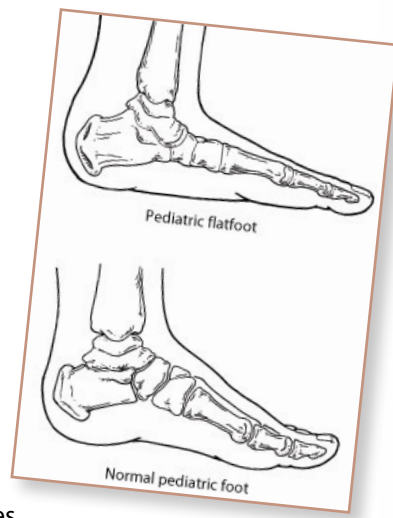
DR. BARK CAN DIAGNOSE AND TREAT PEDIATRIC FOOT CONDITIONS INCLUDING:

- | | | |
|--------------------------------|----------------------|----------------------|
| Clubfoot casting | Ingrown toe nails | Coalition resection |
| Metatarsus adductus casting | Wart treatment | Ankle arthroscopy |
| Flatfoot surgical treatment | Heel pain | Deformity correction |
| Contracted heel cord treatment | Extra bone treatment | Foot infections |
| Fracture care | Ankle instability | Lacerations |
| Pediatric bunion treatment | Ankle sprains | |
| Curly toe treatment | Tendon ruptures | |

What is Flatfoot?

Flatfoot is common in both children and adults and is characterized by a partial or total collapse of the arch. Flatfoot can be seen at birth, or, the condition may not appear until years after birth. Children with flatfoot can have symptoms or be asymptomatic. Common symptoms of flatfeet are:

- Pain, tenderness, or cramping in the foot, leg, and knee
- Outward tilting of the heel
- Awkwardness or changes in walking
- Difficulty with shoes
- Reduced energy when participating in physical activities
- Voluntary withdrawal from physical activities



Dr. Samantha Bark

Shopping for hearing aids

requires time and research. While there are many options available, ranging from hearing healthcare specialists, Audiologists, and to those who merely dispense hearing devices, Avita wants to educate consumers on what to look for during their research. The tips below will help you or a loved one find the right place to purchase hearing aids.



Avita Sells Hearing Aids

So you don't miss that *special* secret

- Tip 1** : Compare apples to apples on costs. For instance, Avita's hearing aid services are, on average, less expensive than hearing aid dealers.
- Tip 2** : Make sure the facility of your choice has the proper credentialing. For example, Avita's Audiologists are Fellows of the American Academy of Audiology and have extensive training in the science of audiology as well as hearing aids.
- Tip 3** : Make sure your facility of choice can fit hearing aids for all ages, including pediatrics. It's nice to know that if you need hearing aids in the future for yourself or a loved one, that you can depend on the facility again.
- Tip 4** : Seek a facility that will service any type of hearing aid, regardless of the original point of purchase, make, or model.
- Tip 5** : Make sure the facility has a board-certified Ear, Nose, and Throat physician on staff, just in case there is a medical concern.
- Tip 6** : Look for a facility that offers aural rehabilitation, which can improve communication skills, if needed.
- Tip 7** : Hearing aid facilities should ask if you've had a diagnostic evaluation, which is different than an audiology screening. Hearing loss is a medical problem and to appropriately give you what you need, testing is important. A diagnostic evaluation will result in a better hearing aid fitting.
- Tip 8** : Make sure there are no hidden charges, such as follow-up visits. Also, make sure a 30-day trial period is offered. Find out if there are any "holdback" fees if you return the hearing aid.

Avita's Audiologists have the proper credentialing and training you should look for:
Lynnette Roth, MA, FAAA
 (Fellow of the American Academy of Audiology)
Heather Vaught, Au.D, FAAA
 (Doctor of Audiology and Fellow of the American Academy of Audiology)

Call us today!

Ear, Nose, & Throat Services
 2981 W Fourth St, Ontario
 (Moving to 715 Richland Mall in December!)
419-775-1091

Galion Hospital
 269 Portland Way S, Galion
419-468-0547

Avita Therapy
 959 Hopley Ave, Bucyrus
419-562-1009

Breathe Easy

Pulmonary Medicine Grows at Avita Health System

Avita has expanded Pulmonary Medicine by welcoming Dr. Mesfin Seifu, Pulmonologist, to our family of physicians. Dr. Seifu is joining Dr. James D. Heddleson at Avita to diagnose and treat diseases and disorders of the chest, lungs, and respiratory system. There is a diverse array of conditions that can affect the lungs. Many of these conditions are quite common. Dr. Seifu's training and experience enhances Avita's capability to effectively manage the care of patients who have lung conditions or sleep problems.

Dr. Seifu advanced his medical education with a Pulmonary and Critical Care Fellowship at University Hospitals/Case Western Reserve University in Cleveland. Dr. Seifu is board-certified in Critical Care, Pulmonary, and Sleep Medicine.

The following conditions are among those that Dr. Heddleson and Dr. Seifu diagnose and treat:

- Pneumonia
- Bronchitis
- Emphysema
- Asthma
- COPD
- Sleep Apnea
- Cystic Fibrosis
- Acute Respiratory Distress

APPOINTMENT INFORMATION

Dr. Mesfin Seifu
Galion/Bucyrus
419-462-3340
Marion
740-387-4037

Dr. James D. Heddleson
Galion
419-462-4588
Bucyrus
419-563-9852



James Heddleson, MD



Mesfin Seifu, MD

We're Growing Too

AVITA EMPLOYED PROVIDERS CAN BE FOUND HERE UNDER THEIR SPECIALTY

CARDIOLOGY

-----419-462-4600

EAR, NOSE & THROAT

Eric Grimes, MD -----419-775-1091
Lannette Clemons, PA-C -----419-775-1091

FAMILY MEDICINE

Edward Adkins, MD -----419-529-6195
Kathy Bakenhaster, MD -----419-529-6195
Julie Beard, MD -----419-683-3200
Melissa Becker, MD -----419-522-0948
John Hanna, MD -----419-468-5999
Fereshte Khavari, MD -----419-492-2200
Amanda Kovolyan, MD -----419-563-9855
Larry Leone, DO -----419-468-4220
G. David Long, MD -----419-429-6195
Sarah Metzger, MD -----419-468-0796
Robert Secor, MD -----419-709-8640
Mark Wood, MD -----419-468-4220
Madeline Anderson, CNP -----419-563-0300
Heather Auck, CNP -----419-563-9865
Charlie Davis, PA-C -----419-709-8640
Virginia Hall, CNP -----419-563-9329
Ami Hay, CNP -----419-468-8323
Wendy Kerr, CNP -----419-462-4505
Frank Millard, PA-C -----419-468-4220
Jenna Miller, CNP -----419-462-4558
Jennifer Minton, CNP -----419-468-4220
Natalie Roby, CNP -----419-522-0948
Trish Trubachik, CNP -----419-492-2200
Rob Wisner, PA-C -----419-462-4571

FOOT & ANKLE SURGERY

Samantha Bark, DPM -----419-468-7059

GENERAL SURGERY

Joseph Centa, MD -----419-709-8670
Eric Kuivinen, MD -----419-468-7785
P. Stephen Novack, DO -----419-468-7785
Daryl Sander, MD -----419-468-7785

GERIATRICS/PALLIATIVE CARE

Rebecca Strickland, MD -----419-563-0300

INFECTIOUS DISEASE

-----419-468-0965

INTERNAL MEDICINE

James Goudy, MD -----419-468-8323
Eric Haus, DO -----419-462-4561
Elizabeth Klenk, MD -----419-462-4544
Andrew Lee, MD -----419-468-0449
R. Todd Strickland, MD -----419-563-0300
Mihai-Liviu Ursachi, MD -----419-468-0596
Nyan Win, MD -----419-563-9329

JOINT REPLACEMENT

Scott Foster, MD -----419-709-8650
James Kerbs, MD -----419-468-7059
Kyle Randall, MD -----419-709-8645
Jill Vidrine, PA-C -----419-709-8650

NEPHROLOGY

Jodi Dome, DO -----419-462-4575

NEUROLOGY

R. Theodore Woodruff, MD -----419-462-4630

OBSTETRICS/GYNECOLOGY

Eric Hoff, DO -----419-462-4550
Bruce Kinney, MD -----419-563-9875

OCCUPATIONAL HEALTH

P. Stephen Novack, DO -----419-468-0630
Robert Secor, MD -----419-709-8640
Janelle Baldosser, CNP -----419-563-9847

OPTOMETRY

Terry Walker, OD -----419-462-4556

ORTHOPEDICS

Robert Dawson, MD -----419-468-7059
Scott Foster, MD -----419-709-8650
James Kerbs, MD -----419-468-7059
Lawrence Pabst, MD -----419-468-7059
Kyle Randall, MD -----419-709-8645
Ryan Wagner, MD -----419-562-5281
Thomas Zuesi, DO -----419-468-7059
Laurie Cullen, PA-C -----419-468-7059
Charlie Davis, PA-C -----419-468-7059

PAIN MANAGEMENT

-----419-462-4547

PEDIATRICS

Susan Baker, CNP -----419-756-8511
Marcia Brown, MD -----419-468-7613
Howard Eckstein, MD -----419-462-4540
Ryan Hohman, MD -----419-563-9865
Andrew Lee, MD -----419-468-0449
Charles Shaw, MD -----419-756-8511

PHYSICAL MEDICINE & REHAB

Christopher Cannell, MD -----419-468-7059

PLASTIC & RECONSTRUCTIVE SURGERY

Walter Bodjanac, DO -----419-756-7059

PULMONARY MEDICINE

James Heddleson, DO -----419-462-4588
Mesfin Seifu, MD -----419-462-3340

SLEEP MEDICINE

Mesfin Seifu, MD -----419-462-3340

SPORTS MEDICINE

Kyle Randall, MD -----419-709-8645
Ryan Wagner, MD -----419-562-5281
Thomas Zuesi, DO -----419-468-7059
Charlie Davis, PA-C -----419-709-8640

UROLOGY

John Peck, II, MD -----419-468-4841

VASCULAR SERVICES

-----419-462-4541

WOUND CARE

Samantha Bark, DPM -----419-563-9899
Walter Bodjanac, DO -----419-756-7059
Joseph Centa, MD -----419-709-8670
Virginia Hall, CNP -----419-563-9329
Heather Auck, CNP -----419-563-9865
*Barry Zadeh, MD -----419-462-4541

* Dr. Zadeh is the Medical Director of Avita's Wound Center and is not employed with Avita.

That's right, Avita representatives have recently been on camera and in the spotlight, in a television series called *Leading Edge*. The show's producers spent time this summer filming interviews and facility shots across Avita Health System. *But why?*

Leading Edge producers caught wind of Avita's success and growth over the past three years. Because the show is educational in nature, the storyline answers a simple question: How has Avita, a small, independent rural health system, been able to grow and prosper when other hospitals are being absorbed by larger systems?

Avita Goes Hollywood?



"Bigger does not mean better. Healthcare is a service industry. And in a service industry, size does not measure quality."

Jerry Morasko
President/CEO



"We didn't want our purpose to be a transporting hospital to larger city hospitals. We recognized having distant healthcare means that patients have to travel, and many of them can't travel easily. We decided to stay local."

Charlie Walker
Past Board Chair



"Being a spoke on the wheel in any healthcare system is necessary to make the whole entire wheel go."

Amanda K. Kovolyan, MD
Family Medicine



"We began to focus on how to grow this organization, and that has been a very collaborative approach, involving the Administrative team, medical staff, and the board.....all coming together."

Doug Schilling
Current Board Chair

Did You Know?

The host of the award-winning *Leading Edge* series is celebrity coach and broadcaster, Jimmy Johnson. The short form segments about organizations across the United States educate viewing audiences while having a great impact in the quiet, low-clutter environment found only on public broadcasting. This non-commercial approach to on-air education demonstrates insightful and rewarding programs that speak to the intellect, entertain, and foster a community connection.

There are six key steps to avoiding back injuries at work or at play:

- 1 FREQUENT POSITION CHANGES**
Prolonged positioning places increased stress on your back. So get up and move, frequently change positions, and take breaks from repetitive activities.
- 2 PUSHING/PULLING**
Stand up straight and push whenever possible. Pushing is easier on your back.
- 3 FOOTWEAR**
Wear well-supported shoes (like tennis shoes) and buy new shoes frequently. Shoes with heels increase stress on your legs and back. Ladies, you have permission to shop but bypass those stilettos!

Chances are, you've had a pain in the neck... but did you know that back pain is more common and affects 8 out of 10 adults during their lifetime? With a statistic like that, learning to prevent back injuries is important to your health and well-being.

If you do experience back pain, the specialists at Avita Pain Management can help you get back to your life. Avita's Pain Management Program is staffed by board-certified and fellowship-trained pain management physicians who use a balanced approach to care including the diagnostics, physical therapy, medication management, and interventional procedures. For more information on Avita's Pain Management program, call:

419-462-4547

OH, my aching back...

- 4 GOOD LIFTING BODY MECHANICS**
Bend your knees, keep your back straight, and keep what you're lifting close to your body. If you must turn, pivot with your feet and do not twist your back.
- 5 PROPER POSTURE**
Keep your back and shoulders upright and your body "stacked". Ears should be over your shoulders, over the middle of your pelvis, and over your knees and feet (think of balancing a book on your head).
- 6 REGULAR EXERCISE**
Exercising 3-5 times per week is a great way to maintain physical fitness, good strength, and flexibility.



The *Leading Edge* Documentary can also be viewed on Avita's website: www.avitahealth.org



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Questions about this publication should be directed to Kelby King, Avita Health System's Marketing and Community Relations Manager at kking@avitahealth.org.

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HOTLINE

Are you searching for a family care provider? How about a specialist, such as a pulmonologist or orthopedic surgeon? Search no more! By calling Avita's Physician Appointment Hotline, you will be referred to a healthcare provider that will best fit your needs. To reach our hotline specialist, call:

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