

NOVEMBER 2015

AVITA *Today*

WE ARE GROWING... FOR YOU!

Meet Our New Providers Inside

- INSIDE:
- p2 Women's Health Services Grow at Avita
- p3 Avita Welcomes Urologists
- p5 Diagnosing Shoulder Pain
- p6 Aesthetic and Reconstructive Surgery Options
- p8 Injuring Your ACL
- p10 Understanding Rheumatoid Arthritis
- p14 The Latest at Avita Ontario
- p17 Inside Avita Therapy

Obstetrics/ Gynecology

Orthopedics and Sports Medicine

Family Medicine

Obstetrics/ Gynecology

Rheumatology

Family Medicine

Family Medicine

Plastic Surgery

Internal Medicine

Family Medicine

Gastroenterology

Pain Management

Occupational Health

Family Medicine

Obstetrics/ Gynecology

Urology

Family Medicine

Urology

Occupational Health

Plus
Minimally invasive
spine surgery now
available at Avita!

Women's Health Services GROW AT AVITA

..... New OB/GYNs

..... New Physician Assistant

..... Nurse Navigation

Avita has expanded women's health services by welcoming a new OB/GYN physician to the area and by joining forces with two well-respected Galion providers! Natalie Johnson, DO, began seeing patients at Avita Ontario on September 1. She cares for women of all ages and has many special interests including birth control awareness, diabetes in pregnancy, infertility causes, and treatment of abnormal bleeding patterns. Dr. Johnson graduated first in her class at the AT Still University School of Osteopathic Medicine in Arizona, where she received her Doctor of Osteopathy degree. Dr. Johnson is a welcome addition to Avita's line of women's health services.

Dr. Tyler Huggins, along with his Physician Assistant, Katie Haspelslagh, has been caring for patients in the Galion area for 23 years. Although Dr. Huggins

has been delivering babies at Galion Hospital for many years, he is now officially employed at Avita. The experience and expertise that both Dr. Huggins and Ms. Haspelslagh bring to Avita strengthens Avita's entire women's health team.

Avita also expanded health services in the area of breast cancer. Women who receive an abnormal mammogram can benefit from Avita's Nurse Navigator, Melody Phillips, RN, BSN. Ms. Phillips helps patients as they try to "navigate" through a cancer diagnosis. A Nurse Navigator is a trained nurse who possesses a unique understanding of how challenging a cancer diagnosis can be.

Ms. Phillips received her Bachelor of Science

in Nursing at Ohio University. She is a former emergency nurse and trained advocate for women. She was trained as a sexual assault nurse examiner and was a past member of the Domestic Violence Task Force. She is a breast cancer survivor.

Like a personal coach, Ms. Phillips assists patients through the complexity of medical terminology, screening and treatment options, medical providers, and other resources that become part of the patient's life once a cancer diagnosis is made.

For further information, contact Melody Phillips, at any of these locations:

- Avita Ontario: 567-307-7743**
- Bucyrus Hospital: 419-563-9831**
- Galion Mammography Center: 419-468-0845**



MEET AVITA'S OB/GYN PROVIDERS



ERIC HOFF, DO
GALION
419-462-4550



TYLER HUGGINS, MD
GALION
419-468-0111



NATALIE JOHNSON, DO
ONTARIO
567-307-7663



BRUCE KINNEY, MD
BUCYRUS
419-563-9875



KATIE HASPELAGH, PA-C
GALION
419-468-0111

Common Urologic Conditions

Prostatitis

Inflammation of the prostate that affects men of all ages.

Overactive Bladder

A problem with bladder storage function that causes a sudden urge to urinate. The urge may be difficult to stop, and overactive bladder may lead to the involuntary loss of urine (incontinence).

Neurogenic Bladder

Underactive bladder which loses its ability to empty properly and fills beyond the normal capacity. It is caused by a condition of the nervous system, such as Parkinson's, stroke, trauma, or other nerve damage.

Incontinence

Failure to control urine output, which is a symptom and not a disease.

Hematuria

Blood in the urine caused by conditions such as kidney stones, urinary tract infections, or some cancers. Not all causes are serious and can even be caused by strenuous exercise and certain medications.

Enlarged Prostate

Condition where the prostate gland has grown bigger, pressing on the urethra and causing urination and bladder problems.

Pediatric & Adult Urology

24-hour
Emergency
Coverage!

In Ontario, Galion, and Bucyrus

Three board-certified Urologists, Dr. Roy Brown, Dr. Christopher McClung, and Dr. Scott Barkin, are seeing patients at Avita Health System in Ontario, Galion, and Bucyrus. These three providers specialize in the treatment and diagnosis of urinary conditions and hold a special interest in both laparoscopic and robotic surgery.



Pediatrics & Adults

Roy Brown, MD
419-468-0732

269 Portland Way S, Galion

Medical School: University of Minnesota Medical School, Minneapolis, MN

Residency: Eastern Virginia Medical School, Norfolk, VA



Individuals Over 13

Christopher McClung, MD
419-468-0732

715 Richland Mall, Ontario

Medical School: University of Minnesota Medical School, Minneapolis, MN

Residency: Eastern Virginia Medical School, Norfolk, VA

Fellowship: Reconstructive Urology and Urologic Trauma at the University of Washington, Seattle, WA



Scott Barkin, MD
419-468-0732

140 Hill St, Bucyrus

Medical School: College of Osteopathic Medicine and Surgery, Des Moines, IA

Residency: Pontiac General Hospital, Pontiac, MI and Detroit Osteopathic Hospital, Detroit, MI

FACTS VS MYTHS ON UTIs

Because urinary tract infections are the most common type of urologic conditions, there are many myths associated with them. Here are a few...

1. Poor hygiene causes UTIs. **MYTH!**

2. Women get UTIs more than men.

TRUE!

(A women's urethra is shorter than a man's so bacteria doesn't travel as far to reach the bladder, causing infection)

3. A UTI can be caused by intercourse.

TRUE!

(And intercourse is the biggest culprit!)

4. Birth control can raise your risk of UTIs.

TRUE!

(But not ALL methods of birth control)

5. Pregnancy raises your risk of UTIs.

TRUE!

(While pregnant, the body makes more progesterone which relaxes the muscles in your bladder which puts you at a higher risk)

6. UTIs don't go away without treatment.

MYTH!

(Infection can go away, however, can also lead to a more serious kidney infection or even pre-term labor if left untreated)

7. Cranberry juice helps prevent UTIs.

TRUE!

(Cranberries contain sulfuric acid which helps prevent bacteria from sticking to the wall of the bladder)

SPINE CONDITIONS
A to Z

- Annular Tear
- Arthritis of the Spine
- Bone Spurs
- Bulging Disc
- Canal Stenosis
- Collapsed Disc
- Degenerative Discs
- Degenerative Joints
- Degenerative Spine
- Disc Extrusion
- Disc Protrusion
- Facet Disease
- Facet Syndrome
- Falled Back Surgery Syndrome
- Foraminal Narrowing
- Foraminal Stenosis
- Herniated Disc
- Herniated Nucleus Pulposus
- Pinched Nerve
- Prolapsed Disc
- Ruptured Disc
- Sciatica
- Scoliosis
- SI Joint Pain
- Slipped Disc
- Spinal Narrowing
- Spinal Stenosis
- Spondylitis
- Spondylosis
- Torn Disc



Jeffrey Biro, DO
419-775-1200

Joel Siegal, MD
419-775-1200

SPINE CARE AND SPINE SURGERY
AVITA SPINE

Avita is now offering comprehensive spine care locally! Dr. Joel Siegal is a board-certified Neurosurgeon who cares for patients with surgical problems of the nervous system and spine. By offering carefully selected surgical options, patients benefit from shorter recovery times, minimal incisions, and higher satisfaction.

Dr. Biro is a board-certified Internal Medicine and Rheumatologist physician who is an expert in treating bone, joint, and spine problems. He evaluates the source of pain with a complete history and physical, attempting to help people function better without a surgical procedure.

Patients should seek care from Avita Spine if they have:

- Pain in the neck or back
- Numbness in the arms or legs
- Uneven hip or shoulder alignment
- Radiating pain into the arms or legs
- Inability to walk or stand for periods of time
- Burning sensations
- Irregular or unsteady gait
- Weakness
- Was given a spine surgery diagnosis

Avita Spine uses comprehensive and individualized treatments including:

- Medical/Non-operative treatments
- Foraminotomy: Relieves the pressure on the nerve root as it exits the spinal cord
- Laminectomy: Relieves the pressure on the nerves and spinal cord from spinal stenosis
- Discectomy: Trims the disc that is pressing on the nerve or spinal cord
- Spinal Fusion: Gluing spine bones together to relieve pain
- Spinal Cord Stimulator Placement: Electrical implant to mask pain
- Carpal Tunnel Release
- Ulnar Nerve Decompression

Dr. Biro is board-certified in Rheumatology and Internal Medicine. He obtained his medical degree from Ohio University. He completed his Residency at Cleveland Clinic Hospital, where he also completed a Fellowship in Rheumatology. Dr. Biro has special interests in spine conditions, inflammatory arthritis, and occupational medicine.

Dr. Siegal is board-certified by the American Board of Neurological Surgery and holds a special interest in microscopic and complex spine surgery. He attended medical school at the University of Pennsylvania in Philadelphia and completed a Residency at the University of Minnesota.

Shoulder Pain

Early diagnosis and treatment prevents further damage



Avita has providers experienced in complex shoulder injuries, whether management or surgical repair is needed.



Common Shoulder Problems

Bursitis
The bursa becomes inflamed and swells with fluid which commonly occurs from overusing your shoulder.

Tendinitis
The rotator cuff tendons become irritated or damaged from overusing your shoulder.

Impingement
The shoulder bone rubs (impinges on) the tendon or bursa causing irritation and pain and can result in bursitis or tendinitis.

Rotator Cuff Tear
This is often the result of impingement and causes swelling and tenderness in the front of the shoulder. Pain is present with activity and at rest and sometimes radiates from the front of the shoulder to the side of the arm.

Instability
This occurs when the head of the upper arm bone is forced out of the shoulder socket. Pain and unsteadiness is felt.

Arthritis
The most common type of shoulder arthritis is osteoarthritis, also known as "wear and tear" arthritis. Swelling, pain, and stiffness usually begin during middle age.

Fracture
A fracture is a broken bone that accompanies severe pain, swelling, and bruising.

Tendon Tear
Splitting and tearing of tendons result from acute injury or degenerative changes from aging. In this case, the tendon is pulled away from its attachment to the bone.

Your shoulder is the most flexible joint in your body and that is why instability and shoulder injuries are common. Depending on the nature of your shoulder pain, nonsurgical treatment options are often recommended. However, in some instances, delaying the surgical repair of a shoulder can increase the likelihood that the problem will be more difficult to treat later. Early diagnosis and treatment of shoulder problems is extremely important. Listed to the right are common shoulder problems that are often treated.

Robert Dawson, MD
Orthopedic Surgery
Ontario | Galion
419-468-7059



Fellowship Trained in Hand and Upper Extremities

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



Board Certified in Orthopedics

Kyle Randall, MD
Orthopedic Surgery
Ontario | Bucyrus
419-709-8650



Fellowship Trained in Orthopedic Sports Medicine

Jeremy Riehm, DO
Orthopedics/Sports Medicine
Ontario
567-307-7595



Fellowship Trained in Sports Medicine

Ryan Wagner, MD
Orthopedics/Sports Medicine
Bucyrus | Ontario
419-562-5281



Fellowship Trained in Primary Care Sports Medicine

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



Fellowship Trained in Primary Care Sports Medicine

Aesthetic and Reconstructive Surgery at Avita Health System

Both men and women seek plastic surgery for a variety of reasons: to evaluate a suspicious mole, to improve loose skin or fat deposits, to correct a deformity, or even reconstruction after a mastectomy. Regardless of the reason, Avita has two highly trained physicians with 54 years of combined surgical experience to help you achieve your goals.

Procedures Available

Breast Augmentation
Enhances breasts to restore volume or increase size.

Breast Reduction
Reduces the size of enlarged breasts that may be causing back or neck pain. May be covered by insurance.

Breast Reconstruction
Rebuilds the breast after a mastectomy. This can be done at the same time as a mastectomy or can be done later.

Mastopexy (Breast Lift)
Restores breast tissue to the elevated position.

Liposuction
Removes fatty deposits through tiny incisions.

Abdominoplasty (Tummy Tuck)
Removes lax skin and fat from the abdomen and tightens abdominal muscles.

Blepharoplasty (Eyelid Surgery)
Removes excess skin and fat from upper and lower eyelids. May be covered by insurance.

Otoplasty (Ear Surgery)
Corrects a variety of ear deformities, particularly protruding ears in children and adults.

Rhytidectomy (Face Lift)
Tightens loose face/neck skin to give a youthful appearance and improve chin and neck contour.

Rhinoplasty (Nose Reshaping)
Reshapes the nose by reducing or removing a hump and/or changing the tip.

Skin Cancer Removal
Removes suspicious areas of the skin prone to cancer or diagnosed with cancer.

Brow Lift (Forehead Lift)
Corrects drooping brows and improves horizontal lines and furrows on the forehead.

Botox®
Injectable compound that temporarily relaxes select muscles to remove an "angry" appearance or crow's feet.

Facial Fillers (i.e. Juvederm® or Restylane®)
Injectable product used to provide volume and fullness to skin.

Chemical Peels
Smooths the texture of the facial skin and evens out pigment variations using a chemical solution. May also soften acne scars.

Microdermabrasion
An anti-aging treatment that softens fine lines and wrinkles, helps smooth textured skin, decreases the appearance of scarring and pore size, and reduces age spots.

INTRODUCING LATISSE®

LATISSE® is a prescription treatment to help create fuller, longer, and darker eyelashes. The solution works gradually with full results noted in about 16 weeks. Our Plastic Surgeons can help determine if LATISSE® is right for you.



Latisse products are offered in the office of Dr. Teresa Ghazoul

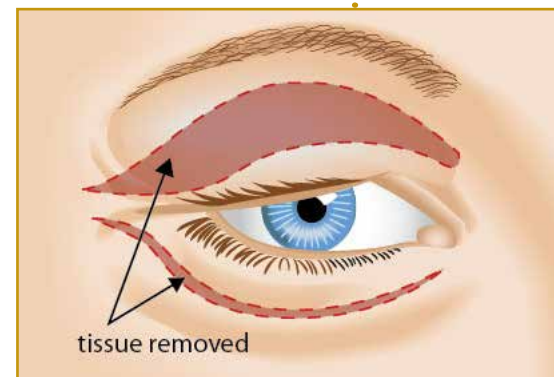
Walter Bodjanac, DO, FACOS
715 Richland Mall, Ontario | 419-756-9996

Dr. Bodjanac obtained his Doctorate of Osteopathy at the University of Osteopathic Medicine and Health Sciences in Des Moines, Iowa. He completed his Residency at the Ohio University/Cleveland South Pointe Hospital in Cleveland, Ohio. He furthered his training through a Fellowship in Reconstructive Microsurgery at the International Institute of Reconstructive Microsurgery in Norfolk, Virginia. Dr. Bodjanac is board-certified in Plastic Surgery.

Teresa Ghazoul, MD, FACS
715 Richland Mall, Ontario | 567-307-7642

Dr. Ghazoul is a board-certified plastic surgeon, specializing in aesthetic, reconstructive, and plastic surgery. After serving as Chief of Plastic Surgery in Beverly Hills, she returned to her native Ohio to serve patients in North Central Ohio. Dr. Ghazoul earned her Medical Doctorate from the Medical College of Ohio in Toledo. She then completed training in General Surgery at Riverside Methodist Hospital, a Hand Fellowship at The Cleveland Clinic, and Plastic Surgery training at Akron City Hospitals.

Meet Our Plastic and Reconstructive Surgeons



Eyelid Surgery

Droopy eyelids are a major reason why some people consider eyelid surgery. Surgery removes and tightens excess eyelid skin. This surgery can result in both improved vision and appearance. At times, your insurance plan may cover this procedure, especially if the eyelids are impacting your field of vision.

A lower blepharoplasty procedure can help reduce puffiness or "bags" of the lower eyelids by removing fat pads and tightening the skin.

ACL INJURY?

Meet Dr. Randall: A fellowship trained, minimally invasive knee surgeon

One of the most highly recognized knee injuries is an anterior cruciate ligament (ACL) sprain or tear. Active individuals and athletes who participate in high demand activities are more likely to injure this ligament. ACL injuries result in significant time lost from sports or activities of any kind. If you have injured your ACL, you may require surgery to regain full function of your knee. This will depend on several factors, such as the severity of your injury and your activity level.

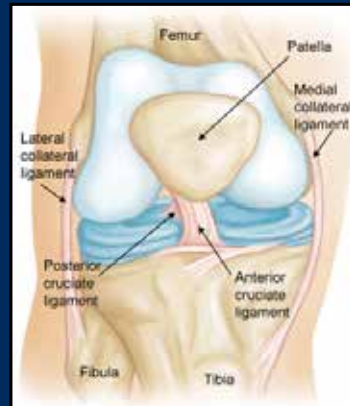


Injuring Your ACL

Your ACL can be injured in several ways:

- Changing direction rapidly
- Stopping suddenly
- Slowing down while running
- Landing from a jump incorrectly
- Direct contact or collision, such as a football tackle

Anatomy of the Knee



Torn ACL



Symptoms

- Pain with swelling. Within 24 hours of the injury, your knee will swell. Even though pain and swelling may go away on their own, your knee will probably be unstable as you return to activity. Resuming activity puts you at risk for causing further damage to the cushioning cartilage (meniscus) inside your knee.
- A "popping" noise or feeling like your knee is "giving out" during movement
- Loss of full range of motion
- Tenderness along the joint line
- Discomfort while walking

About Dr. Randall

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. Besides ACL injuries, Dr. Randall also diagnoses and treats the following orthopedic conditions:

- Achilles Tendon Injury
- Bone Fractures
- Bursitis
- Carpal Tunnel
- Dislocations
- Frozen Shoulder
- Jumper's Knee
- Muscle Strain/Sprain
- Osteoarthritis
- Rotator Cuff Repair
- Shoulder Instability
- Tendon Repair
- Tennis Elbow
- Tendon Repair
- Sports Medicine

Surprising Facts!

- 1 Nearly 200,000 ACL tears occur each year in the United States alone.
- 2 Recent studies have shown that young female athletes sustain more ACL injuries than young males. In fact, young women are two to eight times more likely than their male counterparts to injure that ligament.

Only a distinctive group of surgeons across the country are known for an advanced hip replacement technique.

AVITA HAS ONE OF THEM!

Dr. Foster is the areas only Fellowship trained hip and knee joint specialist and is available in Ontario, Bucyrus, and Marion!

SCOTT FOSTER, MD
844-HIP-KNEE



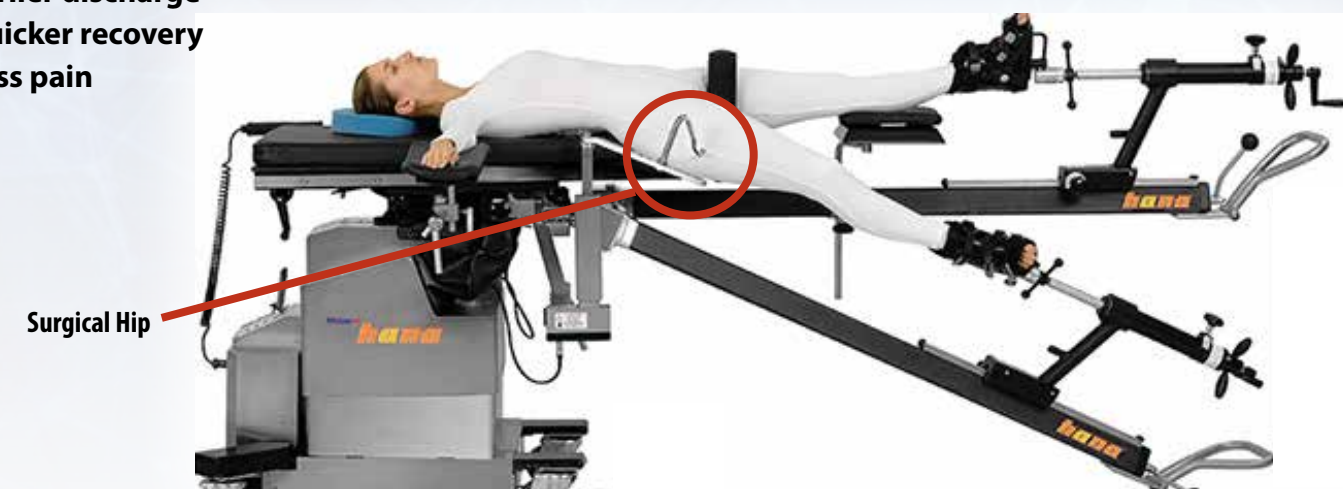
ANTERIOR HIP SURGERY

Scott Foster, MD, is the only surgeon in the area that can perform a hip replacement using an anterior approach with the HANA table: a specialized surgical bed which allows him to provide minimally invasive hip replacements, giving patients a number of benefits:

- Less tissue disruption
- A smaller incision
- Earlier discharge
- Quicker recovery
- Less pain

HOW THE HANA TABLE WORKS

Technically speaking, the table acts as an additional assistant and can position the patient's leg in hyperextension and external rotation. This positions the femur in clear view for the joint replacement team. This entire system allows Dr. Foster to place the implant with minimal soft tissue disruption near the hip which ultimately speeds recovery.



Dr. Foster is **Board Certified and Fellowship Trained** in primary and revision hip and knee replacement. Schedule an appointment with Dr. Foster if you're experiencing pain and discomfort in your hip from arthritis or other factors. Offices are located in Ontario, Bucyrus, and Marion.

UNDERSTANDING RHEUMATOID ARTHRITIS

Rheumatoid arthritis (commonly known as RA) is considered by many as one of the most disabling types of arthritis. The positive news is that the outlook has improved greatly for people with newly diagnosed RA. Even though RA remains a serious disease and one that can vary widely in symptoms and outcomes, advances in treatment have made it possible to stop or slow the progression of joint damage. Rheumatologists now have many new treatments that target the inflammation that RA causes.

WHAT IS RHEUMATOID ARTHRITIS?

RA is a chronic disease caused by a faulty immune system and causes pain, stiffness, swelling, and limited motion/function of many joints. While RA can affect any joint, the small joints in the hands and feet tend to be involved most often. Inflammation can affect organs as well.

WHAT CAUSES RHEUMATOID ARTHRITIS?

RA is an autoimmune disease, which means certain cells of the immune system do not work properly and start attacking healthy tissues. Although the cause of RA is not known, research provides a better idea of what makes the immune system attack the body and create inflammation. In RA, the focus of the inflammation is in the synovium; the tissue that lines the joint. Immune cells release inflammation-causing chemicals. These chemicals can damage cartilage (the cushion between joints) and bone.

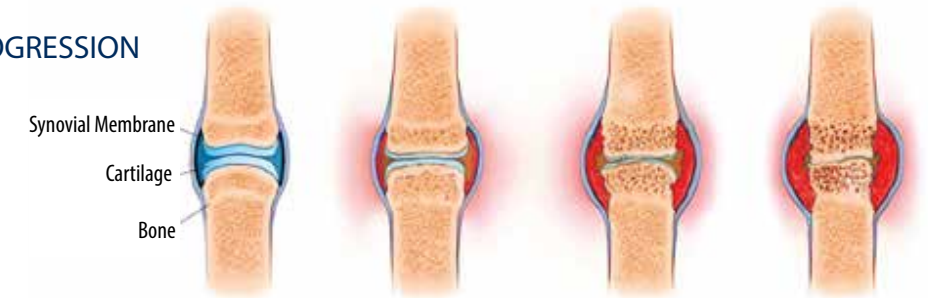
WHO GETS RHEUMATOID ARTHRITIS?

RA is the most common form of autoimmune arthritis, affecting more than 1.3 million Americans. Of these, about 75% are women. In fact, 1–3% of women may get RA in their lifetime. Although RA can begin at any age, it most often begins between the ages of 40 and 60.

WHAT ARE THE SYMPTOMS OF RHEUMATOID ARTHRITIS?

The biggest sign of RA is stiffness, particularly in the morning. Stiffness may last one to two hours, however, can persist throughout the entire day. Few other arthritic diseases result in this type of stiffness, so this symptom is an indicator that it may be RA. Other signs and symptoms of RA include loss of energy, low fever, loss of appetite, dry eyes or mouth, and firm lumps beneath the skin.

DISEASE PROGRESSION



Rheumatoid arthritis occurs when your immune system attacks the lining of your joints. The joints become inflamed and feel warm, painful, and swollen. If inflammation persists, certain chemicals and enzymes may be released that begin to eat away at cartilage and bone.

THINGS TO REMEMBER

The latest treatments are effective. Early treatment can control joint pain, swelling, and lessen joint damage. Studies show that early treatment will help you keep an active lifestyle. It's also important to see a Rheumatologist to help diagnose and manage your disease. Early detection is vital and will rule out diseases that mimic RA as well as unnecessary testing and treatment.

If you identify with one or more of the following symptoms, you may suffer from an autoimmune disorder such as rheumatoid arthritis, osteoarthritis, or fibromyalgia:

- Persistent, severe pain in joints, muscles, or bones
- Morning stiffness
- Moderate to severe fatigue
- Decreased energy
- Muscle spasms or tightness
- Joint swelling, redness, or warmth
- Deformed joints
- Reduced range of motion
- Muscle weakness

YOUR LOCAL Rheumatologists



Jeffrey Biro, DO

715 Richland Mall, Ontario
140 Hill Street, Bucyrus

567-307-7605

Jeffrey Biro, DO, is board-certified and fellowship-trained in Rheumatology and has an office in Ontario and Bucyrus.

Dr. Biro earned his Doctorate of Osteopathic Medicine from Ohio University in Athens. He completed his Residency at the Cleveland Clinic Foundation, where he also completed his Rheumatology Fellowship. Dr. Biro is board-certified in both Internal Medicine and Rheumatology.



David Stainbrook, DO

715 Richland Mall, Ontario
1323 E Mansfield St, Bucyrus
269 Portland Way S, Galion

567-307-7605

David Stainbrook, DO, is a board-certified and fellowship-trained Rheumatologist who has offices in Bucyrus, Galion, and Ontario.

Dr. Stainbrook earned his Doctorate of Osteopathic Medicine from Ohio University in Athens. He completed his Internship, Residency, and Chief Residency in Internal Medicine at Doctor's Hospital in Columbus and his Rheumatology Fellowship at Henry Ford Hospital in Detroit. Dr. Stainbrook has 19 years of experience in private practice in Central and Southeast Ohio. He is a fellow of the American College of Internal Medicine and a fellow of the American College of Rheumatology.

NEED AN APPOINTMENT RIGHT AWAY?



Avita wants to make every effort to assure you receive the necessary medical care when you need it. Here are a few steps to guide you when you are concerned about waiting for an appointment.

STEP 1 EMERGENCY ROOM

IMPORTANT: Before you refer to any of these steps, **DIAL 911** or go to the nearest Emergency Room if your condition is a true emergency.

STEP 2 PRIMARY CARE PROVIDER

Call your primary care physician and ask if they have any open slots available. It is common that providers leave room on their schedule for established patients who need same day care. Keep in mind that these slots are not reserved for patients who need a physical, well-child check, or monitoring of a chronic condition.

STEP 3 WALK-IN CLINIC

If you're unable to be seen by your primary care provider, visit the Walk-In Clinic at Avita Ontario. The Walk-In Clinic is open in the evenings Monday through Friday from 5:00 pm to 11:00 pm. It is also open on Saturdays and Sundays from 10:00 am to 9:00 pm. The Walk-In clinic is important if you have a possible infection, injury, or other irritation requiring treatment.

PLEASE NOTE

Another option for immediate care is through Avita's ER FastTrack at both Galion and Bucyrus Hospitals. The FastTrack is reserved for individuals who do not need care for a life-threatening condition.

STEP 4 PROVIDER HOTLINE

This step is for individuals who are not an established patient with any Avita provider. If you do not have a provider and need to be seen, call the **Physician Referral Line at 419-468-0961**. They will help secure an appointment for you that day which will also provide you with a primary care provider for continued care. This step is not ideal for patients who have a physician.



ER wait times at Galion Hospital, Bucyrus Hospital, and the Avita Ontario Walk-In Clinic can now be viewed on our website and our mobile app. To download our app, go to Avita's mobile site where you will find download options.

EXPANDING PRIMARY CARE



CHRISTOPHER HALASY, MD
419-462-4544



SCOTT RIOCH, DO
419-563-9829

Two primary care physicians have recently joined Avita Health System!

In Bucyrus, **Dr. Scott Rioch** is the newest family practitioner and is accepting patients of all ages...including babies! Dr. Rioch is board-certified in Family Medicine and obtained his medical degree from the Ohio University College of Osteopathic Medicine in Athens, Ohio. He furthered his training with a Residency at St. Vincent Mercy Medical System in Toledo, where he served as Chief Resident.

Dr. Christopher Halasy sees patients of all ages at Galion Hospital. Dr. Halasy received his medical degree from Case Western Reserve University School of Medicine. He furthered his training with a Residency at Aultman Hospital in Canton, Ohio. Before joining Avita, he had an independent practice in Maumee and Piqua, Ohio.



What is a CNP or PA-C?

A CNP (Certified Nurse Practitioner) or a PA-C (Certified Physician's Assistant) are advanced practitioners who have completed advanced education and training in the diagnosis and management of both acute and chronic diseases. They provide a broad range of healthcare services and maintain close working relationships with collaborating physicians. Advanced practitioners spend quality time with patients in an effort to learn which treatment options are best for them. Advanced practitioners often serve as a patient's primary care provider.





Since Avita Ontario's Grand Opening in December 2014, several new service lines have opened as we continue to expand healthcare options for Richland County and surrounding residents.

THE LATEST AT AVITA ONTARIO

RETAIL PHARMACY....*Expanded hours coming this fall!*

Avita opened a retail pharmacy at Avita Ontario that is staffed with experienced, friendly pharmacists who are able to fill your new and existing prescriptions. The pharmacy offers a wide range of other services including, electronic prescribing, direct to pharmacy, over-the-counter medications, an anticoagulation (Coumadin®) Clinic, FLAVORx (custom flavoring for liquid medications), immunizations, medication consultations, and home delivery services in a limited coverage area. Patients are encouraged to stop by or call to compare costs and ask about pharmacy services.

PHARMACY HOURS

Monday through Friday
8:00 am to 6:00 pm
(Closed 1:00-1:30 pm)
Saturday, 9:00 am to 1:00 pm

567-307-7570



GASTROENTEROLOGY

Dr. P. K. Raman joined Avita Health System and now has an office at Avita Ontario! As a Gastroenterologist, Dr. Raman is concerned with conditions of the esophagus, stomach, small and large intestines (colon), pancreas and liver. He is capable of performing a wide range of modern procedures including EGD (upper endoscopy/gastroscopy), biopsy, colonoscopy, polyp removal, hemorrhoid banding, and esophagus dilatation (stretching). Dr. Raman is board-certified in both Gastroenterology and Internal Medicine.



P. K. Raman, MD FACP, FACG

715 Richland Mall, Ontario
140 Hill St, Bucyrus

419-526-4266

IMAGING 567-307-7742

The Imaging Department at Avita Ontario has expanded with the addition of the new Endoscopy suite! Within this suite, physicians are able to examine a patient's esophagus, stomach, and part of the bowel to identify digestive conditions such as ulcers or gastritis. The different radiology areas and hours of operation are listed here:

X-Ray	Monday-Friday	8:00 am to 5:00 pm
CT	Monday-Friday	8:00 am to 5:00 pm
Ultrasound	Monday-Friday	8:00 am to 5:00 pm
Mammography	Monday-Friday	8:00 am to 5:00 pm
Nuclear Medicine	Monday-Friday	8:00 am to 5:00 pm
Dexa Scan	Monday-Friday	8:00 am to 5:00 pm
Mobile MRI	Monday	3:00 pm to 8:00 pm
	Thursday	7:00 am to 1:00 pm



CT Scanner at Avita Ontario



Digital Mammography at Avita Ontario

WALK-IN CLINIC

Open seven days a week, the Walk-In Clinic at Avita Ontario is designed to provide convenient, fast treatment for injuries and conditions that are not critical, but need prompt attention. It is common for illnesses and minor injuries to occur during evenings and weekend hours when most primary care offices are closed. Avita's Walk-In Clinic provides an appointment-free option for patients to receive care during those hours. The Walk-In Clinic at Avita Ontario is located inside the Main Entrance off of Fourth Street. Following is a list of conditions commonly treated in the Walk-In Clinic:

- Cold/Flu
- Sinus Infections
- Eye Irritations
- Minor Injuries
- Lacerations
- Sore Throat
- Ringworm
- Insect Bites
- Bronchitis
- Rashes
- Urinary Tract Infections
- Ear Infections
- Allergies
- Work Injuries
- Sprains
- Strains

WALK-IN HOURS

Monday through Friday
5:00 pm to 11:00 pm

Saturday and Sunday
10:00 am to 9:00 pm

567-307-7920

Sarah Hider, Miss Ohio 2015-16, stopped in to say hello to her friends at Avita! Pictured below is Jerry Morasko, President/CEO, Ms. Hider, and Dr. Julie Beard.



LIGHTING UP THE SKY

Avita Ontario shines at night and can be seen from far away! The columns on the front of the building are also lit and sometimes correspond to holidays and other nationally recognized times of the year.



Did You Know? The anticoagulation clinic at Avita Ontario is managed by our pharmacists and is a convenient alternative to monitor your levels and manage your dosage adjustments.

BRINGING A LITTLE *Sunshine* TO PATIENTS IN PAIN



DanaMarie Aminian, MD

Dr. DanaMarie Aminian has joined the Pain Management team and cares for patients with acute and chronic pain. She is Board-certified and Fellowship-trained in pain management. Avita Pain Management has offices located in Galion, Bucyrus, and Ontario. To schedule an appointment, call **419-462-4547**.

Avita Pain Management commonly diagnoses and treats the following:

- Neck pain and pinched nerves
- Back pain and sciatica
- Persistent pain after neck or back surgery
- Headaches
- Arthritis pain in the neck or lower back
- Complex Regional Pain Syndrome (CRPS)
- Nerve damage or muscle spasm pain
- Chronic pelvic pain
- Shingles pain

We might not bring patients actual sunshine, but pain relief can feel like there is light at the end of a dark tunnel. Individuals who need pain management suffer from pain that affects their quality of life and their ability to participate in normal, daily activities. Our physicians and clinical staff are trained to provide the most advanced treatments. Increasingly, these treatments are more tolerable, less invasive, and very effective at getting patients back to a "normal" life.

More News!

AVITA WELCOMES TWO ESTABLISHED, LOCAL PHYSICIANS

ANIL PAUL, MD Internal Medicine



Dr. Paul earned his Medical degree in 1991 and has been caring for patients in the Mansfield area since 1999. Although Dr. Paul is popular in this area, he actually began his medical training in India in the 80s.

Dr. Paul is board-certified in Internal Medicine and holds special interests in a variety of areas, including hypertension, cardiovascular conditions, diabetes, preventative medicine, bone/mineral health, and lipid metabolism.

Dr. Paul's new office is at Avita Ontario at 715 Richland Mall. His office number remains the same: **419-522-3751**.

ADAM BIHL, MD Family Medicine



Dr. Adam Bihl is the most recent physician to join the Avita medical family. Most people in the Shelby area know Dr. Bihl very well as he has been practicing medicine in Shelby for 15 years.

Dr. Bihl is board-certified in Family Medicine and carries several other roles as a health provider including team physician at Shelby city schools and the Director of Shelby Home and Public Health.

Dr. Bihl's new office is at Avita Ontario at 715 Richland Mall. His office number is **567-307-7835**.



**Galion Hospital
Inpatient Rehab**
269 Portland Way S, Galion
419-468-0886

Inpatient Rehab at Galion Hospital teaches patients the skills needed to care for themselves so they can return home after an illness or surgery and be as independent as possible. Patients with the following diagnoses often benefit from Inpatient Rehab: Stroke, brain injury, neurological disorders, hip or femur fracture, complex joint replacement, spinal cord injuries, or another major trauma. Galion Hospital's Inpatient Rehab is very intensive and returns patients to living independent sooner than less intensive approaches offered in skilled nursing facilities.



Galion Orthopedic Center
955 Hosford Road, Galion
419-468-7059

With locations in Ontario, Shelby, and at the Mansfield YMCA, Avita Summit Therapy offers expert care for all your outpatient and aquatic therapy needs. Whether it's regaining an active lifestyle following a surgery, returning to work after an injury, or recovering from a sports related injury, Avita Summit provides individualized rehabilitation programs. Avita Summit also specializes in treating patients experiencing dizziness, and following a comprehensive evaluation, has clinically proven to **leave patients with a 92.8% improvement!**

Physical & Occupational Therapy Locations



Avita Summit Therapy
2170 Stumbo Road, Ontario
419-756-2525
750 Scholl Rd, Mansfield
419-522-3511
142 Gamble Rd, Shelby
567-844-0044

A Focus on Dizziness!



**Avita Therapy & Sports
Medicine: Bucyrus**
959 Hopley Ave, Bucyrus
419-562-1009

Avita Therapy and Sports Medicine in Bucyrus offers many therapeutic approaches, including the Graston Technique: instrument assisted soft tissue mobilization for relief of pain and a decrease in tissue tightness. Dry Needling is another technique that involves inserting very thin needles into trigger points, also providing pain relief. Our Bucyrus office also builds custom orthotics. Through a special software program and individualized biomechanical assessment, orthotics can be made to give support to the knees, hips, and lower back.



**Avita WorkWell
Occupational Health**
800 Portland Way N, Galion
419-468-0630
715 Richland Mall, Ontario
419-709-8667
959 Hopley Ave, Bucyrus
419-563-9847

Occupational health is an essential part of every business plan. Avita is proud to respond to the needs of area employers by offering services designed to benefit employees. By working hand-in-hand with employers, we have initiated a healthcare program that provides quality therapy, injury care, and employment exams for employees through their work place. Our therapists understand the importance of a speedy recovery time after injury. Barbara Wickham, CNP, recently joined the Occupational Health team and provides thorough care to individuals required to get exams, screenings or injury care through their employer.



Barbara Wickham, CNP



**Avita Therapy & Sports
Medicine: Crestline**
385 N Seltzer Street, Crestline
419-683-4526

The Avita Pediatric Therapy Center offers physical, occupational, and speech therapy for newborns to children up to 22 years of age. Children with motor delays or movement difficulties will benefit from our Physical Therapy program. Occupational Therapy helps children gain independence and promotes development of motor skills needed to function at home or in the community. Speech Therapy helps children with language development and a wide range of speech, feeding, and swallowing disorders.

**Avita Pediatric
Therapy Center**
865 Harding Way W, Galion
419-468-0570





Heart Disease & Stroke

Besides recruiting several Cardiologists to provide care for heart patients, Avita has also partnered with The Ohio State University Wexner Medical Center to provide a Telestroke program. This program speeds up the care of stroke patients by connecting with stroke specialists in Columbus.



Disability & Chronic Pain

To help manage both acute and chronic pain, Avita has three Pain Specialists that provide the most advanced treatments in the management of pain. These board-certified specialists are available in Galion, Bucyrus, and Ontario.

DETERMINING THE NEEDS OF THE COMMUNITY

Avita Health System completed a Community Health Needs Assessment survey back in 2013. The assessment identified the greatest healthcare needs of Crawford County. The six greatest needs that were found were: (1) Heart disease and stroke, (2) Disability and chronic pain, (3) Mental health and mental disorders, (4) Nutrition and obesity, (5) Substance abuse, and (6) Tobacco use. Avita is proud to be able to offer education and services in several of these areas for the well-being of our communities. For more information on Avita's service lines, visit www.avitahealth.org.



Mental Health & Mental Disorders

Within the past year, Avita recruited Dr. Aaron Becker, PsyD, who is a Clinical Psychologist for individuals of all ages. Dr. Becker is located at Avita Ontario and is trained to help individuals cope with difficult life circumstances. He guides patients on making changes in their thought processes, behaviors, and environments in order to achieve their goals and live healthy, productive lives.



Substance Abuse

Individuals seeking information on drug addiction and support can visit Avita's website at www.avitahealth.org. Under our "Resources" link, click on "Wellness". This will bring you to links for the Crawford County Alcohol and Drug Treatment Support Resource Guide, as well as the Narcotics Anonymous meeting directory.



Nutrition & Obesity

Avita has a program called MNT, or Medical Nutritional Therapy, which is an essential component to comprehensive healthcare. Our registered dietitians provide nutritional counseling and education to patients with a variety of health conditions. Education is a key element to any successful program.



Tobacco Use

Avita instituted a non-smoking policy which prohibits employees from smoking during work hours. Bucyrus Hospital offers one-on-one smoking cessation counseling sessions with a physician referral. These sessions may be covered under insurance. For more information, call 419-563-9317.



AVITA FAMILY OF PROVIDERS

Avita Health System is proud to bring an array of specialists to the Richland and Crawford county area so patients do not have to travel far for specialty care. To schedule an appointment, call the provider office or the Avita referral line at 419-468-0961.

CARDIOLOGY (AVITA HEART) ----- 419-462-4600	INFECTIOUS DISEASE ----- 419-468-0965	PAIN MANAGEMENT
CLINICAL PSYCHOLOGY	INTERNAL MEDICINE	DanaMarie Aminian, MD ----- 419-462-4547
Aaron Becker, PsyD ----- 419-522-0948	James Goudy, MD ----- 419-468-8323	Robert Gould, DO ----- 419-462-4547
EAR, NOSE, & THROAT	Eric Haus, DO ----- 419-462-4561	Ripal Parikh, DO ----- 419-462-4547
Eric Grimes, MD ----- 419-775-1091	Andrew Lee, MD ----- 419-468-0449	PEDIATRICS
Lannette Clemons, PA-C ----- 419-775-1091	Anil Paul, MD ----- 419-522-3751	★ Marcia Brown, MD ----- 419-468-7613
ENDOVASCULAR	R. Todd Strickland, MD ----- 419-563-0300	★ Howard Eckstein, MD ----- 419-462-4540
Barry Zadeh, MD ----- 419-462-4541	★ Mihai-Liviu Ursachi, MD ----- 419-468-0596	★ Ryan Hohman, MD ----- 419-563-9865
FAMILY MEDICINE	★ Nyan Win, MD ----- 419-563-9329	Andrew Lee, MD ----- 419-468-0449
★ Edward Adkins, MD ----- 419-529-6195	JOINT REPLACEMENT	★ Charles H. Shaw, MD ----- 419-756-8511
★ Kathy Bakenhaster, MD ----- 419-529-6195	Scott Foster, MD ----- 419-709-8650	★ Susan Baker, CNP ----- 419-756-8511
Julie Beard, MD ----- 419-683-3200	James Kerbs, MD ----- 419-468-7059	PHYSICAL MEDICINE AND REHAB
Melissa Becker, MD ----- 419-522-0948	Kyle Randall, MD ----- 419-709-8645	Christopher Cannell, MD ----- 419-468-7059
★ Adam Bihl, MD ----- 567-307-7835	Jill Vidrine, PA-C ----- 419-709-8650	PLASTIC SURGERY
★ Christopher Halasy, MD ----- 419-462-4544	NEPHROLOGY	Walter Bodjanac, DO ----- 419-756-9996
John Hanna, MD ----- 419-468-5999	Jodi Dome, DO ----- 419-563-9319	Teresa Ghazoul, MD ----- 567-307-7642
Fereshte Khavari, MD ----- 419-492-2200	NEUROLOGY	PULMONARY MEDICINE
★ Amanda Kovolyan, MD ----- 419-563-9855	Theodore Woodruff, MD ----- 419-563-9324	James D. Heddleson, DO ----- 419-462-4588
Larry Leone, DO ----- 419-468-4220	NEUROSURGERY	Mesfin Seifu, MD ----- 419-462-3340
G. David Long, MD ----- 419-529-6195	Joel Siegal, MD ----- 419-775-1200	RHEUMATOLOGY
★ Sarah Metzger, MD ----- 419-468-0796	OBSTETRICS/GYNECOLOGY	David Stainbrook, Jr., DO ----- 567-307-7605
★ Scott Rioch, DO ----- 419-563-9829	Eric Hoff, DO ----- 419-462-4550	Jeffrey Biro, DO ----- 419-775-1200
★ Robert Secor, MD ----- 419-709-8640	Tyler Huggins, MD ----- 419-468-0111	SLEEP MEDICINE
Mark Wood, DO ----- 419-468-4220	Natalie Johnson, DO ----- 567-307-7663	Mesfin Seifu, MD ----- 419-462-3340
★ Brandi Blanton, CNP ----- 419-563-0300	Bruce Kinney, MD ----- 419-563-9875	UROLOGY
★ Charlie Davis, PA-C ----- 419-709-8640	Katie Haspelslagh, PA-C ----- 419-468-0111	Scott Barkin, DO ----- 419-468-0732
★ Melodie Fagan, CNP ----- 419-563-9855	OCCUPATIONAL HEALTH	Roy Brown, MD ----- 419-468-0732
★ Virginia Hall, CNP ----- 419-563-9329	Jeffrey Biro, DO ----- 419-775-1200	Christopher McClung, MD ----- 419-468-0732
★ Ami Hay, CNP ----- 419-468-8323	Omar Garcia, MD ----- 419-709-8667	VASCULAR MEDICINE
★ Wendy Kerr, CNP ----- 419-462-4505	Barbara Wickham, CNP ----- 419-563-9847	Barry Zadeh, MD ----- 419-462-4541
Frank Millard, PA-C ----- 419-468-4220	OPHTHALMOLOGY ----- 419-462-4537	WOUND CARE
★ Jenna Miller, CNP ----- 419-462-4558	OPTOMETRY	Samantha Bark, DPM ----- 419-563-9899
★ Jennifer Minton, CNP ----- 419-468-4220	Terry Walker, OD ----- 419-462-4556	Walter Bodjanac, DO ----- 419-756-9996
Natalie Roby, CNP ----- 419-522-0948	ORTHOPEDICS/SPORTS MEDICINE	Joseph Centa, MD ----- 419-709-8670
★ Trish Trubachik, CNP ----- 419-462-2200	Robert Dawson, MD ----- 419-468-7059	Heather Auck, CNP ----- 419-563-9899
Rob Wisner, PA-C ----- 419-462-4571	Scott Foster, MD ----- 419-709-8650	Virginia Hall, CNP ----- 419-563-9329
FOOT AND ANKLE SURGERY	James Kerbs, MD ----- 419-468-7059	Barry Zadeh, MD ----- 419-462-4541
Samantha Bark, DPM ----- 419-468-7059	Kyle Randall, MD ----- 419-709-8645	Family Medicine, Internal Medicine & Pediatric providers
GASTROENTEROLOGY	Jeremy Riehm, DO ----- 567-307-7595	accepting new patients
P. K. Raman, MD ----- 419-526-4266	Ryan Wagner, MD ----- 419-562-5281	Family Medicine, Internal Medicine & Pediatric providers offering
GENERAL SURGERY	Thomas Zuesi, DO ----- 419-468-7059	Same Day/Next Day appointments
Joseph Centa, MD ----- 419-709-8670	Laurie Cullen, PA-C ----- 419-468-7059	
P. Stephen Novack, DO (non-surgical) ----- 419-468-7785	Jill Vidrine, PA-C ----- 419-709-8650	
Daryl Sander, MD ----- 419-468-7785		
GERIATRICS/PALLIATIVE CARE		
Rebecca Strickland, MD ----- 419-563-0300		



Sign up for email news
www.avitahealth.org

ER wait times now on mobile app



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

Online Wait Times and ER FASTTRACK



Check out our homepage to see our ER and Walk-In Clinic wait times! Go to www.avitahealth.org. The wait times are also on our mobile app. Scan the QR code above to download the most recent version of the app!

ER FASTTRACK

By implementing an ER program called FastTrack, Avita has improved ER wait times! Patients visiting the Galion or Bucyrus Emergency Room with a non-critical condition or injury will be treated sooner because of an increase in patient rooms and ER providers who are dedicated to these diagnoses.

GALION HOSPITAL FASTTRACK HOURS:
10:00 am to 9:00 pm

BUCYRUS HOSPITAL FASTTRACK HOURS:
1:00 pm to 8:00 pm