

NOVEMBER 2016

AVITA *Today*

INSIDE:

- 2 Avita Builds ER Team in Bucyrus
- 4 Options for Back Pain
- 6 Cath Lab Opens In Galion
- 8 Dr. Cheryl Talks Homework!
- 10 Maternity Unit at Galion Hospital Remodeled
- 13 Meet Dr. Luu, Nephrologist
- 14 Helping Individuals Hear
- 16 Providers by Location
- 18 Inpatient Rehab: A Smart Choice After a Stroke
- 19 Inside Avita Ontario

Building a Solid Medical Team For Our Patients

Introducing 9 New Avita Providers

David Fitch, DO
Physical Medicine/Rehab



Cheryl Clay, MD
Pediatrics



David Zaghloul, DO
General Surgery



Ryan Christofferson, MD
Cardiology



Errol Williams, MD
Cardiology



Todd Darmody, MD
Endocrinology



Nhan Luu, MD
Nephrology



Sherri Gillam, CNP
OB/GYN



Jordyn Hatcher, CNP
Orthopedics/Sports Medicine



See Back Page for
a Chance to Win a
\$100 Gift Card!

Plus

Five numbers to know to
keep your heart healthy



Avita Builds Emergency Medicine Team at Bucyrus Hospital

For years, Emergency Room (ER) physicians were not employed at Bucyrus Hospital, and instead, an outside company provided ER physicians in shifts around the clock. This arrangement is common in a majority of hospitals across the nation. However, Avita has recently employed an entire team of physicians and advanced practice providers who will be overseeing the care of patients seen in the Bucyrus ER.



Anthony Midkiff, MD
Bucyrus ED Medical Director

Each provider is under the direction of Dr. Anthony Midkiff, Avita's new ER Medical Director at Bucyrus Hospital. With the addition of Dr. Midkiff and his team, Avita's goal is to deliver high quality emergency medicine care to community residents.

"After providing emergency care for the past 20 years, I am honored to join Avita Health System," comments Dr. Midkiff. "Avita is very focused on constantly improving the patient experience and my team will be working hard to meet our customer service goals as well as our door-to-doc times which is critically important in the ER."

The ER team at Bucyrus will also be serving Ontario when the new Ontario Hospital ER opens in February 2017. "I share Avita's philosophy of providing outstanding ER care and I feel that we are putting together a remarkable team that can make each of our hospitals, including the new Ontario Hospital, the best in emergency care for our communities."



ER FASTTRACK in Bucyrus and Galion

Avita implemented an ER process called FastTrack at Galion and Bucyrus Hospitals that enables patients with non-critical injuries or illnesses to be seen faster when visiting the ER. Wait times have been improved because of the addition of dedicated medical providers and/or ER rooms. Common conditions seen in the FastTrack are ear infections, strep throat, lacerations, sprains/strains and other irritations. Although the ER is open 24 hours a day every day of the week, the FastTrack program is open daily during the following times:

GALION HOSPITAL: 10:00 am to 10:00 pm

BUCYRUS HOSPITAL: 1:00 pm to 9:00 pm

ER and Walk-In Clinic Wait Times **Online!** at www.avitahealth.org



Check out our homepage to see our ER and Walk-In Clinic wait times! Wait times are also available on our mobile app which also gives users a list of providers, locations, and more.

Wait times now on mobile app



Need a Medical Provider? Try Avita's Provider **Hotline**

If you are not established with a medical provider, call the **Physician Referral Line at 419-468-0961**. They will help secure an appointment for you with a primary care provider or help find the right provider to take care of your healthcare needs.

419-468-0961



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 | Sore Throat/Strep | Urinary Tract Infections |
| Sinus Infections | Ringworm | Allergies |
| Eye Irritations | Ear Infections | Sprains/Strains |
| Minor Injuries | Bronchitis | Insect Bites |
| Lacerations | Rashes | |

CLINIC LOCATION:
Ontario: 715 Richland Mall
567-307-7920

WALK-IN HOURS:
Monday - Friday, 5:00 to 11:00 pm
Saturday - Sunday, 10:00 am to 9:00 pm

Meet our
newest
physician!
More on the
next page!



David Fitch, DO, MS
Board-Certified in Physical
Medicine & Rehabilitation

AVITA'S ORTHOPEDIC TEAM GROWS

*And so have our customer service scores...
exceeding 90% patient satisfaction!*

With football, fall soccer, and other impact sports, this is the season that athletes are injured. With winter right around the corner, it's almost the season for slips on the ice and arthritis flare-ups. Avita's Orthopedic and Sports Medicine team has grown significantly in the past few years and now has their own "Big 13"! These specialists are trained to provide the latest in musculoskeletal care across a broad range: from routine treatment of conditions such as muscle

sprains, to more complex cases such as complete joint reconstruction. Seven of our ten physicians went one step further with their training and completed a Fellowship in order to excel in their area of expertise. Our team is specially trained in advanced techniques that will get you back on your feet and active again.



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

**Fellowship-trained in
Reconstructive Foot and
Ankle Surgery**



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

**Board-certified in
Orthopedic Surgery**



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

**Fellowship-trained in Primary
Care Sports Medicine;
Board-certified in Primary Care
Sports Medicine**



Christopher Cannell, MD
Physical Medicine & Rehab
Galion
419-468-7059

**Board-certified in Physical
Medicine and Rehabilitation**



Kyle Randall, MD
Orthopedic Surgery & Sports
Medicine
Ontario, Bucyrus, Marion
419-709-8645

**Fellowship-trained in Orthopedic
Sports Medicine; Board-certified
in Orthopedic Surgery**



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



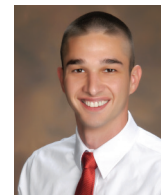
Robert Dawson, MD
Orthopedic Surgery
Ontario, Galion
419-468-7059

**Fellowship-trained in Hand
and Upper Extremities;
Board-certified in
Orthopedic Surgery**



Jeremy Riehm, MD
Orthopedics & Sports Medicine
Ontario, Bucyrus
567-307-7595

**Fellowship-trained in Primary
Care Sports Medicine; Board-
certified in Primary Care Sports
Medicine and Family Medicine**

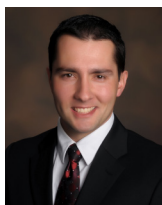


Jordyn Hatcher, CNP
Orthopedics
Ontario, Bucyrus, Marion
419-709-8645



Scott Foster, MD
Joint Replacement Surgery
Ontario, Marion
419-709-8650

**Fellowship-trained in Adult
Reconstruction; Board-certified
in Orthopedic Surgery**



Ryan Wagner, MD
Orthopedics & Sports Medicine
Bucyrus, Marion
419-562-5281

**Fellowship-trained in Primary
Care Sports Medicine; Board-
certified in Primary Care
Sports Medicine**



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

LOW BACK PAIN IS THE SINGLE LEADING CAUSE OF DISABILITY WORLDWIDE

AVITA HELPS THOSE WITH BACK PAIN



WELCOMING DAVID FITCH, DO, MS, TO AVITA SPINE



Dr. David Fitch, Avita's newest Physiatrist (otherwise known as a Physical Medicine and Rehabilitation physician), has a special interest in diagnosing and treating back and neck pain. He received his medical degree at Ohio University and furthered his experience through a Residency in Physical Medicine and Rehab at the University of Michigan Health System. Dr. Fitch joins Avita from the University of Michigan where he was an Assistant Professor in their Spine Program. He is board-certified in physical medicine and rehabilitation.

OFFICE LOCATIONS:

Bucyrus: 140 Hill Street
Galion: 955 Hosford Road
Ontario: 715 Richland Mall

419-562-5281

SPINE SURGERY AVAILABLE AT AVITA



High quality spine surgery is close to home with Avita Spine. Avita Spine just celebrated its first anniversary of performing comprehensive spine surgery locally at Bucyrus Hospital. Dr. Joel Siegal, Avita Spine Neurosurgeon, offers patients individualized care and thoughtful surgical plans to maximize recovery time and provide higher patient satisfaction.

Avita Spine performs disc replacements, spinal decompressions, fusions, discectomies, spinal cord stimulators, carpal tunnel and ulnar nerve surgeries.

OFFICE LOCATION:

Ontario: 715 Richland Mall

419-775-7440

AVITA PAIN MANAGEMENT OFFERS TREATMENT OPTIONS



Avita Pain Management physicians work in conjunction with Dr. Fitch and the Avita Spine program. Even though a majority of patients have spine-mediated pain, Avita Pain Management treats pain from head to toe.

Both acute and chronic pain can be treated. Our physicians are trained to provide the most advanced treatments in the management of pain. Increasingly, these treatments are more tolerable, less invasive, and very effective at returning patients back to a better life.


OFFICE LOCATIONS:

Bucyrus: 130 Hill Street
Galion: 269 Portland Way S
Ontario: 715 Richland Mall

419-462-4547

There are a variety of spine conditions that need treatment, including degenerative discs, bulging or herniated discs, scoliosis, arthritis, and spinal narrowing. Patients should seek care from Avita Spine if they have: (1) Pain in the neck or back (2) Numbness in the arms or legs (3) Uneven hip or shoulder alignment (4) Radiating pain into arms/legs (5) Burning sensations, or (6) Irregular gait

Heart Disease is the #1 Killer of Women in the United States



5 Numbers you need to KNOW

Blood Pressure

Blood pressure is the force of blood against the walls of the arteries. It is measured as two numbers—the systolic pressure (top), as the heart beats, and the diastolic pressure (bottom), as the heart relaxes between beats. A normal blood pressure is under 120/80. If your blood pressure is consistently higher than 120/80, talk with your doctor. Simple life changes can help lower blood pressure and potentially avoid medication and long-term consequences.

Body Mass Index (BMI)

BMI is the measurement of your weight for your body surface area and is considered

a reliable indicator of body fat for most people. BMI is calculated by dividing your weight (in kilograms) by the square of your height (in meters). A BMI less than 18.5 is considered underweight. Under 25 is normal. A BMI of 25 through 29.9 is overweight, and 30 or higher is considered obese. This number is important in understanding what weight is acceptable for a person's stature.

Waist Circumference

Fat that is carried around the abdomen increases the risk of heart disease and type 2 diabetes. Measure your waist at the belly button (not where the waistband of your

clothing sits). Women should be less than 35 inches in waist measurement and men should be less than 40 inches.

Cholesterol

While the body makes all of the cholesterol it needs, it is also found in the foods we eat. High cholesterol can lead to heart disease and atherosclerosis, or build-up of plaque in the arteries. It is important to know your total cholesterol number and your low-density lipoprotein (LDL) number. LDL is bad cholesterol that can cause problems. A healthy overall number is below 200. A healthy LDL number is below 100.

Blood Sugar

Blood sugar readings tell you how much glucose is in your blood. High levels of blood glucose cause diabetes, which increases the risk for cardiovascular disease. A healthy fasting blood sugar number is under 100.

By employing our very own Fellowship-trained Cardiologists, Avita is able to provide top-notch care for patients with conditions of the heart.



Ryan Christofferson, MD, FACC
Interventional Cardiology

As an Interventional Cardiologist, Dr. Christofferson diagnoses and treats a variety of heart conditions with catheter-based procedures.

419-462-4600

CLINIC LOCATIONS:

Ontario: 715 Richland Mall
Galion: 269 Portland Way S



Errol Williams, MD, FACC
Cardiology

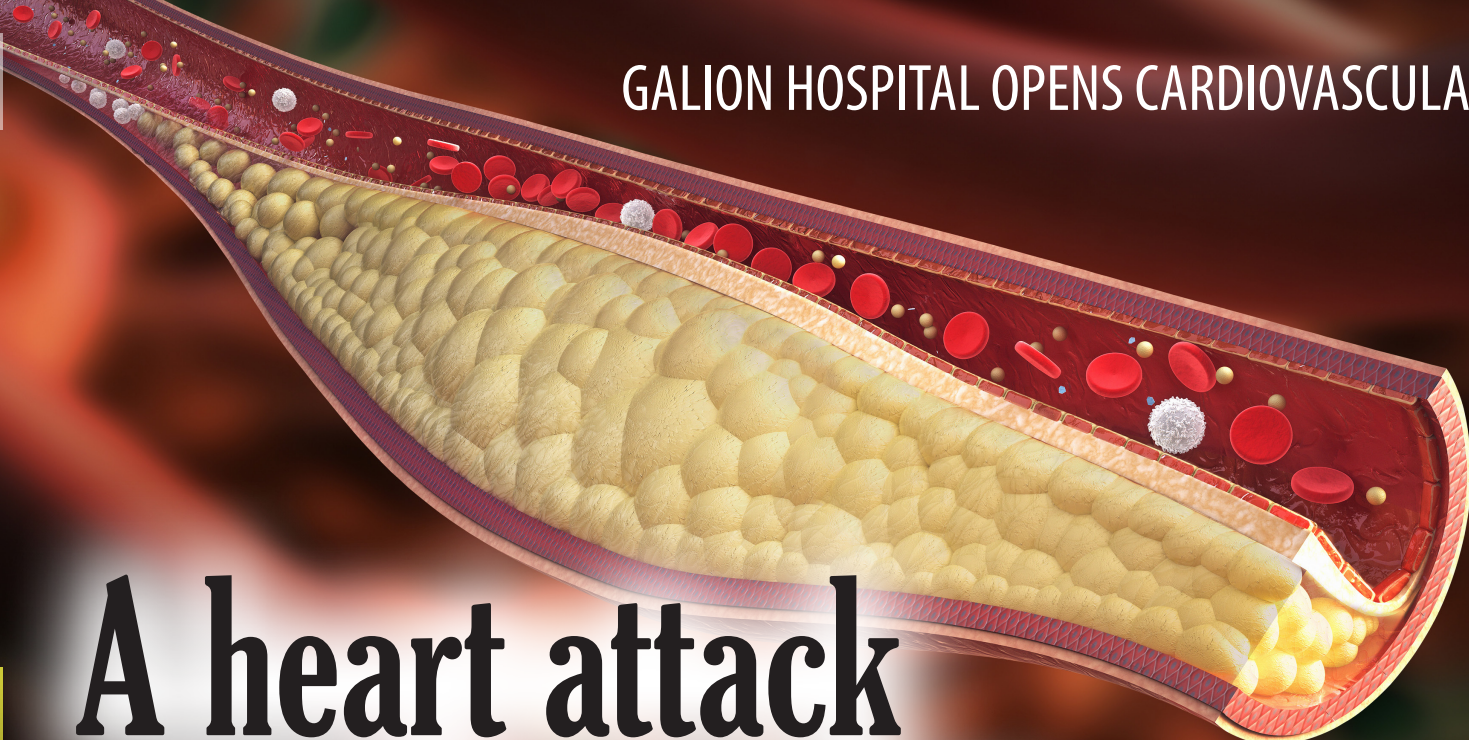
Dr. Williams holds a special interest in wellness, congestive heart failure, and prevention. In fact, Dr. Williams has a unique interest in dancing, and often prescribes it to his patients!

419-462-4600

CLINIC LOCATIONS:

Bucyrus: 629 N Sandusky Ave
Ontario: 715 Richland Mall

**Saturday
Appointments
Available!**



A heart attack may be coming

By Cardiologist, Dr. Ryan Christofferson

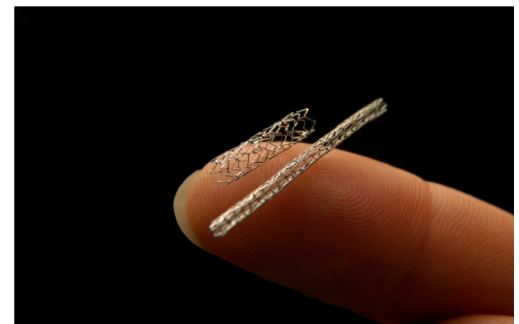
Avita recently opened a state-of-the-art cardiovascular lab at Galion Hospital which enables physicians to view inside the body in order to diagnose cardiac and vascular conditions, such as coronary artery or peripheral artery blockages. Without treatment, these blockages could cause heart attacks or other serious cardiovascular damage. In many cases, the detailed images captured by the lab's special imaging system enhances the physician's ability to diagnose and screen for conditions of the heart and vascular system.

Depending on the location of the blockage, Avita's physicians are currently able to insert stents into the legs, kidneys, and carotid arteries to increase blood flow. A stent is a tiny, metal mesh tube which expands inside the artery in blocked areas to alleviate the blockage. The ability to treat coronary artery narrowing with stents will soon be available as well.

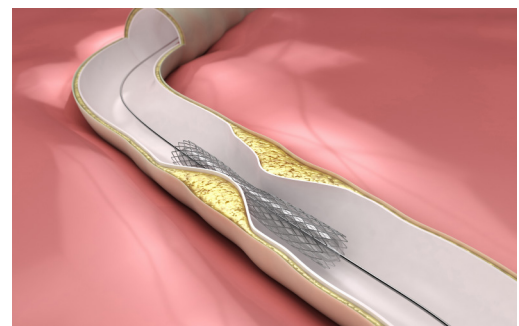
"The new Avita Heart Catheterization Lab at Galion Hospital is state-of-the-art and will provide our team with an opportunity to

diagnose and treat many conditions locally that patients previously had to travel to big cities to receive," states Dr. Ryan Christofferson, Interventional Cardiologist at Avita. "I look forward to growing our cardiology program which will only result in extreme benefits for cardiology patients."

Other procedures for cardiac conditions are also available, such as the right heart catheterization, which allows the physician to screen for congestive heart failure or increased pressure in the heart or lungs. This enables the cardiovascular team to determine the course of treatment for heart failure patients or pulmonary hypertension patients. The transesophageal echo is also performed in the new lab, where a physician inserts a large tube into the esophagus to perform an ultrasound of the heart. By doing this, the physician can fully evaluate the valves and other cardiac structures. Procedures are also available to correct heart rhythm, called cardioversion.



Pictured above are stents that are inserted into the arteries



Pictured here is a stent positioned in the artery with the help of a guidewire. The stent will expand and increase blood flow through the blocked area.

Dr. Cheryl sees children out of her Ontario office at 715 Richland Mall.
To schedule an appointment, call **419-756-8511**.



Developing Good Homework and Study Habits For Your Child

By Avita Pediatrician, Dr. Cheryl

How can parents help kids develop good homework and study habits? Here are a few recommendations from the American Academy of Pediatrics:

Create a consistent work space for homework. This could be a space in their bedroom or another part of the home that is quiet, without distractions, and promotes study.

Schedule ample time for homework and prioritize time spent studying and time participating in after school activities. Establish a household rule that the TV and other electronic distractions stay off during homework time. Be available to answer questions and offer assistance, but never do your child's homework for him or her. If your child is struggling with a particular subject, speak with your child's teacher for

recommendations on how you or another person can help your child at home or at school.

Some children need help organizing their homework. Checklists, timers, and parental supervision can help overcome homework problems. Some children may need help remembering their assignments. Work with your child and their teacher to develop an appropriate way to keep track of their assignments - - such as an assignment notebook. Many schools have these!

Establishing a good sleep routine is also very important. Insufficient sleep is associated with lower academic achievement. The optimal amount of sleep for most adolescents (13-18) is 8-10 hours per night.



Avita welcomed Dr. Cheryl Clay to Ontario

The reviews are coming in, and our pediatric patients love Dr. Cheryl Clay! Dr. Cheryl comes to Avita from Akron Children's Hospital where she was a Pediatric Hospitalist, taking care of sick and injured children while they were in the hospital. Dr. Cheryl joined the pediatric office of Dr. Charles Shaw at Avita Ontario and she is accepting patients ages birth to 18.



GENERAL SURGEON, DAVID ZAGHLOOL, DO, *Joins surgical team*



DAVID ZAGHLOOL, DO
567-307-7930

OFFICE LOCATIONS:
Galion: 1593 Olentangy Road
Ontario: 715 Richland Mall

Dr. Zaghlool joins General Surgeons Dr. Daryl Sander and Dr. Joseph Centa at Avita. With offices in Galion and Ontario, Dr. Zaghlool performs a variety of surgical procedures including minimally invasive laparoscopic surgery. He attended the Ohio University College of Osteopathic Medicine in Athens, Ohio and completed his Residency through OhioHealth at Doctors Hospital and Grant Medical Center. Dr. Zaghlool is dedicated to providing personalized patient care and providing the best surgical options for his patients. Currently, he resides in central Ohio, where he enjoys spending time with family, traveling, and watching The Ohio State Buckeyes.

Dr. Zaghlool has special interests including:

- Gall Bladder Disease**
- Thyroid / Parathyroid Disorders**
- Breast Cancer**
- Colon Cancer**
- Gastrointestinal Surgery**
- Endoscopy Screening/Treatment**
- Soft Tissue / Skin Lesions**
- Hernia Repair**
- Lymph Node Excision**
- Hemorrhoidectomy**



JOSEPH CENTA, MD
OFFICE LOCATIONS:
Galion: 1593 Olentangy Road
Ontario: 715 Richland Mall
419-709-8670



DARYL SANDER, MD
OFFICE LOCATIONS:
Galion: 1593 Olentangy Road
419-468-7785

Avita Opens Renovated Maternity Unit for new families

Our Obstetrical Unit at Galion Hospital has expanded! Due to growing needs, Avita's Obstetrical Unit has been completely redesigned to provide spacious room for families to welcome their new bundles of joy. With generous funding from the Avita Health Foundation, the Galion Hospital Obstetrical Unit has:

- Family-centered care in a homelike atmosphere
- A state-of-the-art infant security system
- 12 modern, spacious rooms for babies and families
- Three labor and delivery rooms
- New and improved comfortable family waiting room with large screen TV to view infants in the nursery
- A secure, dedicated entry for expecting moms
- The same outstanding care that is the hallmark of Avita's maternity program

We recognize that having a baby can bring upon a lot of joy....but also a lot of anxiety!

To help ease your anxieties, we are happy to schedule a time for you to stop by and tour our OB unit. Call Galion Hospital at **419-468-4841** to set up a time!



A private and spacious room for babies and new families



Our new viewing room with state of the art equipment



This view shows part of the nursery and down the Obstetrics unit hallway

Looking for knowledgeable, compassionate, and experienced
Obstetricians and Gynecologists?

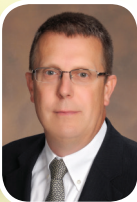
With Avita OB/GYNs, that's exactly what you'll find! Our team strives to provide
the very best care possible for women of all ages.



ERIC HOFF, DO
269 Portland Way S, Galion
419-462-4550



BRUCE KINNEY, MD, FACOG
629 N Sandusky Ave, Bucyrus
419-563-9875



TYLER HUGGINS, MD, FACOG
1200 State Route 598, Galion
419-468-0111



SHERRI GILLAM, CNP
1200 State Route 598, Galion
419-468-0111

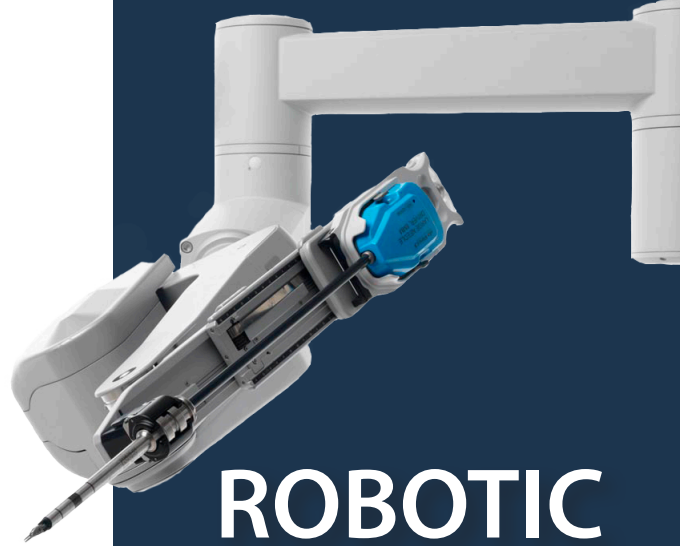


NATALIE JOHNSON, DO
715 Richland Mall, Ontario
567-307-7663



New with Avita!

Sherri joins the office of Dr. Huggins in Galion
as a women's health nurse practitioner.
Sherri graduated from Kent State University
and has had 6 years of nursing experience.

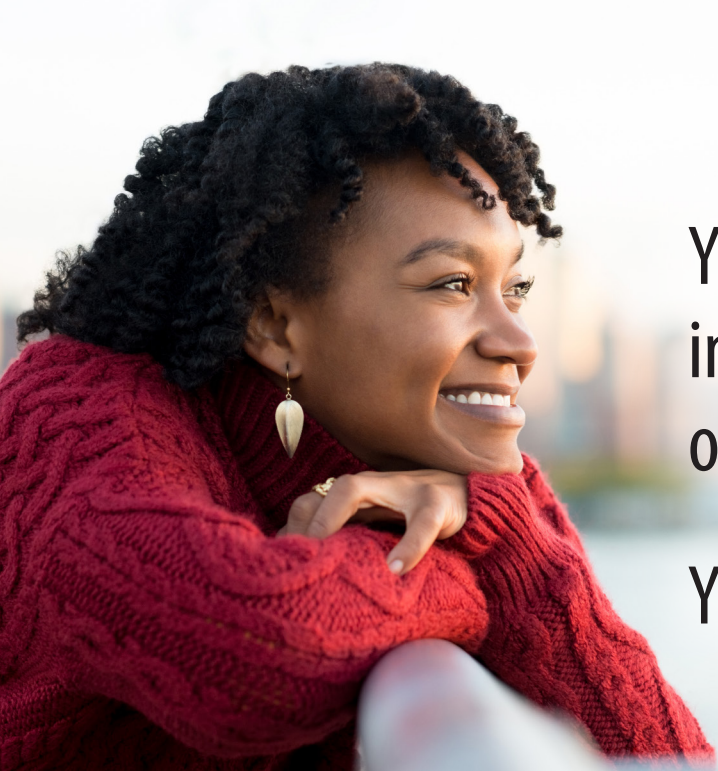


ROBOTIC SURGERY

FOR HYSTERECTOMIES

Dr. Hoff and Dr. Huggins
both utilize the Da Vinci[®]
robot, known as "Surgio", for
hysterectomies. By utilizing Surgio,
women benefit from less scarring,
minimal blood loss, a shorter
hospital stay, and a
quicker recovery after their
procedure.





Your Endocrine System influences almost every cell, organ, and function in the body.

You want to take care of it.

Avita welcomes Endocrinologist, Dr. Todd Darmody

The endocrine system is a collection of glands that regulate metabolism, growth, development, tissue function, sexual function, reproduction, sleep, mood, and more. Part of the endocrine system, the thyroid gland, is often associated with a person's metabolism and weight gain or loss. Maintaining a healthy lifestyle and metabolism is important to your overall well-being.

Dr. Darmody is a fellowship-trained Endocrinologist who specializes in diagnosing and treating conditions related to the glands. He attended medical school at St. George University in the West Indies. He continued his education and experience by completing a Residency at the Mount Sinai School of Medicine in New York, as well as a Fellowship in Endocrinology, Internal Medicine, Diabetes and Metabolism.



Todd Darmody, MD

Common conditions that Dr. Darmody treats include:

- Diabetes
- Thyroid conditions
- Hypertension
- Hormonal imbalances
- Cancers of the endocrine glands
- Metabolic disorders
- Weight gain/loss
- Osteoporosis
- Infertility

Dr. Darmody is located at 270 Portland Way S in Galion. To schedule an appointment, call 419-462-4656.

Tips for a healthy metabolism

EAT BREAKFAST

When you wake, your body is naturally ready to take in fuel and burn calories. Take advantage of this time by eating a healthy breakfast that is low in fat and high in protein which will get your metabolism fired up for the day.

NO MORE SKIPPING MEALS!

Eating keeps your metabolism in check. Skipping a meal, or going too long without eating, will slow your metabolism down. Your body will begin to slow its processes down in an effort to conserve energy and fat.

SNACK!

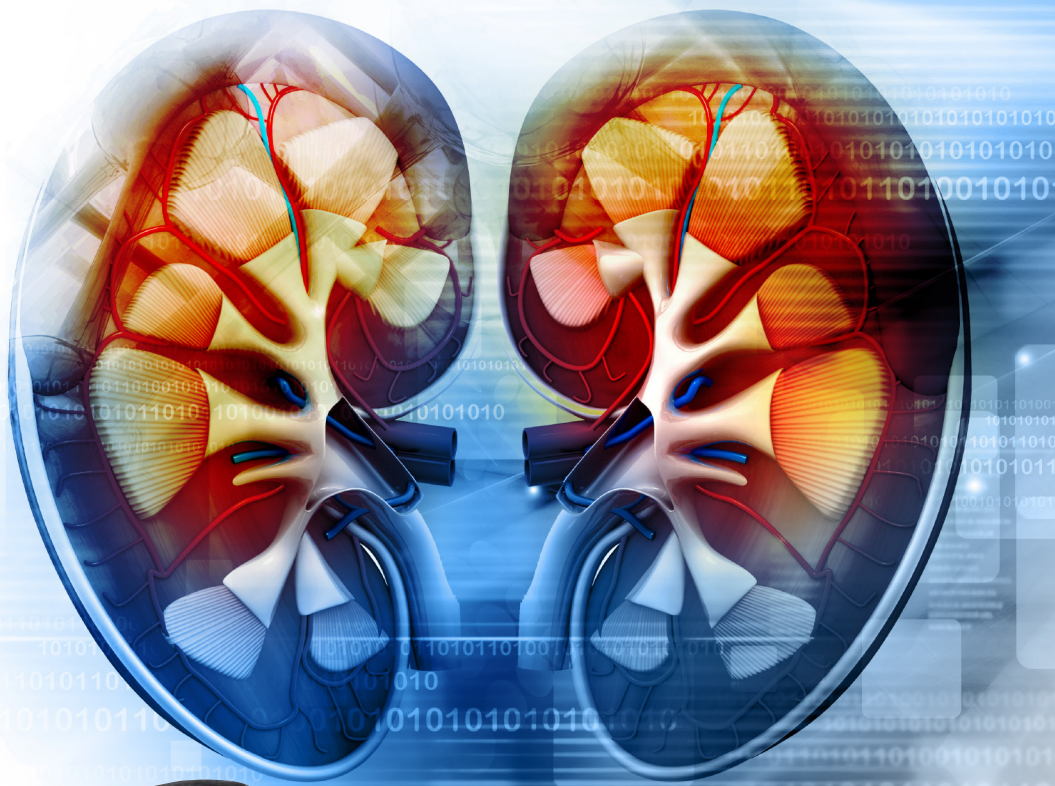
Healthy snacking can help curb your appetite between meals and will keep you from over-eating. Snacking will also help keep blood sugar levels steady, ultimately preventing your metabolism from slowing down.

EXERCISE

Building and maintaining muscle requires the body to burn calories, even at rest. Exercise keeps your metabolism alive and prevents the natural slowing of your metabolism as you age.

SLEEP

An inadequate amount of sleep at night can throw your body's hormones off, making you feel hungrier than usual. It is recommended that you sleep seven to eight hours a night. During that time, your body regulates itself and prepares for the next day.



The kidneys have a critical function in the body and failure of these organs can be life-threatening. Dr. Nhan Luu is fellowship-trained and educated in the diagnosis and management of kidney disease and disorders such as high blood pressure and diabetes. Dr. Luu received his medical degree from the University of California at San Diego School of Medicine and obtained his Fellowship in Nephrology at the University of New Mexico.

Pictured to the left is a cross-section diagram of the kidneys.



A message from Avita's new Nephrologist, Dr. Nhan Luu

Protect your kidneys, *Save your heart*

Chronic kidney disease (CKD) affects more than 10% of adults in the United States – more than 20 million people may have CKD, of varying levels of seriousness. Your chances of having CKD increase with age; it increases after the age of 50 and a staggering one in two have CKD over the age of 75. Diabetes and hypertension are the leading causes of end-stage renal disease (ESRD). In 2016, diabetes and hypertension were both listed as the primary cause for 7 of 10 new cases of renal disease in the

United States. Premature death from cardiovascular disease, heart attacks and strokes are higher in adults with CKD than in adults without CKD. In fact, most individuals with CKD are undiagnosed and are 16 to 40 times more likely to die than to reach end stage renal disease. Treatment can slow down how quickly the disease progresses, minimizing complications and may prevent or delay CKD and renal disease. If you have diabetes or hypertension, keep your kidneys in mind.

Dr. Nhan Luu

567-307-7940

269 Portland Way S, Galion
2007 W. Fourth Street, Ontario
629 N. Sandusky Ave, Bucyrus



Love What You Hear

Helping Individuals Hear and Communicate with Others

Avita offers a wide range of hearing services including surgical treatment of ear disease and hearing loss, hearing testing and hearing assistive devices, and speech and swallowing therapy. Our team of Ear, Nose, and Throat (ENT) specialists, audiologists, and speech pathologists are fully equipped to treat patients of all ages. Whether it's the newborn who failed a hearing screen... or a young adult with an ear injury, chronic pain or discharge from a deep ear infection... or an older adult with age related hearing loss, we can help.

Eric R. Grimes, MD, along with Lannette Clemens, PA-C, are regional leaders in the medical and surgical treatment of disease of the ear and hearing. We are pleased to offer a wide range of treatment options, including the placement of ear tubes (the most common procedure performed

on children in the U.S.), to more complex treatments of the ear and skull that require extensive surgery to remove and repair diseased tissue.

BONE ANCHORED HEARING DEVICE

When surgery cannot restore normal ear function, but the hearing organ retains the ability to receive sound signals and/or a traditional hearing aid is not an option, Dr. Grimes offers the option of a bone anchored hearing device. A bone anchored device functions similar to a hearing aid, but rather than sending the amplified sound signal through the air, it transmits sound directly through the skull bone to the hearing organ. Just like your dentist may restore a missing tooth, a metal implant is placed into the bone just behind the ear to which a sound amplifier can be attached.

HEARING AIDS

When reduced sensitivity to sound is the problem, as is seen in many older adults and those with excess exposure to loud noise, a hearing aid is often the answer. Our audiologists offer a full range of hearing aid brands and assistive devices at our Ontario, Galion, and Bucyrus locations. They also provide additional services for hearing support, including:

- 1) Custom protective ear plugs to reduce workplace and recreational hearing injury as well as protection against water exposure to the ear
- 2) Repair of existing hearing aids
- 3) Replacement of missing or damaged parts for many major brands, batteries, as well as assistive devices for those with reduced hearing

Con't next page

AVITA MEDICAL PROVIDERS BY LOCATION

*Asterick denotes non-employed providers



ONTARIO

CARDIOLOGY

Ryan Christofferson, MD 419-462-4600
Errol Williams, MD 419-462-4600

CLINICAL PSYCHOLOGY

Aaron Becker, PsyD 419-522-0948

EAR, NOSE, & THROAT

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

ENDOVASCULAR

*Barry Zadeh, MD 419-462-4541

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
Adam Bihl, MD 567-307-7835
G. David Long, MD 419-529-6195
Robert Secor, MD 419-709-8640
Charlie Davis, PA-C 419-709-8640
Natalie Roby, CNP 419-522-0948

GASTROENTEROLOGY

P.K. Raman, MD 419-526-4266

GENERAL SURGERY

Joseph Centa, MD 419-709-8670
David Zaghloul, DO 567-307-7930

INTERNAL MEDICINE

Eric Haus, DO 419-462-4561
Anil Paul, MD 419-522-3751

JOINT REPLACEMENT

Scott Foster, MD 419-709-8650
Kyle Randall, MD 419-709-8645
Jill Vidrine, PA-C 419-709-8650

NEPHROLOGY

Nhan Luu, MD 419-462-4575

NEUROLOGY

R. Theodore Woodruff, MD 419-462-4630

NEUROSURGERY

*Joel Siegal, MD 419-775-7440

OB/GYN

Natalie Johnson, DO 567-307-7663

OCCUPATIONAL MEDICINE

Jeffrey Biro, DO 419-468-0630

OPHTHALMOLOGY

*Amit Tandon, MD 419-462-4537

ORTHOPEDECS

Robert Dawson, MD 419-468-7059
Scott Foster, MD 419-709-8650
Kyle Randall, MD 419-709-8645
Jeremy Riehm, DO 567-307-7595
Thomas Zuesi, DO 419-468-7059
Laurie Cullen, PA-C 419-468-7059
Jordyn Hatcher, CNP 419-709-8645
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PAIN MANAGEMENT

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Galion Hospital's Inpatient Rehab Program is the Road to Recovery

After a Stroke

For the first time, guidelines have been developed by the American Heart Association for rehabilitation after a stroke, recommending an inpatient rehab program over other means of care, including skilled nursing facilities.

The advantage of inpatient rehab units, such as Galion Hospital's, is that patients receive intense, daily therapies increasing the chance of recovery. Daily visits from physicians, physical therapists, occupational therapists, speech therapists, and nurses help a stroke victim recover faster. On average, patients with a high degree of physical challenges see a vast difference in ability within two weeks. Rehab patients spend a minimum of three hours a day working with the therapy team. Compared to an average of one hour a day spent in skilled nursing facilities, this is very aggressive and speeds up a patient's recovery time.

Carolee Winstein, Ph.D., P.T., and leading author of the new scientific statement published in the American Heart Association's journal, *Stroke*, states, "There is considerable evidence that patients benefit from the team approach in a facility that understands the importance of rehabilitation during the early period after a stroke."

Although Galion Hospital's Inpatient Rehab program offers care for a wide variety of conditions, individuals needing care after suffering from a stroke is the most common. "For a person to fulfill their full potential after a stroke," Winstein continues, "there needs to be a coordinated effort and ongoing communication between a team of professionals, as well as the patient, family, and caregivers."

Interesting facts

1. Galion Hospital's therapy gym has a truck cab to help patients relearn how to get in and out of a vehicle.
2. A variety of patients utilize Galion Hospital's Inpatient Rehab program, including those who have a joint replacement, amputation, brain injury, spinal cord injury, hip fracture, or neurological disorders.
3. Galion Hospital's Rehab Unit consists of private rooms and includes a therapeutic kitchen, laundry room, a private dining room, and ADA wheelchair compliant showers.

For more information on Galion Hospital's Inpatient Rehab program, call 419-468-0886.

Inside AVITA ONTARIO

Residents see the construction crews hard at work outside of Avita and they are equally curious what it looks like on the INSIDE. The new hospital is coming along just as expected! Construction crews are making strides towards the new hospital which will open in February 2017. Individual hospital departments will open in phases as they are perfected for patients and will include a full-service Emergency Department, surgical area including a pre-op and post-op area, inpatient rooms including an intensive care unit, an expanded laboratory, radiology, and a new cardiology suite boasting a cardiac cath lab.



1: The medical landing pad for the helicopters is complete!

2: A view inside the future cafeteria right below the famous "hat".

3: Pictured here is the newly enhanced laboratory.

4: A view inside an operating room on the second floor.

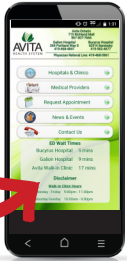
5: The former Lazarus teal tile came down recently on the outside of Avita Ontario.

6: This picture shows the inside of a patient room in the Intensive Care Unit.



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

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