

MAY 2017

# AVITA *Today*

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## Spacious and Private Rooms in One New State-of-the-Art Facility



*Plus*

A special story about Dr. Nhan Luu's journey as a 2 year old refugee to a Fellowship-trained Nephrologist

A Look inside Ontario Hospital: 24-Hour, Full-Service **Emergency** Department, Inpatient and Surgical Care



# 24-Hour, Full-Service, Private, **STATE-OF-THE-ART EMERGENCY ROOMS**



ER BAY



LEVEL 3



ICU ROOM

## PRIVATE ROOMS

- 23 private and spacious emergency rooms including six dedicated ER FastTrack rooms
- Large, frosted sliding glass doors with curtains for privacy and noise reduction
- Accessible to radiology, laboratory, inpatient and surgical care



TRAUMA ROOM

## ADVANCED TRAUMA ROOMS

- Extra large, spacious trauma rooms for ease of use for medical teams
- Large, emergency access sliding glass doors with curtains for privacy
- Easy access for ground and air ambulance crews
- Equipped with cardiac monitors and state-of-the-art telemedicine robots to care for stroke and burn patients
- Easy and immediate access to radiology, lab, inpatient and surgical care



## Low Dose CT Scanner

A state-of-the-art 80-slice CT scanner at Ontario Hospital delivers exceptional images and a low dose of radiation.



We take cleanliness very serious. Housekeeping leaves handmade flowers in each room after it has been cleaned for the next patient.

## PRIVATE ICU ROOMS

- Spacious, clean, and state-of-the-art ICU rooms that allow medical teams plenty of room to care for patients
- Home-like environment with large flat screen TV
- Large, sliding glass doors in addition to curtains for privacy and noise control
- Full-size, pull-out sofa for overnight guests
- Special patient beds to help maintain skin integrity
- Advanced nurse call systems
- Large handicap-accessible restrooms

## PRIVATE ACUTE CARE INPATIENT ROOMS

- Spacious and clean rooms with handicap-accessible restrooms and walk-in shower
- Comfortable environment with large flat screen TV
- Advanced nurse call systems

Visitors are able to use an advanced call system to notify the nurse of a specific need that the patient has, including water, toilet, and pain control.



MedFlight lands on the helipad at Ontario Hospital. Avita provides patients a choice for specialized care if their condition warrants transfer.



ACUTE CARE ROOM



ACUTE CARE ROOM

Avita works closely with local squads to assure the needs of incoming patients are met.



SURGERY SUITE



## STATE-OF-THE-ART SURGERY AREA

- Four oversized surgical suites and an additional procedure room for patient care
- State-of-the-art medical equipment and oversized digital display showing radiology images
- Dedicated private and comfortable pre-op and post-op rooms with large glass doors for easy access and noise control



PROCEDURE ROOM



PRE/POST OP WING



## CAFE

The Cafe on the third floor is located under the "hat" for the convenience of family members and friends visiting patients.

NOW WITH **EXPANDED HOURS**  
AND A **NEW LOCATION**

# WALK-IN CLINIC

**10:00 AM TO 9:00 PM SEVEN DAYS A WEEK**  
**2007 W FOURTH ST, ONTARIO**  
**(JUST 1 MILE EAST OF ONTARIO HOSPITAL!)**



Avita understands that illnesses, aches, and pains pop up at the most inconvenient times. That's why we've expanded the hours of our Walk-In Clinic and have moved to a new location!

When faced with a medical problem that necessitates immediate care, it is often hard to determine if it is truly an emergency. Walk-In clinics help fill a vital gap if you become sick or injured when your regular doctor is not available and you can't wait for an appointment.

A lot of people have recurrent conditions (for example, repeat urinary tract infections or ear infections) so you may know upon having symptoms that you should call your primary care provider to see if you can get a same-day appointment. After all, your primary care provider knows your health history,

including what treatments have worked best in the past and whether you have other medical conditions that need to be taken into consideration. If you cannot get that same-day or next-day appointment with your provider, then our Walk-In Clinic is an option for you.

If you do not have a primary care provider, Avita will be happy to help find a provider that is right for you and your family. You may call our Provider Referral Line at 419-468-0961.

It is sometimes difficult to decide whether an injury or illness should be cared for by an ER or a Walk-In Clinic. Understanding the difference may help you when the time comes to visit one or the other. The chart to the right should help determine which is right for you.

### WHEN TO VISIT A WALK-IN CLINIC

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

### WHEN TO VISIT AN EMERGENCY ROOM

- Chest Pain
- Difficulty Breathing
- Sudden Loss of Vision
- High Fever
- Severe Bleeding
- Severe Abdominal Pain
- Severe Headache
- Loss of Consciousness
- Suicidal/Homicidal Feelings
- Poisoning
- Overdose
- Lethargy
- Broken Bones
- Head Trauma



# A BREATH OF *Fresh Air*

## Joseph Paprota, MD, Joins Avita's Pulmonology Team



Dr. Paprota has joined Dr. James Heddleson and Dr. Mesfin Seifu to bring quality care to individuals who struggle with acute and chronic lung conditions.

Dr. Paprota earned his medical doctorate from Temple University School of Medicine in Philadelphia.

He completed an internal medicine residency at Lehigh Valley Hospital in Allentown, PA and a fellowship in pulmonary and critical care medicine at Pennsylvania State University College of Medicine in Hershey.

Dr. Paprota has pulmonology clinics in Bucyrus and Galion. You may schedule an appointment by calling **419-468-0400**. Physician referrals are required.

Avita's Pulmonary Medicine Team also includes:



**James D. Heddleson, DO**  
Pulmonology Clinics in Galion, Ontario, and Bucyrus  
**419-462-4588**



**Mesfin Seifu, MD**  
Pulmonology Clinics in Galion and Marion  
**419-462-3340**

## A Closer Look at COPD

Avita's Pulmonologists treat a wide variety of lung conditions and diseases, including cough, shortness of breath, pulmonary hypertension, and chronic obstructive pulmonary disease (COPD), which includes asthma, emphysema, and chronic bronchitis. The most common lung disease is COPD.

What is COPD? It is a progressive lung disease that makes it difficult to breathe and remain active. It causes the airways in the lungs to thicken and become inflamed, destroying tissue and decreasing the flow of air in and out of the lungs. Symptoms of COPD include shortness of breath, frequent coughing, wheezing, and tightness in the chest.

COPD affects an estimated 30 million individuals in the United States, with only 11 million medically diagnosed. Cigarette smoking is the number one risk factor for COPD.

Here's the good news! It is never too late to slow the progression of lung disease and improve your lung function. According to Dr. James D. Heddleson, Avita Pulmonologist and Critical Care physician, "Studies indicate that lung function can improve after smoking cessation and with appropriate therapies. Our goal is to decrease the patient's symptoms and improve their quality of life."

In addition to Pulmonary Medicine, Drs. Heddleson, Paprota, and Seifu are Intensivists who take care of inpatients who are critically ill. Dr. Seifu also specializes in sleep medicine.

## Pulmonary Function Testing (PFT)

PFT is a non-invasive medical test that shows how well the lungs are working by measuring lung volume, capacity, flow rates, and gas exchange. Pulmonologists use PFTs to diagnose and treat certain lung disorders. Avita offers PFTs at all three hospitals: Bucyrus, Galion, and Ontario.

# AVITA'S TEAM OF ORTHOPEDIC AND SPORTS MEDICINE PHYSICIANS JUST GOT BIGGER

## AVITA WELCOMES ORTHOPEDIC SURGEON, GREGORY CAROZZA, DO



*Gregory Carozza, DO*

**419-562-5281**

**140 Hill Street, Bucyrus  
1069 Delaware Ave, Marion**

Avita's orthopedic and sports medicine team is the largest in the area. Through fellowship training and years of extensive experience, our orthopedic team is exactly what you find in the big cities. Dr. Gregory Carozza, Orthopedic Surgeon, has joined Avita Health System's Orthopedic team and is now seeing patients in Bucyrus and Marion. Dr. Carozza is board-certified in orthopedic surgery and has special interests in:

- Hip, knee, and shoulder replacement
- ACL reconstruction
- Rotator cuff repair
- Fracture care
- Carpal tunnel/cubital tunnel
- Tendon repairs
- General orthopedics

Dr. Carozza attended medical school at the Arizona College of Osteopathic Medicine at Midwestern University in Arizona. He continued his education through a residency at Doctors Hospital in Columbus.

Avita's Orthopedic and Sports Medicine customer service scores have exceeded 90% patient satisfaction.



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



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



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



**David Fitch, DO, MS**  
Physical Medicine & Rehab  
Avita Spine  
Bucyrus, Galion, Ontario  
**419-562-5281**



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



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



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



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



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



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



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



**Jordyn Hatcher, CNP**  
Orthopedics & Sports Medicine  
Ontario, Bucyrus  
**419-709-8645**



**Chad Miley, CNP**  
Joint Replacement Surgery  
Ontario, Marion  
**419-709-8650**



# Kybella®

A Treatment Option  
for Double Chins

As a well-known Plastic, Aesthetic, and Reconstructive surgeon, Teresa Ghazoul, MD, is now offering a treatment for women and men who want to improve the appearance of their double chin: Kybella®.

Kybella® is the first and only FDA-approved injectable treatment that contours and improves the “double chin” caused by unwanted fat. The accumulation of fat beneath the skin is a result of genetics, weight gain, and aging.

### What are the Benefits of Kybella®?

Kybella® is a non-surgical aesthetic medical treatment resulting in little to no downtime. Patients will see gradual, subtle results that will eliminate the appearance of a double chin.

### How does Kybella® work?

The active ingredient in Kybella® is synthetic deoxycholic acid. This ingredient is a naturally occurring molecule in the body that aids in the breakdown and absorption of dietary fat. When injected into the fat beneath the chin, it destroys fat cells, resulting in a noticeable reduction of fullness. Once destroyed, these cells can no longer store or accumulate fat, therefore further treatment is not expected.

### How many treatments will I need?

The number of treatments varies on each individual and each treatment plan is individualized. Treatment depends on the amount of fat below the chin and the patient’s desired profile. Each treatment is given at least one month apart with a limit of 6 treatments total (some patients see results in as little as one treatment!).

To schedule a consultation with  
Dr. Ghazoul, call 567-307-7642.

715 Richland Mall, Ontario

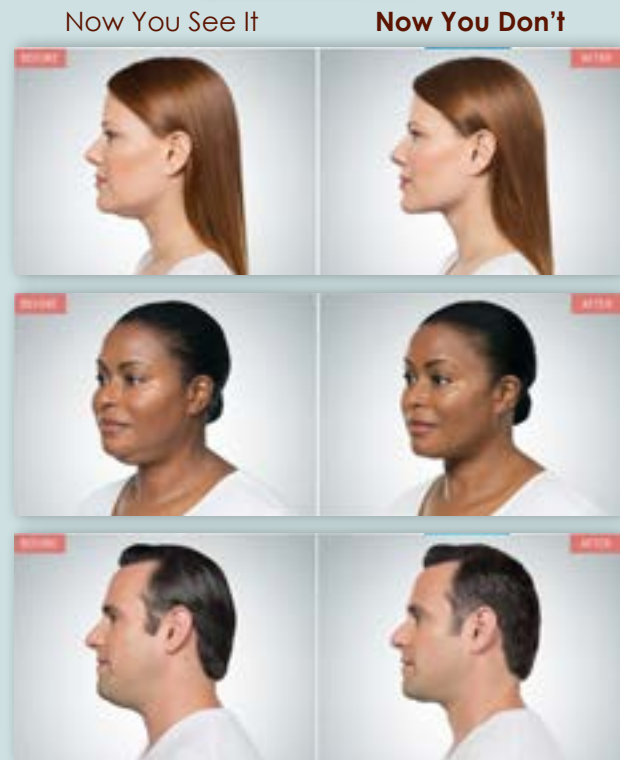


Dr. Teresa Ghazoul

Dr. Ghazoul has over 23 years of experience in Plastic, Aesthetic, and Reconstructive Surgery. She is an Ohio native who has practiced in Cleveland, Phoenix, and Beverly Hills before returning to her Ohio home. She has completed residency training in Plastic, Aesthetic, and Reconstructive Surgery as well as General Surgery and Hand Reconstructive Surgery. Dr. Ghazoul is Board Certified in Plastic and Reconstructive Surgery.

From Kybella to complete breast reconstruction, Dr. Ghazoul provides a wide range of cosmetic and reconstructive services. Following are the most common procedures that Dr. Ghazoul performs:

- |                              |                   |
|------------------------------|-------------------|
| Breast Augmentation and Lift | Laser Resurfacing |
| Breast Reduction             | Burn Care         |
| Breast Reconstruction        | Skin Cancer Care  |
| Liposuction                  | Scar Revision     |
| Tummy Tuck                   | Botox®            |
| Eyelid Surgery               | Restylane®        |
| Nose Reshaping               | Kybella®          |
| Facelift                     | Voluma®           |



Bye Bye



Dr. Bodjanac provides laser hair removal so men and women can say goodbye to razors, tweezers, and waxing

While our weather may still be in the cooler temperatures, the warm rays of summer will soon return! Dr. Walter Bodjanac is now offering laser hair removal and it is the perfect time to prepare for the warmer weather ahead.

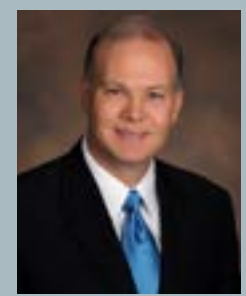
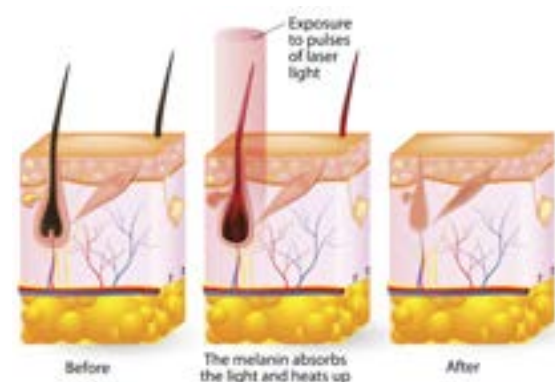
**About Laser Hair Removal**  
Laser hair removal works best on lighter skin with dark hair. Although it is not a guaranteed permanent solution, studies have shown that areas where hair is removed by lasers can generally remain hair-free longer than by most any other hair removal method. If regrowth should occur, the hair is often thinner and lighter in color.

During a laser hair removal treatment, the laser emits a powerful beam of light that is absorbed by the pigment in the hair follicles. The laser pulses for a fraction of a second, just long enough to vaporize the pigment while minimizing damage to the

surrounding skin. The hair follicles absorb the laser energy, impairing the ability to grow new hair.

**How effective is it?**  
Laser hair removal is effective on the face, back, chest, abdomen, arms, underarms, bikini line, buttocks, and legs. The number of treatments required depends on skin and hair color, density, and coarseness of the hair. Several treatment sessions are recommended for the best aesthetic outcome because laser hair removal can only affect hair in the active stages of growth.

The laser utilized in hair removal treatments is also successful in the removal of age spots, sun spots, and dark spots.



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

From microdermabrasion to complete breast reconstruction, Dr. Bodjanac provides a wide range of cosmetic and reconstructive services. Following are his most common procedures:

- Breast Augmentation
- Breast Reduction
- Breast Reconstruction
- Breast Lift
- Liposuction
- Tummy Tuck
- Eyelid Surgery
- Facial Surgery
- Carpal Tunnel Surgery
- Nose Reshaping
- Prominent Ear Correction
- Face Lift
- Brow Lift
- Skin Cancer Removal
- Botox®
- Juvederm®
- Kybella®
- Laser Hair Removal
- Microdermabrasion
- Chemical Peel
- Scar Revision





*"Our injuries dropped 80% this year. Your AT, Sam, is great and her first thought is always player safety."*

*- River Valley Girls Soccer Coach*

*"Your AT, Haley, has been a great addition to the Bulldog family. She has a great work ethic and we hope to have her around for a while."*

*- Crestline Athletic Director*



Follow Avita Center for Sports Health on Facebook and Twitter!

# AVITA

CENTER FOR SPORTS HEALTH

Sometimes, a higher level of medical attention is needed for sports injuries. Our ATs are pivotal in making sure athletes are seen by a doctor in a timely manner and will work closely with Avita physicians to be sure the athlete has a safe and successful return to play. There are return-to-play protocols that are often used for common injuries (sprains, concussions). The athlete's safety is the most important consideration when making return-to-play decisions.

Currently, Avita's Athletic Trainers work closely with the schools listed below. Avita is also active in the well-being of athletes for the Galion Graders collegiate team and Heidelberg College.

- |                     |                 |
|---------------------|-----------------|
| Buckeye Central     | Marion Pleasant |
| Clear Fork          | Ontario         |
| Crestline           | Plymouth        |
| Crestview           | Ridgedale       |
| Galion              | River Valley    |
| Lucas               | Seneca East     |
| Mansfield Christian | St. Peter's     |
| Mohawk              |                 |

You may see Avita physicians or athletic trainers on the sidelines at sporting events, however, there is a lot that our team does behind the scenes to care for athletes.

**Sports Physicals:** Avita's team sets up annual mass physicals in an effort to check the health of each athlete and clear them for sports participation.

**Injury Evaluations:** Injured athletes can benefit from several Avita locations where they can be evaluated and treated as soon as medically necessary after a game or practice. For a listing, please visit [www.avitahealth.org](http://www.avitahealth.org).

**Concussion Management Protocol:** We take athlete safety very seriously and this includes concussion management. As part of our protocol, we require all athletes that participate in contact and collision sports to have a baseline concussion test and will subsequently be tested periodically during their sports season. Our 6-step return-to-play protocol is done on a daily basis for any athlete who has suffered a concussion.



*Plymouth AT, Hope Frisch, helps an injured athlete on the field.*

**Education:** We work hard to educate parents, athletes, and coaches on athlete injuries, prevention, and well-being. It is important that we are present at team meetings, practices, games, and more to help with this education.

**Accelerate Programs:** We work with athletes in our Accelerate Program, which is beneficial for athletes who suffer an injury. This program is sport-specific and is a safe and effective return-to-play.



**In addition to our Athletic Trainers, you may also see Avita physicians and advanced practice providers on the sidelines at games. These providers include:**

- Dr. Ryan Wagner**
- Dr. Thomas Zuesi**
- Dr. Jeremy Riehm**
- Dr. Kyle Randall**
- Dr. Gregory Carozza**
- Dr. Amanda Kovolyan**
- Wendy Kerr, CNP**

*"Your AT, Rob, is very realistic with my athletes. He may cautiously limit them, but he is also honest when he thinks they can fight through something, which I appreciate. He is always just a text message away."*

*- Ontario Cross Country Coach*



# Urodynamic Testing

Our Gynecologists Help Women Fight Urinary Tract Conditions with this One Simple Procedure.



Talk to your primary care provider or gynecologist if you have questions about urodynamic testing.

Women are benefitting from a test at the OB/GYN office of Dr. Tyler Huggins in Galion. In an effort to help diagnose and treat women suffering with urinary problems, Avita provides urodynamic testing.

Urodynamic testing looks at how well the parts of your urinary tract (bladder, sphincters, urethra) are storing and releasing urine. Most urodynamic tests focus on the bladder's ability to hold urine as well as empty steadily and completely. Urodynamic tests can also show whether the bladder is having involuntary contractions that cause urine leakage. Your healthcare provider may recommend this type of testing if symptoms suggest problems with the lower urinary tract. These symptoms include:

- Sudden, strong sense to urinate
- Problems starting urination
- Problems emptying bladder
- Recurrent urinary tract infections
- Urine leakage
- Frequent urination
- Painful urination

## MYTHS ABOUT BLADDER CONTROL

**Myth: Only older people have incontinence.**

**Truth:** Although risk goes up as you age, anyone can experience incontinence.

**Myth: Not many people have urinary incontinence.**

**Truth:** Incontinence affects 200 million people worldwide and experts estimate 25 million adult Americans experience occasional or chronic symptoms. Many cases go undiagnosed and untreated because of embarrassment.

**Myth: Bladder trouble is inevitable with aging or childbirth.**

**Truth:** Aging and childbirth do increase the risk, however they do not lead to incontinence inevitably.

**Myth: Men rarely have a problem with incontinence.**

**Truth:** Men struggle with incontinence too, however, are less likely to talk about it with friends and family and less likely to see a physician. Most often, a man's incontinence is related to prostate problems.

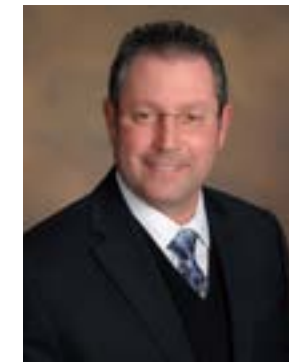
**Myth: Kegel exercises won't work for men.**

**Truth:** Women are often told to squeeze the muscles used to stop urinating. These exercises work for men too. When practiced regularly, they can help with bladder control.



AVITA NOW HAS 41 PRIMARY CARE PROVIDERS FOR YOU AND YOUR FAMILY.

Meet our newest two: Dr. Harold Brown and Amber Campbell, CNP



Dr. Harold Brown, board-certified Family Practitioner, is now accepting patients at 2007 West Fourth Street in Ontario and cares for patients of all ages.

Dr. Brown received his medical degree from the Philadelphia College of Osteopathic Medicine in 1989. By 1995, he was practicing in Ohio and was recognized as one of the eight top young physicians in the state of Ohio. We are very fortunate to have Dr. Brown join our team of primary care providers.

2007 W Fourth Street, Ontario  
567-307-7860



Amber Campbell, CNP, is now accepting patients at 715 Richland Mall in Ontario where she joined the medical office of Drs. Edward Adkins, David Long, and Kathy Bakenhaster. Amber has worked at Avita as a registered nurse and is excited to continue caring for patients of all ages.

715 Richland Mall, Ontario  
419-529-6195

In order to become a Certified Nurse Practitioner, Amber completed her schooling at the Chamberlain College of Nursing in Downers, IL.

## FOLLOWING IS A COMPLETE LIST OF PRIMARY CARE PROVIDERS WITHIN THE AVITA FAMILY:

### FAMILY MEDICINE

Edward Adkins, MD (O)  
Kathy Bakenhaster, MD (O)  
Julie Beard, MD (O)  
Melissa Becker, MD (O)  
Adam Bihl, MD (O)  
Harold Brown, DO (O)  
Christopher Halasy, MD (G)  
Fereshte Khavari, MD (NW)  
Amanda Kovolyan, MD (B)  
Larry Leone, DO (G)  
G. David Long, MD (O)  
Sarah Metzger, MD (C)  
Robert Secor, MD (O)  
Mark Wood, DO (G)  
Brandi Blanton, CNP (B)  
Amber Campbell, CNP (O)  
Ernie Clifton, CNP (G)  
Charlie Davis, PA-C (O)  
Melodie Fagan, CNP (B)  
Virginia Hall, CNP (B)  
Wendy Kerr, CNP (C)  
Frank Millard, PA-C (G)  
Jenna Miller, CNP (C)  
Jennifer Minton, CNP (G)  
Natalie Roby, CNP (O)  
Trish Trubachik, CNP (NW)  
Rob Wisner, PA-C (G)

### INTERNAL MEDICINE

James Goudy, MD (G)  
Eric Haus, DO (O)  
Andrew Lee, MD (C)  
Anil Paul, MD (O)  
R. Todd Strickland, MD (B)  
Mihai-Liviu Ursachi, MD (G)  
Nyan Win, MD (B)

### PEDIATRICS

Marcia Brown, MD (G)  
Cheryl Clay, MD (O)  
Howard Eckstein, MD (G)  
Andrew Lee, MD (C)  
Charles Shaw, MD (O)  
Susan Baker, CNP (O)  
Lindsey Wolf, CNP (O)

**O:** Ontario  
**G:** Galion  
**B:** Bucyrus  
**C:** Crestline  
**NW:** New Washington

For information on how to contact our providers, visit [avitahealth.org](http://avitahealth.org).

## 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



SHERRI GILLAM, CNP  
GALION: 419-468-0111



AMI HAY, CNP  
GALION: 419-468-0111



OUR PEDIATRIC  
TEAM HAS

# 123 YEARS

OF COMBINED EXPERIENCE SERVING  
MULTIPLE GENERATIONS OF FAMILIES.

**THAT IS MIGHTY COOL.**



123 years.....that's a lot of experience caring for children! Our pediatric team provides preventative health maintenance for healthy children, medical care for acutely or chronically ill children, and manages their physical, mental, and emotional well-being.

#### PILLARS IN THE COMMUNITY

Just as important as years of experience, is the dedication to the youth in our communities and the relationships that have been built throughout so many generations. Our pediatricians have taken a vital role in supporting our youth through activities beyond the doctor's office, such as sporting events, school functions, county fair involvement, sponsorships, and benefits/events. Our pediatricians take a lot of pride in being able to support children in

their endeavors and through this support, we hope to contribute to their successes.

#### REACH OUT AND READ

Several Avita pediatricians have joined the Reach Out and Read Program; a non-profit organization that provides developmentally-appropriate books to over 4.5 million families annually. Dr. Hohman and Dr. Brown have provided over 2,000 books to children ages six months to five years old at their regular pediatric check-ups. Dr. Eckstein also recently began this program. Through Reach Out and Read, our pediatricians are making literacy a standard part of pediatric primary care. We encourage parents to read to their infants and children which helps with brain development and cognitive skills.

Dr. Howard Eckstein recently completed a specialized program focused on assessing, diagnosing, and treating pediatric mental health concerns. These health problems include childhood depression, ADHD, bipolar disorder, anxiety, conduct disorders, and psychosis.

**MAKE SURE  
YOUR CHILD  
IS IN THE  
BEST HANDS.  
MEET OUR  
PEDIATRIC  
TEAM.**



Marcia Brown, MD  
Galion  
419-468-7613

Cheryl Clay, MD  
Ontario  
419-756-8511

Howard Eckstein, MD  
Galion  
419-462-4540

Ryan Hohman, MD  
Bucyrus  
419-462-4540

Andrew Lee, MD  
Crestline  
419-468-0449

Charles Shaw, MD  
Ontario  
419-756-8511

Susan Baker, CNP  
Ontario  
419-756-8511

Lindsey Wolf, CNP  
Ontario  
419-756-8511



## Anticoagulation Clinic

A quick, painless, and convenient way to check your Coumadin<sup>®</sup>  
and the new DOAC medications

Avita's Medication Management Centers (MMC) are pharmacist-managed anticoagulation services. Our MMCs are convenient alternatives to monitor your Coumadin levels and manage dosage adjustments. The MMCs also offer education and monitoring of DOAC medications.

#### HOW DOES THE MMC WORK WITH COUMADIN?

Patients are seen by a trained pharmacist at each visit. The pharmacist will perform a fingerstick lab test, evaluate the patient, and determine if any dosage adjustments are needed. Patients receive education about their Coumadin level and leave with a dosage adjustment if needed.

#### WHAT IS THE BENEFIT OF USING OUR MMC?

There is relatively no waiting for your lab results. You will be given your results and instructions when you leave. You receive one-on-one time with a trained anticoagulation specialist to answer any questions or concerns you have.

#### HOW DO I MAKE AN APPOINTMENT?

You must receive a referral to our MMC so talk to your medical provider or give us a call if you feel that the MMC might be a convenient alternative for you. We can help contact your primary care provider for a referral. Individual appointments are made so waiting times are short.

#### HOW DOES THE MMC WORK WITH DOACs?

Patients are seen by a trained pharmacist at each visit. The pharmacist reviews kidney function, bleeding risk, and checks for drug interactions. The pharmacist will determine if any dosage adjustments are needed. Patients receive education about any necessary lifestyle changes or dosage adjustments.

#### DOES IT COST TO USE THE MMC?

There is an office charge for each visit. This service is covered by Medicare and many other insurance providers.

#### THREE CONVENIENT LOCATIONS:

- **Galion Hospital**
- Monday-Friday, 8:00a to 4:00p
- 419-462-4590
- **Ontario Hospital**
- Monday-Friday, 8:00a to 4:00p
- 567-307-7919
- **Bucyrus Hospital**
- Monday-Friday, 8:00a to 4:00p
- 419-563-9835

### About Coumadin Monitoring

The goal of Coumadin therapy is to decrease the clotting tendency of blood, but not to prevent clotting completely. Therefore, the blood's ability to clot must be carefully monitored while a person takes Coumadin. The dose of the medicine is adjusted to maintain a target range, based on the results of periodic blood tests.



# FROM A BOAT ON VIETNAM WATERS

The journey of a four year old refugee who grew up in California and became a Fellowship-Trained Kidney Specialist at Avita



After the Vietnam war, Dr. Nhan Luu's father faced challenges with the utmost bravery and changed the lives of his family forever.

As a high ranking General in Vietnam, you might consider Nhan's father a distinguished and prominent citizen. But his achievements didn't matter to the new Vietnam government. They knew he was part of the old regime and they wanted him out.

"I was born in Saigon. When North Vietnam took control of South Vietnam after the war, my father's regime collapsed and they were considered troublemakers," explained Dr. Luu. Unlike so many Vietnamese who fled the country, Nhan's father refused to leave. "We had a home there. We had family there. And my father really struggled leaving his mother who was staying within the walls of Vietnam."

South Vietnam residents who stayed were ordered to move into a re-education camp; a camp designed to learn the ways of the new Vietnamese government through education and socially constructive labor. Nhan's father knew, however, that if they stayed in Vietnam, their lives would be in peril. With the threat of moving his family into an inhumane camp, otherwise known as a "kill camp", Nhan's father

decided it was best to flee the country illegally...and he devised a plan. He bought an old fisherman's boat and took his family out to sea in the dead of night.

Those fleeing the country by sea were known as 'boat people.' Dr. Luu joked, "I can't believe my father thought he could actually handle a boat....he was a pilot for heaven's sake!" The family quietly traveled through Vietnam waters with one goal: to reach the international border. Once across, they would be free. But things weren't smooth sailing. The moonless cloudy night turned into a big storm with such fierce winds and unfathomable force that the fisherman's boat hardly remained intact. As they approached the border of Vietnam waters, the failing engine finally died because of the storm's damage. And that's where they floated....and floated. *They were so close.* "On a small, dilapidated boat in the vast expanse of the South China Sea, my family and I were stranded for nine days. The threat of harsh circumstances (starvation, storms, pirates, sharks, and the Vietnamese) was real. "Water slowly leaked into the hull of the deck because the boat was really never meant for sea travel and the storm

knocked all of our food and water out of the boat."

"I became very ill. My mother just held me. We were desperate for food and feared our fate. Knowing this may happen, my father packed enough poison for the family to consume; surely, death this way was the better option. As miraculous as it seems, a ship floated by and noticed the tiny fisherman's boat stranded just inside the Vietnamese waters. It was a British cargo ship. The ship circled Nhan's family for 24-hours watching their every movement. One heroic person on board the British ship eventually called the British government, asking for permission to enter Vietnam



The Luu family departing the British cargo ship.

waters to rescue the family. Although the Vietnamese didn't allow ships to cross the border, the British broke international laws and entered the waters of Vietnam! Nhan's family boarded the British vessel, their boat was sunk (destroying all evidence), and they were free.

"The British government took my family to a refugee camp in South Korea," Dr. Luu explained. "After several months, we were transferred to a refugee camp in the Phillipines and were the last wave of refugees granted permission to enter the United States."



Nhan's family waiting in line to enter a Korean refugee camp. Dr. Luu quotes, "We were silently rejoicing."

A family hosted the Luu's in Omaha, Nebraska, their first home in the United States. They eventually moved to Moreno Valley, California, which was where Nhan spent his childhood. "Life was very hard growing up. We lived in poverty. English was our second language. Although my parents were college educated in Vietnam and jobs were easily attained there, that didn't matter when we came to the United States. It is very hard to enter a country where you cannot read or write, yet you have to find a job to care for your family. Fortunately, the sewing and nail industry had testing available in Vietnamese, so my parents were able to find work. These early years ingrained in me the importance of perseverance in the face of hardship."

Throughout his childhood, Nhan discovered a passion for knowledge and for helping people who were most

vulnerable. Certainly, this attribute stemmed from the influence of his parents. Once he entered high school, his eagerness inspired him to do more, but his school wouldn't allow him to take honors or advanced classes. "It was hard to deter me. I just wanted to be with the smart kids," Nhan explained. "I loved to study and I had more in common with them. My father tried very hard to enroll me in advanced classes and finally convinced the school."

To the school's surprise, Nhan was an overachiever and graduated as valedictorian of his high school class! With his passion to push himself to new heights, he was accepted into the University of California, Berkeley, after high school. He then entered UC San Diego where he completed medical school. He furthered his experience at UC Los Angeles where he became Chief Resident and by the age of 30, he completed a Fellowship in Nephrology through the University of New Mexico in Albuquerque.

"I knew I wanted to be a doctor," stated Dr. Luu. "I like to think that M.D. stands for Medical Detective. In medicine, you need to pay attention to the fine details and put the pieces together. With kidneys, you have to pay close attention to the patient, their story, their labs, etc. The patient presents me with a problem and my job is to make sense of



Pictured above is Nhan Luu, his little brother, and parents at their first host home in the United States.



Nhan Luu, MD

567-307-7940  
Locations in  
Ontario,  
Galion, and  
Bucyrus

*"Although the dream of spreading my scientific knowledge in multiple publications, abstracts, and presentations is enticing, I realized that medicine is more than this type of work and scientific discovery. Medicine is about bedside care. I am so grateful to serve."*

-Nhan Luu, MD

it. Once I put the pieces together, I can diagnose, treat, and heal."

Dr. Luu was a faculty member at multiple universities and served as a Nephrologist in Cape Girardeau, Missouri before he moved to Ohio. He met his wife whom shared his passion in medicine. They decided that Richland County was going to be their destination because she had dreamed of attending The Ohio State University in pursuit of a medical degree.

When most people talk to Dr. Luu, they are overwhelmed by his upbeat, positive disposition. "I am extremely humbled to be serving and helping people today. I see myself just like everybody else," commented Dr. Luu. "My life unfolded just as it was supposed to. I thank my father for putting us on that rickety fisherman's boat and for not going back. A lot of people don't realize that back then, once you left your country, there was no returning. You had no home. Your country did not accept you. There was no back."





While in the HBO chamber, patients relax and watch tv or listen to music while receiving the healing benefits of pure oxygen. This image shows the chamber without the patient bed, which easily slides inside.

## Using OXYGEN to Heal Wounds

By Heather Auck, CNP

Thousands of people find themselves struggling with a wound that will not heal. These wounds can be caused by a variety of conditions, but commonly, diabetes and radiation therapy are two main culprits. Avita's Wound Healing Center has changed the lives of many patients by utilizing one small thing: **Oxygen**.

Hyperbaric oxygen (HBO) therapy involves breathing pure oxygen in a pressurized tube/ chamber where a patient lies comfortably watching tv, a movie, or listening to music. In the hyperbaric oxygen chamber, the air pressure is three times higher than normal air pressure causing your lungs to gather more oxygen than possible with normal air pressure. Your blood carries this oxygen throughout your entire body, helping fight bacteria and stimulate the release of substances which promote healing.

HBO therapy uses oxygen to heal many types of wounds, both visible and non-visible wounds. For diabetic patients, HBO improves healing rates for foot ulcers which decreases the rate of amputation. HBO can also be used to help treat bone infections (also called osteomyelitis) and radiation damage

as well. Although radiation causes wounds to form, damage can also occur gradually and worsen for many years after treatment stops. Radiation damage can eventually lead to:

- Tooth loss and dry mouth after head/neck radiation
- Ulcers and narrowing of the esophagus after chest radiation
- Diarrhea, narrowing of the bowel and rectal bleeding after pelvic radiation
- Blood in the urine and incontinence after pelvic radiation

Hyperbaric Oxygen therapy is commonly prescribed to help treat multiple aspects of radiation damage.

### A Side Note on CVI and Wounds

Chronic Venous Insufficiency (CVI) is associated with varicose veins and affects nearly 20% of the population. It commonly causes swelling, pain with discoloration and skin changes of the lower legs. But, CVI can also lead to cellulitis (a potentially deadly skin infection) and open wounds. Early diagnosis and treatment of CVI can improve comfort and quality of life. If you suffer from pain in the lower legs when standing, brown discoloration and scaliness of the skin, as well as swelling, Avita's Wound Healing Center can help.

### Avita Wound Healing Center

Locations in Bucyrus and Galion

419-563-9899



Heather Auck, CNP



## HELPING PATIENTS COMMUNICATE

Custom Hearing Aids and Speech Therapy Available for Adults and Children

### AUDIOLOGY/HEARING AIDS

If you are shopping for hearing aids, it is important to rely on the credentialing and training of an Avita audiologist. Our Audiologists have extensive experience in finding the proper device for you and your hearing. Other benefits to using Avita for your hearing aids includes:

- We provide newborn hearing screens.
- We create custom ear plugs for noise reduction, swimming, and hearing aids.
- 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.
- We are able to fit hearing aids for all ages, including children.
- We offer the latest in digital hearing aid technologies and service any type of hearing aid, regardless of the original point of purchase, make, or model.
- We offer aural rehabilitation which can improve communication skills, if needed.
- We offer diagnostic evaluations, which is different than an audiology screening. An evaluation will result in a better hearing aid fitting.

### SPEECH THERAPY

Avita has Speech Language Pathologists who are trained to evaluate and treat both pediatrics and adults with communication, voice, swallowing, and cognitive disorders. Following are typical symptoms that individuals exhibit with a speech or voice disorder:

- Unclear speech
- Does not understand or respond to others
- Struggles to talk or says few words
- Has trouble swallowing
- Does not interact socially
- Hoarse or weak voice
- Stuttering or mumbled speech
- Speech seems slow or labored

Speech, Language, and Feeding/Swallowing evaluations can be made if you feel a loved one may be struggling with a speech disorder.

Our Speech Therapy offices are located in Bucyrus, Galion and Ontario. Ask your primary care provider if you feel speech therapy would benefit you.



**OUR AUDIOLOGY, HEARING AID, AND SPEECH THERAPY SERVICES ARE AVAILABLE ON A FULL-TIME BASIS!**

### AVITA AUDIOLOGISTS

Ann Cola-Schuh, Au.D, FAAA  
Lynnette Roth, MA, FAAA  
Heather Vaught, Au.D, FAAA

**For more information on audiology and speech services at Avita, visit our website at [avitahealth.org](http://avitahealth.org).**



# AVITA MEDICAL PROVIDERS BY LOCATION

\*Asterisk denotes non-employed providers

## ONTARIO

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Ryan Christofferson, MD ..... 419-462-4600  
Errol Williams, MD ..... 419-462-4600  
Chasity Moton, CNP ..... 419-462-4600

### CLINICAL PSYCHOLOGY

Aaron Becker, PsyD ..... 419-522-0948

### EAR, NOSE, & THROAT

Lannette Clemons, PA-C ..... 419-775-1091

### ENDOVASCULAR

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Kathy Bakenhaster, MD ..... 419-529-6195  
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Robert Secor, MD ..... 419-709-8640  
Amber Campbell, CNP ..... 419-529-6195  
Charlie Davis, PA-C ..... 419-709-8640  
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Chad Miley, CNP ..... 419-709-8650

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### NEPHROLOGY

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### NEUROSURGERY

\*Joel Siegal, MD ..... 419-775-7440

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Jeffrey Biro, DO ..... 419-468-0630  
Brooke Dicus, CNP ..... 419-468-0630

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Chad Miley, CNP ..... 419-709-8650

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Charles H. Shaw, MD ..... 419-756-8511  
Susan Baker, CNP ..... 419-756-8511  
Lindsey Wolf, CNP ..... 419-756-8511

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Teresa Ghazoul, MD ..... 567-307-7642

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Joseph Paprota, MD ..... 419-468-0400  
Mesfin Seifu, MD ..... 419-462-3340

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\*Barry Zadeh, MD ..... 419-563-9899

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Ryan Wagner, MD ..... 419-562-5281

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Larry Leone, DO ..... 419-468-4220  
Mark Wood, DO ..... 419-468-4220  
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Frank Millard, PA-C ..... 419-468-4220  
Jennifer Minton, CNP ..... 419-468-4220  
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Howard Eckstein, MD ..... 419-462-4540

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\*Matthew Ohr, MD ..... 419-462-4537  
\*Amit Tandon, MD ..... 419-462-4537

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

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Amanda Kovolyan, MD ..... 419-563-9855  
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Melodie Fagan, CNP ..... 419-563-9855  
Virginia Hall, CNP ..... 419-563-9329

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\*Fadel Elkhairi, MD ..... 419-468-0732  
\*Jason Jankowski, MD ..... 419-468-0732

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Ami Hay, CNP ..... 419-563-9899  
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Heather Auck, CNP ..... 419-563-9899  
\*Barry Zadeh, MD ..... 419-563-9899

## CRESTLINE

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Sarah Metzger, MD ..... 419-468-0796  
Wendy Kerr, CNP ..... 419-462-4505  
Jenna Miller, CNP ..... 419-462-4558

### INTERNAL MEDICINE

Andrew Lee, MD ..... 419-468-0449

### OPTOMETRY

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

### PEDIATRICS

Andrew Lee, MD ..... 419-468-0449

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Trish Trubachik, CNP ..... 419-492-2200

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Gregory Carozza, DO ..... 419-562-5281  
Chad Miley, CNP ..... 419-709-8650

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# AVITA HEALTH SYSTEM

*About Life. About You.*

## The 8th Annual Moving Hearts and Soles 5K Run/Walk

Saturday, June 24, 2017

Galion Orthopedic Center  
955 Hosford Road, Galion

7:00a to 10:00a

**Event Details:** Giveaways, door prizes, and refreshments, YMCA-sponsored kid activities, 1K Fun Run, and awards by age group. Registration is \$20.00 (until June 23) and \$25.00 (starting June 24). Fun Run participation is for children ages 10 and under and is \$10.00. Proceeds benefit the Dr. Theodore Ebner Allied Health Scholarship Fund.

With questions, please contact Darlene Eichhorn at 419-563-9300 or [deichhorn@avitahs.org](mailto:deichhorn@avitahs.org).

Register online at: [movingheartsandsoles5k.com](http://movingheartsandsoles5k.com)

## Tiny Tigers Tours

Sunday, May 7, 2017

Galion Hospital  
269 Portland Way S, Galion

2:00p to 4:00p | Free to the public

**Event Details:** Kindergarteners and first graders are able to enjoy a day of fun through hospital tours and fun activities at Galion Hospital. Kids and their parents are able to visit the Emergency Department, X-Ray, Surgery, Laboratory, and possibly even a helicopter and ambulance too! The goal of the Tiny Tigers tours is to reduce the fear of hospitals in children and to educate them on healthy habits such as washing their hands and nutrition.

## Fun and Fabulous Red Carpet Event

Thursday, June 1, 2017

The Renaissance Theatre  
138 Park Avenue West, Mansfield

6:30p to 8:30p | Free to the public

**Event Details:** Dr. Teresa Ghazoul and Dr. Walter Bodjanac, Avita Plastic and Reconstructive Surgeons, are teaming up to share information on several aesthetic procedures and treatments that will make you feel fabulous this summer, including Kybella, tummy tucks, facial fillers, breast augmentation/lift, and eyelid surgery. Enjoy education, giveaways, vendor booths, and more!

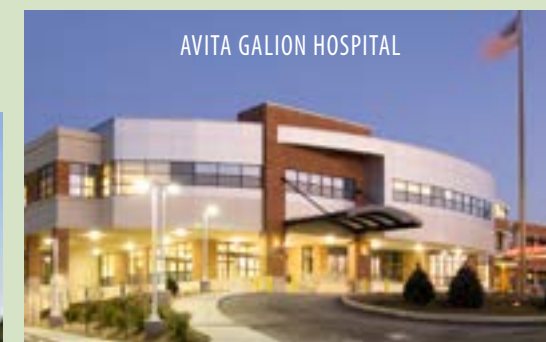
To register for the event, call 567-307-7642 or email [aschimpff@avitahs.org](mailto:aschimpff@avitahs.org).



To learn more about our upcoming events, new providers and services, and information on Avita Health System, be sure to "like" us on Facebook or follow us on Twitter!



AVITA BUCYRUS HOSPITAL



AVITA GALION HOSPITAL



AVITA ONTARIO HOSPITAL





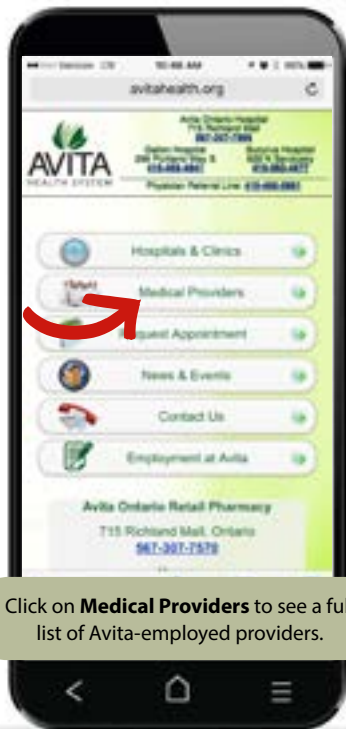


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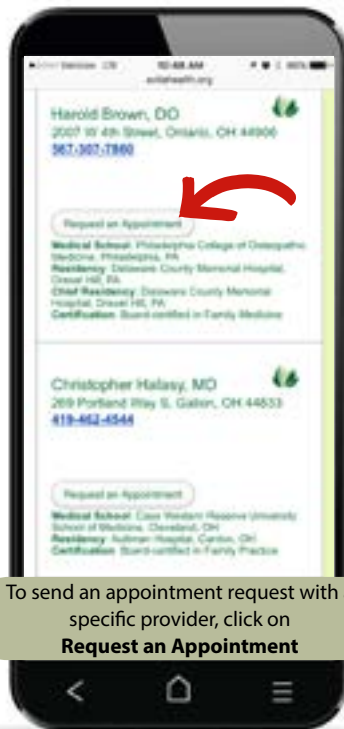
Questions about this publication should be directed to Kelby King, Avita Health System's Marketing and Community Relations Director, at [kking@avitahealth.org](mailto:kking@avitahealth.org).

**We want to make it easy to schedule an appointment with an Avita provider. Here are a few options for you:**

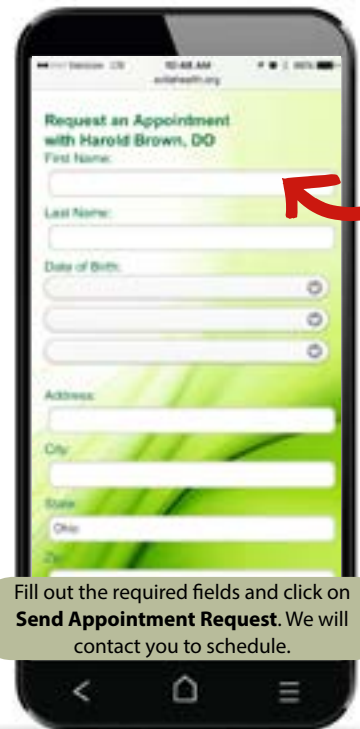
1. Call the **physician's office** direct. A listing of providers, their locations, and phone numbers are on our website at [avitahealth.org](http://avitahealth.org).
2. Call our **Physician Referral Line at 419-468-0961**. If you are unsure about which provider to choose, they can help point you in the right direction and help you with scheduling.
3. Visit our **website (avitahealth.org)** or **mobile site**. Following are snapshots of how to request an appointment.



Click on **Medical Providers** to see a full list of Avita-employed providers.



To send an appointment request with a specific provider, click on **Request an Appointment**



Fill out the required fields and click on **Send Appointment Request**. We will contact you to schedule.