

WINTER 2014

AVITA *Today*

Name our
da Vinci[®]
ROBOT!

Check out page 13
for more
information.



Our Family Grows To Better Serve Yours

Introducing Avita's Newest Providers in Family
Medicine, Pediatrics, Neurology, and Orthopedics!

**MORE
INSIDE!**

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Avita
Ontario
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DR. BARK
Foot and Ankle Surgery
419-468-7059



DR. CANNELL
Physical Medicine/Rehab
419-468-7059



DR. DAWSON
Orthopedic Surgery
419-468-7059



DR. FOSTER
Orthopedic Surgery
419-709-8650



DR. GUTH
Orthopedic Surgery
419-562-5281



DR. KERBS
Orthopedic Surgery
419-468-7059



DR. PABST
Orthopedic Surgery
419-468-7059



DR. WAGNER
Sports Medicine
419-562-5281



DR. ZUESI
Sports Medicine
419-468-7059



LAURIE CULLEN, PA-C
Orthopedics
419-468-7059



DR. FOSTER JOINS AVITA BRINGS EXCITEMENT TO ORTHOPEDIC PATIENTS

Avita's orthopedic and sports medicine team has expanded with the addition of Dr. Scott Foster, Fellowship-trained Joint Replacement Surgeon.

Dr. Foster, a third generation Mansfield native, began his education with a Bachelor of Arts in Chemistry at Miami University. He then furthered his education at the Medical College of Ohio in Toledo, where

he earned his Doctorate of Medicine. Upon obtaining his medical degree, Dr. Foster completed a Residency in Orthopedics at the University of Toledo Medical Center and finally a Fellowship in Adult Reconstruction at Harvard Medical School/Massachusetts General Hospital in Boston, Massachusetts. Prior to joining Avita's orthopedic team, Dr. Foster co-developed the joint

replacement program at MedCentral Health System.

Dr. Foster's office is located at 2007 West Fourth Street in Ontario. Avita's line of orthopedic and sports medicine offices are also offered in Galion, Crestline, and Bucyrus. To schedule an appointment with Dr. Foster, call:

**419-709-8650 or
844-HIP-KNEE**

ON THE COVER:

Pictured from left to right: Charles Shaw, MD, Susan Baker, CNP, Theodore Woodruff, MD, Scott Foster, MD, Melissa Becker, MD, and Robert Secor, MD.

ABOUT JOINT REPLACEMENT SURGERY

WHAT IS JOINT REPLACEMENT SURGERY?

This type of surgery involves removing a damaged joint and replacing it with a prosthesis. Joints can be removed entirely, or a portion of a joint can be replaced. A prosthesis can be made of plastic, metal, or both.

WHAT CAUSES JOINT DAMAGE?

Joints are commonly damaged by arthritis, injury, or overuse. Joints can also be damaged due to disease that restricts blood flow to the joint.

HOW DO I KNOW IF MY JOINT NEEDS REPLACED?

Patients begin living with pain, stiffness, and swelling around the joint. Usually, the patient has limited mobility which eventually interferes with everyday living. Joint replacement becomes a viable option when patients wish to move around and feel better.

WHO ARE JOINT REPLACEMENT SURGEONS AT AVITA?

Dr. Foster joins Avita's joint replacement physicians, Dr. James Kerbs in Galion and Dr. J. Jay Guth in Bucyrus. All three routinely perform joint replacement surgeries. Dr. Dawson is Fellowship-trained in hand, upper extremity, and microvascular surgery, therefore adding shoulder replacements as a key service for Avita.

AVITA IS THE ONLY HEALTH SYSTEM IN THE AREA THAT OFFERS ADVANCED HIP REPLACEMENT SURGERY USING THE HANA TABLE

Now that Avita's orthopedic team has grown with the addition of Dr. Foster, so have our total hip replacement surgical capabilities. Avita's surgery team has been trained on our new HANA table, a specialized patient bed or platform which allows our joint replacement surgeons to provide minimally invasive anterior hip replacements. The benefits of anterior hip replacement surgery are:

- Less tissue disruption and a small incision
- Less pain and post-operative narcotic use
- Earlier discharge to home and, ultimately, a quicker recovery!

How does the HANA table assist surgeons with hip replacements? 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 the surgeon to place the implant with minimal soft tissue disruption near the hip which ultimately speeds recovery.



Advances in medical technology, such as the HANA table, make total joint replacements a favorable option for patients who want to return to an active lifestyle. There are, however, other options and more to the joint replacement program at Avita.

The Joint Replacement Program at AVITA

PARTIAL JOINT REPLACEMENTS

Partial joint replacements are favorable when only certain areas of the joint need replaced, leaving more of the natural joint in its original location. Arthritis or other causes of injury may not be severe enough, therefore, a partial joint replacement is the better option for the patient. Partial joint replacements are minimally invasive and are commonly performed on weight-bearing joints, such as knees and hips.

REVISION JOINT REPLACEMENTS

Over time, prosthetic implants may wear down, which is similar to the wear and tear of natural joints. It is common for younger patients to need a revision joint replacement because the daily wear on their joint has outlived the life of the prosthesis. Other reasons a prosthesis may need replaced could be loosening of the joint, infection, or instability. A revision joint replacement may be needed to replace the old implant with a new one to restore function and strength.

Partial and revision joint replacements are performed at Galion Hospital by Dr. Scott Foster. For more information, or to schedule an appointment, call **844-HIP-KNEE**.

Avita has made great strides in our joint replacement program, starting with a complete renovation of our inpatient rooms to make the patient's stay even better. Avita has implemented a complete Joint Replacement program which includes the following:

- The **Family Concierge Program** is designed to help friends and family members through the surgical process and includes meals that are provided to family members as they accompany their loved one the day of surgery.
- **"Joint Camp"** is an educational class prior to surgery for the patient and a family member, where they learn all about the surgery, including important information on rehabilitation.
- Avita's joint replacement program has a **surgery, nursing, social services, and rehab team** dedicated specifically to joint replacement patients.
- Connected to the inpatient rooms at Galion Hospital is **Inpatient Rehab**: An inpatient rehabilitation unit designed specifically for patients who need to regain movement and strength. Patients choose Galion Hospital's Inpatient Rehab for the environment and aggressive therapies, which result in shorter stays.

IT'S A BRIGHT AND SHINY DAY WHEN AVITA ADDS FAMILY MEDICINE PHYSICIANS TO RICHLAND COUNTY

Welcome Dr. Robert Secor and Dr. Melissa Becker!



Robert Secor, MD

Meet our newest family care provider, Dr. Robert Secor! A graduate of Willard High School, Dr. Secor has been practicing medicine in his hometown for over 20 years. After earning a Bachelor's Degree in Chemistry from the College of Wooster, Dr. Secor went on to attend Medical School at Wright State University in Dayton. He then furthered his education by completing a Residency in Family Practice at the Medical College of Ohio/St. Vincent Medical Center in Toledo. Dr. Secor is a member of the Ohio Academy of Family Physicians and the American Academy of Family Physicians.

Dr. Secor is accepting patients at 2981 W 4th Street in Ontario.

419-709-8640



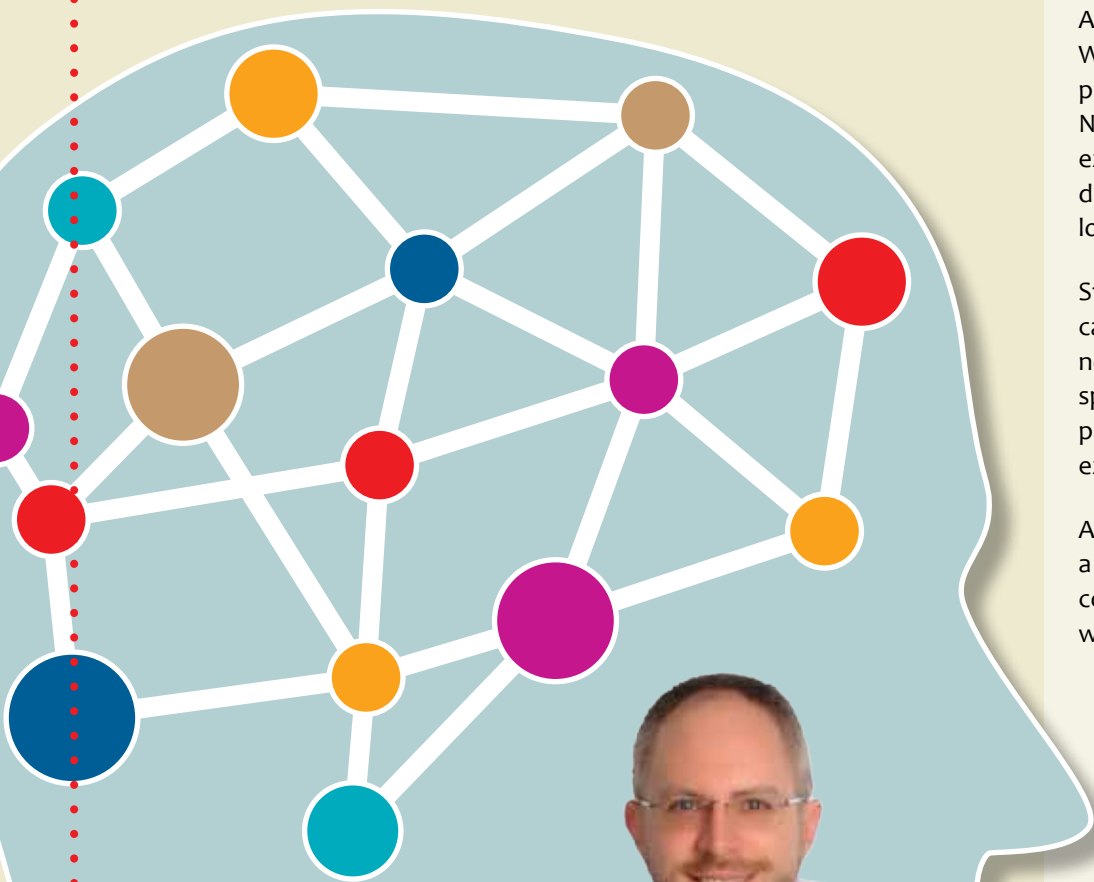
Melissa Becker, MD

Dr. Becker joined Avita's team of family medicine providers in October 2013. Dr. Becker began her education with a Bachelor of Science at Indiana State University in Terre Haute, IN. She then advanced her education at Indiana University School of Medicine, in Indianapolis, where she earned her Doctorate of Medicine. After Dr. Becker finished medical school, she returned to Terre Haute to complete a Family Medicine Residency at Union Hospital. Dr. Becker is a member of the Ohio State Medical Association, American Academy of Family Physicians, and Ohio Academy of Family Physicians.

Dr. Becker's office is located at 661 Park Avenue East in Mansfield.

419-522-0948

Avita Expands Focus On Brain and Neurological Health By Enhancing NEUROLOGY AND



"It is important for my patients to know that I commit myself to their care through evaluation, diagnosis, treatment, follow-up, prevention, and education. The technology available today allows me to better examine any abnormalities in the body's tissue for a proper diagnosis."

- Dr. Ted Woodruff

Avita recently welcomed Dr. Ted Woodruff to our family of medical providers. Fellowship-trained in Clinical Neurophysiology, Dr. Woodruff brings extensive knowledge and experience in diagnosing and treating both acute and long-term neurological disorders.

Struggling with a neurological condition can be very frightening because neurological conditions affect the brain, spinal cord, and nerves. Advanced, patient-centered care for patients is extremely important.

Although Dr. Woodruff is experienced in a very comprehensive list of neurological conditions, he commonly treats patients who have the following:

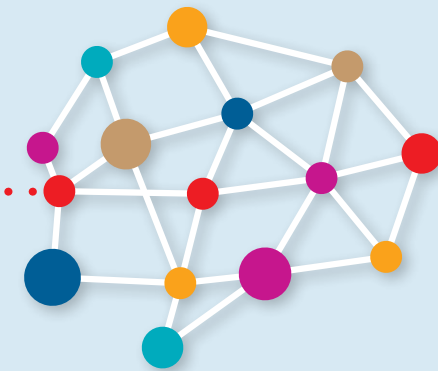
- **Alzheimer's Disease/ Dementia**
- **Epilepsy/Seizures**
- **Headache/Migraine**
- **Multiple Sclerosis**
- **Muscle Diseases**
- **Neuropathy**
- **Parkinson's Disease**
- **Stroke**

Dr. Woodruff specializes in adult neurology, caring for patients 16 years and over. He is fellowship-trained in EEG and EMG and also provides these services. If you feel a consultation with Dr. Woodruff may benefit you, call

419-462-4630.

Dr. Woodruff has two clinic locations: 269 Portland Way S, Galion (Galion Hospital) and 139 Gaius Street, Bucyrus

STROKE CARE



GALION AND BUCYRUS EMERGENCY ROOMS PARTNER WITH THE OSU WEXNER MEDICAL CENTER TO SPEED UP THE CARE OF STROKE

You are in the ER with a possible stroke. A highly-qualified stroke specialist is not right in front of you....but he can still see you.

Avita understands that time lost equals brain loss during a stroke, so we have partnered with The Ohio State University Wexner Medical Center to deliver the most advanced neurological technology available to stroke patients.

With the presence of a remote robot in the ER room, highly-trained Neurologists at OSU Wexner Medical Center can diagnose stroke patients and offer medical advice alongside the Galion and Bucyrus emergency room teams. This mobile video-conferencing machine operates in real-time communication, allowing physicians and patients to see and talk to each other. The technology is so advanced that physicians, even those 60 miles away from the patient, can view the clarity of a patient's pupil.

Time is critical for stroke patients and a few hours can be the difference between a full recovery and permanent neurological damage. Along with the robot, both Galion and Bucyrus Hospitals have t-PA tackle boxes ready to be utilized at the first sign of a stroke. Tissue Plasminogen Activator (t-PA) can be used to treat people who are having a stroke caused by a blood clot. This medicine is best when used immediately after symptoms of stroke begin and is used to prevent disability after a stroke.

The decision to administer t-PA must be made quickly, and OSU's stroke specialists provide the extra support and evaluation patients need during this critical time.

Did You Know?

Uncontrolled high blood pressure is the leading cause of stroke.

People with diabetes are up to four times more likely to have a stroke.

4X



Atrial fibrillation, a type of irregular heartbeat, can increase your risk of stroke by 500 percent.

In the United States, a stroke occurs about every 40 seconds. Every four minutes someone dies of a stroke.

500%
40 sec

A diet containing five or more servings of fruits and vegetables per day can help reduce your risk of stroke.

OSU's Stroke Program is one of only 26 certified, comprehensive stroke centers in the U.S.

26



PEDIATRICIAN:

n. pe-di-a-tri-cian

A medical provider who specializes in the healthcare of infants, babies, toddlers, children, and teens.

n. A child's hero



AVITA WELCOMES THE MANSFIELD PEDIATRIC OFFICE OF DR. CHARLES SHAW and SUSAN BAKER



Dr. Charles H. Shaw



Susan Baker, CNP

Dr. Charles H. Shaw and Susan Baker, CNP, have joined Avita Health System's family of medical providers. Both Dr. Shaw and Susan Baker specialize in the health and well-being of children. Proper health management is vital for children during every stage of development. Dr. Shaw and Susan Baker manage the physical, mental, and emotional well-being of their patients and join Avita's four established pediatricians who are located in Galion, Crestline, and Bucyrus. Dr. Shaw and Susan Baker are located at 370 Cline Avenue in Mansfield. To schedule an appointment, call **419-756-8511**.

Did You Know?

There is a myth that food additives and artificial flavors cause most food allergies. Actually, natural foods (peanuts, milk, eggs, wheat) cause 90% of reactions. Still, some additives can cause problems according to the Asthma and Allergy Foundation of America. A few of these include:

Sulfites: Found in dried fruits, white grape juice, and certain jellies

Aspartame: A calorie-free sweetener

Tartrazine: A dye used in beverages, candy, ice cream, or cheese

Nitrates: Found in hot dogs, bologna, and salami

Benzoates: These preserve cakes, cereals, salad dressings, and candy

If you are concerned about your child having allergies, consult your child's medical provider. Although children may outgrow the allergy, consultation with a medical professional is important to prevent allergy complications.

Four Acclaimed Cardiologists from The Ohio State University Wexner Medical Center Jump Start

Avita

Heart



Avita Health System is excited to announce our brand new cardiology program, Avita Heart. To kick off the plans to establish a comprehensive heart program for Richland, Crawford, and surrounding counties, we have partnered with Ohio State's Wexner Medical Center and four of their top-notch Cardiologists. These four Cardiologists are now available within Avita in three convenient locations:

Ontario: 2001 W Fourth Street

Galion: 269 Portland Way South

Bucyrus: 139 Gaius Street

If you or a family member need the care and guidance of a Cardiologist, do not hesitate to contact **Avita Heart** at:

419-462-4600



Mary Beth Breckenridge, MD, FACC

Dr. Breckenridge attended Medical School at The Ohio State University in Columbus, Ohio, where she also completed an Internal Medicine Residency. Following her Residency, Dr. Breckenridge completed a Cardiology Fellowship through The Ohio State University. She is board-certified in Cardiovascular Disease and Adult Echocardiography.



Debra Debaets, MD, FACC

Dr. Debaets attended Medical School at The Ohio State University. She completed her Internal Medicine Residency through Parkland Memorial Hospital in Dallas, Texas. Following her Residency, Dr. Debaets completed a Cardiology Fellowship through Southwestern Medical School at Parkland Memorial Hospital in Dallas. She is board-certified in Cardiovascular Disease and Internal Medicine.



Lawrence Murcko, MD, FACC

Dr. Murcko attended Medical School at the Bowman Gray School of Medicine at Wake Forest University in Winston-Salem, North Carolina. He completed his Internal Medicine Residency through Riverside Methodist Hospital in Columbus. Following his Residency, Dr. Murcko completed a Cardiology Fellowship through Cleveland Clinic. He is board-certified in Cardiovascular Disease and Internal Medicine.



Gangaram Rasa, MD

Dr. Rasa attended Medical School at Ghandi Medical College in Hyderabad, India. He completed his Internal Medicine Residency through Coney Island Hospital in Brooklyn, New York. Following his Residency, Dr. Rasa completed a Cardiology Fellowship at both Coney Island Hospital and New York Cornell Hospital in New York City. He is board-certified in Cardiovascular Disease and Internal Medicine.

Avita Pediatric Therapy Center Opens in Galion



Where Fun Meets Therapy

From humble beginnings in the Speech House on the Galion Hospital campus in January 2011, pediatric therapy has grown from one Speech Language Pathologist, to a team of 12 Speech, Occupational, and Physical Therapists who provide a wide range of services in a newly renovated 7000 square foot, state-of-the-art Pediatric Therapy Center. This is the only center of its kind in Crawford County and surrounding areas.

Newborns to age 22 benefit from the wide range of therapy options at Avita's new Pediatric Therapy Center. This new kid-friendly center serves children who need physical, occupational, and speech therapy.

Therapists utilize specially-designed rooms for sensory and motor development; even the center's kitchen is instrumental

in the care of children who need help with feeding and swallowing problems. The Avita Pediatric Therapy Center is wheelchair accessible and has an elevator to help patients travel through the building.

Whether a child is in need of one, two, or three types of therapies, our licensed therapists work as a team with families to develop goals and treatment plans. We offer evaluations for one therapy or developmental evaluations that take a close look at all developmental milestones at one time. The Avita Pediatric Therapy team provides excellent customer service and strives to meet parent, physician, and developmental goals while taking a team and play-based approach to therapy.

For further information, do not hesitate to contact the pediatric center at **419-468-0570**.

ABOUT ROLF

A three year old little boy name Rolf is very familiar with Avita ever since his baby sister was born at Galion Hospital and he spent some time in the Pediatric Therapy Center. Rolf's parents love to tell the story of Rolf's two favorite places:

Avita and Walmart!

Avita's new Pediatric Therapy Gym has dozens of therapy tools, including a climbing wall and a therapy swing. The climbing wall was graciously donated through Galion Hospital's Auxiliary by The Boyd Foundation.



OCCUPATIONAL THERAPY

OT can benefit children with a variety of diagnoses such as: Autism, upper extremity injuries, ADHD, developmental disabilities, Down Syndrome, Cerebral Palsy, traumatic brain injury, development delays, and self-care skills.

Avita's pediatric occupational therapy (OT) team helps children gain independence and promotes development of motor skills that are needed to function and socialize in their home, school, play, and community environments. The OT team incorporates play-based therapy and the goals of the parents to help the child achieve the highest level of function capable.

PHYSICAL THERAPY

PT can benefit children with a variety of diagnoses such as: Delayed milestones, Cerebral Palsy, Down Syndrome, Neurofibromatosis, brain injuries, torticollis, scoliosis, Spina Bifida, and disorders of the muscle, bone or neurological system.

Avita's pediatric physical therapy (PT) team provides treatment and education to children who have problems with motor skills caused by a developmental delay, birth defect, or chronic illness or injury. Our therapists start by evaluating and consulting children and parents on gross motor development, muscle tone and strength, posture control, pre-gait/gait training, neuromuscular function, endurance, and body alignment. By developing and strengthening all of these areas, children learn how to move through their environment easily.

Did You Know?

Specialized pediatric speech language pathologists can see patients as young as newborn for feeding and swallowing issues.

SPEECH THERAPY

Speech therapy benefits children with the following diagnoses: ADD/ADHD, apraxia of speech, articulation disorder, auditory processing disorder, autism, Cerebral Palsy, development delay, stuttering, hearing impairment, and learning disabilities.

The Avita Pediatric Therapy Center is located at 865 Harding Way West in Galion.



Avita's speech therapy team works with children in play-based or structured sessions, depending on the needs of the child. A speech therapist works specifically with children to correct or modify speech, language, cognitive communication, and feeding/swallowing disorders.

We are accepting appointments for new patients! It is our goal to make every effort to schedule a same day or next day appointment for new patients with an Avita medical provider. We recognize that stress and worry often come along with a medical condition, and if we can schedule an appointment for you right away to help ease those feelings, then we will do just that. The providers on this page are offering same day, next day appointments for existing and new patients.



SAME DAY, NEXT DAY

APPOINTMENTS FOR YOUR FAMILY



**Laura Danals, DNP
Internal Medicine**
270 Portland Way S
Galion
419-468-8323



**Nyan Win, MD
Internal Medicine**
130 Hill St
Bucyrus
419-563-9329



**Virginia Hall, CNP
Family Medicine**
130 Hill St
Bucyrus
419-563-9329



**Wendy Kerr, CNP
Family Medicine**
330 N Seltzer St
Crestline
419-462-4505



**Jenna Miller, CNP
Family Medicine**
385 N Seltzer St
Crestline
419-462-4558



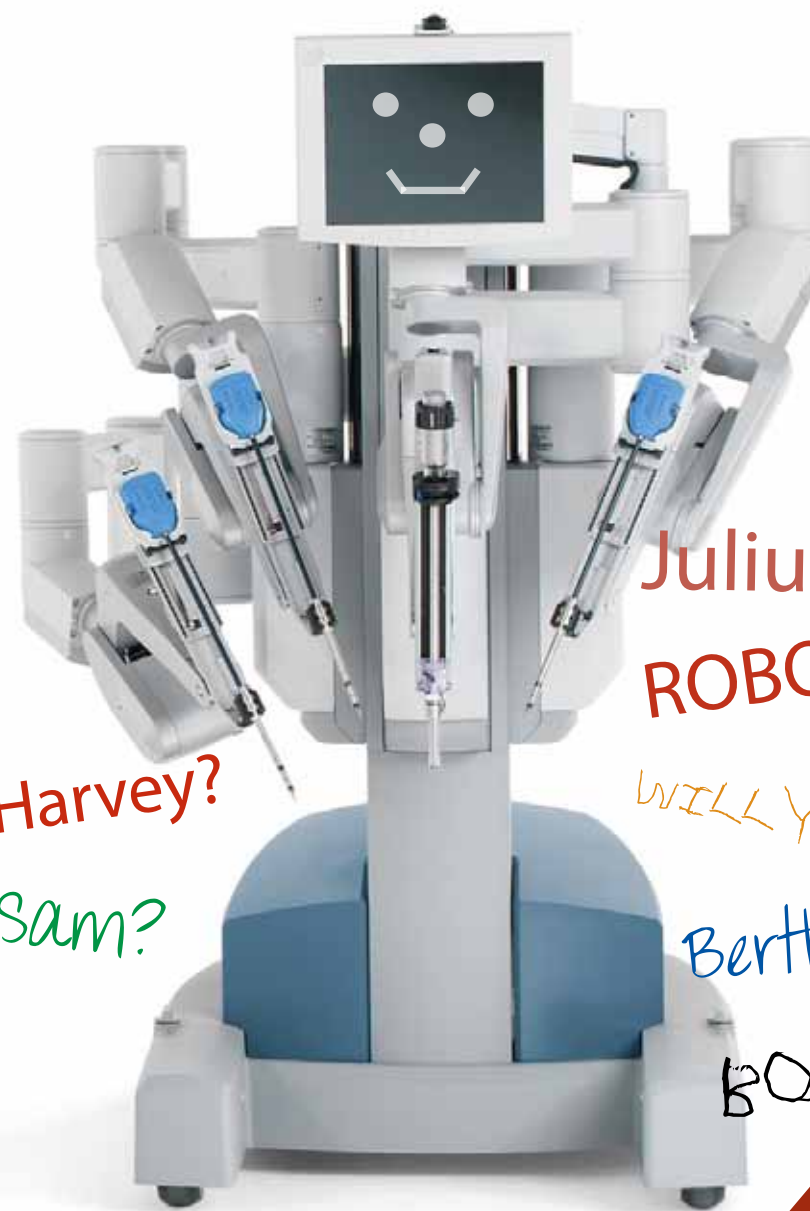
**Ryan Hohman, MD
Pediatrics**
629 N Sandusky Ave,
Bucyrus
419-563-9865

Did You Know?

Dr. Win keeps his office open every day into the evening (until 8:00 pm!) for the convenience of our patients.

WHAT IS MY NAME?

 ? da Vinci



Avita Health System needs your help! Inside Galion Hospital lives a new friend of ours: **a state-of-the-art da Vinci[®] robot that assists Avita's experienced surgeons in the operating room.** This surgical system actually helps surgeons transcend the limitations of conventional surgery to provide a minimally invasive option for a range of procedures. If that isn't impressive enough, the surgical assistance with this system eliminates human error, decreases blood loss during surgery, leaves less scarring, and speeds recovery time for patients. Because he (or she!) is such an asset to our surgical team, we decided to give it a name.

ENTRY FORM: PLEASE PRINT

Name

Address

City

State

Zip

Email

Phone

I think that the robot should be named:
(Write in the space below)

PARTICIPATION RULES

To participate in this contest, please complete the form on the right and return to:

Marketing: Avita Health System
269 Portland Way S
Galion, OH 44833



All entries should be postmarked by March 7, 2014. If your name is chosen, you will be the lucky winner of a \$100 gift card to the Richland Mall in Ontario. If multiple entries have the winning name, then those people will be entered into a drawing and the winner will be chosen at random. All ages can participate. Employees of Avita and their immediate family members are not eligible.

AVITA ONTARIO PROGRESS

- Avita's new building at the Richland Mall on Fourth Street in Ontario is coming along as expected! Construction crews are making strides towards a medical facility which will house a full range of medical providers, imaging services, laboratory, and a pharmacy.
- This medical expansion is a win-win for Richland County residents. Not only will it bring jobs and economic advantages to the city of Ontario, it will bring extra traffic to the shopping district and attract merchants to the area.



This view shows what was once a women's dressing room. This new space will be a variety of physician clinics.



FACT

After 30 years, the water falls again! One of the very first projects Avita conquered at their new facility was to bring the fountains on the North end of the mall back to life! It was nothing that a little cleaning, replanting, rewiring, and maintenance work couldn't handle! The entire control center, which is located in a man hole inside the mall, was completely submerged in water and had to be manually pumped out.



A member of the demolition crew is seen here working inside the old escalator pit.



Inside the Famous "Hat"

The famous Lazarus "hat" that was built in 1968 on top of the building is staying! Avita is making necessary improvements to keep the landmark nicely lit at night. The hat is actually hollow and hides the cooling tower that cools the water for the facility's air conditioning. The famous "hat" is considered a landmark by locals and can be seen from miles away. Directly beneath the hat was once the "Tower Terrace" restaurant that served the very popular Broccoli Mushroom Chowder.

BEFORE



This picture is a close-up of what once were working escalators. The ceilings throughout the entire facility are also being torn down and replaced.



AFTER



Only a few make-up and perfume counters remain in the former retail site. This picture is looking from the Men's Department, which will soon be Lab and Imaging once construction is complete.

FACTS

Maintenance crews found clocks and underwear that had once fallen behind product displays.....and the tags were still on!

Construction at Avita Ontario will be completed in phases and will depend on acceptance and healthcare demands from the community.

The former retail site stood alone before the mall was added onto it.

FACT

Avita purchased 17 acres of the former Richland Mall property. The former retail site has sat empty since 2006.



Sign up for email news
www.avitahealth.org



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

Searching For a Medical Provider Shouldn't Be Difficult

Easy ways to find a medical provider:

- 1 For a primary care provider, rely on our Physician Referral Line. Call **419-468-0961** and we can find a primary care provider that is right for you.
- 2 Visit www.avitahealth.org for a complete list of Avita providers and services that are available to you in Mansfield, Ontario, Galion, Crestline, Bucyrus, and New Washington.
- 3 Download our **mobile app** for quick access to a listing of Avita providers. To download the app, visit our website or simply scan the QR code above!
- 4 To get a mailed copy of our **Provider Directory**, you can call 419-468-0626 or email ahatcher@avitahealth.org with your name and address.

