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Greetings!

Welcome to the first edition of Living Well, a publication designed to highlight the people and services that make East Liverpool City Hospital a caring place. As you read the words and view the faces on these pages, I hope you can sense the positive energy that is surging through our facility. These are exciting times in the history of ELCH!

I deeply respect and appreciate the 106-year-old history of this hospital, because that solid foundation and those deep roots allow us to feel secure as we charge into the future. And, it is the future that has me excited!

This publication introduces you to The Center for Breast Care, the Wound Care Center, and to our new radiology partner, Foundation Radiology Group. Each represents a new level of caring for our region. Our team of healthcare professionals includes dedicated and highly-skilled physicians, nurses, and a large number of various clinicians who are committed to ensuring around-the-clock comfort and healing to our patients. It is a privilege to have such a committed and qualified team.

Personally, the past several months have been a welcoming period for my family and me. I am originally from Alabama and have worked in hospitals throughout the United States and overseas. I began my healthcare career as a nurse and moved through the ranks to senior leadership.

Last November, my wife Kristen, our three children, and I moved from New Mexico to the East Liverpool area. Our welcome to this community has been warm and sincere, and is one reason we are certain it was the right move. We thank everyone who has made us feel right at home.

I see endless possibilities for East Liverpool City Hospital and am pleased to be part of its journey to excellence. We can expand the level of care we provide; we can expand our services; and we can care for you right here in East Liverpool. ELCH is dedicated to caring for you locally. Our community newsletter is just one example of our renewed commitment to serve the healthcare needs of our region.

On behalf of our physicians, employees, and volunteers, we welcome the opportunity to care for you … at a hospital close to home!

Very truly yours,

Kenneth Cochran, RN, FACHE
President & Chief Executive Officer
Email: kcochran@elch.org
New Wound Care Center® enhances technology, improves healing.

East Liverpool City Hospital expanded its patient services with the opening of the Wound Care Center®, providing comprehensive treatment options for patients suffering from acute, chronic and non-healing wounds.

Located on the first floor of the hospital, the Wound Care Center® features dedicated examine and treatment rooms, as well as two hyperbaric oxygen chambers. The staff includes an integrated team of specialists with advanced training in wound care, including a panel of local physicians.

The Wound Care Center® is an outpatient, hospital-based program that works in conjunction with each patient’s primary care physician. Patients do not need a physician referral, but the care is coordinated with the patients’ doctors from beginning to end.

Treated wounds may result from diabetes and arterial disease; radiation injury or burns; surgical wounds; and venous stasis ulcers that fail to heal. A patient with a wound that has not begun to heal in two weeks or is not completely healed in six weeks may benefit from the proven methods at the Wound Care Center®.

Hyperbaric oxygen therapy (HBOT) is a treatment in which the patient breathes 100 percent oxygen inside a pressurized chamber. The treatment helps the healing process and is effective in fighting certain types of infections. It also helps stimulate the growth of new blood vessels and improves circulation in patients.

ELCH established a partnership with Diversified Clinical Services to develop the Wound Care Center®, recognizing the need for such a facility in the community and based on an overall increase in chronic non-healing wounds, particularly those related to complications of diabetes.

To schedule an appointment, please call 330-386-5870.
East Liverpool City Hospital now offers many procedures which before required a trip out of town. In partnership with the doctors of Foundation Radiology Group, the hospital provides a wide variety of interventional radiology (IR) services. Among these is placement of dialysis catheters, treatment of compressed spine bones, drainage of blocked kidneys, and even arm port placement.

An arm port is a small implanted device that allows patients to receive long-term treatments of medicines, such as chemotherapy, and also laboratory tests without having to have numerous IV’s. These arm ports can be used for many months, or even years, of convenient, safe access to veins.

The arm port is placed during an outpatient procedure, after which the patient goes home with a small bandage covering the site. The port is ready to use as soon as it is placed. Once the incision is healed, patients can bathe, swim, and enjoy normal activities without having to worry about their IV access.

Arm ports are very helpful to cancer patients who must return for multiple doses of chemotherapy. For each treatment, the chemotherapy nurse places a small, especially designed needle through the skin into the port to give the medicine, and then removes the needle. This simple access allows the patient a comfortable, safe way to...
get medicines by vein over and over again without having to get a new IV each time. If your doctor needs a blood test, it can be drawn out of the port. When the planned treatments are complete and the port is no longer needed, the port is removed in a simple outpatient procedure.

Dr. Boris Karaman, a radiologist with the Foundation Radiology Group, described the arm port as a great convenience to patients. “It appears as a little bump under the skin which is hidden by the sleeve of a shirt or blouse,” he explained. “It doesn’t interfere with sports or outdoor activities. Hunters especially appreciate the arm port because it doesn’t interfere with mounting a gunstock to firing position.”

Dr. Karaman is delighted to work with the administration of the hospital to advance care in our area. “We have a great team of people here at ELCH to provide this procedure and many others. I am so very pleased with the extensive support of the East Liverpool Hospital Administration and with their energy and vision in bringing a wide range of new services to our community. I am so impressed with the new initiatives brought by Ken Cochran, CEO, and his excellent team. The nurses and technologists are also highly skilled, patient-oriented and provide superb patient care.”

Foundation Radiology Group provides high quality interpretations of imaging studies as well as interventional procedures. Often, a problem can be identified on a scan and quickly treated in a team approach utilizing the many services available at ELCH.

Dr. Karaman sees ELCH as a hospital actively improving the health of the community, and as a resource to patients needing help with their medical conditions. “I am very proud to be associated with this administration and this hospital staff,” he said.

“Patients should check with their doctors, or with me, to see if a procedure they need can be done at East Liverpool City Hospital.”

To schedule a procedure, or to ask if the procedure you need is available at East Liverpool City Hospital, call 330-386-2026. To ask Dr. Karaman, call 412-916-7362.
East Liverpool City Hospital Announces

The Center for Breast Care

Featuring Digital Mammography

BY JAMES P. EISENBERG, MD, PHD, FAAR

Providing preventive healthcare solutions to the community is one of the most important missions at ELCH. To fulfill this mission — and continually improve the level of services offered to patients — ELCH is excited to announce the opening of The Center for Breast Care.

Watch your local newspapers for details about The Center for Breast Care’s upcoming Open House and our plans for a Women’s Health Symposium!

The Center for Breast Care is a dedicated, new facility within our diagnostic services, primarily devoted to women’s health issues. It offers a state-of-the-art, digital mammography service, combined with computer aided diagnosis. Computer aided detection (CAD) is a form of computed intelligence that assists the radiologist in reading mammograms. It functions almost like a second opinion. It has been scientifically proven to improve the quality of the mammography interpretation and is a widely accepted standard of clinical practice.

The new digital mammography service represents a major innovation in women’s health. It is fast and efficient, and represents a significant upgrade over previous technologies. This unit has been designed to be user-friendly, providing maximum patient privacy, safety and comfort. It is a showcase of excellence and elegance in caring.

To ensure the highest quality and level of safety, the Center for Breast Care is certified by the Food and Drug Administration, the Department of Health and Human Services, and the American College of Radiology. In addition, to maintain these high quality standards, it undergoes rigorous annual inspection and employs technical staff that is certified and specially trained in digital mammography, CAD, and ultrasound.

ELCH recently contracted with Foundation Radiology Group to provide professional radiology and subspecialty services. Foundation was founded to revolutionize the practice of radiology in community healthcare settings. It combines the subspecialty services of a renowned, highly-trained physician team with a state-of-the-art technology solution to provide hospitals, referring physicians, and patients access to a high-quality, elegant diagnostic imaging solution, with industry-leading, final diagnosis clinically relevant turn-around times right here at home.
How often should I get a clinical breast exam?

Dr. John C. Green:
The older you get, the more frequently you should have a breast exam. From ages 20 to 40, it is recommended that you get a clinical breast exam every three years. After the age of 40, you should schedule a breast exam annually.

Will annual breast exams expose me to too much radiation?

Dr. Roxanna M. Torres:
Rest assured that very small amounts of radiation are used during the screening and diagnostic procedure. According to the American College of Radiology, the benefits of annual mammograms far outweigh any minor risks the procedure might pose.

How often should I perform a self-exam?

Dr. Roxanna M. Torres:
Beginning at age 20, you should perform a self exam once a month. Being aware of what the tissue feels like will help you detect changes, so that you can discuss them with your doctor immediately.

If I don’t have a family history of breast cancer am I at risk?

Dr. John C. Green:
The majority of women diagnosed with breast cancer don’t have a family history of the disease. However, if an immediate relative had breast cancer, your risks increase significantly.

Does breast feeding affect by chances of getting breast cancer?

Dr. Roxanna M. Torres:
Studies show that breastfeeding may actually decrease the risk of perimenopausal breast cancer. So, it’s not only good for your baby, it’s good for you as well.

What are the signs of breast cancer?

Dr. John C. Green:
Often there are no outward signs of breast cancer. Those signs that are more apparent include a lump, an area of thickening, or a dimple in the breast. Less common signs include breast swelling and redness or an enlarged underarm lymph node.
CALENDAR OF EVENTS AT ELCH

East Liverpool City Hospital invites you to the following events. This schedule may change, so please call the listed number if you are interested in any of the offerings.

Heart Saver First Aid and CPR
August 30
Education Conference Room
Fee: $25
This American Heart Association course will teach basic first aid principals for medical and injury emergencies. It is designed for non-healthcare professionals (such as persons in business and industry who may be expected to respond to emergencies in the workplace), parents, grandparents, babysitters, daycare providers, teachers, lifeguards and coaches. The course is also appropriate for healthcare professionals including nurses, paramedics, pharmacists, clinical students, etc. Call 330-386-2670 to register.

Child Birth Class
Free
This class is designed to train expectant parents in breathing/relaxation techniques and what to expect during labor and delivery. Topics of discussion include pain medications, c-section deliveries, infant care and breastfeeding. The class is held in the Obstetrics Department and is intended for expectant mothers who are six to seven months pregnant and their significant others. Call 330-386-2015 for more information.

Breastfeeding Preparation Class
First Saturday of every month (except holidays)
9 a.m.
Free
The class is provided by the Obstetrics Department, during which participants receive practical evidence-based information and support to help enhance the breastfeeding experience. It is especially helpful for expectant and new moms! Call 330-386-2670 to register.

Breastfeeding Support Group
First Saturday of every month (except holidays)
11 a.m.
Free
This class is provided by the Obstetrics Department and is designed for breastfeeding moms and their babies. Moms receive instruction on breastfeeding techniques by a certified lactation consultant along with information and support to help enhance the breastfeeding experience. Babies are weighed each week. Call 330-386-2015 to register.

Diabetes Education Class
July and September (dates TBA)
4-6 p.m.
Free
Education Conference Rooms
This eight-hour class is broken up into three sessions (three evenings). The class covers a wide range of topics including diabetes disease process, acute complications, long term complications, foot care, eye care, nutrition, medications, exercise and glucose testing. The class is provided through the Cardiac Rehabilitation Department and is especially helpful for those who are newly diagnosed, those having difficulty managing the disease or those who need a refresher. Call 330-386-2005 for dates and to register.

Arthritis Aquatic Class
Monday, Wednesday and Friday
11 a.m. to Noon
$30 for the six-week session
$10 for YMCA members
The Therapy Center at the Calcutta YMCA
The Arthritis Foundation Program is an educational and recreational exercise program that teaches participants to manage symptoms, maintain independence and enjoy life. It is suitable for any adult with any type of arthritis. Participants must have consent from their physicians and be able to walk independently or with assistive devices. If in a wheelchair, you must be able to enter and exit the pool with a ramp. Call 330-386-2054 to register.

Autism Support Group
Dates and times vary.
Free
East Liverpool City Hospital and The Therapy Center in Calcutta
This program provides participants with information about caring for autistic spectrum disorders. It is designed for caregivers, and provides chances to share resources and network with other caregivers. It is also helpful to family members, teachers, healthcare providers and anyone interested in learning more about autism spectrum disorders. Call 330-386-2054 for information.

You Can Quit!
Stop Smoking Program
Dates and times vary.
Free
Education Conference Room
This six-session outpatient course is designed to provide information, resources and support for anyone wanting to stop smoking. Classes are taught by certified smoking cessation instructors. Call 330-386-2670 or 330-386-2005 to register.

Helping Your Patient Quit
August 3
7:30 to 9 a.m.; 1:30 to 3 p.m.;
3:30 to 5 p.m.
Education Conference Room
This course is designed for healthcare providers to help encourage and support patients who want to stop smoking. It is taught by certified cessation counselors. Nurses will receive 1.5 contact hours.* Call 330-386-2670 to register.

Blood Borne Pathogens
September 28
Free
Education Conference Room
This special presentation is based on infection control information for healthcare professionals, particularly physicians, primary care practitioners, physician office staff and EMS. Call 330-386-2670 by September 21 to register.

Note: Upon request, ELCH also offers other classes for groups of eight to ten people. The fees vary. To request a group session or to find out what is scheduled, call 330-386-2670. These classes include:

ECG Interpretation
Heartsaver CPR
CPR and First Aid Instructor
CPR for Friends and Family
Babysitting Class

"East Liverpool City Hospital (OH-134/9-1-13) is an approved provider of continuing nursing education by the Ohio Nurses Association (08N-001-91), an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation Conflict of Interest: The planners and presenters have declared no conflict of interest for the events listed. Commercial Support/Sponsorship: There is no commercial support or sponsorship for the listed events. Criteria for Successful Completion: Attendance of 80 percent of the event and submission of a completed evaluation form."