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Greetings!

It was about this time last year that our family decided to move to East Liverpool. Full of excitement and a dream of owning a mini-farm, we packed our home, kids, and animals and moved here. We are grateful to the community and hospital staff for welcoming us with open arms. Thank you!

ELCH has made several changes to the way we do business. We based our changes on feedback from our employees, patients, physicians, and community members. We hope you have noticed some of the changes and look forward to earning your trust. Please continue to share feedback with us as much as possible…we are listening.

Although we have many stories to share, we only have room for a few within this newsletter. Our new partnership with the UPMC Heart and Vascular Institute is just one example of the efforts we are making to bring “Big City” Quality Medicine home to East Liverpool. This partnership enhances our community’s access to premier cardiac care without the hassle of driving out of town.

ELCH is committed to providing high quality care and service to our community. This mission is becoming more difficult as the healthcare financial restraints are hitting us close to home. We need all of our community members and their families to seek care locally. This will improve our ability to provide services and enhance access to specialty care.

It is hard to believe that it has been a year since my family and I moved from New Mexico to Ohio. The time went by quickly, yet we often feel like we have been here much longer. Since moving here, my family is fully immersed in activities at school, church, and within the community. We have a greater appreciation for why you love living in this part of the country and why tradition is so important. We hope the upcoming seasons of celebrations and change find you and your loved ones healthy, happy, and full of hope.

Very truly yours,

Kenneth Cochran, RN, FACHE
President & Chief Executive Officer
Email: kcochran@elch.org
New breast surgery options at ELCH

Digital mammography is just one of the latest improvements the hospital is offering women. The Surgical Department has also improved its breast care services. We now offer minimally-invasive digital and ultrasound biopsy techniques, tissue diagnostics and breast reconstruction.

Dr. John Green brings his expertise as a breast and general surgeon to the area. Thanks to his high level of skill, the breast biopsies he performs require just a small ¼-inch incision and local anesthetic. Using either digital stereotactic or ultrasound technique, almost all lesions within the breast can be sampled in this manner, eliminating the need for an operative biopsy procedure. This allows for a more timely diagnosis and, if necessary, planning with the operating surgeon to prevent more than one operation for treatment.

“If a surgery for breast cancer is needed, we can now test the tissue specimen for responsiveness to chemotherapy, which allows the medical oncologist to tailor the treatment for each patient,” Dr. Green explained.

Following breast surgery for cancer or a benign mass, Dr. Green uses the latest onco-plastic techniques for immediate reconstruction of the surgical site. This helps provide a better post-operative recovery with a more aesthetically pleasing result.

Some procedures, including tissue sparing and nipple sparing mastectomy, are now offered for patients with larger or multiple cancers in one breast.

According to Dr. Green, “Using tissue grafts, rotation flaps or implants may deliver more natural looking results for patients, eliminating the need for a breast prosthesis in the patient’s bra after surgery.”

Most of the breast surgeries performed are lumpectomies, with a sentinel/axillary lymph node biopsy when needed.

“The treatment for breast cancer at ELCH is state-of-the-art. The standard of care compares with larger centers,” Dr. Green noted, “and it allows patients to be treated close to home.”

Digital mammography Gold Seal

East Liverpool City Hospital’s Medical Imaging Department received the Gold Seal of Accreditation from the American College of Radiology, as well as another three-year term of accreditation.

The ACR Gold Seal represents the highest level of quality and patient safety for radiology services. It is awarded only to facilities meeting ACR practice guidelines and technical standards after a peer-review evaluation by board certified physicians and medical physicists who are experts in the field.

During the review process at ELCH, evaluators assessed image quality, personnel qualifications, adequacy of facility equipment, quality control procedures and quality assurance programs.

The ELCH mammography team includes radiology technologists Terry Brothers Hays, certified in radiology, mammography and CT; Karen Landsberger, certified in radiology and mammography; and Kelly Booth, registered in radiology, mammography, ultrasound, diagnostic medical stenography and vascular technology.

ELCH recently opened the doors to The Center for Breast Care which features digital mammography in a spa-like environment. To schedule a mammogram, call 330-386-2020.
Standing outside their new office at East Liverpool City Hospital are (from left) Suzanne Mercer, RN, BSN, nurse manager; Dr. Christopher Wentz; and Amber Windsor, MA, cardiology tech.

**CARDIOLOGY SERVICES EXPANDING AT ELCH**

East Liverpool City Hospital and the UPMC Heart & Vascular Institute (HVI) are pleased to announce the opening of a new cardiology office to serve patients in their community. Dr. Michael Fallert, Dr. Bryan Robertson and Dr. Christopher Wentz are welcoming new and established patients to the UPMC HVI at East Liverpool City Hospital, with an office conveniently located on the first floor of the hospital. The three were formerly with Pittsburgh Cardiology Associates PC and saw patients in their office in Calcutta.

Our doctors have a long-standing relationship with the East Liverpool City Hospital community through Pittsburgh Cardiology Associates who have provided expert cardiovascular care to area patients for over 15 years. The new HVI is dedicated to the prevention, detection and treatment of heart disease. Our doctors are board certified in cardiovascular disease and interventional cardiology, and we are Fellows of the American College of Cardiology (FACC).

The opening of this new office enabled us to expand our services to better meet the cardiovascular health needs of our patients. We now offer daily outpatient appointments. We also provide prompt inpatient consultative services to coordinate appropriate cardiac evaluation and treatment with general practitioners and other care providers. Cardiac device (pacemaker and defibrillator) interrogation is also available.

Non-invasive cardiac testing services are conveniently located across the hall from our office and are provided.
Cardiovascular Services at East Liverpool City Hospital

Cardiac Rehab
Cardiac rehabilitation improves the health of patients with heart disease. It can also help patients who are recovering from a heart attack, as well as those who recently had heart surgery. Together with medical and surgical treatments, cardiac rehab can help you feel better and live a healthier life.

The cardiac rehabilitation program at East Liverpool City Hospital is a supervised workout program consisting of different exercise modes. A treadmill, stationary bike, exercise equipment, and light hand weights are some of the modes used in the program. Continued education consisting of stress management skills, risk factor intervention and healthy eating guidelines by a registered dietitian is also available for each individual.

The program is supervised by a registered nurse and trained technician. We provide a safe environment, where your heart function can be carefully monitored during exercise. The participant’s physician is kept well informed on the participant’s progress in the program.

Diagnostic Testing
Diagnostic tests are used to determine if a person has cardiovascular disease, the type of disease, the severity and the most effective treatment methods. Our department offers diagnostic testing including cardiac stress testing, nuclear stress testing, echocardiograms, Holter monitoring and EKGs.

When necessary, invasive and interventional cardiac services – such as cardiac catheterization, balloon angioplasty and coronary stenting – are provided by our doctors at UPMC Mercy Hospital in Pittsburgh.

Established patients will be pleased to see the same friendly office staff. We look forward to seeing you in our new location: UPMC HVI at East Liverpool City Hospital. Please call 330-386-3195 to schedule an appointment.

in close collaboration with the experienced staff of the Cardiology Services Department at ELCH. Cardiology services include EKGs, ambulatory cardiac monitoring (Holter monitors), echocardiograms, treadmill stress tests, pharmacologic stress tests, nuclear cardiac imaging and cardiac rehab. These tests can be scheduled on most weekdays.

Joe Urich, of Hammondsville, works out on a stationary bike, while Nancy Miller, of East Liverpool, begins her hand weight workout.

To schedule an appointment, or to speak with a member of our team call 330-386-2005.

Cardiac Rehab patient Robert Young, of East Liverpool, is monitored by R.N. Linda Giambroni.
Influenza, or the flu, is a virus of the upper respiratory system that many confuse with the “common cold.” But unlike a cold, which has mild to moderate symptoms, the flu can cause severe coughing, high fever and persistent aches and pains. And for some, it can even be life threatening.

According to the Center for Disease Control, 35 to 50 million Americans are infected with the virus every year. The good news is, the flu can be prevented with a quick and easy immunization shot. While a shot can be beneficial for everyone, it is highly recommended for those who are most at risk. Children under the age of 5, adults 65 and over and pregnant women should be first in line to get a shot. In addition, those with medical conditions like asthma, blood disorders and diabetes should also make it a priority to get immunized.

As Dr. Robert Beatty pointed out, elderly patients typically have multiple medical problems, which create co-morbidities and make the simple “cold” potentially a very severe situation. “It is for this reason that every person with diseases such as emphysema, diabetes, cardiac disease, and such, be immunized at the earliest opportunity to lessen the workload superimposed on the body to achieve a healing status,” he said. “Certainly most people can understand this logic and, thus, the entire medical community, not just in East Liverpool, but all across the nation, advise for immunization.”

If you want to be sure of protecting yourself, get your shot before the flu season kicks into high gear – preferably between early October and mid-November. However, if for some reason you are unable to get an immunization early, still consider getting a shot up until March, as the virus is prevalent into the Spring.

As always, consult your doctor before getting any immunizations.

Children, teens & vaccines

There has been some debate among parents about the practicality of immunizations for their children and teens. Some diseases crop up so rarely, they argue, that it seems unnecessary to subject their kids to the shots.

However, the medical community agrees that vaccinations are still key to protecting children from a variety of serious diseases that remain prevalent in the world.

Since the start of widespread vaccinations in the United States some 50 years ago, the number of cases of common childhood illnesses like measles and diphtheria have declined dramatically.

Immunizations have protected millions of kids from deadly diseases and saved thousands upon thousands of lives. Today, vaccines are just as vital.

While much attention is given to babies and toddlers receiving vaccines, parents of teenagers must also be concerned. It is especially important for teens to be vaccinated against meningococcal meningitis, the human papilloma virus (HPV), whooping cough and the flu.

Vaccines work by preparing your child’s body to fight a given illness. Each immunization contains dead or weakened germs that cause a particular disease. With the vaccine, the body practices fighting that disease by making antibodies to kill it. If your child is ever exposed to the actual disease, his or her body is already prepared to fight it off.

Today, vaccines have been found to be up to 99 percent effective. And most only produce mild side effects, including redness, swelling and a low-grade fever.

The benefits of immunization far outweigh the short-term discomforts and the long-term risks, and should be a part of your child’s preventive treatment.

If you have questions about immunizations for your child, consult your physician.
ELCH recently introduced new Hospitalist Program

A new approach to patient care is being adopted by hospitals around the country, including ELCH. By definition, a hospitalist is a doctor whose primary focus is the general medical care of hospitalized patients. Most are trained in internal medicine and work exclusively in the hospital setting.

“We don’t replace a patient’s doctor, but we help the doctors provide care to their hospitalized patients,” said Dr. Gretchen Nickell, Medical Director-ELCH Hospitalist Program. “We’re pleased that we can provide a full range of inpatient medical care while communicating directly with the primary care physicians.”

Other members of the ELCH hospitalist team include Dr. Debra Angelo, Dr. David Beard and Dr. Charles L. Payne II.

How to pick a surgeon

BY DR. VICTORIA NAVARRA

Where should I start looking for a surgeon?

Begin by getting a referral from your primary care physician. Your doctor is most familiar with your condition and has the resources to assist you in finding a surgeon who has the qualifications and experience to help you. When looking for a surgeon, you actually cannot dismiss that word of mouth is also a good source. Acquaintances – those who have personal experiences with the surgeon either as a patient or as a friend or relative of a patient – can direct patients to surgeons.

Where can I learn more about a particular surgeon online?

The American Board of Medical Specialists (www.abms.org) provides information on all surgeons who are certified in a surgical specialty. In addition, the Fellows of the American College of Surgeons (www.facs.org) provide peer reviews and evaluations on all member surgeons.

What questions should I ask a potential surgeon?

When meeting with a surgeon for a consultation, make sure that he or she understands your condition thoroughly. Make sure the treatment options and possible complications are explained clearly. And be sure that he or she answers all your questions to your satisfaction. You need to be completely comfortable with the choice you’ve made. The patient or family should not be embarrassed to ask about details of the diagnosis and options of treatment; the actual procedure; expectations for post-operative and post-discharge care; and possible complications. Again, you must be comfortable with the answers given.

How can I find out if there are any complaints against a surgeon?

Contact your State Board of Medicine. It keeps records regarding malpractice charges and patient complaints. While these negative reports don’t always mean a surgeon is unqualified, they do give you a good indication if that surgeon has had any consistent issues with patient satisfaction.
First Aid and CPR
This American Heart Association course will teach basic first aid principles 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 appropriate for healthcare professionals including nurses, paramedics, pharmacists, clinical students, etc.
Call 330-386-2670 to register.

Heart Saver First Aid and CPR
November 29
8 a.m.
Education Conference Room
Fee: $25
This course is designed to teach basic life support (BLS) designed to teach basic life support (BLS) including nurses, physicians, paramedics, pharmacists, clinical students, etc.
Call 330-386-2670 to register.

Child Birth Class
Free
This course 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.

Advanced Cardiac Life Support Recertification
December 9
9 a.m. to 2:30 p.m.
Education Conference Room
Fee: $35
This course is designed to teach participants advanced cardiac life support (ACLS). It will teach a systematic approach to dealing with emergencies and sudden death. It is designed for healthcare professionals including nurses, physicians, paramedics and respiratory therapists.
Call 330-386-2670 to register.

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 330-386-2015 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
November and January (dates TBA)
4 to 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 the 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 how to manage symptoms, maintain independence and enjoy life. It is suitable for anyone 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.

Stop Smoking Program
You Can Quit!
November and January (dates TBA)
4 to 6 p.m.
Free
Education Conference Rooms
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.

Note: Upon request, ELCH also offers other classes for groups of eight to 10 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 (OBN-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.

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Criteria for Successful Completion: Attendance of 80 percent of the event and submission of a completed evaluation form.