

HEALTH SCENES®

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“Our vision is for Clinton Memorial Hospital to become the best community hospital in America.”

—TIM CROWLEY,
PRESIDENT AND CEO

CMH INVESTS IN ENHANCEMENTS OF SAFETY, SERVICE

CMH Regional Health System’s Clinton Memorial Hospital is now beginning the next phase of its quality transformation with a move to electronic health records (EHRs).

The systems optimize quality and safety while reducing dependence on paper.

CMH pharmacists will benefit from automation that safeguards how medications are dispensed, as well as a central pharmacy system designed with safety checks, such as drug-interaction alerts.

Nurses will use handheld bar code scanners at patients’ bedsides to ensure it is the right patient, drug, dose, time and route. Medications will automatically be recorded in the patient’s electronic health record, which can be viewed by medical staff caring for the patient.

“With the practice of health care evolving rapidly,” says Andy Riddell, CMH vice president, operations/leadership coach, “we see technology as a key vehicle for driving change and creating a more efficient, strategically focused organization.”

NEW CMH CANCER CENTER

CLOSE TO HOME

PATIENTS WON’T NEED TO LEAVE THE REGION FOR TREATMENT

FORTY PERCENT OF ALL AMERICANS WILL BE DIAGNOSED WITH CANCER IN THEIR LIFETIMES, EXPERTS SAY.

More than 200 new cases are diagnosed in Clinton County each year, with another 1,900 cases in surrounding counties—Fayette, Greene, Highland and Warren. Add previously diagnosed patients, and that translates into approximately 10,500 residents living with cancer in our region.

Because Americans are living longer, patients may need recurring treatments for years to come.

‘THE TIME HAS COME’ Right now, to receive extended cancer care, area patients must travel to major metropolitan hospitals equipped with high-tech tools. In order to access a coordinated cancer program, patients often drive thousands of miles over the course of their treatment, far away from the support of family and friends.

“We believe the time has come to offer those patients something more—outstanding cancer care close to home,” says Tim Crowley, president and chief executive officer of CMH Regional Health System.

A year from now, in the latter part of winter 2006-2007, an 18,000-square-foot comprehensive cancer center will sit across from the Clinton Memorial Hospital campus on West Main Street. Site work has started already, with construction of the building to begin no later than March.

Cancer diagnosis? Get more information from our Health Resource Center.

Visit us at www.cmhregional.com.

cancer center is another critical component of CMH’s ongoing strategic plan and corporate vision to become the best community hospital in America.

“CMH’s new cancer center will pull together various cancer care components that are currently spread between the hospital and physician offices in the adjacent CMH Professional Building,” Crowley says. “It will allow for the addition of new, leading-edge equipment that will eliminate the need for patients to travel out of the area for advanced cancer care.”

RANGE OF SERVICES The regional comprehensive cancer center planned by CMH will provide easy and timely access to a multitude of services for cancer patients and caregivers, will integrate various oncol-

Having a cancer center close to home that can provide the latest treatment and help with possible cures will be one of the greatest gifts this community will ever receive.



ogy specialties in one location, and will encourage multidisciplinary interaction.

The integrated center will feature the latest technologies in treatment “neighborhoods” throughout the building.

Approximately 60 percent of cancer patients receive radiation therapy. To ensure outstanding care for the region, the cancer center’s radiation suite will house a linear accelerator, computerized tomography simulator, treatment planning system, physics equipment and state-of-the-art information technology.

With these sophisticated advances in radiation technology, doctors at the CMH cancer center will be able to precisely pinpoint tumors with appropriate amounts of radiation, sparing the surrounding healthy tissue. Patients will receive higher radiation doses with far fewer side effects, increasing the probability of cure.

CHEMOTHERAPY The CMH cancer center will offer patient- and family-friendly treatment areas for chemotherapy. The CMH center will offer a comfortable environment where patients have much control over their surroundings.

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Cancer COSTS can extend beyond medical bills

PROSTATE CANCER surgery and follow-up care require many trips to the hospital. These can include preadmission testing, the actual surgery and as many as 40 radiation therapy treatments.

Forty 100-mile round trips to Cincinnati add up to 4,000 miles for radiation therapy alone, along with the added stress of city traffic and parking. Expenses add up if the patient stays in Cincinnati, and the ordeal disrupts the entire family.

In short, prostate cancer could cost an area patient eight weeks away from home, and even more for follow-up treatments.

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MEDICAL STAFF PROFILE

DR. CATHERINE LARUFFA: YOU REALLY CAN GO HOME AGAIN



Dr. Catherine LaRuffa

Dr. Catherine LaRuffa says being a family practice physician in a small community allows her to practice preventive medicine more effectively. Dr. LaRuffa, a native of Blanchester, came back to the community 15 years ago to make a difference in the health and wellness of the people in her hometown.

"Knowing a lot of the families in the area for many years really helps in looking for genealogical trends," says Dr. LaRuffa, a member of the CMH Regional Health System Medical Staff. "Family history is easier to come by in a small community, and I am able to look for signs of hereditary illnesses even before the patients might show symptoms."

It wasn't just the hometown familiarity that brought Dr. LaRuffa to Blanchester, though. Her father, Dr. Cesare LaRuffa, started a practice in Blanchester in 1959. She joined that practice in 1991 when the office was located in her father's home at 215 E. Main St.

"I was called on to serve an underserved community," explains the younger Dr. LaRuffa. "My dad's practice was very busy, and after one week of working with him, I could see my dad actually exhale with relief."



Dr. Catherine and Cesare LaRuffa

She says, "Patients in the community are often pleased to find out we do certain procedures here locally, and having access to a fantastic facility like Clinton Memorial Hospital definitely makes it easier for them."

In June 1997, the LaRuffas moved their practice to its current location at 700 S. Broadway St., in Blanchester, where Dr. Catherine LaRuffa continues to practice. Not officially retired, Dr. Cesare LaRuffa maintains his Ohio license and continuing medical education requirements. He spends his winters in Florida with his wife of 52 years, Joan.

Her background A trained classical pianist throughout her adolescent years, Dr. Catherine LaRuffa surprised friends and family by going down the path of medicine. But she didn't abandon her music altogether. During medical school, she continued her music interest—but more as a hobby, in a band called "Playing Doctor." That is where she met her husband, Francis Oglethorpe, a sales and technical specialist for Prism Sound. The company manufactures high-end audio recording equipment, used at Abbey Road Studios and on

film productions including "Lord of the Rings."

Dr. Catherine LaRuffa attended the American University of the Caribbean School of Medicine in Montserrat, British West Indies. She completed her three-year internship and residency at Community Hospital of Indianapolis in Indiana. She is board-certified in family practice and annually maintains certification.

"My original plan was to go into pharmacy, but after volunteering as an orderly at Miami Valley while attending the University of Dayton, I realized that medicine would give me more opportunities for creativity and self-expression," she says.

Serving the community Being an active member of the community is very important to Dr. LaRuffa. She ran the prenatal department for uninsured women at Highland County Community Action, was president of the Clinton County Medical Society, served as a delegate for the Ohio State Medical Association and was director of Continental Manor nursing home in Blanchester.

She is a member of the American Academy of Family Physicians, American Medical Association, American Medical Women's Association, Royal Society of Medicine and Ohio State Medical Association.

Dr. LaRuffa says that she gets back from her patients more than she gives. "Their experiences and where they come from color my day," Dr. LaRuffa says.

MEDICAL STAFF UPDATE

ONCOLOGIST JOINS CMH MEDICAL STAFF



Dr. Patrick Ward

Dr. Patrick Ward, a medical oncologist, has joined the CMH Regional Health System Medical Staff. Dr. Ward practices with Oncology Hematology Care, Inc., of Cincinnati, which also has an office in the CMH Professional Building, 630 W. Main St., Suite 304, Wilmington.

Dr. Ward is a graduate of The Ohio State University College of Medicine, where he also did his internship and a residency in internal medicine. He did his subspecialty fellowship in oncology at the James Cancer Hospital at Ohio State. He received his bachelor's of arts degree from the University of Missouri and a doctorate of philosophy degree from Ohio State.

Dr. Ward has practiced with Oncology Hematology Care since 2003. He is certified by the American Board of Internal Medicine and is a member of the American College of Physicians. For more information, contact his Wilmington office at (937) 382-2537.

GENERAL SURGEON SEEING PATIENTS IN MAINEVILLE



Dr. Brian Ondulick

Dr. Brian Ondulick, a general surgeon who joined the CMH Regional Health System Medical Staff in mid-2004, is now seeing patients in CMH's River's Bend Health Center, 87 E. U.S. 22 and state Route 3, Maineville. Dr. Ondulick sees patients in Suite 500 on Thursdays from 1:30 to 4:30 p.m.

Dr. Ondulick's specialties include excisions of masses or cysts, hernia repair, colonoscopies, and treatment of gallbladders,

breasts and colons. Dr. Ondulick, of Wilmington, also practices at Clinton County Surgical Associates, 586 W. Main St., Wilmington. His practice accepts most insurance plans. For more information or to make an appointment, call (937) 383-4111.

FAMILY MEDICINE RESIDENCY PROGRAM SHIFTS DUTIES



Dr. Keith Holten



Dr. Ed Onusko



Dr. Jennifer Bain



Dr. Geetha Ambalavanan

Dr. Keith Holten, director of the CMH Regional Health System Family Medicine Residency since its opening in 1997, has new responsibilities. As of Jan. 2, he is the medical adviser for the three-year clinical automation project under way at CMH (see page 1 sidebar). In this role, he facilitates input from the CMH Medical Staff regarding work-flow process changes.

Although Dr. Holten, a member of the CMH Medical Staff since 1996, will continue oversight of the residency as director of medical education, some additional leadership changes have taken place in the residency program. Dr. Ed Onusko, also a CMH Medical Staff member since 1996 and a faculty member since its inception in 1997, is the acting residency director. Dr. Jennifer Bain, a faculty member since 1999, is the acting medical director of the CMH Family Health Center.

Dr. Holten will maintain general oversight of the residency, chair CMH's Graduate Medical Education Committee and chair the University of Cincinnati/CMH Executive Committee. He will continue to supervise residents at the Family Health Center, see his patients at the center and attend on the teaching service at Clinton Memorial Hospital.

Dr. Onusko is responsible for day-to-day administration of the residency. Dr. Bain has responsibility for physician leadership and administration of the health center. The center is the clinical component of the residency program where Drs. Holten, Onusko, Bain and Janet Gick practice and supervise resident physicians.

"The residency is not missing a beat," says Dr. Holten. "I am excited about this opportunity and feel that the residency will benefit from the expanded leadership roles of Dr. Onusko and Dr. Bain."

Dr. Holten recently received a major recognition award from the Association of Family Medicine Residency Directors and has been published twice recently in *The Journal of Family Practice*. Topics were "How should we evaluate and treat constipation in infants and children?" and "How should we evaluate and treat ADHD in children and adolescents?" The latter article was co-written by Dr. Geetha Ambalavanan, a second-year resident physician in the CMH program.

DR. CHOO EXAMINER FOR EMERGENCY MEDICINE BOARD



Dr. Mike Choo

Dr. Mike Choo of Wilmington, a member of the CMH Medical Staff since 1992, recently participated as an oral examiner at the American Board of Emergency Medicine (ABEM) oral board-certification examination in Chicago.

Dr. Choo practices Emergency Medicine at Clinton Memorial Hospital and is president and chief executive officer of Professional Emergency Specialists of Southern Ohio (PESSO), the emergency medicine physician group practice that covers Emergency Services at Clinton Memorial Hospital in Wilmington and **CMH AfterHours** Urgent Care at the

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MEDICAL STAFF UPDATE

—Continued from page 2

CMH Rombach Health Center in Wilmington. Dr. Choo and all of his PESSO colleagues are board-certified in emergency medicine.

The ABEM mission is to protect the public by promoting and sustaining the integrity, quality and standards of training in and practice of emergency medicine. ABEM also acts as the agency that grants and issues board certificates to qualified physicians. Dr. Choo has been an examiner since 2003. It not only requires the devotion of five full days to the process, but also demands a high level of expertise and dedication to the specialty of emergency medicine.

DR. MATRKA, DR. LARUFFA HONORED



Dr. Tom Matrka



Dr. Cesare LaRuffa

One current and one former member of the CMH Regional Health System Medical Staff were honored Dec. 20, during the annual Christmas party for CMH physicians at the Roberts Centre.

Dr. Tom Matrka, of Wilmington, an orthopedic surgeon on the CMH Medical

Staff since 1980, was presented the fifth annual CMH Physician's Recognition Award. The award honors a CMH physician who demonstrates commitment and dedication to the hospital, health system and community, and who also exhibits high personal and professional standards.

Honored with a CMH Medical Staff Legacy of Leaders Award was Dr. Cesare LaRuffa, who practiced family medicine in Blanchester from 1959 to 2002.

The Legacy of Leaders award was created to honor retired or deceased CMH physicians who fostered a caring culture that extended beyond hospital and physician office walls into the community. They represent the heritage of CMH and set the example for future generations of CMH physicians.

Dr. Matrka celebrated his 25th anniversary on the CMH Medical Staff in 2005. He was on the CMH board of trustees for 12 years and also served as chairman of the board. He has been Leadership Clinton's Humanitarian of the Year, has been honored by the city of Wilmington for his continuing work on the homeless shelter, and has been the presenter for Legacy of Leaders award since its inception. He and his wife, Dr. Janet Gick, are currently co-chairs of the local United Way Campaign.

Previous Physician's Recognition Award honorees were Dr. Mary Lou Inwood, Dr. Mike Choo, Dr. Philip Aschi and Dr. Ed Onusko.

Dr. LaRuffa completed his medical education in Messina, Italy, and was an intern at the Polyclinic University in Rome. He did residencies at St. Mary's Hospital in Hoboken, N.J., Columbus Hospital in New York City and Valley

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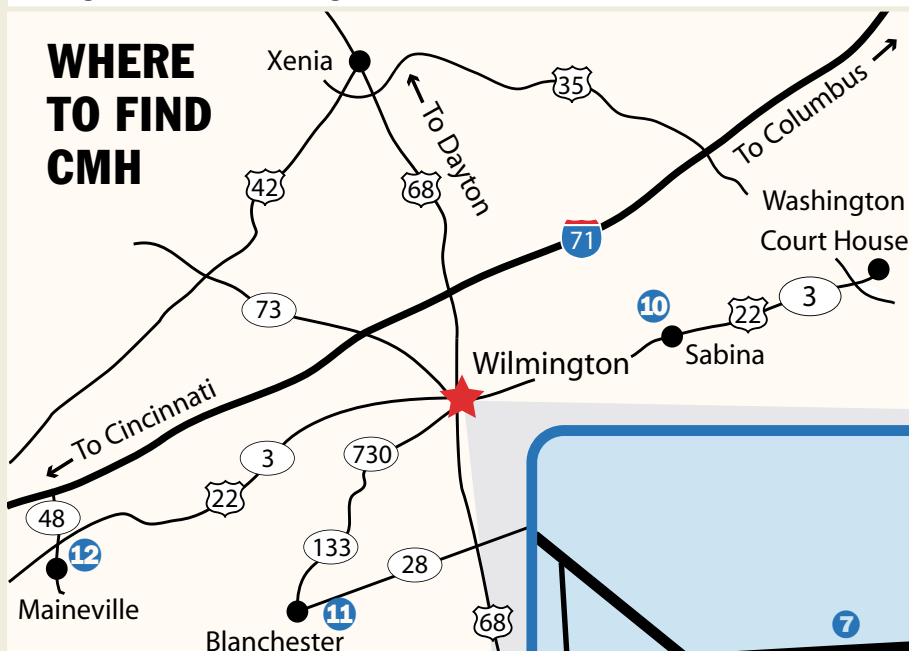
Hospital in Ridgewood, N.J. Before starting his practice in Blanchester, he was the house physician at Speers Memorial Hospital in Dayton, Ky. He is a fellow of the American Academy of Family Physicians and an active member of the Ohio State, American and World medical associations.

He and his wife, Joan, now live in Fort Lauderdale, Fla. He is a volunteer physician with Hospice of Florida and various charities. Their daughter, Dr. Catherine LaRuffa, joined her father's practice in 1991 and still practices in Blanchester.

Previous Legacy of Leaders honorees include Drs. Foster (Jack) and Mary Boyd, Dr. Thomas Faehnle, Dr. Roy Goodwin, Dr. Maxine Hamilton and the late Dr. H. Richard Bath, Dr. Richard Buchanan, Dr. Nathan Hale, Dr. David Hamilton (husband of Dr. Maxine Hamilton) and Dr. Edmond Yantes.

The Legacy of Leaders award was the idea of Dr. Mary Lou Inwood, then-chief of the CMH Medical Staff, and Dr. Matrka in 2003.

WHERE TO FIND CMH



1 Clinton Memorial Hospital
610 W. Main St., Wilmington
(937) 382-6611

2 CMH Professional Building
630 W. Main St., Wilmington
(937) 382-9464

3 CMH Neurological Services
594 W. Main St., Wilmington
(937) 382-5438

4 CMH Pediatric and Adolescent Services
448 W. Main St., Wilmington
(937) 382-4677

5 CMH Community Health Services
615 W. Main St., Wilmington
(937) 382-1008

6 CMH Rombach Health Center
2241 Rombach Ave., Wilmington
• AfterHours Urgent Care: (937) 383-1706
• Corporate Health Services:
(937) 382-7785
• Rehabilitation Services: (937) 383-7722

**7 CMH Family Health Center/
Family Medicine Residency**
825 W. Locust St., Wilmington
(937) 383-3402

8 Clinton Community Dental Services
111 S. Nelson Ave., Suite 7, Wilmington
(937) 382-2220

9 CMH Nelson Avenue
761 S. Nelson Ave., Wilmington
• Community Education Services:
(937) 382-9606
• Diabetes Services: (937) 382-9307
• Health Resource Center:
(937) 382-9290
• Home Care Services: (937) 382-9380
• Patient Financial Services:
(937) 382-9593

10 CMH East Clinton Medical Services
12459 U.S. Route 22/state Route 3
Sabina
(937) 584-2459

11 CMH Blanchester Medical Services
849 E. Cherry St., Blanchester
(937) 783-4903

12 CMH River's Bend Health Center
87 E. U.S. Route 22/state Route 3
Maineville
• Ted Schoettinger, M.D., Family
Medicine: (513) 677-2405

WOMEN AND HEART DISEASE

THE TRUTH CAN KEEP YOU WELL

HERE'S A QUIZ YOU DON'T WANT TO FAIL. TRUE OR FALSE: WOMEN ARE LESS LIKELY TO GET HEART DISEASE THAN MEN. ♦ IF YOU answered "true," you're wrong—but you're in good company. According to the American Heart Association (AHA), more than half of American women underestimate their heart disease risk. The idea that heart disease is a man's problem is persistent, and for many years even the experts shared that view.

According to Elizabeth Nabel, M.D., until the 1980s many doctors thought the closest most women got to heart disease was helping a man through it.

"The going concept was that middle-aged men got heart disease, and it was the job of their wives to take care of them," says Dr. Nabel, who is director of the National Heart, Lung, and Blood Institute (NHLBI).

KNOWLEDGE IS POWER Now we know that husbands aren't the only ones who need help. Cardiovascular disease is the leading cause of death in American women.

As a matter of fact, it kills more than half a million women each year in the United States alone—more than the next seven causes of death combined. That's nearly twice

the number of deaths due to all forms of cancer, including breast cancer, according to the AHA.

Doctors also know that understanding the risks can empower women to live long and healthy lives. Heart disease risk is a matter of many steps along a scale. You can measure your risks, and you can lower them. Your first step is to understand what heart disease is.

YOUR CIRCULATORY HARDWARE Picture your heart pumping oxygenated blood throughout your body. Blood pulses out through arteries and capillaries and then returns through veins to your heart and lungs to start the cycle again. Together these structures are your cardiovascular system, and when it's functioning smoothly, every cell in your body, including your brain, has the oxygen and nutrients it needs.

But over time arteries can become blocked with a buildup of cells, fat and cholesterol, a condition called atherosclerosis. It doesn't happen quickly, but when it does, the supply of blood to parts of the body is reduced. This is cardiovascular disease, and when it occurs in your brain, it can cause a stroke.

Cardiovascular disease in the arteries of your heart is

Double trouble: **DIABETES** increases risk for heart disease

If you're a woman with diabetes, you probably know that it's essential to control your disease. But you might not know about one of the most important reasons why: heart disease.

Your risk for heart disease is three to four times higher than it is for a woman without diabetes. And that can mean years off your life.

A DEADLY COMBINATION

Heart disease poses a particularly deadly threat for women with diabetes. According to the American Diabetes Association:

- Deaths from heart disease in women with diabetes have increased 23 percent over the past 30 years, compared to a 13 percent decrease in men with diabetes.
- African American, American Indian and Hispanic women have the highest diabetes rates of all women—over 30 percent in some cases.
- Heart disease is the leading cause of death for all women with diabetes.

A TANGLED WEB

Diabetes and heart disease are a dangerous pair with a complex relationship. For one thing, they share risk factors. Being physically inactive and being overweight

can lead to both diabetes and heart disease. High blood pressure and high cholesterol contribute to both conditions, and smoking makes them worse.

Elevated blood sugar, thought to cause complications in diabetes, is the prime suspect in the link between diabetes and heart disease. It can damage the walls of your arteries and make a heart attack more likely.

DEFUSE THE THREAT

Diabetes and heart disease share something else—you can defend yourself from both with positive lifestyle choices. The American Academy of Family Physicians recommends these steps:

- If you smoke, get help to quit.
- Lose weight if you need to, and keep it off.
- Eat a diet low in fat and high in vegetables and whole grains.
- Be active. Brisk walking is great exercise.

These healthy choices can help lower your cholesterol and your blood pressure, and make you feel great. They can also help you control your diabetes. All of which can help add those years back to your life.





MORE THAN HALF THE HEART CATHETERIZATIONS PERFORMED AT CLINTON MEMORIAL HOSPITAL IN 2005 WERE FOR WOMEN.

heart disease, and it can result in a heart attack.

A DIFFERENT DRUMMER The relationship between women and heart disease wasn't understood by early researchers for an obvious reason: They studied only men. As a result, doctors didn't know until later that women with heart disease often have different symptoms than do men. For example, a woman with a heart attack might feel short of breath, unusually fatigued and generally out of sorts. If she has chest pain, it might feel like a squeezing sensation instead of the crushing pressure men typically describe.

Women often feel radiating pain in the right arm, rather than the left as men usually do, and they're more likely than men to have jaw and neck pain. Women also experience nausea and vomiting with heart attack more often than men.

Another difference is that women usually get heart disease at an older age than men. That's when the protection offered by estrogen and other hormones starts to fade.

"Women typically get atherosclerosis about 10 to 15 years later than men," says Dr. Nabel. And when older women get heart disease, the symptoms sometimes aren't clear. Or physicians don't treat them aggressively because of their advanced age.

LADIES FIRST Since the 1980s, heart disease research has included women, and it has found a number of disturbing facts. When women get heart disease, they fare worse than men, and there's a web of factors that seems to lead to their unfavorable outcomes.

According to the AHA and other experts, women:

- Wait longer than men to call for emergency medical help when they have symptoms of a heart attack.
- Are at higher risk of developing heart disease if they have diabetes than are men with diabetes.
- Are less likely to survive a heart attack than men.
- Are more likely than men to have a second heart attack.

YOUR OWN BEST FRIEND The trend among health care providers now is to take women's symptoms of heart disease seriously. But your best defense is to take charge yourself. That starts with knowing your risk factors.

One risk is advancing age—at menopause your chances

of having heart disease start to increase significantly.

The three biggest risk factors for heart disease are high blood pressure, high cholesterol and diabetes, says Virgilio Licona of the American Academy of Family Physicians (AAFP).

If you have any of these big three risk factors, healthy lifestyle choices can help control them. But even if you're risk-free, the AHA says you should still make the following choices a top priority—they will help keep your heart disease risk down.

Don't smoke. If you smoke, try your best to stop. Smoking increases a woman's heart disease risk two to four times. And if you smoke and use birth control pills, your risk is even higher. If you quit, you can lower your risk for heart attack by one-third within two years, reports the AAFP.

Be physically active. Your heart is a muscle, and you can keep it in shape with regular exercise. Exercise also can lower your blood pressure and bad cholesterol, raise your good cholesterol and help prevent or control diabetes.

Eat a heart-healthy diet. A variety of fruits and vegetables, whole-grain foods and low-fat or nonfat dairy products is key to heart health. Fish, poultry, beans and lean meats are important sources of protein. Limit saturated fat, and avoid foods with trans fatty acids, such as stick margarine and commercially prepared baked goods.

IT'S ALL CONNECTED Heart disease risk factors act in concert—having more than one greatly multiplies the danger. But the danger can go down as well—according to the NHLBI, healthy lifestyle choices can lower your heart disease risk by more than 80 percent.

If you already have heart disease, your doctor may prescribe medicines for high blood pressure or high cholesterol that can reduce your risk. Taking a small dose of aspirin regularly can help prevent heart attacks, and recent advances have made procedures to treat clogged arteries in the heart, such as angioplasty and bypass surgery, even more effective.

But evidence strongly suggests that heart disease can be prevented. Once you know your risks, you can take charge of your health. When that happens, that true-or-false quiz will change to: Women set the pace for healthy hearts.

And the answer will be: "True."


THERE ARE LOTS of good reasons to get to your ideal weight and stay there. One of the most important ones is to help protect yourself from heart disease.

According to the National Institutes of Health (NIH), being overweight or obese puts you at higher risk for these heart disease risk factors:

- High blood pressure. As your weight increases, so does your blood pressure.
- Cholesterol. Increasing weight leads to higher total cholesterol and lower HDL, or good cholesterol.
- Diabetes. Excess pounds are a major risk factor for developing diabetes.

Doctors use your body mass index, or BMI, to determine if you are either overweight or obese.

BMI is a measure of body fat based on height and weight.

To learn yours, select "Weight management" from the Health Topic Centers at www.cmhregional.com. 

A result between 25 and 29.9 is considered overweight, and 30 or higher is obese.

But numbers don't tell the whole story. The shape of your body also affects your risk, according to the NIH.

If you carry most of your fat around your waist, you are considered apple-shaped and are at higher risk for heart disease than pear-shaped women, who store fat mostly around their hips. An apple shape also increases your risk for diabetes and some cancers.

No doubt about it, losing weight is a challenge. Your doctor can help you start with a sensible diet and exercise plan. As you get closer to your ideal weight, you'll have more energy and feel stronger. And you'll feel even better knowing you've lowered your risk for heart disease.

WEIGHT MATTERS—AND NOT JUST POUNDS



A NEW TYPE OF DOCTOR

CLINTON MEMORIAL HOSPITAL ADDS HOSPITALISTS TO STAFF

Depending on the wishes of your primary care physician, it is possible that you might be cared for by a hospitalist the next time you are admitted to Clinton Memorial Hospital.

Unlike traditional doctors, hospitalists don't see patients outside the hospital. The hospitalist's sole responsibility is to care for hospitalized patients, from admission to discharge. That admission may

follow a visit to Emergency Services, which is staffed by emergency-trained physicians from Professional Emergency Specialists of Southern Ohio, Inc.

Clinton Memorial Hospital followed the lead of many community hospitals in southwestern Ohio when it enlisted the services of Hospitalists Management Group (HMG) of Canton. Hospitalists will begin seeing patients within Clinton Memorial Hospital March 13.

Some CMH Medical Staff primary care physicians will continue to care for their patients inside the hospital, while others will ask the hospitalist physicians to manage their patients' care while they are hospitalized.

Hospitalist medicine is the fastest growing medical specialty in the United States. Nationwide, the number of hospitalists practicing is more than 12,000 and is expected to triple in the next five years, according to the Society of Hospital Medicine.

CMH Medical Staff leadership encouraged the development of the program and health care industry consultants says hospitalists often improve the care of patients during hospital stays.

"Given that the practice of hospitalist medicine has ma-

tured such that quality can be ensured, the CMH Medical Staff leadership encouraged development of the hospitalist program, which provides an alternative for the care of hospitalized patients," says Dr. Chris Gailliot, an internist on the CMH Medical Staff and director of the hospital's department of medicine.

Clinton Memorial Hospital hospitalists care for patients who have been referred to them by the patient's primary care physician, ordering appropriate diagnostic tests, monitoring patient conditions, making treatment decisions with input from primary care and specialty doctors, and coordinating patient care among all members of the hospital staff.

Hospitalists respond to emergencies experienced by inpatients, do consultations, handle inpatient episodic medical care, perform intensive care procedures, accept

Studies show that hospitalists help reduce the risk of medical errors, cut the length of patient stays and lower hospital costs.

unassigned emergency calls and provide patient admission and discharge.

Upon discharge from the hospital, patients are referred back to their primary care physician for follow-up. Each CMH Medical Staff member decides if he or she wants to utilize the hospitalist service.

Hospitalists' popularity is fueled by several factors:

- Hospitalists become especially skilled at treating health problems common among hospitalized patients, such as pneumonia, infections, heart attacks and congestive heart failure.

- Hospitalists are readily available to their patients. Because they are hospital-based, hospitalists generally can respond whenever a patient or family member has a question or concern. They make rounds several times a day.

ADVANTAGES of a hospitalist program

PATIENTS BENEFIT FROM:

- Excellent physician communication.
- Enhanced physician availability.
- Enhanced satisfaction with the inpatient experience.

REFERRING PRIMARY CARE PHYSICIANS BENEFIT FROM:

- Enhanced productivity of office-based practice.
- Relief from emergency on-call requirements.
- Communication with hospitalists via fax, phone, written requests and clinical summaries.
- Confidence that patients will return to their care after discharge.

CMH BENEFITS FROM:

- More efficient use of hospital resources.
- Enhanced access for referred patients and unassigned emergency patients.
- Improved satisfaction for patients, families and nurses.

PAYORS BENEFIT FROM:

- Improved compliance with disease-management protocols.
- Simplification of the case management and utilization review process.
- Facilitation of communication with attending hospitalists.
- Enhanced satisfaction of enrollees.
- Improved health care value.

- Because they are near their patients' bedsides, hospitalists can recognize and react quickly to any changes in their patients' conditions—a real advantage. In terms of treatment, patients are simply better off when doctors can check on them several times a day. Clinton Memorial Hospital hospitalists will have an office on the third floor of the East Patient Tower, putting them in close proximity to patient care areas, including Intensive Care.

A growing body of research suggests that hospitalists often improve the overall quality of inpatient care. There have been more than 100 studies published on the effect of hospitalists, and the results are generally positive. Most studies show that hospitalists help reduce the risk of medical errors, reduce the length of patient stays and reduce hospital costs.

Some patients admitted to the hospitalist from Emergency Services have no family doctor. Other patients may be admitted by another medical specialist or surgeon who wants a medical consultation from the hospitalist.

A hospitalist is at Clinton Memorial Hospital 365 days a year from 7 a.m. to 7 p.m. Hospitalists are available by pager from 7 p.m. to 7 a.m. every day.

CMH HOSPITALISTS group was there at the beginning of trend

Hospitalists Management Group (HMG) of Canton, which will begin providing hospitalists for Clinton Memorial Hospital March 13, started in 1993 when solo inpatient practitioner Dr. Stephen Houff developed a single-site hospitalist program in Columbus. Some 13 years later, HMG is a phy-

sician-owned and -managed company, with 15 locations across the country. HMG physicians and management staff design each program based on the unique needs of the hospital.

"We recruit highly talented and uniquely well-suited hospitalists into a program created to meet the

specific needs of each client," says Dr. Houff, founder and chief executive officer. "In addition, HMG trains and encourages our team of doctors to achieve hospital-driven endpoints and to market the program extensively to local patients, physicians, outlying hospitals and payors."

CMH PEOPLE

SNIDER, FOLAND PROMOTED

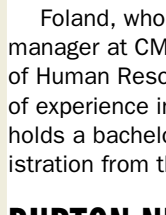


Charles Snider

Charles Snider, of Wilmington, and Mary Ann Foland, of Wilmington, have taken on additional responsibilities at CMH Regional Health System.

Snider, who joined CMH in 1997 as director of Human Resources, has been promoted to vice president of Human Resources and Support Services. Snider's Support Services responsibilities, in addition to HR, include Environmental Services, Education Services, the Health Resource Center (medical library), and Food and Nutritional Services.

Snider came to CMH from Highlands-Cashiers Hospital in Highlands, N.C., where he was the human resources manager. He has a bachelor's of science degree in business administration and master's in industrial labor relations from West Virginia University.



Mary Ann Foland

Foland, who has been the benefits and compensation manager at CMH since 1998, has advanced to manager of Human Resources. Foland has more than 15 years of experience in human resources management and holds a bachelor's of science degree in business administration from the University of Cincinnati.

BURTON NEW MANAGER



James Burton

James Burton, of Hillsboro, a registered respiratory therapist, is the new manager of Respiratory Services at Clinton Memorial Hospital. Before joining CMH Regional Health System, Burton worked at Highland District Hospital in Hillsboro and most recently at Bethesda North Hospital in Hamilton County. During his time at other hospitals, he worked part-time for CMH.

Burton graduated from the California College for Health Sciences in 1997 and has attended Southern State Community College. He is also a member of the National Board for Respiratory Care and American Association for Respiratory Care.

VAUGHN NEW ACUTE-CARE CHARGE NURSE



Polly Vaughn

Polly Vaughn, of Wilmington, has been named an acute-care charge nurse at Clinton Memorial Hospital. Acute care is that given to patients who generally require a stay of several days. It focuses on a physical or mental condition that requires immediate intervention and constant medical attention, equipment and personnel.

Vaughn, who is a registered nurse and has a bachelor's of science degree, joined CMH Regional Health System in 2001 as a nursing supervisor. She worked most recently for CMH Home Care Services.

HARDWICK CERTIFIED AS REHAB NURSE



Sharon Hardwick

Sharon Hardwick, of Wilmington, recently passed the exam to become a certified rehabilitation registered nurse (CRRN). Inpatient Rehabilitation, located on 2 North of Clinton Memorial Hospital, now has four CRRNs on the six-bed unit.

Hardwick joined CMH in 2004 as a diabetes resource person for Inpatient Rehabilitation. She graduated from the St. Luke's (Mo.) School of Nursing and

was formerly a team leader at the Miami Valley Hospital rehabilitation unit in Dayton.

WICKLINE CERTIFIED IN OCCUPATIONAL HEALTH



Julie Wickline

Julie Wickline, of Xenia, who has been clinical coordinator at CMH Corporate Health Services since 1999, was recently certified as an occupational health nurse/case manager (COHN/CM) by the American Association of Occupational Health Nurses. She successfully met the requirements through a written examination and continuing education.

Wickline graduated from the licensed practical nurse program of Southern State Community College (SSCC) and later received an associate's degree from SSCC in 1990. She has worked at CMH in pediatrics, minor surgery, medical/surgical care, obstetrics and home care, and has been with CMH Corporate Health Services since 1997. She earned certified occupational health nurse status in 2002.

FROHRIEP, HENMAN COMPLETE PROJECT MANAGEMENT TRAINING



Phil Frohriep

Phil Frohriep, of Blanchester, and Scott Henman, of Wilmington, recently completed intensive project management programs at Xavier University, Cincinnati.



Scott Henman

Frohriep is Information Technology Solutions delivery manager for CMH Regional Health System, and Henman is manager of Facility Services and Security Services at CMH.

Project management is an application of knowledge, skills, tools and techniques to meet customer requirements. The purpose of the course is to provide understanding of the project environment and life cycle and to develop or refine skills in planning, scheduling, leading and monitoring projects.

Frohriep, who achieved the master-level certification at Xavier, started at CMH in 1997 as the network administrator. Henman has been with CMH since 2001.

ELBERT COMPLETES LEADERSHIP TRAINING



Don Elbert

Don Elbert, of Cincinnati, recently completed 84 hours of leadership training at the Great Oaks Institute of Technology and Career Development in Cincinnati. Upon completing four modules (Introduction to Leadership, Conflict and Problem Solving, Interpersonal Communication, and Personal and Organizational Skills), he received a certificate from the Ohio Department of Education in leadership development. Elbert started at CMH in August 1999 as a heating, ventilation and air conditioning mechanic and was promoted to supervisor in 2001. He is currently attending Hocking College, where he is working on a degree in construction management.

RUSH IS NEW SECURITY SUPERVISOR



Greg Rush

Greg Rush, of Dayton, was recently named supervisor for Security Services at CMH Regional Health System. Rush is responsible for day-to-day operations in the department as well as the new valet parking service at Clinton Memorial Hospital. Rush has been with CMH since May 2004 as the security charge officer. He has a bachelor's of arts degree in criminal justice from the University of Dayton.

Join our TEAM

We're always looking for dedicated people to join our top-notch staff. Find your place at CMH by visiting our online job bank!



JOB POSTINGS

WWW.CMHREGIONAL.COM

CMH SERVICES

UPDATE



BABY JORDAN'S BIRTH FIRST AT CLINTON MEMORIAL HOSPITAL IN 2006

Jessica Cox, 20, of Wilmington and Levi Saylor, 20, of Williamsburg, frame their new baby girl, Jordan Faye Saylor—the first child born at Clinton Memorial Hospital in 2006.

Jessica's mom and Jordan's grandmother, Sharon Arledge, of Wilmington, was the first baby born at Clinton Memorial Hospital on Jan. 2, 1963.

Jordan arrived at 11:06 a.m. on Jan. 3, weighing in at 5 pounds, 6 ounces. She was 19.5 inches from head to toe. The new parents and newborn received gift baskets from the Mother-Baby Care unit and Babies "R" Us promotions coordinator Lisa Koepfer, also pictured.

There were 699 deliveries (708 births, counting multiples) at Clinton Memorial Hospital in 2005, the second full year in the hospital's new unit. That surpasses 2004's total of 677 deliveries.

SLEEP CARE OPEN IN RIVER'S BEND HEALTH CENTER

CMH Sleep Care, a comprehensive, outpatient sleep disorders program, started operations recently in Suite 300 of the CMH River's Bend Health Center, 87 E. U.S. 22 and state Route 3, Maineville.

CMH Sleep Care at River's Bend Health Center is a two-bed, open-referral sleep lab, hosting patient consultation, diagnosis, treatment and follow-up. The sleep lab offers a homelike environment and state-of-the-art sleep technology.

The lab utilizes the latest computerized polysomnographic technology, recording up to 30 diagnostic variables, including heart, breathing and brain activity, as well as eye and muscle movements. The data is scored by a technician and then interpreted by a sleep specialist.

Pulmonologists Dr. John Liming and Dr. Mustafa Quadri share clinical and interpretation duties. The physicians then follow up with patients after the sleep study to recommend a course of treatment, and results are forwarded to the patient's primary care physician.

For more information, call CMH Sleep Care at **(866) 351-6563**.

The CMH River's Bend Health Center, which opened in 2003, also offers the services of two family practitioners, a urologist, a general surgeon and an allergist, with room for additional physician practices and health care services.



The new cancer center will include several amenities for patient comfort and convenience, including chemo-therapy lounges, a library, a boutique of personal care products and a healing garden.

CMH CANCER CENTER

—Continued from page 1

Each infusion area will have family seating, an individual TV, remote control, DVD player and headphones to help patients customize their environments. Electrical, data and communication outlets also will be available. Patients will have the option of privacy or interaction with an adjoining patient.

LIBRARY Cancer patients and their families are frequently overwhelmed by the large amount of information available. A cancer resource center will allow patients,

families and the public to check out books and videos, as well as access our online medical library.

BOUTIQUE Many cancer patients experience temporary or permanent physical changes and diminished self-esteem. A positive-appearance boutique in the center will offer male and female patients the products and services to cope with their unique cosmetic and comfort needs. Products will include hats and turbans, sun-protective clothing, wigs, breast prosthetics and skin care items.

HEALING GARDEN As an environment for recovery,

a healing garden will offer therapeutic benefits in a natural setting where soothing surroundings promote healing.

The garden, which may be viewed from the infusion suite, will create a sense of safety and enclosure with sheltering walls, gates, shrubs and trees. Shade is critical because some cancer drugs cause light sensitivity. Overhangs, trellises, arbors and shade trees will offer protection from the sun, while fragrant herbs and soft leaves will engage the senses. Pathways, surfaces, plants and structures will be designed for accessibility and safety.

OTHER BENEFITS

An American Cancer Society patient navigator will help guide patients through the care experience. Nutritional, psychosocial, pastoral and financial counseling will help ease patients' and families' concerns.

"The center will be an easily identifiable center for community education and screening activities and will strengthen opportunities for the cancer program to align with local and regional community service organizations," Crowley says.

"Its healing health care design principles will accommodate the special needs of cancer patients and their families close to home."

LOOK
GOOD...
FEEL
BETTER

program will continue

MANY PEOPLE are not aware of a wonderful program in the community that is currently offered at CMH and will be integrated into services available at the new cancer center. The Look Good... Feel Better program—sponsored by the American Cancer Society, the National Cosmetology Association, and the Cosmetic, Toiletry, and Fragrance Association—has been available for several years to women who are actively undergoing cancer treatment.

Women are provided with a free makeup kit, usually worth more than \$200. They are taught how to properly use moisturizers, makeup, wigs and turbans to help improve their appearance.

The program is taught by a licensed cosmetologist and is offered in either afternoon or evening classes.

Classes are free to the patient. Participants may register by calling the CHEER Line at CMH Regional Health System at (937) 382-9606 or 1-800-800-6612.

CMH PROGRAM already meeting high standards

CMH Regional Health System has been awarded another three-year accreditation for its cancer program at Clinton Memorial Hospital as the result of a recent survey by the American College of Surgeons' Commission on Cancer (COC).

The COC, headquartered in Chicago, awards accreditation to facilities for their commitment to maintain and improve cancer programs and their participation in the approvals program.

Evaluations are conducted every three years by a physician surveyor who is specially trained to evaluate compliance with the 36 standards required for approval. Being part of a COC program means CMH has established performance measures for high-quality cancer care and is a model for organizing and managing a cancer program with multidisciplinary and comprehensive oncology services.

Established by the American College of Surgeons in 1922, the multidisciplinary COC sets standards for quality cancer care delivered primarily in hospital settings. It surveys hospitals to assess compliance with those standards, collects data from hospitals to measure treatment patterns and outcomes, and uses the data to evaluate hospital provider performance and develop effective steps for improving cancer care outcomes at the national and local levels.

TAKE TIME FOR YOUR HEALTH 2012

For more information about these programs, call the Community Health Enhancement and Education Referral (CHEER) telephone number at (937) 382-9606 unless another number is provided.

CLASSES

*These classes are taught by CMH's professional prenatal educators.

Baby Safety*
Offered quarterly.

**Big Brothers/
Big Sisters Class***
Offered every other month.

Breastfeeding Class*
Offered every month.

Exploring Pregnancy
Offered every other month.

Heartsaver CPR and First Aid; CPR for Health Care Providers

Courses are taught by CMH's certified CPR educators. The Heartsaver CPR and First Aid combination is offered three times a year. Heartsaver CPR is offered alone three times a year. Health Care Providers CPR is offered eight times a year.

Infant Care*
Offered monthly.

New Dads Class
Offered quarterly by an experienced CMH dad.

Outpatient Diabetes Class
Taught by CMH's certified diabetes educators. Classes or individual instruction

by appointment. Call (937) 382-9307.

Postpartum Class*
Offered every other month.

Prepared Childbirth Series*
Offered monthly, except in December.

Teen Prepared Childbirth*
Offered three times a year.

Tobacco Cessation
Offered seven times a year.

Weekend Prepared Childbirth*
Offered five times a year.

PROGRAMS/SERVICES

Advance Directive Counseling
Offered weekly by CMH trained professionals who will assist with completion

of forms. Call (937) 382-9318.

Child Safety Seat Inspections
Offered monthly and by appointment. Car seats/booster seats checked for proper installation and recall. Free seats available on a limited basis to those meeting financial guidelines.

Corporate Health Services
Offers a full line of occupational health, workers' compensation and rehabilitation services. Mobile unit available. Call (937) 382-7785.

HealthSense for Seniors
A monthly education program/luncheon for

seniors, sponsored by the CMH Foundation.

Lactation Services
Offers a range of services for breastfeeding mothers. Call Renee Quallen at (937) 283-9882.

Look Good...Feel Better
A monthly program in conjunction with the American Cancer Society for women undergoing cancer treatment.

Skin Cancer Screening
Free program offered twice a year.

SUPPORT GROUPS

Adult Diabetes
Facilitated bimonthly by CMH's diabetes educators. Call (937) 382-9307.

Breastfeeding
Facilitated every month by CMH's professional prenatal educators.

Call (937) 283-9882.

Clinton County Area Ostomy Support Group
Meets monthly for people with ostomy and their families. Call (937) 685-5681.

Fibromyalgia
Meets monthly for people with fibromyalgia or pain-related chronic diseases.

Grief
Meets as needed. Call Dayton Hospice at 1-800-653-4490 and ask for Judy Demick.

Insulin Pumps
Meets bimonthly for people using or interested in using an insulin pump to manage their diabetes. Call (937) 382-9307.

CLICK **LOOK ONLINE FOR MORE EVENTS AT CMH**
WWW.CMHREGIONAL.COM