



Discover

WEST CHESTER HOSPITAL

HEALTH

2014-Issue 2 | World Class Medicine. Locally Delivered.

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Project SEARCH graduate and West Chester Hospital Associate Tori Fox is welcomed by Dr. Joseph and Chief Operating Officer Tom Daskalakis.

Special People, Special Partnerships

West Chester Hospital remains committed to finding new ways to serve and support our community. These efforts are truly worthwhile as we dutifully owe our existence and success to those who live and work in our surrounding communities.

We also believe in respectful collaboration that will help build a bright future for this region. One example is a wonderful partnership that we initiated last year with Butler Tech and Project SEARCH, an educational program that helps train young people with developmental disabilities. The goal is for these young people to gain job skills and find entry-level employment within integrated business settings.

Butler Tech adopted the worldwide Project SEARCH model in 2005 after finding its students with disabilities had needs that weren't being fully met. Last summer, school officials and West Chester Hospital finalized the agreement to begin the program in the fall of 2013. The West Chester Hospital staff immediately embraced the program and since its implementation, we have experienced true gratification through this relationship.

Since September, West Chester Hospital has served as a training site for 11 Project SEARCH interns ages 18 to 21. The interns each completed three 12-week rotations, during which they learned valuable job skills like interviewing, problem solving, multitasking, time management and communication. Under supervision, they worked in various hospital departments, including food and nutrition services, environmental sciences, the emergency department and within the peri-operative care division.

I am incredibly proud of these students and am sincerely appreciative of their hard work and dedication to our hospital. I am also proud of the employees of West Chester Hospital who warmly welcomed them into their respective departments and divisions. In fact, the students' presence was so meaningful and their contributions so helpful, that it has been difficult to bid them farewell as they received their diplomas during recent graduation ceremonies.

While we all wish them good luck in their careers and their lives, we have all felt a bit melancholy to see them move on to new opportunities.

Thankfully, we have not had to say goodbye entirely. We are pleased and proud to have had four interns, Lauren Brauns, Tori Fox, Jordan Jennings and Brandon McClain, recently become permanent members of our team. Tori Fox was the first intern to accept a full-time position within our environmental services department. Born with a cognitive disability, Tori is excelling in her job at West Chester Hospital and is preparing for a life of increasing independence.

As these interns demonstrate, Project SEARCH is an affirmation of hope for those with disabilities. Undoubtedly, they are not the only ones to benefit from the program. West Chester Hospital and our community are made infinitely richer by the spirit of enthusiasm these special individuals bring to their work. Each reminds us of the proposition that human potential is bound together with one's ability to thrive in rewarding work.

We look forward to future partnerships and collaborations so that we may continue to pursue our vision of serving as our community's quality health care partner.

Thank you,

Kevin Joseph, MD
President and CEO
West Chester Hospital

To learn more about Project SEARCH at Butler Tech, I invite you to visit transitions.butlertech.org

Don't Break A Leg (Or Hip)

From birth to our senior years, our bodies are constantly being depleted and restored. Even our bones gain and lose mass. As we grow older, bone loss can exceed bone growth, increasing the risk for fractures in our ribs, hips, wrists or spine. This reduction in bone density is called osteoporosis.

"Osteoporosis occurs when there is decreased bone formation and increased bone loss," explains Abid Yaqub, MD, medical director of endocrinology and the bone health clinic at West Chester Hospital. "When bone mass falls below a certain threshold, it increases the risk of fracture."

The condition is especially prevalent in women. According to the National Osteoporosis Foundation, approximately one in two women over 50 will break a bone due to osteoporosis.

"For most women, bone loss increases significantly after menopause," says Dr. Yaqub. "Women can lose up to 20 percent or more of their bone density in the five to seven years after menopause, and post-menopausal women with accelerated bone loss are particularly at risk for osteoporosis and fractures."

According to the National Osteoporosis Foundation, approximately one in two women over 50 will break a bone due to osteoporosis.

Bone density is the best early indicator of bone strength and fracture risk. Doctors at West Chester Hospital assess bone density through a simple test called a "DXA" (pronounced "DEXA") scan.

"DXA stands for Dual Energy X-ray Absorptiometry. It is a low-cost, non-invasive and painless test involving minimal radiation that takes less than 15 minutes to perform," says Dr. Yaqub.

The National Osteoporosis Foundation recommends a DXA scan of the spine and hips in women 65 or older, men 70 or older, post-menopausal women under 65, or men 50-69 with additional risk factors for bone loss. Risk factors include a family history of fractures or osteoporosis as well as a naturally small stature. Those who have already had a bone fracture are twice as likely to have another when compared with others of the same age and gender.

While it is difficult to prevent osteoporosis, a healthy lifestyle can certainly help. Those at risk should maintain an adequate intake of calcium and vitamin D, engage in regular weight-bearing exercise and muscle strengthening, consume a diet rich in fruits and vegetables, and avoid smoking and excessive drinking.



Abid Yaqub, MD, medical director of endocrinology and the bone health clinic at West Chester Hospital, uses the DXA scan test to evaluate risk for osteoporosis.

Are Men at Risk Too?

Although osteoporosis is more prevalent among women, men can have the disease as well. While it is more common during the senior years, it can occur at any age in the presence of risk factors for bone loss. In fact, one in four men above the age of 50 experiences a fracture because of osteoporosis. A DXA scan should be considered for men age 50 to 69 if they have additional risk factors, if they have broken a bone after age 50, or if they have a family history of low-trauma fractures.

To schedule an appointment at the West Chester Hospital Bone Health Clinic, call (513) 475-UC4U (8248).

A GPS for Your Heart



Dan Woodring is goal-oriented, and for the past few years his mind has been focused on living into the second century of his life. At age 74, this goal seems attainable: he is active, sharp and indomitably positive. Yet his plans were nearly derailed in October 2013. During a routine checkup, doctors at West Chester Hospital discovered Woodring had atrial flutter, a serious heart rhythm disorder.

People can experience heart rhythm disorders for many reasons. In Woodring's case, the electrical system of the heart "short circuited" due to an abnormality that develops with age. In these types of cases, the heart rate may abruptly elevate, with the patient experiencing a variety of symptoms including palpitations, chest discomfort, difficulty breathing, dizziness and loss of consciousness. Although some episodes may stop on their own, medication is often required to control the heart rate and possibly restore normal rhythm in the heart.

After several months of experiencing these episodic symptoms compounded by continuous, draining fatigue, Woodring was eager to proceed when a new version of an existing cardiac ablation procedure was proposed by cardiologists at West Chester Hospital.

Cardiac ablation originated as a treatment for atrial flutter about two decades ago. The cardiologist inserts a special catheter into a vein in the leg, using X-rays to visualize the catheters and guide them into the heart, where radiofrequency energy burns a small trouble-causing area, restoring the heart's electrical system to its normal



"The 3D mapping system is similar to a GPS system most people use in their cars. Signals emitted from the catheter aid the physician as he/she carefully guides the catheter through the vein and into the heart – without the need for radiation."

**– Jitender Munjal, MD,
Electrophysiologist**

functionality. The success rate of cardiac ablation exceeds 95 percent for many types of arrhythmias, and in most cases patients don't require drug therapy following the procedure.

However, the procedure as traditionally performed has concerned doctors. Over time, the repeated use of X-rays exposes both physicians and patients to amounts of radiation.

"Radiation exposure is known to be harmful especially when a patient is exposed to significant amounts," explains Jitender Munjal, MD, electrophysiologist at West Chester Hospital. "These days, patients are receiving radiation



Thanks to a new non-radiation 3D mapping system at West Chester Hospital, Dan Woodring is able to lead a full and healthy lifestyle.

exposure frequently from chest X-rays, CT scans, stress tests and many other tests. Because radiation damage is cumulative, the long-term concern is an increased cancer risk."

A modified ablation procedure was utilized during Dan's procedure in which a 3D electro-anatomic non-radiation mapping system was used instead of X-rays.


While most electrophysiologists continue to use a combination of this 3D technology and traditional radiation imaging, West Chester Hospital has taken extra precautions to eliminate any radiation exposure in nearly 90 percent of its ablation procedures.

"The 3D mapping system represents an astounding leap in technology. Patients with disabling symptoms can now have a 90-minute procedure that provides them with a potential cure of their problem without increasing their risk for other medical problems," says Dr. Munjal.

Woodring was amazed when he discovered a renewed energy level after the procedure. "I felt like a new man almost immediately. I assumed that I would be taking time off, and would therefore take a step backward. But I was able to do three to four times as much exercise as before, using the cross trainer and the treadmill."



For the name of a cardiologist at West Chester Hospital, call (513) 298-DOCS (3627).



Heather Pulaski, MD, gynecologic surgeon, positions the da Vinci Si Robotic Surgical System™.

One Incision, *Increased* *Precision*

Hysterectomy is one of the most common surgeries among women, resolving serious and often painful conditions such as endometriosis and irregular vaginal bleeding. In the past, these surgeries required multiple incisions and lengthy hospital stays. Now, at West Chester Hospital, a single-site robotic procedure is making hysterectomies simpler, faster and safer.

The single-site robotic surgery, performed by surgeons using the da Vinci Si Robotic Surgical System™, replaces traditional surgeries when the patient has no medical need for multiple incisions. The single-site robotic surgery is known for its minimally-invasive approach: a single, one-inch incision is made delicately in the navel, resulting in minimal pain, virtually no scarring, low blood loss, fast recovery, a short hospital stay and high patient satisfaction. The surgery can be performed in about one hour with a typical hospital stay of 24 hours or less. Patients often return to work in as little as a week.

The benefits of the single-site approach compared to its traditional and multi-incision alternatives are significant. "Any time you make an incision, there is a risk factor for infection, bleeding and hernia development," says Heather Pulaski, MD, a gynecologic surgeon at West Chester Hospital. "The fewer incisions we make, the less risk there is."

During the procedure, the surgeon sits at a console viewing a 3-D, high-definition image of the patient's anatomy. The surgeon uses hand controls below the viewer to move the robot's tiny camera and arms. In real time, the system translates the surgeon's hand, wrist and finger movements into the precise movements of the robotic system.

In addition to the high-definition imagery of the patient's anatomy, the da Vinci Si Robotic Surgical System™ features special instruments that bend and rotate far more than the human wrist. The robotic-assisted approach enables surgeons to operate with levels of vision, precision and control that exceed those achieved in traditional surgical approaches.

"It is far better than traditional, open-incision surgery," says Dr. Pulaski. "The visibility of the operative field is exceptional, as is the degree of control. The dexterity of the instruments is amazing. It's remarkable to see how far minimally invasive surgery has progressed," she says.



A small port is placed into a one-inch incision in the belly button.

To learn more about single-site robotic hysterectomy, visit UCHealth.com/davinci. To receive the name of a surgeon who performs single-site robotic hysterectomy at West Chester Hospital, call (513) 298-DOCS (3627).

Bladder Cancer: What's The Prognosis?



Daniel Robertshaw, MD,
Urologic Surgeon

Every cancer diagnosis is serious, but did you know that bladder cancer can be treated successfully if detected early?

The most common symptom of bladder cancer is the appearance of blood in the urine. Other symptoms can develop as well, including frequent, urgent or painful urination. Signs of more advanced bladder cancers include bone pain or side pain related to urine obstruction.

The cause of bladder cancer is not yet known; however, those who have a history of smoking or who have been exposed to second-hand smoke are at a higher risk of developing the disease.

**"The longer the duration and frequency of tobacco use, the higher the associated risk."
- Daniel Robertshaw**

"The connection between tobacco use and bladder cancer is a critical factor in determining the risk of bladder cancer. Risk is increased up to four times when comparing a smoker to a non-smoker, and the risk remains elevated for up to 20 to 30 years after quitting," says Daniel Robertshaw, MD, a urologic surgeon at West Chester Hospital. "The longer the duration and frequency of tobacco use, the higher the associated risk."

Those people with longstanding bladder irritants such as chronic indwelling urinary catheters or large bladder stones are also at risk of developing bladder cancer. Exposure to certain parasitic infections and harsh chemicals or radiation also magnifies one's risk.

Once the severity of the cancer is determined, surgical options are discussed, including removal of a portion of the bladder or the entire bladder. Today, this can be accomplished through minimally invasive, robot-assisted procedures that offer less pain, bleeding and faster recovery times. Radiation therapy options are also available but less widely used.

Fortunately, the prognosis for those diagnosed with bladder cancer is generally good. "Even patients with relatively advanced cancers can have positive outcomes when the cancer is treated aggressively," says Dr. Robertshaw.

West Chester Hospital is offering a free men's urology disorders seminar for the community in September. Learn more by turning to the health calendar on the back cover of this publication. To register, visit UCHealth.com/WestChesterHospital or call (513) 298-3000.

For the name of a urologist at West Chester Hospital, please call (513) 298-DOCS (3627).

When Your Spine Is Thrown a *Curve*

Scoliosis is described as a sideways curvature of the spine. When viewed from behind, a scoliotic spinal column appears like the letter "S." In most people, scoliosis is mild enough that it does not require treatment. However, when severe, surgery is sometimes needed.

Scoliosis can develop in all age groups. "In children and adolescents, scoliosis is usually idiopathic, meaning there is no known cause," says Steven Agabegi, MD, an orthopaedic spine surgeon at West Chester Hospital. "In adults, scoliosis can be a late manifestation of adolescent scoliosis or it can be caused by severe arthritis in the spine."

West Chester Hospital was ranked one of America's 100 Best Hospitals for Spine Surgery™ in 2014 by Healthgrades.®

Before the 1960s, treatment of scoliosis consisted of several months of body casting and bed rest. Today, however, no bracing is used after surgery and patients can get up and walk the next day.

The majority of people with scoliosis do not need treatment and can live fully functional, productive lives. Those who develop scoliosis in their teenage years rarely have symptoms, while older patients may have back pain or sciatica that results from pinched nerves in the spine. In a small



Steven Agabegi, MD, orthopaedic spine surgeon, points out the characteristic curvature of a scoliotic spine.

percentage of patients the condition can be severe enough to warrant surgery.

"In most cases, scoliosis is a benign condition. People should not be alarmed if they are given this diagnosis," says Dr. Agabegi. "You should see an orthopedic surgeon for evaluation, and keep in mind that unless your scoliosis is severe or is causing you significant back or leg pain, surgery is not needed."

Watch a back pain video featuring West Chester Hospital spine surgeons by visiting UCHealth.com/WestChesterHospital and selecting "Health Information."

To receive the name of a spine specialist at West Chester Hospital, call (513) 298-DOCS (3627).

Discover Health is a quarterly magazine published by West Chester Hospital to provide accurate and timely health information. It is offered as a health education tool featuring news and stories centered around academic-based, discovery-driven health care - it is not a substitute for consultation with a personal physician. West Chester Hospital is located at 7700 University Drive, West Chester, Ohio 45069. For information, call (513) 298-3000 or visit www.UCHealth.com/WestChesterHospital. If you do not wish to receive future issues of this publication, please email WCH@UCHealth.com.

Health CALENDAR

West Chester Hospital is a health information resource for people in West Chester and surrounding communities. Events and activities listed in this calendar are held within West Chester Hospital, 7700 University Drive, West Chester, Ohio 45069, unless otherwise noted.

Fireside Chat about Cancer Survivorship

Saturday, August 9, 2014 – 10 to 11:30 a.m.

Your treatment is complete and you are officially a cancer survivor. While it's something to celebrate, you may feel mixed emotions. An oncologist will lead an honest and forthright discussion about survivorship and how to transition to a life that is cancer free. Register online at UCHealth.com/WestChesterHospital.

Sleep Disorders Seminars*

Sat., Aug. 23 (9-10:30 a.m.) and Wed., Aug. 27 (7-8:30 p.m.)

This seminar focuses on common sleep disorders and how they affect the body. Physician specialists will share how sleep disorders are diagnosed and treated.

Men's Urological Disorders Seminars*

Wed., Sept. 24 (7-8:30 p.m.) and Sat., Sept. 27 (9-10:30 a.m.)

Learn about male urologic disorders including common non-cancerous prostate conditions, urinary incontinence, bladder and kidney problems, as well as signs, symptoms and treatment of prostate cancer.

Breast Health Seminars*

Sat., Oct. 25 (9-10:30 a.m.) and Wed., Oct. 29 (7-8:30 p.m.)

Breast cancer affects one in eight women during their lives, and it is the second-leading cancer killer of women in the United States, next to lung cancer. Learn about breast cancer and how to reduce your risk.

*Reserve your seat for community seminars by registering online at UCHealth.com/WestChesterHospital or by calling (513) 298-3000. Seminars are held in the plaza conference room located on level A of the hospital.

Diabetes Education & Support

Diabetes Education Classes

August 12 & 26 – 5 to 9 p.m.

September 23 & 30 – 5 to 9 p.m.

October 14 & 28 – 5 to 9 p.m.

A two-part series of classes provides the education and tools to help people successfully manage diabetes. A \$20 deposit is returned to participants upon completion of the program. Call (513) 298-SUGR (7847) or visit UCHealth.com/WestChesterHospital to register.

Diabetes Support Group

Tuesdays: August 5, September 2 and October 7

This support group is offered free to the community on the first Tuesday of each month at 6:30 p.m. in the hospital cafeteria located on level A. Registration is not required. To learn more, call (513) 298-SUGR (7847).

West Chester Hospital



Proudly ranking among the top 10% of hospitals nationwide for patient safety. West Chester Hospital provides the safest possible environment for its patients

UCHealth.com/WestChesterHospital



How are you keeping your kids active this summer?

Share your tip on the UC Health West Chester Hospital Facebook page and be eligible to win a prize.

