

Discover

WEST CHESTER HOSPITAL

HEALTH

2015 - Issue 1 | World Class Medicine. Locally Delivered.

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West Chester
Hospital

UC Health



Kevin Joseph, MD (left) and Richard Lofgren, MD (right)

Grateful for the Support of Our Community

As the new year begins, now is the perfect time to reflect on our 2014 achievements at West Chester Hospital. Of course, the successes we have experienced this year could not have happened without the ongoing support from the people who live and work in our surrounding communities. For this we are grateful.

In order to offer a suitable thank you, I would like to share a few of our proudest accomplishments and extend our sincere gratitude for the support that has been given to us.

- West Chester Hospital was the recipient of the 2014 Outstanding Patient Experience Award™ from Healthgrades® for the third consecutive year, which places us in the top 10 percent of U.S. hospitals that demonstrate outstanding performance in the delivery of positive patient experiences.
- We received the Healthgrades® Spine Surgery Excellence Award™ for the third consecutive year.
- West Chester Hospital employees completed a confidential survey from Enquirer Media which named us as one of the Top Workplaces for 2014 in Cincinnati.
- After being granted Level III provisional trauma status in 2013, West Chester Hospital provided trauma care throughout 2014 to

those who experienced life-threatening accidents or injuries. Full trauma verification is expected in early 2015.

- We have also made significant investments in the most advanced technology to perform single-site robotic surgeries for minimally invasive hysterectomies and gallbladder removals.
- The hospital has partnered with Butler County MetroParks to sponsor the Voice of America Park Athletic Complex, where new facilities and services for athletes and sports spectators will be offered.
- To meet the large community need of helping people manage their diabetes, we continue to build our Diabetes Management Program, which offers helpful instruction and support to those diagnosed with diabetes as well as pre-diabetes.
- Looking to the future, construction is underway on a full-service maternity unit and nursery that will open in 2015. The decision to build the new unit was made in response to the growing demand for maternity services as well as feedback received from members of our local community who expressed their desire to deliver their babies at our hospital.

Without our community, the growth that West Chester Hospital has experienced this year would not be possible. On behalf of our hospital employees, physicians and volunteers, we offer our most sincere gratitude.

Please know that our mission to build a healthier community and improve the quality of life for everyone we serve remains our top priority for 2015 and beyond.

Thank you,

Kevin Joseph, MD
President and CEO
West Chester Hospital

Richard Lofgren, MD
President and CEO
UC Health

Shepherding Patients Through the Process

With the growing complexity of health care today, having a doctor to whom you can turn for guidance is imperative. Your primary care physician can be viewed as the manager of your health care team, referring you to specialists, facilitating communication regarding your overall health status and helping you to build valuable relationships with other health care providers.

"Patients need a clinician to help them navigate through the health care system," says Michael Hendrixson, DO, an internal medicine physician at West Chester Hospital and the UC Health department of internal medicine. "They need an advocate, someone they can trust and build a long-term relationship with."

Primary care physicians like Dr. Hendrixson maintain close interaction with their patients and help simplify medical terminology by using words that are more easily understood.

"I shepherd patients through the medical process," says Dr. Hendrixson, who has 20 years of experience as an internist, a primary care physician who focuses on care of adults.

"Patients will return to my office after seeing a physician specialist and they often don't understand what's going on. They need a medical professional to explain the world of medicine and answer their questions in ways that make sense."

The role of the primary care physician is a vital one. Never hesitate to rely upon these experienced professionals to help you better manage your overall health.



Michael Hendrixson, DO, builds long-term relationships with his patients, guiding them through the health care system.

To find a primary care physician, call West Chester Hospital at (513) 298-DOCS (3627).

Don't Spend Summers In Vein



Jonathan Bath, MD, vascular physician, uses ultrasound to diagnose vein conditions.

Twisted, gnarled and swollen, varicose veins can cause significant pain and cosmetic embarrassment for many people.

Varicose veins are a type of venous disease caused by valves malfunctioning in the veins of your legs. Normally, valves pump blood back to your heart; however, when the valves begin allowing back flow, veins clog and swell.

Typically, medium and large veins become abnormally distended when clogged. Reticular veins occur as your smaller veins become clogged, and spider veins result when blood flow is backed up all the way to the capillaries.

"They're all the same entity, to an extent," says Jonathan Bath, MD, a vascular specialist at West Chester Hospital and assistant professor of surgery for the University of Cincinnati College of Medicine. "Spider veins are dilated capillaries that are less than a millimeter wide. Reticular veins are the next level up, sort of like small varicose veins. As they become larger, they're termed 'varicose.'"

Varicose veins are closely associated with heredity. Other factors include obesity, menopause, weight gain, aging and pregnancy, during which hormonal changes cause veins to dilate.

If you suffer from venous disease and are ready to seek treatment, the winter months are the time to do it. Often, physicians prescribe less aggressive treatments when patients with venous disease rush to see them during the summer when leg-baring attire is in season. By autumn, people have likely determined whether they will pursue more aggressive treatment, making the colder seasons particularly busy for physicians like Dr. Bath. That's why many physicians often call this time of year "vein season."

Thankfully, varicose veins rarely lead to serious medical complications. Many people who have the condition feel aching and throbbing in the affected area of the leg. Their feet may swell and cramp, and minor injuries to the area may bleed more than normal.

"A small percentage of those with varicose veins will develop skin discoloration and even ulcers," says Dr. Bath.

"The majority of folks will not progress down this path, but if the symptoms are bothersome enough, we have safe and easy treatment options to recommend."

One option is to use compression stockings, which decrease swelling, improve blood circulation and provide relief from discomfort. Alternatively, those who wish to remove their varicose veins altogether can undergo sclerotherapy, in which a medicine is injected inside the veins causing them to wither away.

A relatively new treatment option is radio frequency ablation (RFA), which Dr. Bath says effectively "takes care of the underlying cause of the problem, which is vein valves that are not working well." RFA is performed in the doctor's office, takes less than an hour to complete and requires no significant time off work for the patient.

To receive a referral for a physician who specializes in the treatment of vein conditions, call West Chester Hospital at (513) 298-DOCS (3627).

Beating Breast Cancer: Back on the Trail Again

In March 2014, Cindy Kuechenmeister, age 57, of West Chester, set out on the four-mile walking trail behind her house to enjoy the spring foliage, the quiet ripples in a nearby pond and the ducks and geese happily scurrying around.

While Cindy had walked the trail effortlessly many times before, this time she only made it a few yards. After being diagnosed with breast cancer in the fall of 2013, she had endured radiation, surgery and the grueling emotional pain that comes with a serious illness. Still, Cindy was thankful to be able to walk the trail a short distance that March. Without the doctors and technology at West Chester Hospital, she may not have survived to walk the trail at all.

In September of 2013, Cindy had a 3-D mammogram at West Chester Hospital. Her doctor, Amy Argus, MD, medical director of breast imaging at West Chester Hospital and assistant professor of radiology for the University of Cincinnati College of Medicine, identified a small mass in her breast. At first, Cindy refused to believe it might be cancer. "That was me being hardheaded," says Cindy.

But Dr. Argus was persistent. She told Cindy to take the test results seriously and remained in contact with her to ensure that she had further testing. A biopsy two days later revealed that Cindy did indeed have breast cancer.



Amy Argus, MD, (left) encourages women to be empowered and proactive when it comes to their breast health.

“Everyone needs to get their mammogram. It’s really important, whether you think you need one or not.”

– Cindy Kuechenmeister, Breast Cancer Survivor

After beating breast cancer, Cindy Kuechenmeister and her husband, Mike, don’t take the smaller things in life for granted.



“That mammogram saved my life,” Cindy says. “If I’d waited until I was able to feel the lump, it would have been too late.”

The advanced mammography technology at West Chester Hospital that saved Cindy’s life is able to take both traditional two-dimensional images as well as three-dimensional images. The 2-D mammogram produces a single “flat” image of the breast, while the 3-D mammogram produces multiple thin sequential images of the breast. A computer algorithm reconstructs these images so that the radiologist can view all of the breast tissue in one-millimeter slices.

This multi-dimensional capability embodies an important technological advance, one that physicians like Dr. Argus are using to better diagnose breast cancer in patients like Cindy.

“Traditional mammography has been proven to decrease the number of deaths that occur from breast cancer. The new 3-D technology improves the performance of mammography. The 3-D images help us see cancers on mammograms that we might not be able to see with traditional 2-D images alone. Also, breast tissue can sometimes overlap and obscure masses or make it seem like there is a mass there when there isn’t one,” says Dr. Argus. “By being able to view thin slices of the breast, we are able to see masses and other signs of cancer better, as well as to differentiate overlapping tissues from a real mass. That decreases the number of false positives that can occur.”

The patient’s experience during a 3-D mammogram is virtually indistinguishable from that of a 2-D mammogram. The breast is positioned and scanned in the same manner with the same mammography equipment used. When needed, technicians perform the 3-D mammogram after the 2-D mammogram is complete. The combination of the two scans has been shown to increase cancer detection.

Mammograms are an integral first step in screening for breast cancer. Some women might avoid having a mammogram, says Dr. Argus, “because they have anxiety about what the

test might show. I encourage women not to be fearful, but to be empowered and proactive and to take control of their health. One in eight women will get breast cancer in their lifetime, and early detection is critically important. Screening mammograms help detect cancer early, and we know that they decrease the breast cancer death rate.”

“Everyone should have a mammogram,” says Cindy. “It’s really important, whether you think you need one or not.”

Cindy is an illustrative example of the positive outcomes that can result when a screening mammogram catches breast cancer early. She has been free of cancer for more than a year, since her radiation concluded in December of 2013.

Some months later, she set out on that walking trail behind her house.

“At first I could barely walk an eighth of a mile,” Cindy says. After a few weeks, she was walking a quarter mile. By summer, she’d completed the entire path for the first time since before her breast cancer diagnosis. Now that she’s a cancer survivor, she’s driven to push herself even farther.

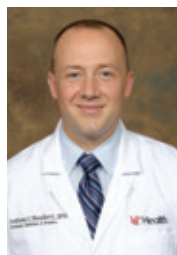
“I walk the whole trail twice now. And I ride my bike on it, too. I just like to get out and see the ducks, the geese, the water and the trees.”

While Cindy’s voice trembles when she mentions the cancer, today she is enjoying life with her husband, Mike, and is truly happy and thankful to be alive. Thanks to the advanced technology and the expertise of physician specialists at West Chester Hospital, she’s back on the trail again.

To schedule your mammogram at West Chester Hospital, call (513) 585-TEST (8378).

Moving Forward on the Right Foot

Richard Casey was stunned as doctor after doctor told him that his toe would need to be amputated. A type 2 diabetic, Casey had developed peripheral neuropathy, or numbness, following nerve death in his lower extremities.



Anthony Blanchard, DPM
Podiatric Surgeon

"Long-term diabetics who have consistently high blood sugar levels suffer from numbness in their legs," explains Anthony Blanchard, DPM, a podiatric surgeon at West Chester Hospital and instructor of clinical surgery for the University of Cincinnati College of Medicine. "If they step on something sharp or rub a blister and open a wound, they can't feel it. That wound then stays open for a long time and becomes infected."

Casey found himself in this situation. The infection began in his toe and moved to a nearby bone in his foot. After several visits to physicians around Cincinnati, Casey found only one who was eager to offer a procedure that would allow him to keep his toe. That physician was Dr. Blanchard.

"He was the only doctor willing to try something other than amputation," says Casey.

Dr. Blanchard performed surgery to remove the infected bone in Casey's foot.

"We were able to remove the bone without taking the toe," says Dr. Blanchard. "After the surgery he was free of infection."

"I call him the miracle doctor," says Casey. "Everyone else wanted to give up and he was the only one who wanted to save my toe."

"The easiest way to solve this problem remains the removal of the limb," says Dr. Blanchard. "However, now with extensive podiatric and limb-salvage techniques, we're finding new and creative ways to save toes, feet and legs."

While the surgery was a success, Casey's rehabilitation was his next hurdle. The surgery had replaced his infected bone with scar tissue, meaning that while Casey kept the toe, he was faced with decreased range of motion, strength and flexibility. To compound the issue, Casey spent a long time in a medical boot to stabilize his foot, which led to joint stiffness. Casey had a challenging road ahead of him. With the thought of amputation, and the ongoing threat of diabetes, Casey was inspired to continue to work hard during his recovery.

"He was a very motivated patient. The threat of losing a toe was a real wake-up call for him," says Laura Blanchard, PT, a physical therapist in the Daniel Drake Outpatient Rehabilitation Center at West Chester Hospital and Dr. Blanchard's wife. "He completed his exercises and was very active in the rehabilitation process. Now, he has a good range of motion and a normal walking pattern."

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

To learn more about Daniel Drake Center Outpatient Rehabilitation located on the West Chester Hospital Campus, visit UCHealth.com/DanielDrakeCenter or call (513) 298-7799.



Richard Casey's toe was saved through an innovative surgical technique at West Chester Hospital, allowing him to enjoy a full range of activities.

The Year-Round Savage Tan:

Is it Worth it?

Do you strive to have a savage tan all year long? Before you vacation in a warm climate, do you feel you must have a "base tan?" If you answer yes to either of these questions, you likely use tanning beds which can heighten your risk of skin cancer.

Skin cancer results from exposure to ultraviolet light. Ultraviolet light is high-energy light found in sunshine and also produced by the bulbs used in indoor tanning booths. So while you're sizzling away at your local salon, know that you're also opening yourself up to a serious and possibly fatal medical condition.

"Sunlight is made up of visible light as well as different kinds of ultraviolet light," explains Adam Ingraffea, MD, dermatologist at West Chester Hospital and assistant professor of dermatology for the University of Cincinnati College of Medicine. "Tanning beds emit only ultraviolet light, which causes skin tanning, but also can lead to the development of skin cancer and signs of premature aging such as wrinkles and sunspots."

Dr. Ingraffea notes that, just as there is no safe kind of cigarette, there is likewise no safe way of tanning indoors. "For normal sun exposure, I recommend a wide-brimmed hat and the use of SPF 30 or higher sunscreen applied every two hours," he says. "I would never recommend that anyone expose themselves to indoor tanning."

An alarming trend in skin cancer diagnostics in the past five years is the increase of skin cancer in young women. "We are seeing many women in their 20s and 30s with melanoma and basal cell and squamous cell



Last year, the U.S. Surgeon General issued a call to action to prevent skin cancer and set five goals to decrease risk. Learn more at surgeongeneral.gov.

carcinomas, the three most common types of skin cancer. Almost all were frequent users of indoor tanning beds."


For those diagnosed with skin cancer, an advanced procedure called Mohs micrographic surgery is available at West Chester Hospital and performed by Dr. Ingraffea.

"During Mohs surgery, I examine the entire margin of the tissue under the microscope, ensuring that no areas of cancer are missed," says Dr. Ingraffea. "The procedure gives patients the highest chance of being cancer-free with the smallest possible surgical margins, preserving as much normal skin as possible."

However, the surgery's rate of success should not harden those who use tanning beds to their potential risk of harm. "There is no such thing as safe indoor tanning," emphasizes Dr. Ingraffea.

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

Glass Half Full



There are plenty of reasons why you might feel tired or irritable. But have you thought you might just need water?

"As the body becomes dehydrated, the heart has to work harder to pump blood through the vessels. This can cause feelings of fatigue, moodiness and even headaches," says Cathy Kenny-Regan, registered dietitian at West Chester Hospital.

The primary symptom of dehydration, of course, is thirst. Other signs include limited urine output and color.

"If you're urinating every two to four hours, the output is light-colored, and there's significant volume, you're probably well hydrated," says Kenny-Regan. Otherwise, you should go grab a glass of water.

And water isn't the only thing that can effectively hydrate you. "Besides water, milk is the top choice for rehydrating," says Kenny-Regan. "Juices and sports drinks are also hydrating, and you can lower their sugar content by diluting them with water."

Coffee and tea are also effective, though less so than plain H₂O. However alcohol and caffeine are diuretics, which means they can potentially contribute to dehydration.

To register for outpatient nutrition counseling at West Chester Hospital, call (513) 298-3278.

Quitting with Help

If you are looking for a good reason to quit smoking, the serious consequences it brings to your health are reason enough.

Tobacco smoke accelerates the buildup of plaque in your blood vessels and robs your body of needed oxygen, which increases the risk of cardiovascular disease. It damages your lungs and is the major cause of chronic obstructive lung disease. It is also the leading cause of lung cancer. Moreover, smoking is responsible for 20 percent of deaths in the United States, and more than 1,000 people die each day due to tobacco-related illnesses.

Those looking to quit smoking should know that going "cold turkey" is not the only solution.

"Many people are strongly dependent on the nicotine found in cigarettes and need additional assistance quitting," says Erica Mazzaferri, PharmD, pharmacist at the West Chester Hospital Smoking Cessation Clinic. "Smokers are more likely to quit if they combine smoking cessation counseling with smoking cessation medications."

The Smoking Cessation Clinic at West Chester Hospital is staffed by pharmacists like Mazzaferri trained in tobacco dependence treatment.

"We provide individual smoking cessation counseling and education tailored to each patient's needs," she says. "In collaboration with the patient's physician, we help each person choose the best smoking cessation medications based on his or her medical history and past attempts at quitting."

To learn more about the Smoking Cessation Clinic at West Chester Hospital, call (513) 298-7790.

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 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.

Planning for a Healthy Baby: Managing Pregnancy

Sat., Feb. 7 (10-11:30 a.m.)

FREE Prostate Screening

Sat., Feb. 21 (9 a.m.-1 p.m.)

Call (513) 585-TEST (8378) to
schedule an appointment.

Sexual Health Seminar

Wed., Feb. 25 (7-8:30 p.m.) and
Sat., Feb. 28 (9-10:30 a.m.)

Digestive Diseases Seminar

Sat., March 21 (9-10:30 a.m.) and
Wed., March 25 (7-8:30 p.m.)

Planning for a Healthy Baby: Preparing for Delivery

Sat., April 11 (10-11:30 a.m.)

Allergies & Asthma Seminar

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

Joint Pain Seminar

Sat., May 16 (9-10:30 a.m.) and
Wed., May 20 (7-8:30 p.m.)

Healthy Household Seminar

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

Living With Diabetes

FREE Diabetes Education Classes

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/wchevents to register.

Help Us Help Our Community

Join West Chester Hospital and make a positive impact on the health of our community!

Visit UCHealth.com/donate and choose "West Chester Hospital" to make a tax-deductible gift that will directly benefit patient care. We thank you for your support!

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

West Chester Hospital

We're Expecting!

Maternity Services in 2015

