

SUMMER 2022

Healthline

Community
Health
Excellence
Life

Read how one of our nurses saved a three-year-old with just a 10 minute call on page 8!



Fund **RUN**

GLOW

SATURDAY

8

OCTOBER

WAYNE STREET MEDICAL CAMPUS
300 E. 8TH STREET, MARIETTA, OHIO

Races: 5k; One Mile Run & Walk
6 p.m.

\$25 Entry Fee for All Races

Our annual Memorial Health System Fund Run is an awareness and fundraising event that benefits three funds housed within the Memorial Health Foundation: Stroke Support Group (Bridges Forward), Diabetes Education, and our Bariatric Exercise Program.

For additional information about this event, contact the Memorial Health Foundation at (740) 374-4913.

SAVE THE DATE

FROM OUR CEO



Scott Cantley
President & CEO, Memorial Health System

Dear friends,

Happy first days of summer! While summertime signals a slower season for some of us, I can assure you we are very busy as a health system. As we continue to focus on the health needs of our region, we are pleased to continue to grow by bringing new providers and new treatments to the communities we serve.

Being your community health system means we look out for you—from constantly improving our quality and safety, to investing in programs and services important to those we serve.

In this issue, we share a few examples of how we are fulfilling our mission and providing our communities with the most advanced medical care with compassion, dignity, and respect.

Our health system has expanded and we aren't the same “hospital on the hill” we were 10 years ago. We're bringing the best here, to our community. Many of our providers trained at places like the National Institute for Health, Rutgers, and Ohio State University. Whether performing a robotic procedure in the OR (operating room), the latest, most precise cancer treatment with

CyberKnife®, or providing expert advice on our 24 Hour Nurse Line, we're committed to making a difference.

I am proud to share the story of how the listening ear of a nurse working our 24 Hour Nurse Line assisted a mother in getting her child to the right level of care—ensuring they received life-saving treatment at the right time.

I hope you find this issue valuable and safely enjoy the summer!

A handwritten signature in black ink that reads "Scott Cantley".

PROUD TO BE AN **NAPBC-Accredited**
BREAST CENTER.

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AMERICAN COLLEGE OF SURGEONS

NAPBC

**NATIONAL ACCREDITATION PROGRAM
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→ SIGN UP!

HealthLine is a FREE service to the community. If you or someone you know would like to receive this publication, please visit mhsystem.org/healthline and fill out an online form or contact Marketing at (740) 374-1797.

Material provided in Community HealthLine is obtained from a wide range of medical sources and health care authorities. Its use is not intended as a substitute for a consultation with a physician or trained medical professional in regard to symptoms or care. If you are concerned about items that appear in Community HealthLine, please contact your provider regarding their effects on your personal health.

To unsubscribe from our mailing list, please call (740) 374-1797. To contact the main line of Memorial Health System, please call (740) 374-1400.

WELCOME OUR NEW PROVIDERS



Michael J. Clark, DO, FACOOG

OBGYN

“The reason I joined the Memorial Health System family is because they are a patient-centered care institution—every decision I have observed is what’s best for the patient. is dovetails into my philosophy and how I practice gynecology.”



Tammy Lee, NP

Endocrinology

“I chose to practice in Endocrinology, Marietta, Ohio because already being a member of the team while obtaining my degree I saw the impact that the providers had on the community. I was inspired by the teamwork and wanted to continue to help our community. I am excited to continue the excellent care and work with patient to achieve the optimal health care goals.”



Jeffery Jones, NP

Endocrinology

“I’ve chosen to work in endocrinology with Memorial Health Systems to fill a much needed service in the community and surrounding area. I’ve always wanted to work in an area that I can make a difference in someone’s life and help as many people as I can.”



Jack Ramey, DO

OBGYN

“While growing up my goal was to go to medical school and someday return home to the Appalachia. I was given the opportunity 28 years ago when I moved to Athens to practice OBGYN. Joining Drs. Bertuna and Clark in their clinic will allow me to continue to fulfill my goal.”

Looking for a new provider or want to schedule an appointment?
Call our referral line at (740) 568-5241.

Memorial Health Foundation celebrates record success at two events

Memorial Health Foundation hosted the 17th Annual Fashion Show and the 23rd Annual Selby General Hospital Golf Outing earlier this spring. Both of these events achieved record success.

The Fashion Show earned over \$100,000 in gross funds, which is the most in the 17-year history of the event. All proceeds from the Fashion Show go to supporting cancer patients within Memorial Health System.

The 23rd annual Selby Golf Outing saw 28 teams participate, and the event raised over \$40,000 in gross funds, both of which were in the most in the history of the event. All proceeds from this year's golf outing will go to upgrading the interior of Selby General Hospital to improve patient experience.

Memorial Health Foundation is committed to strong stewardship of funds raised and is proud to maintain expenses below the national average.

Memorial Health Foundation would like to thank all the sponsors, volunteers, participants, and everyone else who helped evaluate these two events to new heights. 🙏



Support Memorial Health Foundation

Make a gift online at foundation.mhsystem.org

Mail a check to Memorial Health Foundation, PO Box 112, Marietta, OH, 45750.

You can learn more about how you can make an impact on the health of our community by contacting Memorial Health Foundation at foundation@mhsystem.org or (740) 374-4913.

AN OUNCE OF PREVENTION

Screening Recommendations

The road to long-term health begins with your primary care provider who oversees your preventive health screenings. With your provider's help, you can take proactive steps to delay, alleviate, and prevent chronic illness. The more your provider doctor knows about you, the greater their ability to guide you.

Yearly Recommendations for Adults

1. **Comprehensive Physical Exam.** An annual wellness visit is recommended for all adults. Your provider will measure things like your blood pressure, height and weight, and more. They'll also answer questions about your health concerns. These appointments are largely covered by most insurance plans.
2. **Routine Blood Work.** Your provider may order a complete blood count, a basic metabolic panel, and based on symptoms, risk factors, or family history, they may order other specific blood tests.
3. **Immunizations.** Vaccines help your immune system fight disease and provide protection for many years. They also help stop the spread of infections from one person to another.

Essential Screening Recommendations

Women

Colorectal Cancer

Speak with your doctor about which colon cancer screening is right for you. For those at average risk, these typically start at age 45.

Lung Cancer

This low-dose computed tomography (LDCT) screening is annually for those age 50 – 80 years old, who have a smoking history or currently smoke.

Osteoporosis

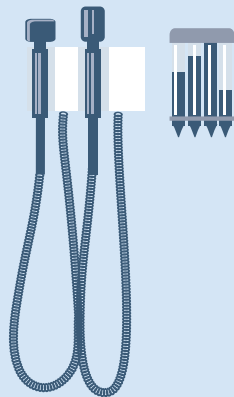
A bone measurement test for those younger than 65 years of age who are at increased risk of osteoporosis. All women 65 and over should be screened once.

Cervical Cancer

Cervical cytology (pap smear) and high-risk human papillomavirus testing (hrHPV) begins at age 21.

Breast Cancer

Mammography or breast ultrasound occurs every two years for women aged 50 – 74; screenings before age 50 or after 74 are a shared decision and based on recommendations from your provider.



Men

Colorectal Cancer

Speak with your doctor about which colon cancer screening is right for you. For those at average risk, these typically start at age 45.

Prostate Cancer

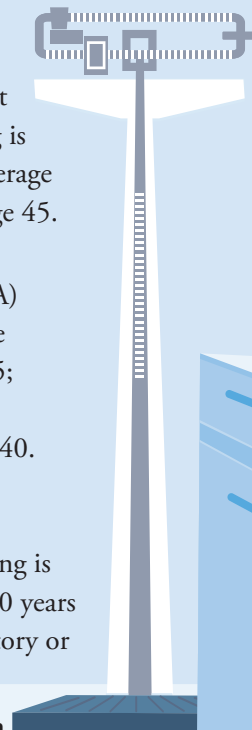
Prostate-specific antigen (PSA) blood test screens for prostate cancer. Begins at age 50 to 75; for those at higher risk, it's recommended to start at age 40.

Lung Cancer

This low-dose computed tomography (LDCT) screening is annually for those age 50 – 80 years old, who have a smoking history or currently smoke.

Abdominal Aortic Aneurysm

A one time screening with ultrasonography for men age 65 to 75 who have smoked.



Note: This list of screenings is based on current recommended guidelines. Patients should work with their provider to understand how they relate to their specific health needs and what other screenings may be important. The most important thing to remember is that screenings save lives.

SAVING A THREE-YEAR-OLD WITH JUST A 10 MINUTE CALL

Teri Williams, RN has been a nurse for over 40 years. Most of her career was in the emergency room; however, the last five years has been with our contact center. This team answers phone calls received to our 24 Hour Nurse Line—a free service for those looking for healthcare advice and to help them determine the level of care that they may need. Nurses like Teri triage calls from the Nurse Line by calling patients back within an hour after our representatives receive the patient's main complaint.

Our Nurse Line team follows strict guidelines, review your health history, medication, and then determines whether you need to have a telephone triage or whether this is something that you need to talk to your provider about. Telephone triage is a system put in place that follows the Schmitt-Thompson Clinical Content guidelines, which is a national gold standard in which we go through specific questions to identify symptoms and determining if they're normal or abnormal. These are physician approved questions specific to both adult and pediatric patient scenarios and only take about ten minutes in total.

One common call we receive is for medication dosages. Earlier this

spring, a mother called about a Tylenol dose for her three-year-old son. The mother talked about how it was our first warm day of March and after playing outside all day, he was breathing fast when he came in that evening, but seemed to be fine. However, the next morning, he woke up with a fever and she decided to call that evening because it wouldn't go away.

When speaking to the patient's mother, there was something in the background that made Teri think this is more than just an elevated temperature. Teri asked her, "is that him I hear in the background?" The mother responded that his breathing was a little fast again. After walking her through counting the child's breaths (respiratory rate), Teri determined that it was very high for a three-year-old.

Teri proceeded to let the mother know that they were going to do a telephone triage. She followed the protocols for pediatric triage and had her count his respiratory rate out again to confirm. At that point in time, she mentioned that his belly is going up and down more often than not. Teri knew then that this breathing wasn't his normal and said, "You need to get him to the

emergency room, and you don't want to wait for anybody. You need to either call 911 or, bring him in." And so, he was taken to Marietta Memorial Hospital.

That following day, Teri was calling back patients who went to the emergency room upon our nurses' recommendation. It was then that she learned he was at Akron Children's Hospital in the ICU after being rushed there for further treatments.

Teri says, "We do these triages all the time. And many times, I think to myself, 'I'm not sure whether that made a difference,' but I'm sure that little boy wouldn't have been alive if she had stayed home with that type of pneumonia. It is a good feeling to know that there's a child out there playing because their mom made a phone call and we followed the guidelines. I'm proud to be a part of a team that understands that with healthcare, you can't fall into thinking it's just another day; it's just another call." 📞

(844) 474-6522

Save the 24 Hour Nurse Line to your phone! Our team of registered nurses are here for you 24 hours a day, even on weekends and holidays.

Please note, if it's a true emergency, please call 911 immediately.

“It is a good feeling to know that there’s a child out there playing because their mom made a phone call and we followed the guidelines.”



ONLINE EXTRA

Meet Teri and watch this story online by visiting mhsystem.org/24HourNurseLine!



When you need *Advanced Care.*

Our health system is the most expansive we've ever been. Today, you'll find over 588 physicians and 40 medical specialists; many who trained at places like the National Institute for Health. Our experts bring their knowledge and skill here, so you can stay local. They collaborate and use the latest technology like robotic surgery and CyberKnife® treatment system to provide nationally respected care right here.

So, when you need the best treatment options available, you can count on us, right here, in your neighborhood. It's why so many people trust Memorial Health System for their care. You can too.

mhsystem.org/WhenYouNeedUs



#WhenYouNeed_____

VITAMIN D

THE SUNSHINE VITAMIN

Vitamin D is essential to good health, and something many of us are surprised to find we need more of! Sometimes called the “sunshine vitamin” because it is produced when our bodies are exposed to ultraviolet light, it plays an important role in our health.

Vitamin D can also be found in food like egg yolks, fatty fish like salmon and mackerel, fortified cereal, and dairy products. We can also get it from supplements.

Vitamin D helps our bodies absorb calcium, maintain phosphorus, and keep our bones strong. It helps prevent cancer and chronic conditions like diabetes, and plays a role in the immune system.

Even those living in sunshine states find this happening as we use sunscreens that block UV ray absorption like we were educated to do to reduce the risk of skin cancer. It also prevents us from making more natural vitamin D.

Some populations are more prone to vitamin D deficiency as well. Elderly people who have darker skin, those with medical conditions such as celiac disease or inflammatory bowel syndrome or Crohn’s disease can have a higher rate of deficiency.

Persistent vitamin D deficiency in children can cause a condition called rickets that causes bowed legs. In adults, it can cause the bones to soften. Doctors are also learning more about how vitamin D plays a role in mental health. Deficiency has been linked to depression, anxiety, and fatigue.

Your provider can check your vitamin D levels with a simple blood test and if necessary, help come up with a plan to correct the deficiency that may include limited sun exposure, dietary changes and vitamin D supplements.

Talk with your provider about checking your vitamin D level or before taking any large amounts of supplements to be sure to understand your specific vitamin D needs. 🌞



Getting Back to Exercise After COVID-19

One might really struggle to get back to exercise, especially after a prolonged break. For some, this break could be due to a COVID-19 infection. For many others, it may be due to COVID-19 related restrictions or lockdown.

Whatever the reason may be, hitting the gym after a break may have its challenges. Thus, there are some things to know. You lose earlier gains when you quit exercising, even just for a few months. Therefore, being too enthusiastic may pose certain health risks.

It is important to understand that the body needs time to return to its previous fitness level. Whether or not you are affected by COVID-19, a prolonged break from exercise causes significant degradation in cardiorespiratory health.

The main recommendation is to return to physical activity gradually. It is good to return in these stages:

1. Recover and rest
2. Light activity
3. Moderate activity
4. Intense training
5. Normal or training as usual with no additional precautions

Although there is no clear consensus regarding how long each stage should last, as it would depend on individuals' age and health status, ten days would be fine in most cases. 🏃‍♀️

To read the full article from sports medicine expert, Dr. Wisler Saint-Vil, please visit mhsystem.org/sportsmedicine.



SUMMER SAFETY TIPS FOR THE GREAT OUTDOORS

We are fortunate to live in an area with an abundance of opportunities to enjoy nature and make lasting memories. As you head into the great outdoors this summer, we encourage you to LiveMemorialWell and keep safety in mind!



WATER SAFETY

Drowning is one of summer's risks. It only takes a few seconds and can happen without an obvious struggle. Ocean currents can also be menacing. If you're caught in a rip current, swim parallel to shore. Once free of the current, swim diagonally to shore. Adults must always closely supervise children when they're in the water and should always be within arm's reach.



HEAT SAFETY

Other risks include heat stroke and heat exhaustion. Signs of heat exhaustion include nausea, fatigue, dizziness, weakness, or rapid pulse. Someone suffering from heat exhaustion can recover by resting in the shade and drinking cool fluids.

Life-threatening heat strokes can cause an altered mental state, but other signs include seizures, agitation, confusion, slurred speech, or loss of consciousness. If someone is suffering from heat stroke, immediately call 911 and immerse the person in, or douse them with, cold water.



HIKING SAFETY

When you go hiking, wear hiking shoes with a good grip. Never climb on or around waterfalls and never play in the stream or river above a waterfall. Always watch children carefully and stay on designated trails and observation decks and platforms. Be cautious around steep drop-offs. Stay one body length away from the edge of cliffs and don't climb or walk over rocks at the edge of cliffs as they may be unstable.



SUN SAFETY

Wear a sunscreen with a SPF 30 or above and thoroughly reapply at least every two hours when outdoors. If you are outside during peak hours (10 a.m. to 4 p.m.), use multiple forms of sun protection such as sunscreen, protective clothing, shoes, and hats, sunglasses with UV protection, and stay in the shade when possible.

CALENDAR OF EVENTS

Bariatric Education & Support

Call (740) 434-0565 for information about support groups and educational sessions.

Cancer Support Group

Cancer Center

807 Farson Street, Belpre, Ohio

Last Thursday of each month

1 - 2 p.m. | First Floor Conference Room

Call (740) 401-0257 or (740) 568-5632

for more information.

Diabetes Education Center Classes & Support Groups

Diabetes Education Center

803 Farson Street, Belpre, Ohio

Individual counseling, group classes, and dietician visits for people with diabetes and their families.

Please call (740) 568-1702 for more information.

Diabetes Youth Support Group

Diabetes Education Center

803 Farson Street, Belpre, Ohio

The Sweet and Sour Club meets monthly to support youth with diabetes and their families. Call (740) 568-1702 for information on meetings, gatherings, and other special events! FREE to participate!

Drive Thru Lab Screening

Wayne Street Medical Campus

330 East 8th Street, Marietta, Ohio

October 1; 7 - 11 a.m.

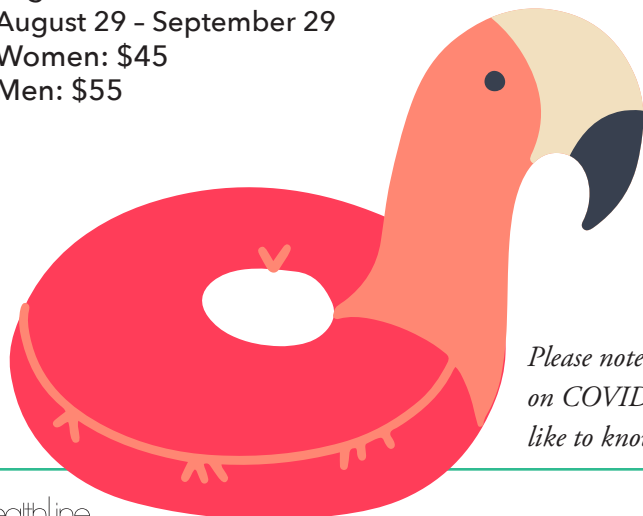
RSVP: (740) 568-4731

Registration window:

August 29 - September 29

Women: \$45

Men: \$55



Facebook Live Exercise Classes

Memorial Health System Facebook Page (@mhssystem)

Every Friday | 11 - 11:45 a.m.

Classes can be found anytime in the "Videos" section under the playlist: "Move!" on our Facebook page.

Free Community Health Screenings

Every Friday, 8:30 - 10:30 a.m.

406 Colegate Drive, Marietta, Ohio

Have your blood sugar, blood pressure, and weight checked for free! Walk-ins are welcome and no appointment is needed!

Call (740) 568-5232 for more information.

Freedom From Smoking (FFS)

Virtual tobacco cessation classes, now with monthly info sessions and enrollment!

The FFS program provides a variety of evidence-based tools and techniques to help you set a quit date, build a quit plan, and become tobacco-free!

To learn more and register for this FREE series, visit mhssystem.org/events, or call (740) 541-2714.

Group Exercise Classes

Broughton Medical Building

210 7th Street, Marietta, Ohio

Drop-in style classes (come late or leave early as needed to suit your schedule)

Cost: \$10 per month (unlimited) or \$5 drop-in fee per class.

Call (740) 568-5380 for additional information. Intermediate/Advanced Variety Class*: Mondays/Wednesdays; 8:30 - 9:30 a.m.

Tai Chi Easy: Tuesdays/Thursdays; 10 - 10:45 a.m.

*Variety classes include strength/body weight training, pound, Zumba, yoga, flexibility, and more!

Please note: Scheduled events are subject to change based on circumstances on COVID-19 policies, weather, etc. Call the listed contact if you would like to know if the activity is still taking place.



Hearing Screenings

Department of Audiology (Wayne Street Medical Campus)
800 Wayne Street, Suite 111, Marietta, Ohio
July 27; 9 - 11 a.m.
August 24; 9 - 11 a.m.
September 28; 9 - 11 a.m.
RSVP: (740) 568-4731
FREE for community members aged 55 and over.

Kitchen Basics:

Kids Summer Cooking Camps

The Changed Plate
Belpre Medical Campus
803 Farson Street, Belpre, Ohio
August 1 - 5; Ages 8-11
August 8 - 12; Ages 12-15
Our kitchen basics class covers foundational culinary skills and dishes to build the portfolio of your aspiring chef. All three meals of the day plus snacks will be discussed and created under the watchful eye of our team. Your young chefs will come away with new skills and loads of new meal ideas sure to please the entire family.
Register: mhsystem.org/events

A Matter of Balance

Wayne Street Medical Campus
330 East Eight Street, Marietta, Ohio (Conference Room A)
Mondays & Wednesdays
10 a.m. - 12 p.m.
A Matter of Balance is a four-week, evidence-based falls prevention class. No cost to participate! Must register to attend. Call (740) 568-5380 to sign up.

Mobile MedCheck

John Dodge Senior Center in Beverly
Every second Thursday; 9 a.m. - Noon
Lower Salem Village Hall
Every fourth Thursday; 9 a.m. - Noon
Free community health screenings including blood sugar, blood pressure, and weight checks.
No appointment necessary!
Call (740) 568-5232 for more information.

More Than a Makeover

Belpre Medical Campus
807 Farson Street, Belpre, Ohio (1st Floor Conference Room)
August 15; 10 a.m. - 12 p.m.
October 17; 10 a.m. - 12 p.m.
Call (740) 423-3617 or (740) 568-5632 for more information.

Online Childbirth Class

Our childbirth classes have gone virtual! Visit mhsystem.org/events and click "classes" to sign up.

Stroke Support Group

Selby General Hospital
Conference Room | Marietta, Ohio
July 12; 5:30 - 6:30 p.m.
August 9; 5:30 - 6:30 p.m.
September 13; 5:30 - 6:30 p.m.
Please call (740) 374-1463 for details.

Vastrac Vascular Screening Program

Marietta Memorial Hospital
401 Matthew Street, Marietta, Ohio
Free, one hour, non-invasive vascular screenings. May be performed every five years.
Call (740) 374-1750 to schedule and visit mhsystem.org/heart for additional details.



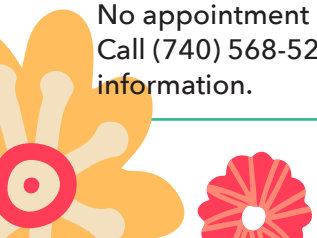
LiveMemorialWell

SUMMER 2022



LEARN MORE & SEE A FULL LIST OF EVENTS, SUPPORT GROUPS, & CLASSES, GO TO MHSYSTEM.ORG/EVENTS!

Keep up-to-date with the latest by following our social media pages!





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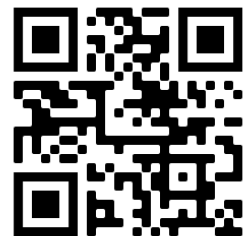


Expect More From Your Career

Memorial Health System is recruiting clinical and nonclinical positions! Find the job for you at mhsystem.org/careers.

WE OFFER

- ◇ 403b Retirement Plan
- ◇ Dental & Vision Insurance
- ◇ Holiday Pay & Premium
- ◇ Medical Insurance
- ◇ Performance & Market Increases
- ◇ Relocation Package (if applicable)
- ◇ Shift Differential
- ◇ Short-Term & Long-Term Disability
- ◇ Tuition Reimbursement & Repayment
- ◇ Vacation & Sick Time
- ◇ Voluntary Life Insurance



*Memorial Health System is an equal
opportunity provider and employer.*

