

HELPING YOU  
AND YOUR FAMILY  
STAY HEALTHY  
AND LIVE WELL



# Your health system NAVIGATOR

FALL 2015

THE NEWSLETTER OF GRAND LAKE HEALTH SYSTEM

## ACUTE STROKE READY certification



by Lana Hinders, RN  
Director of Emergency and Ambulatory Care Services

**J**oint Township District Memorial Hospital is the **first in the Nation** to receive the Acute Stroke Ready Certification, by the Centers for Medicare & Medicaid Services.

"It is a tremendous honor to have been issued the Acute Stroke Ready Certification. This is a true reflection of the Neurologic care that is available here at Joint Township Hospital" states Medical Director Natasha Alexander D.O., Neurology. "The staff has achieved a high level of competency and training to respond efficiently and effectively in a stroke situation."

The Acute Stroke Ready (ASR) Certification program means that a hospital is equipped to evaluate, stabilize and provide emergency

care to patients with acute stroke symptoms. The intent of the ASR is to provide initial diagnostic services, stabilization, emergent care and therapies to patients with an acute stroke who are seen in the emergency department. An ASR hospital has the ability and the capability to provide care for an acute stroke, including the administration of a "clot buster" or intravenous thrombolytic therapy injection.

*continued on p.2*

Is it a stroke?  
**THINK "FAST"**

**F**ACE DROOPING  
**A**RM WEAKNESS  
**S**PEECH DIFFICULTY  
**T**IME TO CALL 9-1-1

continued from p.1

Joint Township Hospital's stroke program includes 24/7 emergency stroke service coverage, collaboration with EMS to improve pre-hospital stroke care, stroke alert protocols, multidisciplinary team response for all stroke alerts and streamlined transfer of patients to a comprehensive or primary stroke center. The stroke program also includes a vast community education program that is supported by the community outreach department. The community education program includes blood pressure monitoring and education on identifying stroke using the F.A.S.T. method (Face drooping, Arm weakness, Speech difficulty, Time to call 911).

### GENERAL symptoms of a stroke can include:

- Sudden numbness, tingling, weakness, or loss of movement in your face, arm, or leg, especially on only one side of your body.
- Sudden vision changes.
- Sudden trouble speaking.
- Sudden confusion or trouble understanding simple statements.
- Sudden problems with walking or balance.
- A sudden, severe headache that is different from past headaches.

Symptoms can vary depending on whether the stroke is caused by a blood clot (**ischemic stroke**) or bleeding (**hemorrhagic stroke**), where the stroke occurs in the brain, and how bad it is.

source: WebMD



by Amy Becker, RN  
Clinical Coordinator,  
JTDH Birthing Center

**Every week** in Ohio, three babies die due to unsafe sleep environments. With all the information out there for new parents, it can be hard to sort out fact from fiction.

**Safe Sleep ABCs**, recommended by the American Academy of Pediatrics (AAP), are based on scientific research to keep your baby safe while sleeping.

Your baby should sleep:

**A Alone.** The safest place for your baby to sleep is alone in a crib, bassinet, or play yard within your arm's reach. This way you can still bond with and breastfeed your baby. Two out of three babies who died while sleeping were sharing an adult bed, chair, or couch. Share your room, not your bed.

**B Back.** Always place your baby on his or her back to sleep. Healthy babies naturally swallow or cough up their spit up, so your baby will not choke if he or she is on their back. Babies who sleep on their backs are less likely to choke than those who sleep on their stomachs.

**C Crib.** Babies should be placed in a crib with a firm mattress and a fitted sheet. Items like blankets, bumper pads, pillows, or stuffed animals can suffocate baby. Dress your baby in sleep clothing. Sleepers and sleep-sacks are safer for baby than blankets. Don't let baby get too hot, keep room temperatures comfortable for an adult.

Other important steps to keep baby healthy and safe include:

- Exclusive breastfeeding for the first six months
- Making sure your baby receives all recommended vaccinations
- Never smoking around your baby.

The AAP also advises giving your baby tummy time when he or she is awake and someone is watching. Tummy time prevents flat spots on baby's head and allows development of their head, neck, and shoulder muscles.

Grand Lake Health System Birthing Center supports safe sleep for all babies by educating new families on the Safe Sleep ABCs and by assisting parents who are unable to provide a safe sleep environment for their baby. In addition, every new baby is sent home with a Halo sleep sack made possible by the Landen Philpot Healthy Baby Fund.

## INTRODUCING lesia ARNETT

Community Outreach Coordinator, Joint Township District Memorial Hospital

Joint Township District Memorial hospital is pleased to announce the addition of Lesia Arnett as the new Community Outreach Coordinator. Lesia comes to us with sales and marketing experience in the hospital setting.

Lesia serves as a liaison between the hospital and the community, marketing and implementing existing programs and services offered throughout the hospital. She provides expertise and direction for health and wellness to the hospital's existing clients along

with evaluating and developing new business for Joint Township District Memorial Hospital.

"My main goal is to focus on things that matter: promoting health and wellbeing in the community. I've had the privilege of working with individuals in the community and as well with local industries. I'm very excited to be with the Grand Lake Health team; making a difference in the community." Lesia resides in St. Mary's with her husband, Kurt and their three children.

### LESIA'S stats

**POSITION:**

Community Outreach Coordinator for Joint Township District Memorial Hospital

**HOMETOWN:** St. Marys, Ohio

**FAMILY:**

Husband Kurt; son Derek; daughters Kelly and Ashley; grandchildren Ava, Audrey, Max and Gus

**LEISURE INTERESTS:**

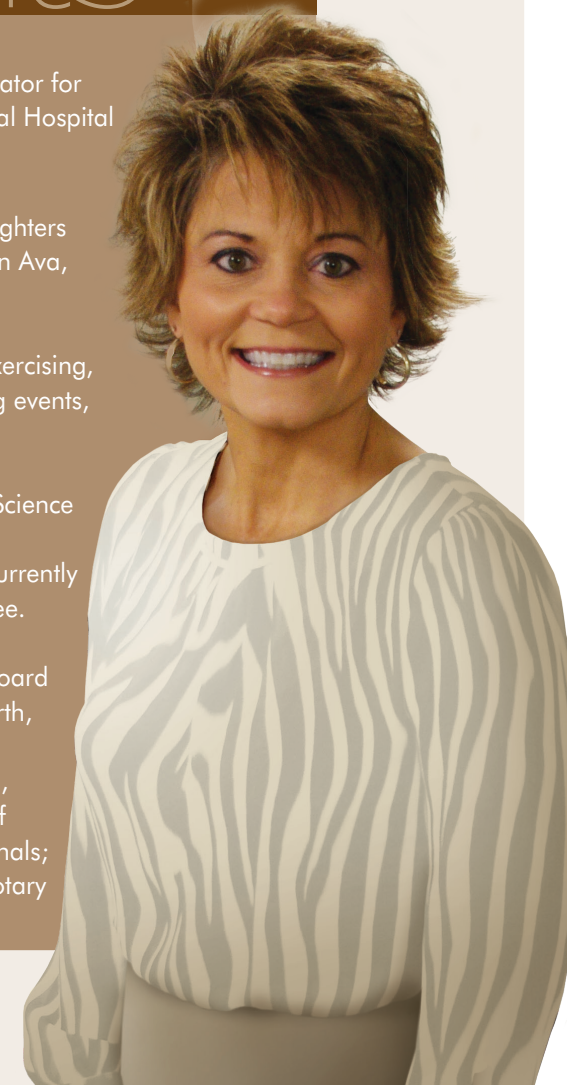
In her spare time she enjoys exercising, landscaping, watching sporting events, and spending time with family.

**EDUCATIONAL BACKGROUND:**

Associates Degree of Applied Science in Business Management with Marketing Certificate A.A.B. Currently working on her bachelor degree.

**AFFILIATION MEMBERSHIPS:**

American Heart Association, Board of Directors; Go Red Goes North, Executive Committee Member; Healthy Ohio Business Council, West Central Region; Society of Occupational Health Professionals; New Bremen/New Knoxville Rotary

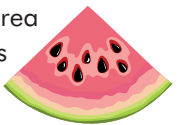


## THE grand HEALTH CHALLENGE



Grand Lake Health System is entering its 10th anniversary

of the Grand Health Challenge which began in 2007. This venture is to encourage community residents of all ages to lose weight and become active by establishing healthier behaviors. With the cooperation of many area organizations, participants are urged to put together teams (composed of friends, relatives, co-workers) and compete to lose the greatest percentage of weight over a five-month period. Over the last nine years, the Grand



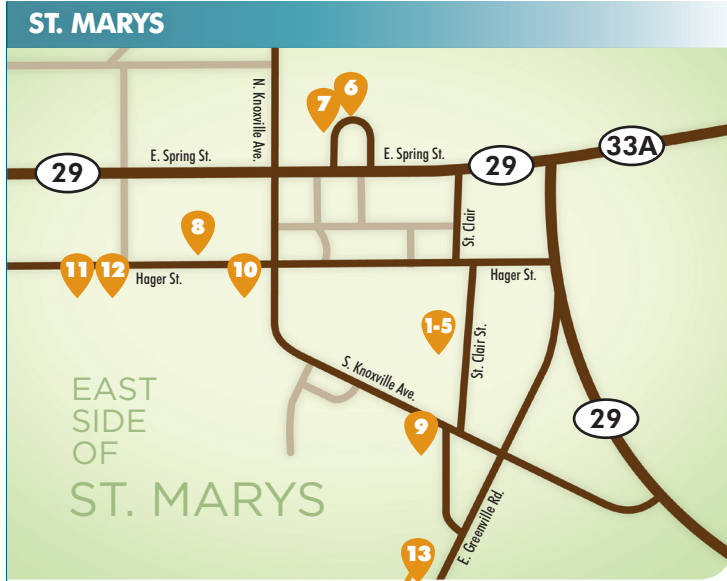
Health Challenge has touched approximately 3,147 lives with a weight loss total of nearly 32,000 pounds.

This five month program is to help participants in their pursuit of healthier lifestyles. During this journey, Joint Township District Memorial Hospital hosts and presents monthly informational sessions which support healthy lifestyle choices and sustainability.

The monthly programs are kicked off with a motivational speaker in January giving each participant encouragement to pursue their journey to meet their ultimate goal. Subsequent monthly programs focus on healthy nutrition and physical activity; which includes tours of a local grocery stores and fitness centers.

Along with the educational information, participants weigh-in monthly tracking their weight loss and fitness progress. Success is celebrated in the final month announcing the winning teams with the grand prize of \$1,000. Top individual male and female losers are also awarded \$250 each. The Grand Health Challenge mission is to promote healthier individuals and communities overall.

# OUR locations



- 1 JOINT TOWNSHIP DISTRICT MEMORIAL HOSPITAL™**  
200 St. Clair Street  
St. Marys, Ohio 45885-2400  
Phone: 419-394-3335  
Toll Free: 1-877-564-6897
- 2 GRAND LAKE OCCUPATIONAL MEDICINE™**  
200 St. Clair Street  
St. Marys, Ohio 45885  
Phone: 419-394-3335  
— Juan Torres M.D.
- 3 URGENT CARE AT JTMH**  
200 St. Clair Street  
St. Marys, Ohio 45885-2400  
Phone: 419-394-3335
- 4 GRAND LAKE NEUROLOGICAL CENTER™**  
200 St. Clair Street  
St. Marys, Ohio 45885  
Phone: 419-394-9522  
— Natasha Alexander D.O.  
— Peter Maceroni, D.O.
- 5 WOUND CARE CENTER™**  
200 St. Clair Street  
St. Marys, Ohio 45885  
Phone: 419-394-9512
- 6 GRAND LAKE HOME HEALTH™**  
1122 East Spring Street  
St. Marys, Ohio 45885  
Phone: 419-394-7434  
Toll Free: 1-800-543-5115
- 7 GRAND LAKE HOSPICE™**  
1122 East Spring Street  
St. Marys, Ohio 45885  
Phone: 419-394-7434  
Toll Free: 1-800-543-5115  
After Hours: 419-394-3335
- 8 GRAND LAKE PRIMARY CARE AT ST. MARYS™**  
1040 Hager Street  
St. Marys, Ohio 45885  
Phone: 419-394-9959  
— Michael Josey M.D.  
— Dawn McNaughton M.D.  
— Nicole Link NP-C
- 9 GRAND LAKE PRIMARY CARE AT ST. MARYS™**  
Wheatland Building  
1165 S. Knoxville Avenue  
Suite 105  
St. Marys, Ohio 45885  
Phone: 419-394-9579  
— Efren Aganon M.D.
- 10 GRAND LAKE OB/GYN™**  
1067 Hager Street  
St. Marys, Ohio 45885  
Phone: 419-394-7314  
— Mitchell Nutt M.D.  
— David Mitchell M.D.  
— Polly Train, M.D.  
— Bridget Heckler CNM  
— Kelly Wilkinson CNM



- (All are located in: CELINA MEDICAL CENTER)**  
801 Pro Drive  
Celina, Ohio 45822
- 14 GRAND LAKE FAMILY PRACTICE & PEDIATRICS™**  
Phone: 419-586-6489  
— Peter White M.D.  
— Leanne Kline M.D.
  - 15 JAMES REICHERT, D.O. GENERAL & BARIATRIC SURGERY**  
Phone: 419-586-6480  
— James Reichert D.O.  
— Brooke Lange PA-C
  - 16 VANAN ENT & SINUS CENTER™**  
Phone: 419-586-6480  
— Suri Vanan M.D.  
— Christy Kretzer FNP-BC  
RNFA, CORLN
  - 17 GRAND LAKE OB/GYN™**  
Phone: 419-394-7314  
— Mitchell Nutt M.D.  
— David Mitchell M.D.  
— Polly Train, M.D.  
— Bridget Heckler CNM  
— Kelly Wilkinson CNM

- 11 GRAND LAKE SLEEP CENTER™**  
975 Hager Street  
St. Marys, Ohio 45885  
Phone: 419-394-9992
- 12 NEW DAY PAIN MANAGEMENT CENTER™**  
975 Hager Street  
St. Marys, Ohio 45885  
Phone: 419-394-9520  
— Will Hogan M.D.  
— John Buonocore D.O.  
— Tom Judy PA
- 13 GRAND LAKE REHAB SERVICES™ (OUTPATIENT)**  
1275 Greenville Road  
St. Marys, Ohio 45885  
Phone: 419-394-9514



- (All are located in: MIAMI & ERIE MEDICAL CENTER)**  
04463 State Route 66  
Minster, Ohio 45865
- 18 MIAMI & ERIE FAMILY PRACTICE & PEDIATRICS**  
Phone: 419-628-3821  
— Efren Aganon M.D.  
— Robert Gill M.D.  
— Shelden Wical D.O.
  - 19 NEW DAY PAIN MANAGEMENT CENTER**  
Phone: 419-394-9520  
— Will Hogan M.D.  
— John Buonocore D.O.  
— Tom Judy PA
  - 20 GRAND LAKE OCCUPATIONAL MEDICINE**  
Phone: 419-394-3335  
— Juan Torres M.D.
  - 21 GRAND LAKE OB/GYN™**  
Phone: 419-394-7314  
— Mitchell Nutt M.D.  
— David Mitchell M.D.  
— Polly Train, M.D.  
— Bridget Heckler CNM  
— Kelly Wilkinson CNM



- (All are located in: WAPAKONETA MEDICAL CENTER)**  
812 Redskin Trail  
Wapakoneta, Ohio 45895
- 22 WAPAKONETA PRIMARY CARE™**  
Phone: 419-738-4445  
— V.K. Chalasani M.D.
  - 23 GRAND LAKE OB/GYN™**  
Phone: 419-394-7314  
— Mitchell Nutt M.D.  
— David Mitchell M.D.  
— Polly Train, M.D.  
— Bridget Heckler CNM  
— Kelly Wilkinson CNM

## October Is Breast Cancer Awareness Month



We want to make you aware that October is breast cancer awareness month. These are the latest statistics for the Grand Lake region:

- In 2012, only 58% of Auglaize County females reported having had a clinical breast examination in the past year.
- Only 53% of Auglaize County females over the age of 40 had a mammogram in the past year.
- If detected early, the 5-year survival rate for breast cancer is 90%.
- For women in their 20s and 30s, a clinical breast exam should be done at least once every 3 years.
- Mammograms for women in their 20s and 30s are based upon increased risk (e.g., family history, past breast cancer) and physician recommendation. Otherwise, annual mammography is recommended beginning at age 40.

**HEALTH FAIR Sat. Nov. 7, 8-11 a.m.**  
AUGLAIZE MERCER FAMILY YMCA • 04075 WUEBKER RD • MINSTER

**Cardiac Risk Assessment**

Lipid Profile Blood Draw (12 hr. fast required).....	\$20
CRP-hs C-Reactive Protein (high sensitivity).....	\$20
<b>General Assessment</b>	
CBC (Complete Blood Count).....	\$10
Hemoglobin A1C.....	\$10
Iron Screening.....	\$25
Vitamin D Screening.....	\$35
Thyroid Screening.....	\$40
Panel (2 hr. fast required).....	\$25
<b>Cancer Marker</b>	
PSA Screening (Prostate Specific Antigen).....	\$35
<b>Diabetic Information &amp; Screening</b>	
<b>Drug Take-Back Program</b>	
<b>FREE Health Screenings</b>	
Osteoporosis, Dermascan, Body Fat Analysis, Blood Pressure, Foot, Hearing, Colorectal Cancer Test Kits, Skin Cancer, Diabetic Neuropathy, Peripheral Circulatory	
<b>FREE chair mini-massages, reflexology, Continental breakfast.</b>	

As your health care provider, we are committed to helping you avoid illness and stay healthy. We want to remind you that the flu can be a serious, even fatal condition. Please think about receiving the best protection from the flu – A YEARLY FLU SHOT! The best time to get the flu shot is from October through December.

## FLU SHOTS



# WELCOME to Grand Lake Health System



Practices welcomes Peter Maceroni, D.O. to Grand Lake Neurological Center where he is joining Natasha Alexander, D.O. in practice this fall.



Practices and Grand Lake OB/GYN welcome Kelly Wilkinson, C.N.M. Kelly joined the group in August and has begun seeing patients. Her home office space is in Wapakoneta, though she also sees patients in St. Marys and Minster. She performs deliveries at Joint Township District Memorial Hospital. Michigan State University College of Osteopathic Medicine in East Lansing, Michigan. He completed his residency at Huron Valley Sinai Grace Hospital in Commerce Township, Michigan. After completing his residency, he served as an attending physician at Huron Valley Sinai Grace Hospital, neurology resident at Wayne State University Detroit Medical Center in Detroit, Michigan and neurophysiology fellow at his alma mater, Michigan State University.

Dr. Maceroni, a Michigan native, received his medical degree from the Michigan State University College of Osteopathic Medicine in East Lansing, Michigan. He completed his residency at Huron Valley Sinai Grace Hospital in Carmel College of Nursing and her MSN from Frontier Nursing University. She has spent more than 27 years working in labor and delivery, most recently at Dublin Methodist Hospital. Kelly specializes in OB/GYN, midwifery, labor and delivery, and is board certified by the Ohio Board of Nursing.

As a Certified Nurse Midwife, Kelly provides compassionate, quality care to families seeking care. She believes that women and their families have the right and responsibility to assume an active role in their own healthcare through education and informed choices. Together with Bridget Heckler, C.N.M. and the physicians at Grand Lake OB/GYN, Kelly is pleased to help women in the Grand Lake community learn more about natural childbirth and midwifery care.

You should also do things to try to prevent falls. Make sure there aren't things in your home you could trip over. If you have problems with your vision or get dizzy or lightheaded often, tell your doctor because these things can also lead to falls.

develop osteoporosis. Estrogen plays a big role in having healthy bones. During and after menopause, estrogen levels drop. This drop in estrogen can lead to weaker bones. This is why our bones can get weaker as we get older.

### How is osteoporosis diagnosed?

The only way to test for osteoporosis is with a test called a DEXA scan. This is a special kind of x-ray. Your doctor can order this test. All women 65 years and older and men 70 years and older should have a DEXA scan to test for osteoporosis. Some people younger than age 65 who have risk factors for osteoporosis should also have this test done.

### How can you treat and prevent osteoporosis?

If the DEXA scan shows you have osteoporosis, your doctor will start you on medication to help your bones become stronger to prevent fractures. There are things you can do now to prevent your bones from becoming weak.

- Make sure you are getting enough calcium and vitamin D in your diet. Calcium and vitamin D help keep your bones strong. Most people don't get enough calcium and vitamin D just from the foods they eat. If this is the case, you may need to take calcium and vitamin D pills.
- Exercise daily to help keep your bones strong.
- Stop smoking and avoid alcohol as these are risk factors for developing osteoporosis.

Kelly is a lifelong Ohioan, growing up in a small town, making the Grand Lake region feel like home. Her two passions in life are her family and her career. She and her husband John have four children, Matt, Kathryn, Patrick and Ryan, as well as two dogs and two cats.

# URODYNAMICS TESTING



If you've asked yourself these questions, you're not alone.



Do you wonder why you have to get up in the middle of the night to go to the bathroom?

When you travel, do you plan the trip by where the rest stops are?

Do you wear a pad because you leak urine when you laugh, sneeze or cough?

Do you avoid physical activity because you are afraid that you might leak urine?



70% of women have some degree of difficulty bladder to hold urine, and the ability to evaluate the ability of a person's bladder to hold urine, and the ability to control the flow of urine. This test is painless. During the test, I place a catheter in the bladder and slowly pump sterile saline into it. By doing this, I can tell how much urine the bladder can hold, how strong the urethra is, and how efficiently the bladder can empty. With this equipment, I can then be more precise with a patient's treatment. I can be specific to the types of medicine to prescribe. If surgery is needed, it can be better and stretches the muscles and ligaments that keep the bladder in its proper place. The good news is that there is hope to help women with this embarrassing problem. There are many medicines and surgeries that can improve the quality of life for these women.

The equipment is conveniently located in our Wapakoneta Medical Center office. If you feel that some of these questions apply to you, please give us a call at 419-394-7314. We will be happy to arrange a consultation and get you back to the quality of life that you want and need.

*(continued on pg. 2)*

Osteoporosis is a disease that makes your bones weak. When your bones are weak, they can break more easily. A common place for weak bones to break is at the hip. Osteoporosis occurs most often in white females. However, anyone can develop osteoporosis, even men. The older you get, the more likely you are to



**BY**  
Leanne Kline, MD  
GRAND LAKE FAMILY PRACTICE  
& PEDIATRICS



What is  
OSTEO.  
POROSIS?

*The Newsletter of Grand Lake Health System Physician Practices*

*Fall 2015*

# NAVIGATOR

*The Healthcare*

  
GRAND LAKE  
PHYSICIAN PRACTICES  
AN AFFILIATE OF GRAND LAKE HEALTH SYSTEM