

# HEALTHY OUTLOOK



## HIP CHECK

## NEW HIP REPLACEMENT SURGERY IS A REVOLUTION IN CARE

### *Hip pain affects millions and the problem is getting worse.*

In 2018, more than 600,000 total hip replacements were performed in the United States. And it's estimated that in just over a decade, 20% of Americans - 70 million people - will be at an increased risk for osteoarthritis, the most common "wear and tear" form of arthritis.

Hip replacement surgery involves removing the diseased part of the joint and replacing it with an implant, which can improve

joint function and relieve pain. Delaying hip replacement too long can lower the patient's quality of life before and for up to two years after surgery. That's why an orthopedic surgeon should be consulted to help a patient decide when hip replacement surgery is appropriate.

Traditional hip replacement surgery involves making a 10 to 12-inch incision on the side of the hip to access the joint. That's invasive and requires a hospital stay of up to four days.

*Continued on page 2.*





## PRESIDENT'S MESSAGE

Typically, in Outlook, I like to write about new or expanding clinical programs, medical technology changes and new physicians. We always have changes at WCH and now is no different. In addition to all of the changes, the fall brings the recognition of the service of our long-term employees - from 5 years to 45 years in tenure. I'd like to talk a little bit about our team.

If one reads the mission statement for Wood County Hospital, it speaks to our purpose in providing the highest quality treatment, prevention and health education for the communities we serve. Our 700 associates and medical staff are focused on this purpose regardless of their role at WCH. Patient care in today's American hospital setting demands commitment, compassion, and competence in a way not experienced in years past. The expectations of society in today's post health reform environment are indeed very high.

This makes our employees our most important asset. One of our key goals is to make sure everyone involved with WCH feels supported and has the chance to be fully engaged in the services we offer. At the time of this letter, we are moving through several important hospital initiatives targeting improved engagement (and care of) our staff as well as continuous improvement of patient safety.

"Passport to Wellness" is designed to give employees a pathway to better health practices and a higher quality of life. National research shows that supporting staff with targeted wellness programs help people achieve lower stress, better well-being, and higher job satisfaction. We want nothing less for our employees.

Through "Passport to Wellness," our wellness department offers a variety of programs and activities to support our staff on a housewide basis. There are many individualized choices for staff because everyone's health status and priorities are different. This is not a "one size fits all" program. One of our primary efforts is to make better health for our associates easy and more importantly, a reality.

The patient safety survey process, administered by a third party, goes directly to staff and asks for their observations and suggestions on how to make our hospital a better place for patients and a better place to work. It is yet another tool to help us listen to our staff and learn from their experiences. The hospital leadership group will be taking this feedback and using it for policy changes, patient care initiatives and human resources programs. We're looking forward to using this to make a real difference at WCH.

The winter season is typically one of high activity at our hospital. Increased seasonal illness, weather related trauma and "year-end" elective surgeries all make this a very demanding time wrapped around the traditional holiday season. Choosing a hospital occupation requires the special commitment demonstrated by all of our staff here, especially this time of year. I truly enjoy recognizing their talents and commitment to caring for the community we serve.

*Stanley Korducki*  
Stanley Korducki | President

# HIP CHECK

*Continued from cover.*

But thanks to the ANTERIOR ADVANTAGE™ approach offered at Wood County Hospital by Orthopedic Surgeon Dr. Carlos Gomez, hip replacement is now a minimally invasive form of surgery. Patients typically spend less time in the hospital and experience less pain. ANTERIOR ADVANTAGE™ is a strong option for patients who have avoided hip replacement because they feared a lengthy, painful recovery.

The surgeon starts by using the Anterior Approach, making an incision at the front of the hip and working between the muscles, rather than cutting through them. The ANTERIOR ADVANTAGE™ solution not only includes the less invasive anterior incision, it also uses exclusive technologies that optimize the surgical experience for the patient.

The result is a hip replacement that acts much more like a natural hip, enabling smooth movement, increasing the joint's stability and many times reducing pain. Dr. Gomez is using the new ANTERIOR ADVANTAGE™ method to help his patients lead more fulfilling lives. "I'm happy to bring the latest technology to our community and give our patients the best results," he said.

***"I was unable to do things that most people take for granted. But the anterior approach to hip replacement improved my overall daily life. Life is so much easier, so much better. My husband even said HIS life has improved now that I'm not having hip pain anymore."***

- Teri Webber, patient of Dr. Gomez



To learn more about the ANTERIOR ADVANTAGE™ hip replacement surgery, visit [WoodCountyHospital.org/ortho](http://WoodCountyHospital.org/ortho)

**ANTERIOR ADVANTAGE™**

# ONE-STOP CARE FOR THE COMMUNITY AT FALCON HEALTH CENTER

For many of us, primary care means a visit to a doctor's office, followed by a separate trip to the pharmacy, another stop at a lab for blood work, maybe an appointment for an x-ray and perhaps many weeks of physical therapy at an entirely different location.

But there's a more convenient path to good health that's available to everyone in the community. It begins at the Falcon Health Center.

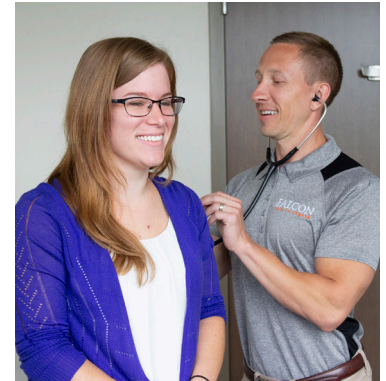
The Center is located at 838 East Wooster Street in Bowling Green. All the services you need are under one roof, but Medical Director Dr. Jeff Swartz says it's not just convenience that makes the difference. "The departments within Falcon Health Center are truly working together to ensure seamless care for each patient."

The urgent care center is on the first floor, along with the lab and radiology department. The full-service Falcon Pharmacy has a drive-up window for fast prescription drop-off and pick-up. The team also offers comprehensive medication reviews and can help you save money with the Falcon Value Prescription List with more than 150 medicines that are available for just \$5 per month.

On the second floor, you can access all the services of a typical primary care provider, plus acupuncture, chiropractic care, physical therapy, nutrition services and consultations to review evidence-based risk reduction strategies and alternative medicine.

There are four primary care providers on the second floor: Dr. Terry Fondessy, Dr. Drew Nowakowski, Dr. Kerry Pearson

and Dr. Jeff Swartz, who also offers a unique whole health approach based on a partnership of healing and prevention. "Our philosophy is to treat the whole patient as an individual, not a number," Swartz says. "We stress the importance of collaborative care." That approach involves creating a comprehensive plan for optimal health, and includes access to a variety of programs such as the Falcon Challenge, a physician-supervised weight loss program.



Falcon Health Center treats non-life threatening conditions, minor ailments and injuries when you can't get in to see your primary care physician. And the lab and radiology service hours have been extended to allow for convenient testing at the Center. A wide range of vaccinations are available at Falcon Health Center, including many required for travel outside of the country.

Open to all members of the community, the Center accepts most health insurance plans. Appointments and walk-in care are available seven days a week.

*Everyone is welcome to use the Falcon Health Center.* For details, visit [www.FalconHealth.org](http://www.FalconHealth.org) or call 419-372-2271.





# THE MAURER FAMILY CANCER CARE CENTER

## BIG CHANGES IN STEREOTACTIC RADIOSURGERY

### CANCER CENTER GETS UPGRADE THROUGH THE WOOD COUNTY HOSPITAL FOUNDATION

Precision and accuracy are two of the most important requirements of a surgeon. The Maurer Family Cancer Care Center has added new equipment that helps Wood County Hospital doctors to be even more precise and accurate.

The Maurer Family Cancer Care Center has received a stereotactic radiosurgery package and a six degree of freedom tabletop, which lets doctors perform microscopic cancer treatments at a level never before available at Wood County Hospital.

“The stereotactic radiosurgery package allows us to very precisely deliver radiation to the brain,” said Dr. Dhaval Parikh, medical director at the Maurer Family Cancer Care Center and radiation oncologist with the Toledo Clinic. “Previously, a neurosurgeon would have to put a metal frame over a patient’s head in order to operate like this. But now, we don’t have to use the frame and the patient can be more comfortable. The package allows us to target radiation on a lesion as small as 1.0 millimeter.”

***“With these equipment upgrades, we will improve our precision and accuracy 20 times over”***

With the six degree of freedom tabletop, doctors can position patients in any direction to get the perfect angle for performing procedures.

Dr. Parikh said that in years past, patients who needed this kind of procedure would be forced to travel out of the immediate region for treatment. But now, the Maurer Family Cancer Care Center can perform the same types of treatments as hospitals in larger cities.

“This is something that isn’t offered in many areas, so it’s great that we have it available here,” said Dr. Parikh.

“With these equipment upgrades, we will improve our precision and accuracy 20 times over,” said Dr. Parikh. He and his fellow providers and therapists couldn’t be more excited.

“We want to give our patients the highest quality treatment possible. Donations from the community allow us to continually provide the latest technology so that we can create the best outcomes for patients.”



# HOPE

Have Daily Positive Expectations

# STRENGTH

## SURVIVOR DINNER

### CELEBRATES OPTIMISM AND STRENGTH



 **The Maurer Family  
Cancer Care Center**  
AT WOOD COUNTY HOSPITAL

More than 175 survivors and caregivers filled the walls of St. Mark's Church in Bowling Green with words of encouragement as they celebrated the triumph of those who have fought and won their battle with cancer.

Survivor Valerie Kurth took to the stage to share her journey of hope and provide words of inspiration.

*“Patients tend to develop a close relationship with their oncology team. This special evening is like a family reunion in the best sense. Patients and staff alike look forward to this evening of support, celebration, and camaraderie.”*

- Barb Chapman, RN, BSN, Radiation Oncology Nurse

The event also featured music, dinner, and time for survivors to share stories with each other.

“We are very appreciative of the Maurer family for underwriting this very important event for all of our survivors and staff,” said Cristy Walton, Vice President of Development for Wood County Hospital.

## HOT TOPICS IN HEALTH

### WELLNESS-RELATED Q&A

WITH FALCON HEALTH CENTER'S DR. KERRY PEARSON



**Q:** *Can the flu vaccine give you the flu?*

**Dr. Pearson:** No. The flu vaccine is made in two ways: either with no flu vaccine virus at all or with inactivated flu virus, which is not infectious.

There's a lot of public confusion about this because we sometimes see mild side effects, such as fever, discomfort and muscle pain. The side effects are not the flu. The body is simply producing an immune response to the flu vaccine. Those side effects are much milder than actual flu symptoms.

**Q:** *Why should we take all of our prescribed antibiotics even after we start to feel better?*

**Dr. Pearson:** Antibiotics are prescribed for the amount of time that's required to treat an underlying bacterial infection. Stopping the antibiotic early means you risk not killing all the bacteria that's causing the infection.

Antibiotic resistance occurs when bacteria change in response to antibiotics. If you don't take the entire course of antibiotics, there's more chance of that happening, which means the antibiotic may not work the next time you use it. To protect yourself and others in the future, always finish your prescribed antibiotics.

**Q:** *What is the most common cause of a headache?*

**Dr. Pearson:** Dehydration. Many people don't realize this. If I have a headache, I drink water because most of the time, that is the issue. Plus, drinking plenty of water every day is good for overall health. It helps everything from cardiovascular health to body cleansing and regulation of body temperature. It improves joint and muscular performance and maintains the overall function of your body. So, be sure to stay hydrated.

### HAVE A HEALTH QUESTION?

Send it to [marketing@woodcountyhospital.org](mailto:marketing@woodcountyhospital.org) with the subject line "Hot Topics in Health" and we may publish the answer in a future issue of Outlook.

**WELCOME CENTER**

# VOLUNTEERING

## GET MORE OUT OF YOUR TIME

**Looking for something fun and rewarding to do with your free time?**  
If so, Laurie Newlove wants to meet YOU!

The Wood County Hospital Director of Lifeline and Volunteer Services will be adding as many as 15 volunteers to her staff in the coming months. Those volunteers may deliver Wheeled Meals, install Lifeline units, staff the Gift Shop, welcome guests at the main and emergency entrances, greet visitors in the ICU area, navigate patients and their families through the surgery waiting room process, deliver interdepartmental mail, and other tasks that will enhance the patient experience.

Newlove said volunteering is a great opportunity for seniors, college students, and anyone else who wants to meet new people and make friends, all while doing work they can be genuinely proud of.

Retirees especially benefit from the program because of the

social interaction, which increases confidence and helps ward off depression.

Volunteers are also needed to help with events through the Wood County Hospital Guild. Founded in 1954, the organization promotes and advances the welfare of the hospital and its patients. Fundraising from Guild events over the years has assisted Wood County Hospital with new equipment and cutting-edge technology. The efforts continue to make a big difference in providing services that help meet our community's healthcare needs.

If you're interested in volunteering or joining the Wood County Hospital Guild, please email Laurie at [NewloveL@WoodCountyHospital.org](mailto:NewloveL@WoodCountyHospital.org) or call 419-354-8942.



## KEEP UP TO DATE

Stay current on happenings at Wood County Hospital by following us on your favorite social media sites or sign up for our newsletters by visiting our website and searching for 'patients & visitors.'

-  **Wood County Hospital**
-  **@WCHosp**
-  **@WoodCountyHospital**



# MEDICAL STAFF UPDATE

## COMMUNITY BENEFIT

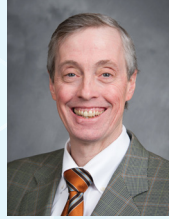
JULY 1, 2018 - JUNE 30, 2019

### STEVEN BILLS, M.D.



Dr. Steven Bills has joined the patient care team at Falcon Health Center. Dr. Bills graduated with his medical degree from the Medical College of Ohio and completed residency training at St. Vincent Mercy Medical Center. Dr. Bills is a member of the American Board of Emergency Medicine and has more than 20 years of experience in emergency medicine.

### REX MOWAT, M.D.



Dr. Rex Mowat, physician with the Toledo Clinic, has joined the cancer care team at the Maurer Family Cancer Care Center. Dr. Mowat is a hematologist and medical oncologist with the Toledo Clinic and is board certified in internal medicine, hematology and oncology. Dr. Mowat received his medical degree from Wayne State University School of Medicine and his internship and residency at William Beaumont Hospital. He has been the Chief of Staff at Bixby Medical Center and was the medical director at Hickman Cancer Center. Dr. Mowat has been practicing medicine for over 30 years.

### DREW NOWAKOWSKI, D.O.



Dr. Drew Nowakowski received his medical degree from the West Virginia School of Osteopathic Medicine and completed his Family Medicine Residency training

at Toledo Hospital. Dr. Nowakowski is also fellowship trained in Primary Care Sports Medicine. He has a background in sports medicine and his special interests include ultrasound guided injections, osteopathic manipulation, musculoskeletal diagnostic ultrasound, treatment of tendonitis, regenerative medicine (platelet rich plasma, prolotherapy, stem cell), concussion management and fracture care.

### ARTHUR DELOS REYES, M.D.



Board-certified in vascular and general surgery, Dr. Arthur Delos Reyes is also registered in vascular interpretation. After earning his medical degree from Northeast Ohio Medical University, he completed his residency at the University of Toledo Medical Center and his fellowship program at the Jobst Vascular Institute in Toledo. Dr. Delos Reyes specializes in the comprehensive management of peripheral vascular disease, which encompasses the long-term condition of veins and arteries and includes vascular screening and prevention, surveillance of vascular disease with radiological and ultrasound studies, and wound care. He is proficient in the full spectrum of open and endovascular surgical procedures.

**Admissions:** 2,508

**Observation Stays:** 2,561

**Outpatient Visits:** 99,608

**ER Visits:** 22,432

**Inpatient Surgeries:** 647

**Outpatient Surgeries:** 5,000

**OB Deliveries:** 335

**Oncology Visits:** 663  
*(includes 151 new patients)*

**Laboratory Tests** *(outpatient only, including Pathology):* 295,473  
+ 97,588 in the ED

**Radiology Procedures:** 53,812

**Respiratory Procedures:** 19,870

**Physical Therapy Outpatient Visits:**  
21,405 PT, 6,925 ST, 7,424 OT

**Diabetes Education Outpatient Visits:**  
657 group; 605 individual

**Cardiac Rehab Visits:** 4,397

**Physicians on Medical Staff:** 61 active staff

**Number of Employees:** 785 hospital staff

### COMMUNITY BENEFIT STATISTICS:

*(Based upon most recent Medicaid cost reports)*

### UNCOMPENSATED CARE EXPENSES

**Non-reimbursed Medicaid costs of care:**  
\$25,292,606

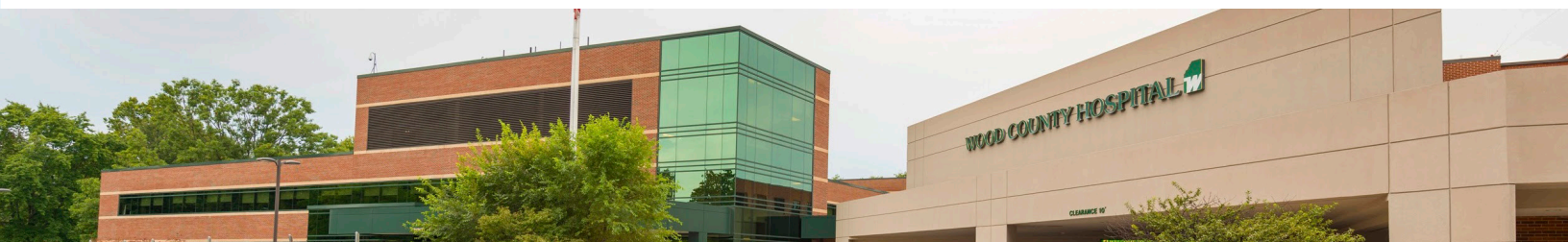
**Non-reimbursed Medicare costs of care:**  
\$62,609,651

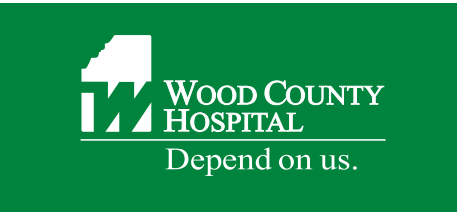
**Free care to people who need assistance:**  
\$1,293,461

**Bad debt:** \$5,918,953

### ECONOMIC IMPACT

**Dispersed annually in salary and wages:**  
\$34,182,507





# HEALTHY OUTLOOK



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