


Ashtabula County
Medical Center
ACMC Healthcare System

An affiliate of
 Cleveland Clinic

ACMC *Pulse*

Summer 2016

Hip surgery
gets you back
on your feet

Now seeing
patients in
Geneva

3-D
ultrasound
gets to the
heart of the
problem





GOOD HEALTHCARE

Our focus: Quality providers, services and technology

THIS ISSUE of *Pulse* focuses on some of my favorite things to talk about—technology, medical services and medical providers. I am excited about these because they are the key to expanding healthcare in Ashtabula County. Ashtabula County Medical Center (ACMC) is proving that you do not have to leave the county for great healthcare.

Why do I focus on these three areas? From one perspective, it is because there is a misconception in our county that we cannot have the best technology, services or providers. People still tell me it must be a challenge to bring doctors here. That is not true. We have increased our physicians' group from 20 doctors to more than 70 medical providers because we have a reputation as a great place to work, and Ashtabula County has a reputation as a great place to live. We are able to hire the cream of the crop, some of whom you can read about in the following pages.

The right providers for Ashtabula

Just bringing providers is not enough. We need to match the providers' specialties with the needs of this area. We could bring dozens of family practice providers and spread them around the county. That would meet some needs, but it would still mean patients would have to leave the county when they need specialized care. Ashtabula County needs many physicians in a variety of specialties. For example, heart disease is the No. 1 killer in Ashtabula County. We have four Cleveland Clinic cardiologists and a cardiology nurse practitioner who see patients right here in Ashtabula five days a week. A pediatric cardiologist also visits ACMC to see children with heart problems. Two Cleveland Clinic

Children's pediatric endocrinologists see patients here as well.

Some of our specialists also see patients at our Family Health Centers. We are dedicated to putting medical services where they are needed the most.



● Michael Habowski,
ACMC President
and CEO

Equipment that meets your needs

Finally, great physicians cannot provide great healthcare without great technology. In this issue, you can read about a new surgical procedure offered by Orthopaedic Surgeon Amar Mutnal, MD. The direct anterior approach to hip replacement discussed in the article requires a special surgical table. Despite the high cost for the table, the decision to purchase it was an easy one—because it is great for our patients. There are only a handful of surgeons in the country doing this procedure, and we are proud to say ACMC is the only hospital in Ashtabula County where you can have it done.

You can also read about the community support for new equipment and renovations at the ACMC cancer and infusion center that will give more patients the lifesaving treatment they need right here in Ashtabula County.

ACMC Healthcare System continues to grow, and we are committed to meeting health needs in Ashtabula County. Our plan continues to be this: Bring the best doctors in a variety of specialties to Ashtabula County and give them the tools to provide you the best healthcare so that you can stay close to home.



ACMC Orthopaedic Surgeon Amar Mutnal, MD, shows patient Patricia McQuaide, of Ashtabula, a hip ball and joint similar to the one he used to replace her hip last year.

“Patients are walking the same day as the surgery and say there is little to no pain during their recovery,” he said. “I have to remind patients that they just had major surgery and they should not push themselves too much because their bodies still need time to adapt to all the changes.”

Those changes include a return to the mobility they experienced before the start of their hip problems.

“I had a patient who loved to play golf,” Dr. Mutnal said. “He was back to chipping on the green two weeks after surgery. If someone has a desk job, in most cases they can go back to work within 2 to 3 weeks. If their job is very demanding, it usually takes closer to 6 to 12 weeks, depending on the patient and type of work.”

McQuaide said now that she is past all restrictions, she is looking forward to returning to the bowling alley. Her hip pain was too intense and kept her from enjoying the sport. She has not bowled for several years.

“I was in a league, years ago, but I gave that up. I slowly stopped doing the things I enjoyed,” she said. “Now I am looking forward to trying these again.”

The secret to the success

Dr. Mutnal said the success of direct anterior hip surgery is a combination of the technique—going between muscles instead of through them—and the technology used that gives him a detailed view of the hip while the procedure is still going on. Before surgery, he uses a digital templating system to view the patient’s damaged hip and choose the appropriate implants via computer for sizing and restoration of alignment and leg length. During surgery, live x-ray, called fluoroscopy, is used to place implants real-time to best reproduce the preoperative plan. He can immediately see whether or not the hip components are properly secured and aligned to his liking. There is very little guesswork.

Direct anterior approach hip surgery is relatively new to Northeast Ohio. Dr. Mutnal received special training in the procedure and is the only surgeon in Ashtabula County to perform the surgery.

“I am fortunate that I worked with two physicians who were leaders in this technique,” Dr. Mutnal said. “I have been involved with hundreds of surgeries using this technique. It takes that hands-on training to gain the expertise.”

McQuaide said she appreciates that expertise and is glad she met Dr. Mutnal.

“He’s a blessing,” she said. “I can’t thank him and everyone at ACMC who helped me enough. I can now enjoy spending time with my family, especially my granddaughter. I feel like I got my life back.”

Not all patients are candidates for direct anterior hip replacement. If hip pain is preventing you from enjoying life, make an appointment with Dr. Mutnal to discuss treatment and surgical options. To schedule an appointment, call **440-997-6969**.

Innovative hip replacement

Local woman enjoys life again

ASHTABULA RESIDENT Patricia McQuaide suffered from hip pain for almost a decade. Her pain was a daily challenge, especially since she was required to use a step at work. She began seeing a chiropractor three times a week to alleviate the pain, but nothing could stop the constant ache or help her reduced mobility.

“I finally said ‘enough is enough,’” McQuaide said.

She talked with her physician, Ashtabula County Medical Center (ACMC) Family Physician James Chillcott, MD, who recommended she see Orthopaedic Surgeon Amar Mutnal, MD. Dr. Mutnal described a new hip replacement option at ACMC. Traditional hip replacement surgery requires dissection through the muscle and tendons from the rear or side of the hip. The direct anterior approach allows the surgery to be performed between muscles from the front of the hip, resulting in less muscle trauma. Patients report less pain and quicker return to their normal activities.

Back on her feet

“I had surgery November 19th,” McQuaide said. “I went home on the 20th, and I cooked Thanksgiving dinner in my kitchen for my whole family.”

Dr. Mutnal said he is not surprised. With direct anterior hip replacement, recovery takes weeks instead of months. Patients can begin physical therapy a few hours after surgery and enjoy marked improvement in their pain. All patients so far have safely gone home the day after surgery.

ACMC'S WORLD-CLASS
PHYSICIANS
SPECIALISTS
in Ashtabula
County

Family Medicine Physician Emily Cheich, DO

ASHTABULA COUNTY MEDICAL CENTER (ACMC)

is pleased to welcome Family Medicine Physician Emily Cheich, DO. Dr. Cheich is board-certified in family medicine and osteopathic manipulative treatment.

“Dr. Cheich is our newest addition to Family Medicine and is a new addition to Ashtabula County,” says ACMC President and CEO Michael Habowski. “She moved to the area to be close to work and to raise her family here. That speaks volumes about her dedication to caring for people right here in Ashtabula County.”

Dr. Cheich says she feels right at home. “Family medicine is about taking care of people of all ages. I see children to senior citizens. The problems may be different, but our goal is to always help people get better.”

Dr. Cheich completed her doctor of osteopathic medicine degree at Ohio University. She served her family medicine residency at Akron City Hospital/Summa Health System. Dr. Cheich is a member of the American Osteopathic Association, the American College of Osteopathic Family Physicians and the American Academy of Family Physicians.



● Emily Cheich, DO

Gastroenterologist David Novak, MD

ASHTABULA COUNTY MEDICAL

CENTER (ACMC) and Ashok Kondru, MD, are pleased to welcome Gastroenterologist David Novak, MD, to Ashtabula County. For more than 10 years, Dr. Novak has treated patients who have health issues of the stomach, intestine, colon, liver, biliary ducts, rectum, gallbladder and esophagus. He specializes in colonoscopy, colon cancer



● David Novak, MD

screenings and therapeutic endoscopic retrograde cholangiopancreatography (ERCP), which focuses on the ducts that drain the liver and pancreas.

“It is rare for a rural hospital to have two gastroenterologists with ERCP expertise,” says ACMC President and CEO Michael Habowski. “The addition of Dr. Novak increases access for patients and will allow more Ashtabula County residents to remain close to home for care.”

A graduate of SUNY Buffalo School of Medicine, Dr. Novak completed his internship and residency at Georgetown University Medical Center. He also completed a fellowship at Georgetown University Medical Center’s Veterans Affairs Medical Center in Washington, D.C. He has diagnosed and treated patients at hospitals in Washington and Cleveland and worked in private practice focused on digestive health. He is a member of the American Gastroenterological Society.

“I am happy to join with ACMC and Dr. Kondru,” Dr. Novak says. “The services at ACMC give patients a convenient option for testing and treatment without ever leaving the county. Patients have access to the tools needed to find the root cause of their health concerns.”

ACMC invested over \$300,000 two years ago in state-of-the-art endoscopic technology.

ACMC’s gastroenterologists see patients daily at the ACMC Center for Digestive Health at 2112 Lake Ave., Ashtabula. They also offer a variety of surgical options performed on the digestive system. Common procedures include colostomy, colonoscopy and removal of polyps, as well as treatment of gastroesophageal reflux disease (GERD), ulcers, hemorrhoids, diverticulosis and Crohn’s disease.



To schedule an appointment
with Dr. Cheich, call 440-997-6969.



To schedule an appointment
with Dr. Novak, call 440-998-0322.



ACMC offers pediatric endocrinology

Teaming up with Cleveland Clinic
Children's specialists

THERE IS little more heartbreaking than a sick child. Even if it's just an ear infection, we want to do everything humanly possible to make our child feel well again. Ashtabula County Medical Center (ACMC) has four pediatricians, a pediatric nurse practitioner, family physicians, and Express Care staff who all diagnose and treat childhood illnesses.

ACMC's pediatric team recognized an increasing number of patients with diseases of the endocrine system, and they knew just where to turn: Cleveland Clinic Children's, the only hospital in Northeast Ohio that is ranked in 10 out of 10 specialties in *U.S. News & World Report's* "Best Children's Hospitals 2015-16." The rankings are based on quality, safety, care and reputation. Cleveland Clinic Children's 10 specialty rankings include cancer, cardiology and heart surgery, diabetes and endocrinology, gastroenterology and gastrointestinal surgery, neonatology, nephrology, neurology and neurosurgery, orthopaedics, pulmonology, and urology.

Through a collaboration with Cleveland Clinic Children's, ACMC offers Cleveland Clinic Pediatric Endocrinologists Sumana Narasimhan, MD, and Laurie Tsilianidis, MD, who see patients on a rotating basis at ACMC.

"The pediatric endocrinology subspecialty at Cleveland Clinic Children's focuses not only on the patient and the disorder, but also how it affects the entire family," said ACMC President and CEO Michael Habowski. "We are proud to bring this level of expertise to Ashtabula County."

Pediatric endocrinology focuses on:

- Adrenal disorders.
- Growth disorders.
- Hypoglycemia.
- Juvenile diabetes.
- Thyroid disorders.
- Pituitary disorders.
- Puberty and sexual disorders.
- Genetic disorders.

A strong team

Dr. Narasimhan completed her training in pediatric endocrinology at Cincinnati Children's Medical Center in 2005 and then worked at Rainbow Babies and Children's Hospital until 2015. She is board-certified in pediatric endocrinology and in general pediatrics. Her main interests include general pediatric endocrinology, puberty, growth and hormone problems in survivors of childhood cancer.

Dr. Tsilianidis completed her training in pediatric endocrinology at University of Florida College of Medicine's Shands Medical Center in 2012. She is a 2006 graduate of University of Toledo College of

Medicine. Her specialties include metabolic bone disease.

"Being able to collaborate with a nationally ranked children's hospital is a true benefit to ACMC and our community," said ACMC Pediatrician Jude Cauwenbergh, DO. "Having Cleveland Clinic Children's specialists come to ACMC makes it much easier for our patients to get the specialty care they need."

ACMC also offers pediatric cardiology services. Since 2009, Cleveland Clinic Cardiologist Thomas Edwards, MD, sees patients at ACMC, caring for children who suffer from various disorders of the heart, including valve disease, palpitations, murmurs, defects, stenosis and more.

To schedule an appointment with a member of the ACMC Pediatrics team, call **440-997-6969**. To schedule an appointment with Cleveland Clinic Children's for pediatric cardiology, call **800-223-2273**, or for pediatric endocrinology, call **440-997-6969**.



**To schedule an
appointment
with a Cleveland
Clinic pediatric
endocrinologist,
call 440-997-6969.**

AN EXTRAORDINARY COMMUNITY DESERVES EXTRAORDINARY CAREGIVERS.

ACMC physicians and providers see patients on a full-time basis in Ashtabula County, so you don't have to leave home to receive the care you need and deserve.

To schedule an appointment, call (440) 997-6969.

If you are unable to get to your appointment, ACMC's Health Express shuttle is a free transportation service available to patients of ACMC and the physicians of The Ashtabula Clinic. The shuttle runs Monday through Friday, 8:30 am to 4:30 pm, on a first-come, first-served basis. Service is limited to patients who are able to board the shuttle unassisted by the driver. To schedule a ride, call (440) 992-1917 or 1-800-292-5707 at least 48 hours in advance of your appointment.

Ashtabula County Medical Center

ACMC Healthcare System

An affiliate of



2420 Lake Ave. | Ashtabula, OH | (440) 997-2262 | www.acmchealth.org

ACMC: Improving Ashtabula County's economy by keeping healthcare local

The Ashtabula Clinic at ACMC. Your first choice for health.

Allergy/Immunology

Akhil K. Chouksey, MD

Cardiology

Hari Dandapantula, MD*

Perry Fleisher, MD*

Ben Meola, MD

Adriana Rosario, MD*

Gregory Wood, DO*

Electrophysiology

Mohamed Kanj, MD*

Endocrinology

Ula Abed Alwahab, MD*

Express Care

Heidi Alfien, FNP

Ivy Corlew, FNP

Jennifer Glaettli, FNP

Loreen Iballa, FNP

Allison Megyesi, FNP

Peggie Reinhardt, FNP

Susan PerDue Schultz, FNP

Kathleen Shontz, FNP

Marie Stocker, FNP

Family Practice

Catherine Bishop, DO

Emily Brown, FNP

Emily Cheich, DO

James Chillcott, MD

Suk Choi, MD

Laxman Cingireddi, MD

Nathaniel Franley, MD

James Lambros, DO

John Lee, DO

David Parker, MD

Jennifer Stauffer, FNP

Andi Tirounilacandin, MD

Harlan Waid, MD

Archie Wilkinson, MD

Gastroenterology

Ashok V. Kondru, MD

David Novak, MD

High Risk OB

Mohammad Rajabi, MD*

Internal Medicine

Robert Dlwgosh, MD

Edward Wiese, MD

Long Term Care/Rehab

Abdul Shahed, MD

Catherine Bishop, DO

Neurology

Kaitlyn J. Ferguson, PA

Preetha Muthusamy, MD

Stephen Selkirk, MD

OB/GYN

Dan Lazarescu, MD

Soldrea Thompson, MD

Oncology

Laurie Robicheaux, NP

Mohammad Varghai, MD*

Ophthalmology

Alexander Taich, MD

Orthopaedics

Rebecca Loomis, PA

Amar Mutnal, MD

John Posch, MD

Mark Verdun, DO*

Otolaryngology (ENT)

Cheryl Katavich, PA

Michael Papsidero, MD

Pain Management

John Hill, MD

Cynthia Campbell, NP

Pediatrics

Sathish Adigopula, MD

Jude Cauwenbergh, DO

Reham El Gammal, MD

Doris Miller, MD

Ruth Simon, NP

Pediatric Cardiology

Thomas Edwards, MD*

Pediatric Endocrinology

Laurie Tsilianidis, MD*

Sumana Narasimhan, MD*

Podiatry

Michelle Dunbar, DPM

Psychiatry

Samar El-Sayegh, MD

Pulmonology

Sanjay Srivastava, MD

Yisa Sunmonu, MD

Sports Medicine

Nathaniel Franley, MD

Amar Mutnal, MD

Surgery

Evangelos Bibidakis, MD

Timothy O'Brien, MD

Urology

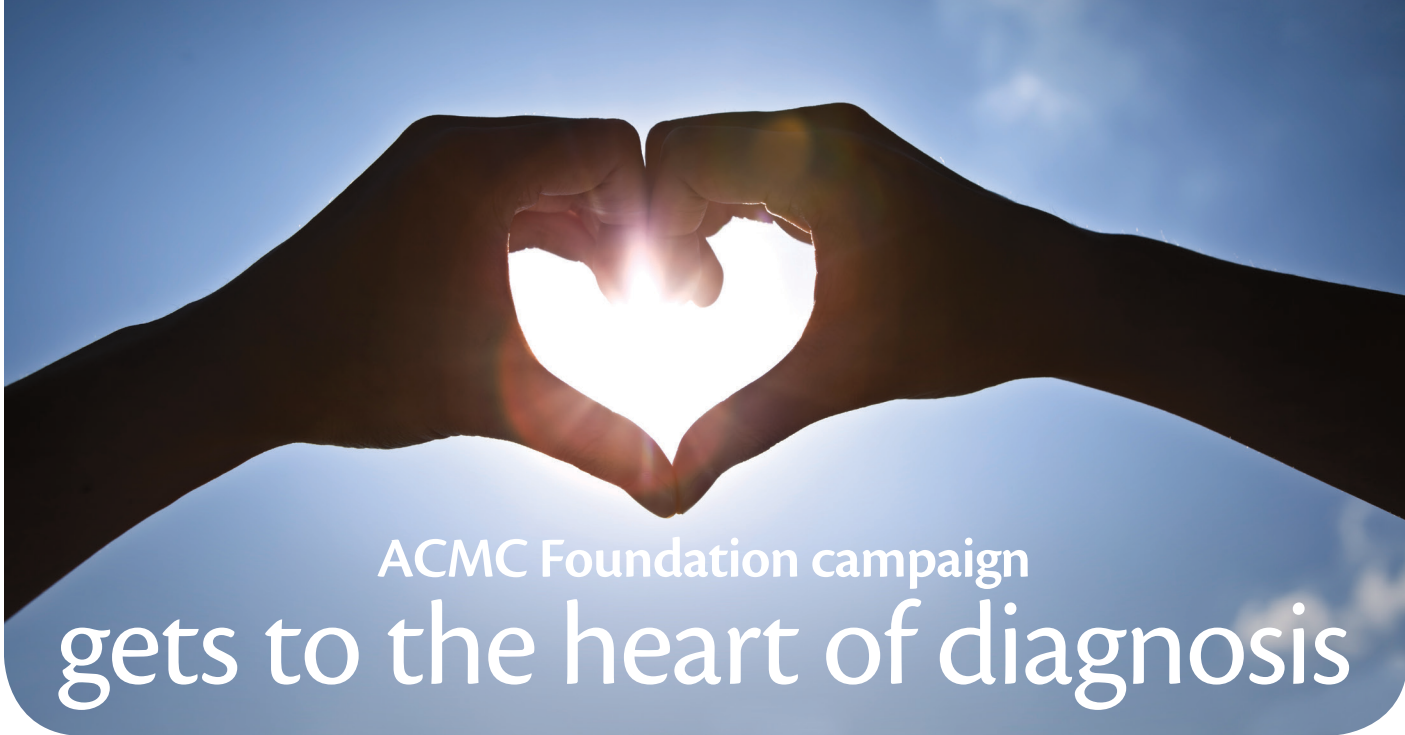
Mark Cabelin, MD

Craig Zippe, MD

Vascular Surgery

Sang Won Dacri-Kim, DO

* Cleveland Clinic Specialist



ACMC Foundation campaign gets to the heart of diagnosis

NEW ULTRASOUND equipment to give cardiologists a real-time 3-D view of the heart will be coming to Ashtabula County Medical Center (ACMC) soon, thanks to the ACMC Foundation's fundraising campaign for 2016.

"All funds raised at events we host this year will go toward the purchase of the new ultrasound," said ACMC Foundation Executive Director Tami Netkowicz. "It will cost \$180,000, which is money well-spent considering heart disease is the No. 1 killer in Ashtabula County."

A new level of detail

Fewer than 30 percent of medical facilities across the country have 3-D ultrasound equipment.

"This equipment will give us a new level of detail for viewing possible heart problems," said Cleveland Clinic Cardiologist Perry Fleisher, MD, who works alongside three other full-time Cleveland Clinic cardiologists and a cardiology nurse practitioner at ACMC. "This technology will allow us to view the heart as it beats. We will see different portions of the heart beating and how blood flows through the heart chambers and valves. Magnetic resonance scans do not do that."

The test, known as a 3-D

echocardiogram, gives physicians an improved, detailed view of the interior of the heart muscle, particularly the mitral valve, which can leak or allow blood to flow backward, which elevates blood pressure or causes fluid to build up in the lungs. The 3-D ultrasound also gives physicians a real-time view of any congenital abnormalities, such as defects or lesions.

"We get a clearer picture of the form, flow and function of the heart, but its automated features mean we do not have to make many manual adjustments for our tests," said Cleveland Clinic Cardiologist Hari Dandapanthula, MD. "We get better detail in the images for making our diagnoses. This also means potentially faster and more comprehensive test results for patients."

Greater accuracy

Making a faster diagnosis with better information means physicians can pinpoint the cause of heart problems with a greater degree of accuracy.

"We can see real-time the movement of a defective valve or watch arrhythmia while it happens," said Dr. Fleisher. "This lets us get to the root cause. We can either treat the patient here or send the data to a cardiac surgeon who can make decisions prior to surgery. We can also watch the postsurgical improvement to the heart function throughout the patient's recovery and rehabilitation."

ACMC President and CEO Michael Habowski said the hospital is grateful for the potential of the new equipment and for the support of the local community.

"ACMC has a longstanding tradition of reaching out to the local community for support, and the community has never let us down," he said. "Even in the early days of this campaign, we have seen a tremendous interest from community members. Each of us knows someone who has experienced heart problems. This new technology is one more tool in our arsenal to combat heart disease right here in Ashtabula County."



To donate to the ACMC Foundation 3-D Echocardiogram Campaign, contact Tami Netkowicz by calling 440-997-6605 or emailing Tami.Netkowicz@ACMCHealth.org.



Geneva Family Health Center

to open

Plus Express Care and lab services

RESIDENTS IN the Geneva area will have more healthcare choices than ever this summer when Ashtabula County Medical Center (ACMC) opens the Geneva Family Health Center, bringing both primary and specialty care providers to Geneva. The Geneva facility will also offer a walk-in Express Care clinic and laboratory services.

The Geneva Family Health Center will be located on Route 534 in the Colonel's Plaza.

"Access to primary care is vital to the health and well-being of a community, and a recent study by The Advisory Board, a leading national healthcare consulting firm, shows that Geneva does not have enough primary care providers to meet the needs of the community," says Michael Habowski, President and CEO of the ACMC Healthcare System.

"As the only full-service hospital in Ashtabula County—and with an employed physician group of more than 70 full-time physicians, nurse practitioners and physician assistants—ACMC is best suited to help meet that need. In addition to primary care, specialists in cardiology, gastroenterology, general surgery, orthopaedics, pulmonology and urology will offer office appointments in the Geneva Family Health Center."

Specialists close to home

The creation of the Geneva Family Health Center will also ensure seamless access to the full complement of physician specialists who work at ACMC—allowing patients to be seen close to home rather than be transferred to Geauga County or Cleveland.

"Many patients in the Geneva

area already trust their care to ACMC," says Habowski. "Having a physical presence in the community makes ACMC's quality healthcare even more accessible to more people."

Based on data provided by the Ohio Hospital Association, over 50 percent of Ashtabula County residents receive healthcare services outside of the county. Many of those services are available at ACMC.

"ACMC is the only hospital in the county with specialists on call 24 hours a day, seven days a week," says Habowski. "Our medical staff includes providers who specialize in cardiology; ear, nose and throat; orthopaedics and sports medicine; surgery; urology; gastroenterology; neurology; obstetrics and gynecology; ophthalmology; pulmonology; vascular surgery;



oncology; psychiatry; pediatrics; podiatry; and allergy and immunology. Every time a patient leaves or is transferred out of Ashtabula County for care that could—and should—be delivered here, Ashtabula County suffers. It means more time off from work to travel back and forth, and the money that would have been spent at local stores and restaurants is spent putting gas in the car or paying parking garage fees.”

Express Care

The Geneva Family Health Center will be the fourth ACMC Express Care location. Express Care is a walk-in clinic for minor illness and injury, including things like sprains and strains; rashes; sinus, urinary tract, upper respiratory and ear infections; shingles; minor cuts; seasonal allergies; insect bites; and influenza. The Express

Care clinic will be open in Geneva Monday through Saturday, from 9 a.m. to 8:30 p.m. ACMC also operates Express Care locations in Ashtabula, Conneaut and Jefferson.

ACMC will also offer walk-in lab services at Geneva Family Health Center. The lab will be open to all members of the community, regardless of whether they become patients of the center.



Seamless care

The physicians, lab and Express Care at Geneva Family Health Center will be fully integrated with ACMC’s electronic health record system, so any care received there will become part of the patient’s permanent health record. That information will be available to any other physician in the ACMC and Cleveland Clinic systems if a referral for specialty care is needed.

“ACMC will celebrate its 112th anniversary this year,” says Habowski. “Geneva is celebrating its 150th anniversary, and Geneva Township is celebrating its 200th anniversary. We are proud of our history of healthcare, and we look forward to serving these communities for many more decades to come so more Ashtabula County residents can receive high-quality, nationally ranked healthcare close to home.”

Ask a doc



ASK US ANYTHING

AskADoc@ACMCHHealth.org

or via private message on Facebook at www.facebook.com/ashtabulahealth. Our physicians will answer them publicly on our website at www.acmchealth.org and on our social media sites on Facebook, Twitter and YouTube.



Lung health

Dr. Sanjay Srivastava,
ACMC
Pulmonologist

Q It seems like as I get older, I need to clear my throat or cough more. Should I be worried about lung problems?

A As we age, our body goes through physical changes, and we are more susceptible to illnesses and diseases. Respiratory tract infections—bacterial or viral—are the most common cause of acute cough. That's why physicians warn patients over the age of 65 to get the flu vaccine and pneumonia vaccine. However, there are other risks, especially if you are or were a smoker.

COPD—chronic obstructive pulmonary disease—is a general term for any breathing disease, such

as bronchitis and emphysema. COPD is a chronic disease that will only worsen if left untreated. There is no cure. If you cough frequently, suffer from repeated colds or the flu, or feel out of breath with mild exertion, see your physician, or schedule an appointment with a pulmonologist.

ACMC offers a free COPD support group. Contact Respiratory Care Services Director Melissa Shanley at **440-997-6696** for more information. To schedule an appointment with Dr. Srivastava, call **440-997-6969**.



Menopause

Dr. Soldrea Thompson,
ACMC OB-GYN

Q I know menopause is a natural part of aging, but can I expect the symptoms to get better after a while?

A There has been a revision lately of how menopause is defined. Menopause starts when a woman ends regular or irregular menstrual cycles. During this time you may experience typical symptoms of hot flashes and night sweats, vaginal dryness, and sleep disturbances.

Once you have gone a year without your period, you are in menopause. Your symptoms will diminish, but menopause does not end, and you are now at greater risk

for other health concerns.

If you do not see a medical provider on a regular basis, you should schedule an appointment to talk about the risk of osteoporosis, heart disease and other risks women face as they age. If you see an OB-GYN, continue regular visits for pelvic exams, Pap smears, breast exams and mammograms.

To schedule an appointment with an ACMC OB-GYN, call **440-997-6915**.

Back pain: You have options



Dr. John Hill,
ACMC
Pain Management

WHEN CONSIDERING options for treating pain, please realize

that no option may completely alleviate your pain. If that is the case, we should look to minimize the pain so that you can function.

Everyone has a different level of pain tolerance, and there are multiple options. Surgery is just one option. Medication is another. We work to find the right medication and the minimum dosage needed to get you to a level of pain you can tolerate and regain function.

There are also anti-inflammatory drugs injected right at the site of the pain. Most people do well with these and can avoid the risks and side effects of taking narcotics.

Beyond that, we also look at physical therapy to help with range of motion and mobility.

If you suffer from chronic pain, talk to your medical provider. If you do not have a provider, schedule an appointment with an ACMC family physician or nurse practitioner by calling **440-997-6969**. If your physician refers you to a pain management specialist, call ACMC's Interventional Pain Center at **440-997-6700**.

ACMC earns second Healthgrades award for patient safety

FOR THE SECOND YEAR in a row, Healthgrades, the leading online resource for comprehensive information about physicians and hospitals, has named Ashtabula County Medical Center (ACMC) among the Top 10 percent of safest hospitals in the United States by awarding it the 2016 Healthgrades Patient Safety Excellence Award. Only 466 hospitals across the nation were recognized for patient safety. In healthcare, patient safety refers to the diligence a hospital takes to minimize errors or negligence during a medical procedure.

Evidence you can trust

Healthgrades analyzes patient safety data across 14 indicators as defined by the Agency for Healthcare Research and Quality. Each indicator represents a serious, potentially preventable safety event, which puts a patient at risk. This data includes patient readmission, complications stemming from medical and surgical care, and core measures for heart attack, heart failure and pneumonia. Some of this data is being compiled and reviewed for the first time under the Affordable Care Act.

“Healthgrades once again shows why our patients and their families should trust ACMC for their medical care needs,” said ACMC President and CEO Michael Habowski. “We have always paid close attention to the safety measures ranked by Healthgrades. Providing high-quality care—and doing so in the safest possible manner—is our utmost goal.”

Quality care for our community

Healthgrades reviews key areas that coincide with serious health issues in Ashtabula County.

For example, ACMC’s Community Health Needs Assessment shows the

leading causes of death include heart disease (the No. 1 killer in Ashtabula County) and chronic lower respiratory diseases (such as COPD, emphysema and chronic bronchitis).

Healthgrades’ review of patient safety data showed that patients with heart failure, COPD, and pneumonia have better health outcomes when they seek treatment at hospitals like ACMC.

Healthgrades also recognized that recipients of the patient safety award are equally or more likely than nonrecipient hospitals to have superior outcomes in specialty areas. For example, Patient Safety Excellence Award recipients are 5.1 times more likely to receive a Specialty Excellence Award for spinal surgery, 3.4 times more likely for orthopaedics overall and 2.3 times more likely for pulmonary care overall.

“Our analysis reveals that patient safety is strongly associated with high-quality care, so it is vitally important to choose a hospital that performs well on these key indicators,” said Evan Marks, Chief Strategy Officer, Healthgrades.

Wendy Foster, Healthgrades Director, Quality Solutions, said from 2012 to 2014 there were about 270,000 potentially preventable patient safety events among Medicare patients throughout the country.

“If all hospitals, as a group, performed better than expected, like Ashtabula County Medical Center has, these patient safety events could have potentially been avoided,” she said. “Through its outstanding performance, the staff at ACMC is setting the bar for other hospitals across the region, state and nation.”



“Patients have better health outcomes when they seek treatment at hospitals like ACMC.”

—Wendy Foster, Healthgrades Director, Quality Solutions



ACMC Express Care

Four locations to treat you!

The Ashtabula Clinic

2422 Lake Ave.
(440) 994-7550

Mon. – Fri. 9 a.m. to 8:30 p.m.
Sat. 9 a.m. to 2:30 p.m.

Conneaut Family Health Center

Conneaut Plaza
354 W. Main Road
(440) 599-2262

Mon. – Sat. 9 a.m. to 8:30 p.m.

Geneva Family Health Center

1028 S. Broadway
(440) 466-8933

Mon. – Sat. 9 a.m. to 8:30 p.m.

Jefferson Family Health Center

234 N. Chestnut St.
(440) 576-8933

Mon. – Sat. 9 a.m. to 8:30 p.m.

ACMC Express Care provides fast, convenient care — **without an appointment** — for minor injury and illness, including:

- Ear, upper respiratory, sinus and urinary tract infections
- Minor bumps and cuts
- Seasonal allergies
- Skin rashes
- Cold sores
- Insect bites
- Influenza
- Pink eye and styes
- Ringworm, shingles, impetigo
- Simple sprains and strains

Express Care serves patients age 2 and older. Co-pays are similar to a physician office visit. Most medical insurances are accepted. Check your insurance policy for coverage and co-pay amounts.

You do not have to be a patient of The Ashtabula Clinic, Conneaut Family Health Center, Geneva Family Health Center or Jefferson Family Health Center to utilize Express Care. Hours subject to change without notice. Visit www.acmchealth.org/expresscare to verify hours.

Ashtabula County Medical Center

ACMC Healthcare System

An affiliate of

 **Cleveland Clinic**



ACMC cancer and infusion center renovations almost complete

RENOVATIONS are nearing completion at the Ashtabula County Medical Center (ACMC) cancer and infusion center after months of construction.

“This is a \$500,000 renovation that provides more private exam rooms, additional infusion space, office space and more,” said ACMC President and CEO Michael Habowski. “The renovated space allows us to serve more patients right here at home.”

Thanks for your support

Funds used for the renovation project were provided by the ACMC Foundation, which undertook the project as a fundraising campaign in 2015. Donors to the project included a variety of individuals and groups, such as the hospital and ACMC Foundation boards, physicians, employees, area businesses, and local residents, as well as several grants and event proceeds in 2015:

→ More than 400 ACMC employees and family members gathered for a reverse raffle, which raised more than \$8,500.

→ The Foundation received a \$100,000 grant from the Appalachian Regional Commission. The money purchased infusion pumps, monitors and equipment for the new on-site pharmacy.

→ The ACMC Foundation’s Gift of Health Gala and Royal Raffle raised \$67,000. More than 160 people attended the gala, with dozens more donating in the days leading up to the event. Lead sponsorship for the gala came from KeyBank; Cleveland Clinic; and Mannion & Gray, attorneys at law.

→ The Robert S. Morrison Foundation provided \$50,000.

→ The Ashtabula Foundation provided \$25,000.

→ MFG Foundation donated



\$10,000. When presenting the check, Richard Morrison, President/CEO of Molded Fiber Glass Companies, said, “Cancer does not pick and choose its victims. It can affect anyone at any time. I am happy to be a part of this effort at ACMC.”

It’s a community effort

Cleveland Clinic Oncologist Mohammad Varghai, MD, said the renovated area has meant more patients are able to stay close to home for treatment, all thanks to generous local support.

“It takes a great community effort to improve healthcare,” he said. “We have offered all chemotherapy treatments at ACMC for many years but were somewhat limited by space. Now we can accommodate more patients. Cancer is a growing disease in America, and having treatment options available here means a lot to patients and families,” he said.

ACMC Board of Directors Chairwoman Susan Stocker, PhD, Dean of Kent State University—Ashtabula, said, “We are grateful for the grants and other money raised by community members, ACMC caregivers and corporate donors. We have all been touched in some way by cancer. Each donor has a story to tell. This renovation project ensures many more patients will have positive stories to tell about cancer treatment in Ashtabula County.”

Cancer care

Cleveland Clinic Cancer Care at ACMC offers this area’s only dedicated cancer treatment facility. In many cases, treatment can be done on-site, meaning you can stay close to home and family. Oncology is the branch of medicine that deals with cancerous tumors. Oncology includes diagnosis, treatment, and follow up and palliative care for patients with cancer. Cleveland Clinic Cancer Care at ACMC includes a board-certified oncologist and nurses who are certified in caring for cancer patients.

Allergy & Immunology department

ACMC’s Allergy & Immunology department provides diagnostic testing and care in managing allergies, asthma, immune deficiencies and infusions in adults and children.

We provide allergy shots for a variety of allergies: environmental (pollens, mold, animals), bee stings and other diagnosed allergens. We offer infusion therapy for primary immune deficiency disorders. A variety of tests are offered, including the skin prick test, intradermal test, patch testing, spirometry (breathing) test, and challenge testing for food and medicine.



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	Direct Anterior Approach	Traditional Approach
Surgery	<ul style="list-style-type: none"> • Incision is made at the front • Surgeon does not cut through muscles or tendons • X-ray and computer guidance is used to ensure accurate placement during surgery • Reduced risk of dislocation • Reduced risk of discrepancy in leg length 	<ul style="list-style-type: none"> • Incision is made at back or side • Surgeon must cut through muscles, tendons and connecting tissue • No method to ensure accurate placement during surgery • Some risk of dislocation • Less accuracy in restoring leg length
Incision	3–5 inches	8–10 inches
Hospital Stay	1–3 days	4–7 days
Recovery Time	2–6 weeks	12 weeks
Limitations after surgery	<ul style="list-style-type: none"> • Immediately able to bend freely at hip without restriction • Quick return to normal activities, including normal sexual activity 	<ul style="list-style-type: none"> • Limited hip movement for 2 months, which complicates simple activities like sitting in a chair, using the restroom, and getting in and out of a car • Delayed return to normal activities, including normal sexual activity

Ashtabula County Medical Center is the only hospital in Ashtabula or Lake counties to offer the direct anterior approach to hip replacement.

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Baby boomers should be tested for hepatitis C now



THE NUMBER of reported cases of hepatitis C is on the rise, and baby boomers are among those with greater risk of having or contracting the disease.

Hepatitis C affects more than 3 million Americans over the age of 48. In Ohio, the number of reported cases of hepatitis C has increased 400 percent over the past few years.

Ashtabula County Medical Center Family Physician Catherine Bishop, DO, said more people should be tested for the disease, which can lie dormant for years.

Symptoms include abdominal pain, fever, fatigue, joint pain, itchy

skin, sore muscles, dark urine and yellowish eyes. In advanced cases, cirrhosis of the liver occurs. Blood vessels begin expanding, making the palms of your hand red. Clusters of blood vessels begin looking like tiny spiders. In severe cases, bleeding into the stomach can occur, and damage to the brain and nervous system could happen.

The Centers for Disease Control and Prevention (CDC) has urged all Americans born between 1945 and 1965 to be tested for the hepatitis C virus.

Dr. Bishop said the first test is simple.

“We use a specific blood test that searches for the antibodies fighting against the hepatitis C virus,” she said. “If a positive result is shown, a follow-up test will search for other specific markers of the virus.”

Additionally, a liver biopsy may be needed to see if any damage has

been done to the liver. An MRI test can show if there are signs of liver cancer.

When they are caught early enough, therapies can cure up to 75 percent of infections.

“The biggest problem is people don’t know they have hepatitis C,” Dr. Bishop said. “It could be from past drug use, contact with infected blood, improperly disinfected




● Catherine Bishop, DO

tattoo needles or multiple sex partners. The virus can lie dormant for 15 years or more. But it will eventually manifest itself.”

Since hepatitis C is transmittable to others, anyone who provides care for a family member should also be tested.

Many insurance companies are now covering hepatitis C tests, and drug companies are creating better treatment options.

To learn more about any of the hepatitis viruses, visit www.acmhealth.org and search the health information library for “hepatitis.”

 To schedule an appointment with an ACMC family physician to discuss your risk or testing for hepatitis C, call **440-997-6969**, or walk in at any ACMC Express Care location in Ashtabula, Conneaut, Geneva or Jefferson.

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Your safety is our top priority

Read about our latest patient safety award on page 11

FOR THE SECOND YEAR in a row, Ashtabula County Medical Center (ACMC) has been named one of the safest hospitals in the country by Healthgrades (see story, page 11). We're ranked No. 2 in Ohio, and 37 out of 1,588 hospitals nationwide for hospitals with 100 to 400 beds by The SafeCare Group. We provide consistent and safe care to our patients better than almost any other hospital our size in Ohio.

This is the next accolade in a long line of recognition ACMC has received in the past couple of years. Other recent patient safety honors include:

- Last year, we were ranked among the top 10 percent in the nation for patient safety by Healthgrades. This company is the leading independent healthcare ratings organization. Fewer than 470 hospitals in the country earned the honor.
- The Leapfrog Group has given us an A rating two years in a row for patient safety based on publicly available data and evidence-based, national measures of hospital safety.
- The Joint Commission recognized ACMC for attaining and sustaining excellence in accountable measured performance for heart attack, pneumonia and surgical care.

What these awards and accolades mean is that you and your family are in safe hands at ACMC. Wendy Foster, Director of Quality Solutions at Healthgrades, put it this way: "The people of Ashtabula County can feel confident that when they need care, the dedicated team at ACMC will provide an excellent level of clinical safety to the patients of this community."