

Ashtabula County
Medical Center
ACMC Healthcare System

An affiliate of
 Cleveland Clinic

ACMC *Pulse*

Fall 2015

Sports Medicine is on your team





How safe is your hospital?

LET ME ASK YOU a question. How safe is your hospital? I'm not talking about security guards walking around the parking lot. I'm talking about the risks you face as a patient.

If Ashtabula County Medical Center (ACMC) is your hospital of choice, rest easy. We have independent confirmation that we are among the top hospitals in the nation for patient safety.



● Michael Habowski,
ACMC President
and CEO

Independent rankings confirm that ACMC is among the top hospitals in the country for patient safety.

Earning your trust

For more than a year, ACMC has received a steady stream of patient safety accolades.

Our most recent honor came in June, when we were ranked among the top 10 percent in the nation for patient safety by Healthgrades, the leading independent healthcare ratings organization. Fewer than 470 hospitals in the country earned this honor.

In February, The SafeCare Group ranked ACMC 31st in the nation (for hospitals

our size) for its provision of healthcare services based on three criteria domains: quality, patient safety and efficiency.

In late 2014, The Leapfrog Group gave ACMC an "A" rating for patient safety based on publicly available data and evidence-based, national measures of hospital safety.

Also in late 2014, The Joint Commission recognized ACMC for attaining and sustaining excellence in accountability measure performance for Heart Attack, Pneumonia and Surgical Care.

"Through its outstanding performance, the staff at ACMC is setting the bar for other hospitals across the region, state and nation," said Wendy Foster, Director of Quality Solutions at Healthgrades. "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."

The evidence is clear. If you choose to go elsewhere for your medical care, ask yourself if your hospital can live up to your expectations for quality, patient safety and efficiency. When you choose ACMC, you can trust that we are dedicated to your safety. Any hospital should take patient safety seriously. But it takes daily attention to detail and continuous improvement to make it a reality. Patient safety is lived out each day by ACMC's caregivers.

ONE OF AMERICA'S 100 TOP HOSPITALS FOR:

- ✓ Best process of care.
- ✓ Best outcomes of care.
- ✓ Best efficacy of care.

Source: SafeCare Group

A NATIONAL LEADER IN SAFETY

Nationally, patient safety data is defined by the Agency for Healthcare Research and Quality. The organization considers serious, potentially preventable safety events that put a patient at risk. 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.



TREATING ORTHOPAEDIC DISORDERS

From arthritis to sports injuries

BONE AND JOINT problems can happen at any time in life. A fall on the ice, repetitive injuries or just plain wear and tear over the years can be just as damaging as a sports injury. Ashtabula County Medical Center (ACMC) offers orthopaedic specialists who go beyond sports injuries. Cleveland Clinic Orthopaedic Surgeon Mark Verdun, DO, is joined by ACMC Orthopaedic surgeons Amar Mutnal, MD, and John Posch, MD, as well as Rebecca Loomis, PA. Our specialists see patients full time at The Ashtabula Clinic to solve both simple and difficult orthopaedic problems. They use the latest techniques and technology to improve care for people with musculoskeletal problems.

They specialize in the diagnosis and treatment of disorders of the bones, joints, tendons, muscles and nerves. Subspecialties include arthritis; ankle, foot, hand, hip, knee and joint pain; osteoarthritis; shoulder and sports injuries; as well as adult joint replacement and reconstruction.

The orthopaedic surgeons work closely with ACMC physical therapists to improve rehabilitation following treatment. Together, they develop an exercise-based treatment plan to help you relearn how to move your body properly. They use other treatments to minimize pain, increase range of motion and improve muscle control. They do all of this with one goal in mind: getting you back to your family and doing what you love.

“ACMC’s affiliation with Cleveland Clinic and Dr. Verdun brings world-class diagnosis and treatment to Ashtabula County,” said ACMC Healthcare System President and CEO Michael Habowski. “Cleveland Clinic Orthopedics is ranked third in the nation by *U.S. News and World Report*. Dr. Posch has more than 40 years’ experience as a physician. Dr. Mutnal recently joined ACMC after completing a sports medicine fellowship at Cleveland Clinic. Our physicians have the skill and expertise to treat patients of any age right here in Ashtabula County.”



● Amar Mutnal, MD



● John Posch, MD



● Mark Verdun, DO



● Rebecca Loomis, PA

ACMC SPORTS MEDICINE

One team, complete care



ASHTABULA COUNTY MEDICAL CENTER is raising the bar when it comes to sports medicine for high school athletes and active adults. Our goal is to enable you to enjoy a lifetime of healthy activity.

ACMC Sports Medicine offers three physicians trained to diagnose and treat sports-related injuries. They see patients full time in Ashtabula County and are joined by five athletic trainers who work with student athletes at four high schools.



The goal of ACMC Sports Medicine is to enable you to stay in the game—and to enjoy a lifetime of healthy activity.

“Our Sports Medicine team has the expertise to get an athlete back in the game,” said ACMC President and CEO Michael Habowski. “Our physicians are fellowship-trained in sports medicine and are also trained to treat any orthopaedic injuries. The entire team will also educate and train athletes to prevent injuries and improve performance.”

Meet the team

ACMC Sports Medicine staff includes Cleveland Clinic orthopaedic surgeon Mark Verdun, DO, who serves as the program director. He sees patients full time at The Ashtabula Clinic. He is joined by Jefferson native and family practice physician Nathaniel Franley, MD, who serves as medical director. Dr. Franley sees patients full time at ACMC’s Jefferson Family Health Center. Orthopaedic surgeon Amar Mutnal, MD, serves as surgical director. He sees patients full time at The Ashtabula Clinic.

Ashtabula native Lauren (Sposito) Gloeckler serves as athletic trainer

and department director, overseeing athletic trainers Monica Brown, Elizabeth Miller, Barb Moore and Kim Velotta, and coordinating with high school administration.

Treating athletes is nothing new for ACMC physicians. Dr. Verdun and John Posch, MD, orthopaedic surgeons, have treated athletes as well as patients suffering from other orthopaedic issues related to knees, hips, shoulders, neck, wrists, joints and ligaments, and more.

Starting on the sidelines

ACMC’s Sports Medicine outreach began four years ago when an athletic trainer was placed at Lakeside High School to work with student athletes. Within months, the program expanded to include four athletic trainers working with Conneaut, Edgewood, Lakeside and St. John. ACMC physicians and physician assistants also provided sideline medical coverage for all home football games for these schools.



TAKE THE FIRST STEPS

Schedule an appointment with the ACMC Sports Medicine team. Call 440-997-6910.

Today the ACMC Sports Medicine program also includes concussion clinics, weight room training for high school athletes, preventive injury education and muscular-skeletal rehabilitation. ACMC provides the athletic trainers and sideline medical coverage at no charge to the school districts.

“While much of our Sports Medicine program is directed to high school athletes, we are also focused on adults who have sports injuries,” said Dr. Verdun. “When you are hurting, you need a professional to diagnose, treat and provide rehabilitation so you avoid future problems. Our goal is to help your conditioning so you stay in the game. We want to provide the care you need to get you back in the game—whether that is at work or at play.”

ACMC offers concussion clinics

With national attention on the health risks of concussion, Ashtabula County Medical Center (ACMC) is stepping up to ensure Ashtabula County’s student athletes stay safe.

ACMC Sports Medicine staff offers concussion clinics to assess and diagnose students’ risk for concussion. Student athletes of all sports are encouraged to be screened and attend the clinics.

Before football season, ACMC sports medicine physicians Nathaniel Franley, MD, and Amar Mutnal, MD, conducted baseline testing for student athletes. This gave the athlete, coaches, parents and physicians a preseason assessment.

Throughout the season, physicians and athletic trainers will lead post-game concussion clinics every Monday. Any athlete who experienced a hard hit or impact with the ground is encouraged to attend. The clinics are held two or three days after football games, in case a player does not show

immediate symptoms of concussion. If a player experiences symptoms during a game, they are immediately evaluated on the sideline by a physician.

During the Monday clinics, athletes are tested with methods similar to those used to establish the preseason baseline. The results are compared to the athlete’s preseason cognitive ability to determine if the athlete is experiencing concussive symptoms.

If testing shows an athlete experienced the effects of a concussion, physicians explain possible treatment options and determine whether or not a player should continue with practice and game activities.



NOT A STUDENT ATHLETE?

Our clinics are for everyone. Call Jefferson Family Health Center at 440-576-8933 to make a Monday appointment.

Q&A

What is a hospitalist?

IF YOU ARE ADMITTED as an inpatient to Ashtabula County Medical Center (ACMC), you'll be cared for by our team of hospitalists. Learn more about them and what you can expect during your stay with us.

Q How do hospitalists differ from my family physician?

A Hospitalists are specially trained to care for hospitalized patients. They are able to see patients several times during the day to follow a patient's progress. Patients with multiple and complex health problems will benefit from having the team available 24 hours a day, 7 days a week. They work in conjunction with your family physician or specialist to ensure continuity of care.

Q When will I meet my hospitalist?

A After you arrive, a member of the hospitalist team will conduct a history and physical, assess your condition, monitor medication usage and changes, order testing, and consult a specialist if necessary. Because hospitalists work a 12-hour shift for one full week followed by a week off, you may see several different hospitalists during your hospital stay.

Q Will my family physician know the treatment I receive?

A During your stay, the hospitalists remain in communication with your physician. After you are discharged, your family doctor will receive a full report from the hospitalists. If your family doctor is employed by ACMC, he or she also has immediate access to information about your hospital stay through your electronic medical record.

“When I look at this hospitalist team, I see medical providers who bring a variety of expertise to ACMC. They not only improve our patient care and experience, but our professional staff as well. We are proud to welcome them to our team of caregivers—all of whom provide the best care possible right here in Ashtabula County.”

—ACMC President and CEO Michael Habowski

Led by expertise

Overseeing the hospitalist program at Ashtabula County Medical Center (ACMC) as medical director is Abdul Shahed, MD. Dr. Shahed is a board-certified internal medicine physician who has experience in both the inpatient and outpatient settings. Prior to coming to ACMC, Dr. Shahed worked

for eight years in private practice on the west side of Cleveland, serving patients at both CCF Fairview Hospital and UH St. John Westshore. For the past two years, Dr. Shahed has served as ACMC's long-term care facility physician and as medical director at seven local nursing homes. For more information about ACMC's hospitalist program, visit www.acmchealth.org.



Welcome, Dr. Abed

ASHTABULA COUNTY MEDICAL CENTER (ACMC) welcomes Cleveland Clinic Endocrinologist **Ula Abed Alwahab, MD**. Dr. Abed specializes in diabetes and other diseases affecting the endocrine system and the body's metabolism, and has a special interest in female and male infertility. She is now scheduling appointments and will see patients on the first floor of the hospital.



An endocrinologist diagnoses and treats patients for hyperthyroidism, goiters, Grave's disease, Cushing's disease, hypoglycemia, Addison's disease, disorders of the pituitary gland, infertility, thyroid cancer and hyperaldosteronism.

The body's endocrine system secretes hormones into the bloodstream. These hormones regulate the activity of cells and organs and help the body convert calories into energy. When the body experiences a hormonal imbalance, it can lead to a variety of health problems.

Dr. Abed completed her endocrinology fellowship at Cleveland Clinic and a residency at Emory University School of Medicine in Atlanta. She is board-certified in internal medicine.

"Dr. Abed's experience at Cleveland Clinic has prepared her for the health concerns facing patients in northeast Ohio. Her addition to ACMC's roster of physicians means that more patients will be able to remain close to home for diagnosis and treatment," said ACMC President and CEO Michael Habowski.

DR. ABED IS WELCOMING NEW PATIENTS

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

NEW PHYSICIANS

Dr. Zippe comes to ACMC

UROLOGIST CRAIG ZIPPE, MD, now sees patients full time at Ashtabula County Medical Center (ACMC).



Dr. Zippe comes to ACMC after serving as a urologist at the Louis Stokes Veterans Medical Center in Cleveland. He was also a co-director at the Cleveland Clinic Glickman Urology and Kidney Institute's Prostate Center.

Dr. Zippe is certified by the American Board of Urology and will work alongside ACMC urologist Mark Cabelin, MD, to see patients who experience: → Bladder problems. → Blood in urine. → Cancer. → Elevated PSA. → Erectile dysfunction. → Kidney problems. → Prostate disease. → Sexual dysfunction. → Sexually transmitted diseases. → Ureteral problems. → Urinary tract infection. → Vaginal and pelvic prolapse.

"Dr. Zippe is a highly respected urologic specialist," said ACMC President and CEO Michael Habowski. "He is known across the country for his expertise, so we are very proud to have him join us at ACMC. He and Dr. Cabelin will be the go-to team for urological issues in Ashtabula County."

Dr. Zippe has written and co-authored more than 100 articles and a dozen chapters in various urology textbooks and medical journals. He has spoken at more than a dozen conferences across the country and has led research projects related to erectile dysfunction, cancer and prostate problems.

DR. ZIPPE IS WELCOMING NEW PATIENTS

To schedule an appointment with Dr. Zippe at The Ashtabula Clinic, call 440-997-6970.

Welcome, Dr. Mutnal

AMAR MUTNAL, MD, is the latest physician to join the Ashtabula County Medical Center (ACMC) team of orthopaedic surgeons. He began seeing patients full time in Ashtabula in August.

Dr. Mutnal specializes in orthopaedic surgery and sports medicine, covering a range of services from the latest arthroscopic surgery techniques to joint replacement surgery.

Dr. Mutnal recently completed an orthopaedic surgery residency at Cleveland Clinic and a sports medicine fellowship in Indianapolis. He earned his medical degree from the University of Michigan in 2006. He has also completed a residency program at Case Western Reserve University School and was a research fellow at Cleveland Clinic. Dr. Mutnal has served as team physician for several Cleveland-area high school

teams and has worked with various youth and collegiate orchestras.

"Dr. Mutnal is a welcome addition to our orthopaedic Sports Medicine team," said ACMC Healthcare System President and CEO Michael Habowski. "His experience will provide him with insight into the health risks our athletes face, and his orthopaedic surgical training will expand services available in Ashtabula County."



DR. MUTNAL IS WELCOMING NEW PATIENTS

Dr. Mutnal sees patients full time at The Ashtabula Clinic, 2422 Lake Ave. To schedule an appointment with Dr. Mutnal, call 440-997-6969. Visit www.acmchealth.org for more information about orthopaedics or sports medicine.



Surgical

THE SURGICAL EXPERTISE available at Ashtabula County Medical Center (ACMC) has you covered from head to toe.

Ear, nose and throat surgery
ACMC offers comprehensive care for conditions of the ears, nose and throat, including sinuses, tonsils, adenoids and ears. This includes nasal blockage or deformity, sinusitis, swallowing disorders, tonsillitis, hearing problems, vocal chord problems, and more.

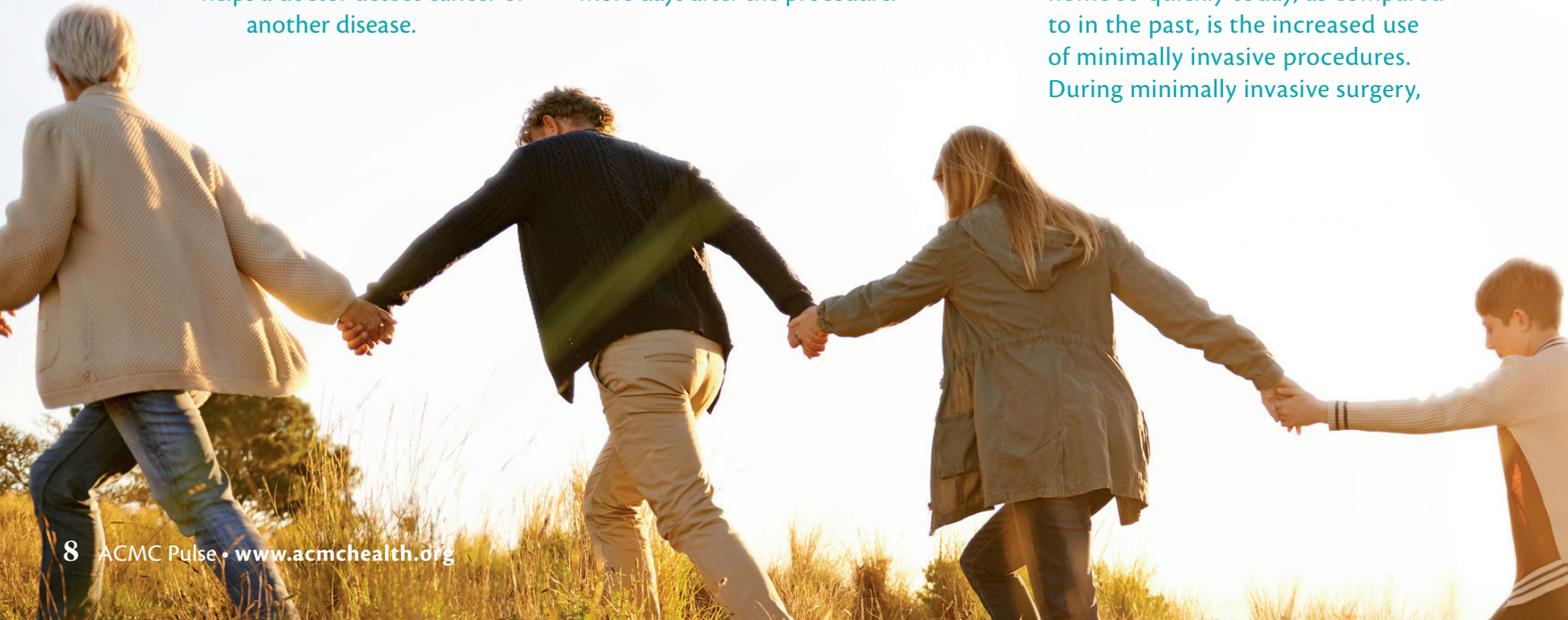
Gastroenterology surgery
ACMC's gastroenterologists offer a variety of surgical options performed on the digestive system. Common procedures include colostomy, colonoscopy and removal of polyps, as well as treatment of

Surgery restores health, quality of life

There are many reasons your physician may recommend surgery. An operation may help relieve pain, improve movement, or even save your life. An operation can also help to diagnose a problem—such as when a biopsy helps a doctor detect cancer or another disease.

Two general categories describe surgeries: *outpatient* and *inpatient*. Outpatient procedures allow the patient to return home the same day as the surgery. Inpatient surgeries require the patient to stay in the hospital for one or more days after the procedure.

SURGICAL ADVANCES
Improvements in technology, as well as the training and skill of physicians, have changed the way many surgeries are performed. One reason patients can return home so quickly today, as compared to in the past, is the increased use of minimally invasive procedures. During minimally invasive surgery,





specialties at ACMC

gastroesophageal reflux disease, ulcers, hemorrhoids, diverticulosis and Crohn's disease.

General surgery

ACMC's surgeons also perform appendectomies, gallbladder surgery, thoracic surgery, lung biopsy, cancer removal, thyroid surgery, hernia repair and breast biopsy.

Obstetric and gynecologic surgery

ACMC's OB-GYNs perform the latest surgical procedures related to childbirth and other conditions of the female reproductive system, including thermal ablation; hysterectomy; and procedures to treat uterine cancer, ovarian cysts, pelvic organ prolapse, irregular menstrual periods and infertility.

They also perform cesarean section deliveries when necessary.

Orthopaedic surgery

ACMC's orthopaedic surgeons use state-of-the-art equipment and techniques to repair damaged joints and tendons; replace knee, hip or shoulder joints; repair fractured bones; reconstruct ligaments; and release carpal tunnel tendons.

Podiatric surgery

ACMC's podiatrists offer a variety of surgical procedures for the foot, ankle and lower legs, such as treatments for bunions, hammertoes, corns, plantar fasciitis and tight tendons. They also perform procedures to help with poor blood circulation, diabetes-related injuries, wound care and sports injuries.

Urologic surgery

ACMC's urologists treat a variety of urologic conditions, including prostate cancer, impotence, kidney disease, penile disorders and testicular disorders. They offer the most current procedures for stress urinary incontinence, fecal incontinence, pelvic organ prolapses, erectile dysfunction, overactive bladder and prostate issues.

Vascular surgery

ACMC offers comprehensive care for vein and arterial blood vessel disorders. Candidates for vascular surgery include patients with carotid artery blockages, chronic leg swelling, hypertension and kidney artery blockage, leg pain due to poor circulation (called claudication), and varicose veins.

surgeons make small incisions to insert a laparoscope—a small tube with a video camera—and other instruments needed to perform the surgery. This type of procedure, which replaces the larger incisions and open surgeries of the past, reduces the postoperative

pain and the amount of bleeding during surgery. There are also fewer and smaller scars than with open surgery.

For the patient, minimally invasive surgery means more convenience and comfort of care.

A CLOSER LOOK

A stereotactic breast biopsy system at Ashtabula County Medical Center (ACMC) gives physicians the opportunity to take a sample of breast tissue without using invasive techniques in an operating room. The surgeon uses the mammogram's x-ray equipment and a computer to pinpoint the precise area from which to remove the sample. A local anesthetic means that only the area to be biopsied is

numbed. The patient remains awake throughout the procedure.

Many surgeries do require the patient to be asleep during the procedure. In those cases, an anesthesiologist administers the proper amount of general anesthesia and monitors the patient's condition and vital signs throughout the surgical procedure.

At ACMC, anesthesiologists also screen for sleep apnea, a condition in which a person stops breathing temporarily while they sleep. This screening not only provides anesthesiologists with the information they need to know while a patient is unconscious, but it can also be helpful for the patient's postoperative recovery—both in the hospital and at home.



The nation's #1 heart care in Ashtabula County



Hari Dandapantula, MD



Perry Fleisher, MD



Adriana Rosario, MD



Gregory Wood, DO

Working at ACMC full time, Cleveland Clinic Cardiologists are dedicated to providing you and your family with high-quality care close to home, as well as 24/7/365 cardiology coverage. Welcoming new patients.

Ashtabula County Medical Center

2420 Lake Ave.

(440) 994-7622

www.acmchealth.org

**Ashtabula County
Medical Center**

ACMC Healthcare System

An affiliate of



Commission
on Cancer®
ACCREDITED PROGRAM

Ask a doc



ASK US ANYTHING

askadoc@acmchealth.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.



Flu

Andi Tirounilacandin,
DO, ACMC
Family Practice

Q I had a flu vaccine in February. Should I get another one this winter?

A Each year a new vaccine is created based on the flu strains that are seen around the U.S. So, yes, you do need to be revaccinated this year. The influenza vaccine is effective in minimizing the symptoms of the flu or preventing you from catching the flu. Since it takes about 14 days for the vaccine to be fully effective, you should get one right away. Flu season lasts until late spring, so it is not too late to get the flu shot for this season's virus.

To schedule an appointment for a flu vaccination at one of ACMC's sites in Ashtabula, Conneaut, Jefferson or North Kingsville, call **440-997-6969**. Or you may walk in at ACMC's Express Care at Conneaut Family Health Center 9 a.m. to 8:30 p.m., Monday through Saturday; or ACMC Express Care at Jefferson Family Health Center 11 a.m. to 8:30 p.m., Monday, Wednesday and Friday; or 9 a.m. to 6:30 p.m., Saturday.



COPD

Sanjay Srivastava,
MD, ACMC
Pulmonologist

Q I was diagnosed with COPD earlier this year. I struggled with breathing during the hot days of summer. Will my breathing be easier this winter?

A Maybe not. COPD—chronic obstructive pulmonary disease—is a general term for any breathing disease, such as bronchitis and emphysema, which affects your breathing. In the winter, the cold air can trigger a bronchospasm, causing the smooth muscles in the airways to tighten and spasm. A person will experience increased mucus production, excessive coughing and shortness of breath. Plus, the stress on your body is magnified if you have to walk through the snow. You can overexert yourself just walking to the mailbox. You should plan to stay indoors where you can control the temperature. Let someone else handle the outside chores.

ACMC offers a free COPD support group. Contact Respiratory Care Services Director Melissa Shanley at **440-997-6696** for more information.



Diabetes

Michelle Dunbar,
DPM, ACMC
Podiatrist and
Wound Healing
Physician

Q My family physician said I should inspect my foot and leg bruises carefully this winter, but I don't understand why.

A Diabetes, peripheral arterial disease, vascular disease and other illnesses can all affect how our body heals. It is good to let a physician examine a slow-healing or chronic wound to rule out a more serious health concern. You can't rely on how they feel. We get desensitized to the pain or soreness. Look at the wound. Is it healing, or does it look worse? Is it changing colors? Is it dry? As we age, there is less oil produced to keep the skin moist. We need to use more lotions and moisturizers because dry, itchy skin is more likely to crack and worsen the wound. Soft, moist skin is better able to heal.

If you are concerned about a wound or have other foot concerns, contact ACMC Wound Healing Center at **440-994-7540** or schedule an appointment with Podiatrist Michelle Dunbar at **440-997-6969**.

Healing with dignity

Glenbeigh offers hope in battle against addiction



● Pat Weston-Hall,
Glenbeigh CEO

THE VISION

of Glenbeigh says it all: “With treatment, long-term recovery is possible. People heal, families heal and communities heal. Lives are

saved, and dignity and self-worth are restored.”

That single statement captures the mindset and mission of Glenbeigh’s fight against chemical dependency. “At Glenbeigh, we believe everyone has the capacity to achieve recovery,” said Chief Executive Officer Pat Weston-Hall. “Glenbeigh’s caring staff knows that with all the pain and heartache of addiction, inner peace can be found through recovery.”

Serving the region

When Ashtabula County residents think of Glenbeigh, they think of the facility located in Rock Creek. However, the hospital is the foundation of a regional system,

which includes outpatient centers in Beachwood; Canton; Niles; Rocky River; Toledo; and Erie, Pennsylvania. Glenbeigh, part of the Ashtabula County Medical Center (ACMC) Healthcare System, is independently accredited by The Joint Commission as a specialty hospital.

Glenbeigh is nationally recognized for providing premier care with a concentration on treating adults, age 18 years and older. Annually, the system provides more than 49,000 outpatient treatment services and exceeds 3,000 inpatient admissions. The majority of Glenbeigh’s patients reside in Ohio; however, 30 percent originate from out of state.

An integrated approach to treatment

“Taking the first step on the road to recovery takes great courage,” Weston-Hall said. “We believe people have the capacity to change when given the opportunity and the appropriate resources.” Having recently celebrated 40 years in

recovery, Weston-Hall understands the journey. “At Glenbeigh, our treatment approaches are grounded in the 12-step philosophy and are specifically designed to support the physical, emotional, spiritual and social well-being of people with chemical dependencies.”

Glenbeigh offers personalized treatment using a holistic approach to address alcohol and drug addiction. Treatment is designed to meet the needs of the individual and encourage long-lasting recovery. Many staff members have a personal connection to and professional understanding of addiction and recovery, giving them unique insight into the recovery process.

The continuum of care offered at Glenbeigh includes a full complement of inpatient and outpatient services:

- Diagnostic evaluation.
- Medically monitored detoxification.
- Inpatient rehabilitation.
- Extended residential care.
- Specialty groups.
- Day and evening intensive



GLENBEIGH IS
READY TO HELP.

For more information, call 800-234-1001 or
visit www.glenbeigh.com.

An overview of Ohio's drug epidemic



The rate for **unintentional drug overdose deaths** in Northeast Ohio (2008 to 2013) **is greatest** in Trumbull (21.8 per 100,000), Mahoning (19.7 per 100,000) and Ashtabula (16.8 per 100,000) counties. The state average is 15.0 per 100,000.

Unintentional drug overdoses caused **2,110 deaths** to Ohio residents in 2013 data. This is the highest number of deaths on record for drug overdose and surpasses the previous highest number (1,914) in 2012 by **10.2 percent**.

Unintentional drug overdose continues to be the **leading cause** of injury-related death in Ohio, ahead of motor vehicle traffic crashes, suicide and falls. This trend began in 2007 and has continued through 2013.

Heroin-related deaths

continued to increase in 2013, surpassing prescription opiates among unintentional overdose deaths. Prescription opiates remain a **prominent contributor** to many of the unintentional drug overdoses. Although heroin accounts for the majority of overdose deaths, prescription opiates remain a significant contributor to the overdose problem.

Multiple drug use is the **largest contributor** to the epidemic. In 2012, there was an average of 67 doses of opioids dispensed for every Ohio resident.

Sources: Ohio Automated Rx Reporting System, Ohio Board of Pharmacy, Ohio Department of Health 2013 Ohio Drug Overdose Data and Unintentional Drug Overdose Death Rates for Ohio Residents by County

outpatient programs.

- Comprehensive assessments.
- Continuing care groups.
- Sober-living opportunities.
- Recovery community activities.

The hallmarks of Glenbeigh's specialty services focus on gender-specific programming, individualized services for licensed professionals, pain education services, dual-diagnosis services, relapse prevention and family programming.

Treating the whole person— and the whole family

Chemical dependency affects the entire family, so Glenbeigh does not leave loved ones without help during the treatment process. "Families need support, care and attention every bit as much as the suffering alcoholic or addict," Weston-Hall said. "Chemical dependency is a disease that affects entire families, meaning all members of the family will have experienced hurt, disappointment and disruption in their lives."

Glenbeigh's Family Program

offers support and guidance as loved ones learn to care for themselves and to navigate the recovery process of their loved ones. Family members are encouraged to attend programs offered at Glenbeigh's inpatient and outpatient centers. Services include educational presentations, family conferences and group sessions to assist in developing an understanding of addiction and recovery. Glenbeigh's treatment experts help families develop an active recovery program that will benefit everyone. This service is provided at no additional cost to the patient or family because addressing family needs is a crucial component of the treatment process.

A community resource

For 35 years, Glenbeigh has been providing innovative care for individuals and families suffering with chemical dependency. Epidemic use of prescription drugs and heroin is creating a greater demand for treatment. Glenbeigh's outpatient centers provide therapeutic options for those suffering from alcohol or drug addiction and resources for professionals who are helping people find treatment options. Alcohol and drug addiction is a life-threatening but highly treatable disease, and Glenbeigh is committed to providing high quality care for Ashtabula County and beyond.



ACMC Express Care

Three locations now open!

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.

Jefferson Family Health Center

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

Mon. – Sat. 9 a.m. to 8:30 p.m.

When you have a minor medical problem — a simple sprain, a minor cut, a sinus or ear infection — and need to feel better **now**, ACMC Express Care is fast and convenient.

Why should you choose ACMC Express Care?

Express Care is the only minor care provider in Ashtabula County supported by a full-service Emergency Department. That's important. You never know when that minor problem is really something major. If it is, you can take comfort in knowing the ACMC Emergency Department and physicians in 28 specialties stand ready 24/7/365 to care for you *right here in Ashtabula County*.

Express Care is connected to the same electronic health record system as ACMC. That's also important. It means your Express Care test results and plan of care will be immediately available for your regular ACMC physician or nurse practitioner to review during your next office visit.

Serving patients age 2 and older. You do not have to be a patient of The Ashtabula Clinic, Conneaut Family Health Center or Jefferson Family Health Center to utilize Express Care. Accepting most medical insurance plans. Express Care co-pays are similar to a physician office visit. Check your insurance policy to verify your co-pay.

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

Ashtabula County Medical Center
ACMC Healthcare System

An affiliate of





ARE YOU INSPIRED TO GIVE TO ACMC?

For information on donating to the ACMC Foundation, call Executive Director Tami Netkowicz, CFRE, at 440-997-6605 or visit www.acmchealth.org/foundation.



• ACMC President and CEO Michael Habowski (right) and ACMC Board of Directors Chairwoman Susan Stocker, PhD, dean of Kent State University–Ashtabula, (left) accept a \$100,000 check from Ohio Development Services Agency, Governor’s Office of Appalachia Director Jason Wilson. Also present for the presentation were (from left) Ashtabula County Commissioners Dan Claypool, Casey Koslowski and Peg Carlo, who also serves on the ACMC Board of Directors.

BECAUSE OF YOU

ACMC Foundation enriches community care

YOUR GENEROSITY AND SUPPORT are significant factors in keeping local healthcare at the highest quality. Thanks to community support over the past 111 years, Ashtabula County Medical Center (ACMC) has grown from its beginning, when we had just two wings and beds for 30 patients. Today it is the county’s only full-service hospital, caring for nearly 6,000 inpatients, 34,000 Emergency Department visitors, and more than 200,000 outpatient visitors each year.

Our current annual campaign is raising financial support to modify the cancer care building. Modifications include additional private exam rooms, additional infusion chairs, and more.

“It is important to have quality cancer care available here in our county,” said ACMC Healthcare

System President and CEO Michael Habowski. “Patients undergoing chemotherapy should not have to face the added burden of traveling to receive their treatment. The renovated space will allow us to serve more patients, right here at home.”

Donors to the project have included a variety of individuals and groups, including the hospital and Foundation boards, physicians, employees, area businesses, and local residents, as well as several grants.

The ACMC Foundation continues to fund other projects as well, such as the ACMC Academy and stuffed dogs for children who visit ACMC’s Emergency Department and outpatient labs.

Here are a few other ways ACMC Foundation has provided equipment and support for improving healthcare at ACMC:

→ We’ve donated more than \$375,000

for new medical equipment for the Anesthesiology, Orthopaedic Surgery, Urology, Endoscopy, Cardiac Services and Laboratory departments.

→ We funded the LIFENET System, which connects emergency medical services crews with ACMC physicians so that patients experiencing heart attacks receive faster diagnosis and treatment. This enables our caregivers to reduce time-to-treatment, which improves clinical outcomes and saves lives throughout Ashtabula County.

→ We helped fund the Cleveland Clinic Cardiac Catheterization Lab at ACMC, a state-of-the-art facility that brings world-class diagnostic technology to patients in their own community.

→ We funded isolettes (incubators for newborns) that help control humidity and temperature and supply a continuous flow of oxygen when needed.

Information in ACMC PULSE comes from a wide range of medical experts. Models may be used in photos and illustrations. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider.

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It takes a team—and the right technology

SURGEONS AT ASHTABULA COUNTY

Medical Center (ACMC) are assisted by a team of skilled and compassionate nurses. Each surgical team is trained not only in the procedures to be performed, but also to be prepared for any complications that may arise during the surgery.

They are also assisted by the best technology.

ACMC recently invested nearly \$500,000 in new blood chemistry analyzers. The new analyzers are used to identify diseases and deficiencies in a patient's blood and are capable of performing almost 100 different types of tests. Those tests include: basic lipid profiles, glucose, electrolytes, phosphorus,

Vitamin D, tumor markers, cancer markers and autoimmune concerns. The chemical analyzers at ACMC perform 1.2 million tests each year, with an efficacy rate of 97 to 98 percent. The expertise does not end when you leave the hospital. Ashtabula Regional Home Health nurses work in conjunction with ACMC physicians and surgeons to ensure your recovery is progressing as expected. This extra level of care lessens the risk that you might need to be readmitted to the hospital.

Take the time to discuss surgical options with your physician. And for the most comprehensive surgical expertise in our area, ask to be referred to a specialist at ACMC.