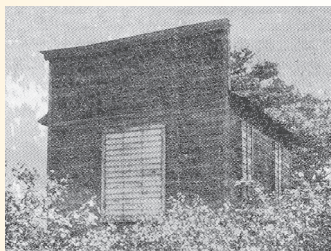


## 2014 RESOURCE GUIDE

# Celebrating 110 YEARS

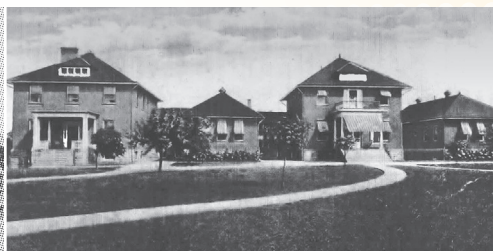
of growth and community support



1902



1904



1920



1952



1974



1985



NOW

**Inside:**

**6** NOW OPEN:  
Conneaut Family  
Health Center

**7** ALLERGIES:  
Nothing to  
sneeze at

**16** SURGERY:  
What option is  
right for you?

# ACMC celebrates 110 years

This year, we celebrate the hospital's 110th anniversary. It's been 110 years of growth and community support—something we continue to rely on just as much as in those early days.

## OUR HISTORY BEGAN

because the community saw a lack of medical care when it was needed most. I see those roots as key to the future of Ashtabula County Medical Center (ACMC) as well.

Just as in those early years, we have experienced phenomenal growth in a short period of time. It is growth that—like the vision of those who founded the hospital—brings the best healthcare services and best physicians right here to our hometown.

Hospitals exist to improve their communities. Our story began out of the tragedy known as the Ashtabula Train Disaster of 1876. Community members decided that a calamity of that magnitude did not have to happen here again. They combined resources,

manpower and expertise to start the first hospital in Ashtabula. In 1882, a small emergency hospital opened to care for injured railroad workers.

Work immediately began to raise funds for a permanent facility. On June 20, 1904, Ashtabula General Hospital opened its doors, at a cost to build of \$14,500. That amount today would be more like \$2.5 million.

To be honest, with the skyrocketing cost of construction and equipment, even \$2.5 million won't get you very much these days—a few patient rooms and exam rooms. Those early hospital founders rallied the community to furnish equipment and amenities for four wards, six private rooms, two operating rooms, administrative offices, a kitchen, a boiler room, a

laundry room and more. That is an impressive campaign.

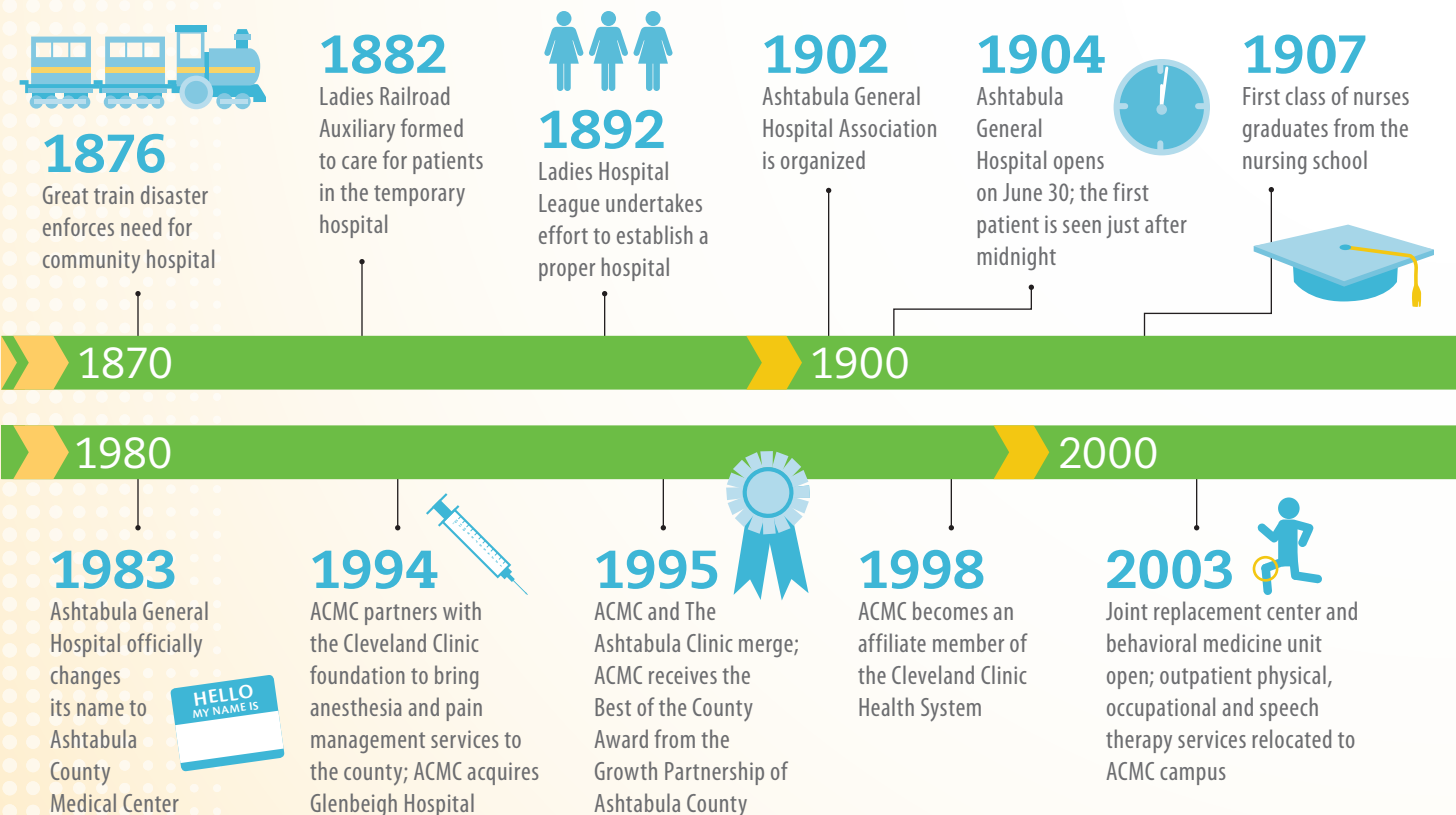
## Meeting the challenge

Throughout those early years, the Ashtabula community was called upon regularly to raise funds for the newest equipment of the day. Thanks to that support, the hospital also added a nursing school and a new patient wing.

That support was put to the test during the Great Depression, when the hospital doors were almost closed for good. The electric plant from which the hospital received its steam for



● Michael Habowski, ACMC president and CEO



# of community healthcare

heating and sterilizing instruments was to be shut down in favor of a new facility to be constructed a few miles away.

Ashtabula city leaders offered \$30,000 in revenue, which was set aside in an Electric Light Surplus Fund. The city and hospital split the cost of building a new steam plant, and the hospital was saved.

The demand for improved medical care continued into the '40s and '50s. The population of Ashtabula had grown from 27,000 to 45,000 by the mid-1940s. Bed space in the hospital was at a premium, yet the need to support a growing baby boomer industrial society was constant.

In 1947, a push was made to build a brand-new hospital for Ashtabula. It was touted as a modern, state-of-the-art facility with expanded maternity services to handle the increased births and with all the other technological advancements

needed in a modern society. Ashtabula citizens responded to a request for assistance—obviously seeing the need for a hospital to handle their growing, bustling city. In all, more than \$700,000 was raised locally in just 10 days from around Ashtabula County. With additional funds coming in from government sources, a trust fund donation of \$400,000 and additional money raised before construction, a new 160-bed, three-unit hospital opened its doors in 1952 at a cost of \$2 million (more than \$25 million in today's dollars).

The new Ashtabula General was praised as a symbol of what Ashtabula citizens could accomplish when they worked together.

### Committed to constant improvement

Over the next decade, Ashtabula General reinforced its commitment to improving the healthcare offered

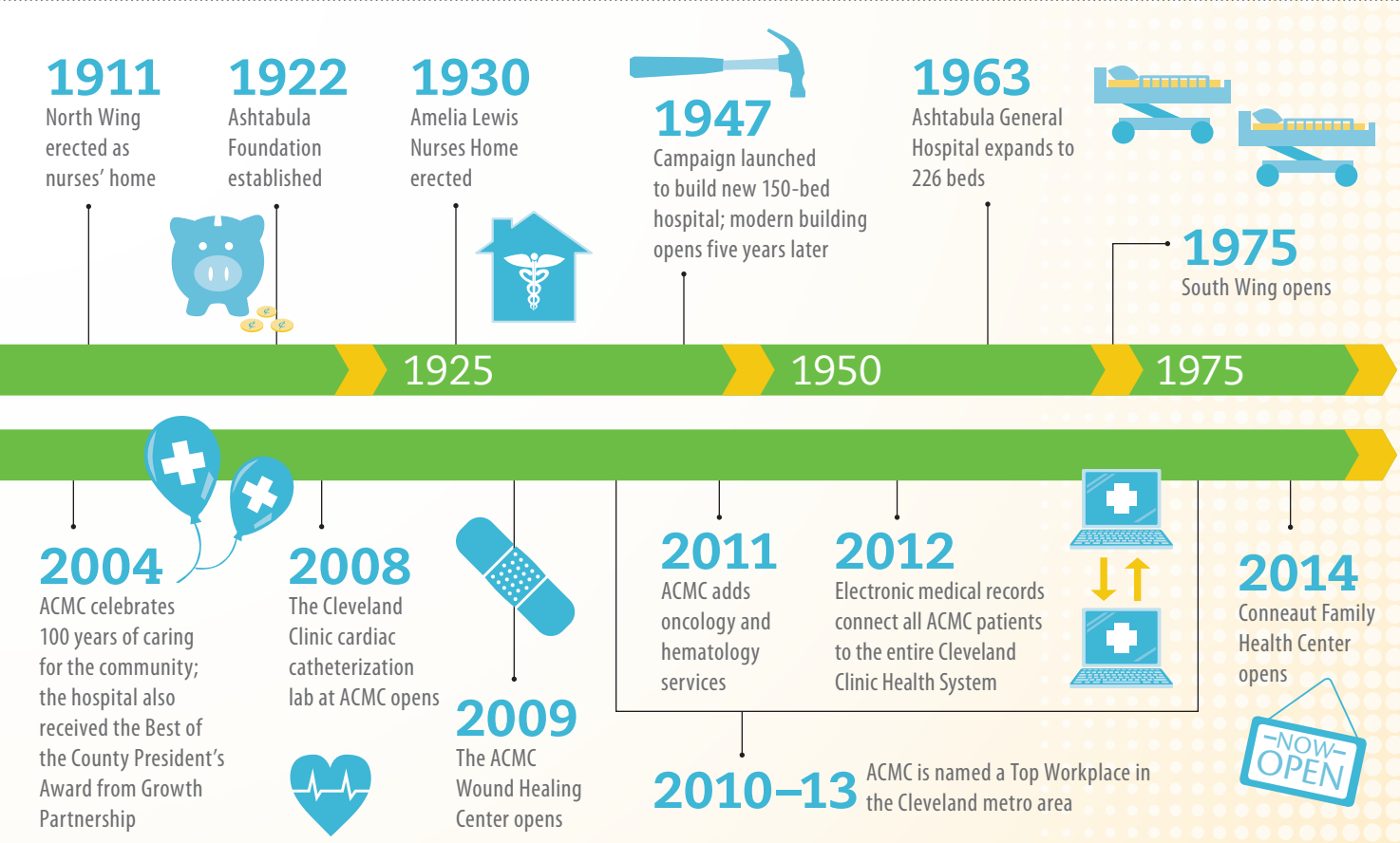
by bringing new innovations to Ashtabula. In 1957, the Department of Radiology added radioactive isotopes to study thyroid illnesses and later also included X-rays and other diagnostic advancements.

A new four-story wing was planned in 1960 to include a new psychiatric unit, a nursing unit for geriatric patients and those with chronic illnesses, a 40-bed nursing unit for acutely ill patients, a physical therapy unit, house physician services, an x-ray department, new office space, a chapel, a medical library, and more.

The total construction cost was nearly \$2 million, and the new building opened its doors in 1963.

Through the remainder of the 1960s and into the 1970s, the growth of Ashtabula County continued, and the demands increased on the hospital to stay current with

Continued on page 20



# Jefferson Family Health Center is expanding



## New physicians, more services planned

**ASHTABULA COUNTY MEDICAL CENTER** (ACMC) is providing \$1.3 million in funding to double the size of the Jefferson Family Health Center and add jobs this year.

Work on the project, which will bring new physicians and new services to the Jefferson facility, will be completed this fall.

“When we added our third physician in 2012, the Jefferson community embraced Dr. Andi with open arms, which reinforced our belief that more healthcare services are needed in Jefferson,” said ACMC President and CEO Michael Habowski. “The expansion to our existing facility will provide the space and equipment for those services and make access to physicians easier.”

### What to expect

Once the expanded office opens later this year, ACMC will offer digital radiology, physical therapy, full-time lab service and additional office hours for physicians.

The radiology services, lab and physical therapy will be available to all patients, not just those of Jefferson’s current roster of physicians: Andi Tirounilacandin, MD (Dr. Andi); Catherine Bishop, DO; Laxman Cingireddi, MD; Nathaniel Franley, MD; and David Parker, MD.

Dr. Bishop, ACMC family physician,

began seeing patients at Jefferson Family Health Center in February. She specializes in caring for seniors but will see patients 18 years old and up. This allows patients to stay closer to home for healthcare tests and treatment.

Jefferson native Dr. Franley is currently seeing patients select evenings and Saturdays at Jefferson Family Health Center. He recently completed a family practice residency program at Cleveland Clinic and is completing a fellowship in sports medicine. He will join the Jefferson Family Health Center full-time in 2015.

“The availability of evening hours gives Jefferson-area residents more options for treatment, especially if they work outside the area,” Habowski said. “We are pleased that Dr. Franley is available now, and we are looking forward to him joining us full-time next year.”

In addition to the two new physicians, Drs. Andi, Cingireddi and Parker are also welcoming new patients.

### Wait—there’s more!

The 2014 expansion at Jefferson Family Health Center will also include a new waiting room, updated computer systems and new entrances.

Patients who use the Jefferson facility will also have access to MyChart through the EPIC system currently being used through the ACMC Healthcare System.



### Learn more

With convenient daytime and evening hours, the Jefferson Family Health Center is located at 234 N. Chestnut St. in Jefferson.

To schedule an appointment with a family physician, call 440-997-6969.

# Jefferson Family Health Center

More physicians. More options for you.



**Dr. Laxman Cingireddi**



**Dr. David Parker**



**Dr. Andi Tirounilacandin**



**Dr. Cathy Bishop**



**Dr. Nathaniel Franley**

*Our physicians are dedicated to providing high-quality care to your entire family.*

Welcoming new patients.

For an appointment, call Direct Access Scheduling at **(440) 997-6969**.  
Some same-day, evening and Saturday appointments available.

**Jefferson Family Health Center**  
234 N. Chestnut St.

**Ashtabula County Medical Center**  
ACMC Healthcare System

An affiliate of



**Commission on Cancer**  
ACCREDITED PROGRAM



# Conneaut Family Health Center is now open

**CONNEAUT FAMILY HEALTH CENTER**, located in the Conneaut Plaza on Route 20, opened in March.

“Our goal in opening the Conneaut Family Health Center was to provide better access to physicians and services that are greatly needed in the community,” said Ashtabula County Medical Center (ACMC) Healthcare System President and CEO Michael Habowski. “We invested \$1.5 million to renovate and equip the facility. It is an investment that provides Conneaut with better healthcare that is close to home.”

In addition to the office of ACMC family physician Anthony Ruffa, DO, Conneaut Family Health Center offers laboratory services, digital x-ray and digital mammography. There is also a community room for educational events and health fairs.

The diagnostic services at Conneaut Family Health Center are available to all pediatric and adult patients, regardless of who you see as your primary physician. And, because Conneaut Family Health Center is affiliated with ACMC, your test results will be available electronically to all of our specialists, so you don’t have to worry about whether or not your doctor has your test results when you go to your appointment with one of our physicians.

When there is a need for a service not offered at Conneaut Family Health Center, free transportation is available to ACMC through ACMC Health Express.

“The Conneaut Family Health Center has created seamless access to the full complement of healthcare services available at ACMC, allowing patients to receive care closer to home rather than traveling to Cleveland, Erie, Lake or Geauga counties,” Habowski said.

Dr. Ruffa sees pediatric and adult patients full-time at Conneaut Family Health Center. He has 20 years of experience in family practice and joined ACMC last fall.

“The Conneaut community has made me feel very welcome, and I am proud to be a Conneaut physician,” Dr. Ruffa said. “I am thankful for the opportunity that ACMC has given me here, for the opportunity to serve the medical needs of this community.”

**To make an appointment with Dr. Ruffa, call 440-997-6969. To schedule your mammogram at Conneaut Family Health Center, call 440-997-6590.**

## Our services

Conneaut Family Health Center offers both laboratory and radiology services.

**Lab service** is offered on a walk-in basis. Blood will be drawn for routine tests including CBC (complete blood count), cholesterol, blood sugar, triglycerides, immune system disorders, clotting issues, anemia, infections, hemoglobin, hematocrit, metabolic panel, blood enzymes and more. Hours are Monday through Friday, 7 a.m. to 3:30 p.m., and Saturday, 7:30 a.m. to noon.

**Digital x-ray** is offered on a walk-in basis. X-rays can be used to identify pneumonia, pulmonary edema, kidney stones, gallstones, bowel obstructions, broken bones and more. Hours are Monday, Tuesday, Wednesday and Friday, 7:30 a.m. to 5:30 p.m.; Thursday, 7:30 a.m. to 7 p.m.; and Saturday, 7:30 a.m. to noon.

**Digital mammography** is offered by appointment. Mammography is the gold standard tool for diagnosing breast cancer. A digital mammogram uses the same compression as a traditional exam, but the test is much faster. There’s no waiting for film to be developed; immediate evaluation of the image quality; and the ability to adjust image for brightness, darkness, or contrast and size. Hours are Monday, 7 a.m. to 5 p.m., and Thursday, 9 a.m. to 7 p.m.

## SEASONAL ALLERGIES

# Nothing to sneeze at

**AS MANY AS** 1 in 4 Americans is affected by seasonal allergies. These are allergies that come and go as the seasons change. People can also be allergic to pets, food, cosmetics, drugs, dyes and bee stings.

“You can tell you have a seasonal allergy by the time of year you experience the symptoms,” said Akhil Chouksey, MD, Ashtabula County Medical Center (ACMC) allergist/immunologist. “In the spring it is a pollen allergy, in the summer it is grass, and in the fall it is dust and mold.”

The majority of patients usually are allergic to several things and therefore have symptoms for longer, even throughout the year.

### What causes those symptoms?

The things you are allergic to are known as allergens. The body fights them by releasing chemicals such as histamine.

Symptoms of an allergy include:

- Nasal congestion, bouts of sneezing or drainage.
- Redness, itchiness and swelling of the eyes.
- Skin rashes and swelling.
- Recurrent sinusitis.
- Frequent headaches.
- General tiredness and lack of concentration.

- Shortness of breath or wheezing.
- Low-grade fever.

“These symptoms can be subtle, but we know that even with mild symptoms, productivity in children at school and adults at work can be affected,” Dr. Chouksey said.

Allergy symptoms can keep you from enjoying the outdoors or even trigger asthma—a serious lung disease that causes wheezing and shortness of breath.

“You are never too young or old to be tested for an allergy,” Dr. Chouksey said. “This is especially important for young children and older adults. If a senior citizen has recurrent bouts of chest problems, they also may have coexisting allergies or immune problems contributing to it, and they need to be tested.”

### Breathe easy

Dr. Chouksey said if the allergy symptoms are severely affecting your quality of life, there are treatment options that include over-the-counter allergy medication or injections.

“Allergen avoidance is the gold standard of the treatment,” he said. “However, one can only avoid allergens present inside the house such as pets, dust and mold. When

we have a seasonal allergy, we cannot avoid or change nature. Yes, if we know allergens are stronger in the morning, we can wait until later in the day to go outside, but we cannot avoid it altogether. That is when we must consider medical treatment.”

Over-the-counter medication or prescribed drugs can both help fight the allergen and lessen the symptoms you experience. For those who do not want to take medication, there are allergy injections that can help your body adapt to the allergens. This is known as immunotherapy.

“We determine what you are allergic to and then begin a treatment of injections to fight that specific allergen,” Dr. Chouksey said. “It can take a year or two to build up immunity, but they are 70 percent effective.”

Other suggestions for minimizing seasonal allergies include:

- Use air conditioning—it cleans, cools and dries the air.
- Keep your windows closed at night so your bedroom does not become an extension of the yard.
- Stay indoors when the pollen level is high.



### Need an allergy specialist?

ACMC allergist/immunologist Akhil Chouksey, MD (pictured), prepares equipment to test the amount of air flowing in and out of a patient's lungs. Dr. Chouksey is a fellow of the American College of Allergy, Asthma & Immunology. He is currently welcoming new patients from Ashtabula, Lake and Geauga counties.

Schedule an appointment by calling 440-997-6969.



# Meet our new providers



## Contact us

Call today for an appointment with one of our providers:

440-992-4422.



### FAMILY PHYSICIAN

#### Catherine Bishop, DO

Family physician Catherine Bishop, DO, specializes in geriatric care. She sees patients at the Jefferson Family Health Center as well as through ACMC's long-term care facility program. She is certified by the American Board of Family Medicine and is a fellow of the American Academy of Family Physicians. A resident of Ashtabula County, Dr. Bishop earned her medical degree at West Virginia School of Osteopathic Medicine. She completed her internship at Ohio Valley Medical Center in Wheeling, West Virginia; and her residency at Geisinger Medical Center in Danville, Pennsylvania.



### ALLERGIST/ IMMUNOLOGIST

#### Akhil Chouksey, MD

Allergist/immunologist Akhil Chouksey, MD, FAAAAI, brings highly specialized care to children and adults in Ashtabula, Lake and Geauga counties. Prior to joining ACMC, he was the director of Allergy and Immunology at a major hospital in Cleveland. Dr. Chouksey specializes in the diagnosis and treatment of allergies, asthma, skin rashes and swelling, and disorders of the immune system. He has a special interest in infusion services for immune deficiency and challenge testing for food and drug allergies. A member of the American Board of Allergy and Immunology and the American Board of Pediatrics, Dr. Chouksey is an assistant professor at Case Western Reserve University's School of Medicine.



### CARDIOLOGIST

#### Adriana Rosario, MD

Cleveland Clinic cardiologist Adriana Rosario, MD, sees patients full-time at The Ashtabula Clinic. She is board-certified in internal medicine, cardiovascular medicine, nuclear cardiology, echocardiography and heart failure/transplant cardiology. While in postgraduate training, Dr. Rosario spent two years at Cleveland Clinic with a fellowship in heart failure and cardiac transplant. She earned her medical degree at the University of Buenos Aires School of Medicine and most recently served as a cardiologist in Bangor, Maine.



## Visit us

Our providers practice full-time at:


**The Ashtabula Clinic**  
2422 Lake Ave.  
Ashtabula, OH 44004


## Follow, watch, like or visit us

 **CALL TOLL-FREE**  
866-213-2262

 **TAKE A LOOK**  
[www.acmchealth.org](http://www.acmchealth.org)

 **LIKE US**  
[www.facebook.com/ashtabulahealth](http://www.facebook.com/ashtabulahealth)

 **TUNE IN**  
Conneaut A.M.  
Live second and fourth Tuesdays at 9 a.m. on 1360 WWOW

 **STOP BY**  
2420 Lake Ave.  
Ashtabula, OH 44004

 **PIN ALONG**  
[pinterest.com/acmchealth](http://pinterest.com/acmchealth)

 **FOLLOW**  
[twitter.com/acmchealth](http://twitter.com/acmchealth)

 **WATCH**  
[www.youtube.com/acmchealth](http://www.youtube.com/acmchealth)

# AN EXTRAORDINARY COMMUNITY DESERVES EXTRAORDINARY CAREGIVERS.

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

At The Ashtabula Clinic, we're dedicated to providing only the highest standard of comprehensive, compassionate care. Our healthcare professionals are part of a health system that continues to meet the needs of our entire community. You won't find a more qualified, more versatile or more convenient healthcare resource in our entire community.

ACMC's Health Express shuttle is a free transportation service available to patients of Ashtabula County Medical Center and the physicians of The Ashtabula Clinic. Health Express is available Monday through Friday, 8:30 a.m. to 4:30 p.m. Please call 440-992-1917 or 1-800-292-5707 at least 48 hours in advance of your appointment. Health Express services are provided on a first-come, first-served basis, and are limited to patients who are able to board the shuttle unassisted by the driver.

To learn more, visit [www.acmchealth.org](http://www.acmchealth.org) today.

**Ashtabula County  
Medical Center**  
ACMC Healthcare System

An affiliate of



2420 Lake Ave. | Ashtabula, OH | (440) 997-2262  
[www.acmchealth.org](http://www.acmchealth.org)

## Allergy/Immunology

Akhil K. Chouksey, MD

## Family Practice

Emily Brown, FNP  
James Chillcott, MD  
Suk Choi, MD  
Laxman Cingireddi, MD  
Nathaniel Franley, MD  
Loreen Ibala, FNP  
John Lee, DO  
David Parker, MD  
Anthony Ruffa, DO  
Andi Tirounilacandin, MD  
Archie Wilkinson, MD

## Gastroenterology

Ashok V. Kondru, MD  
Lee Laney, MD

## Internal Medicine

Robert Dlwgosh, MD  
Edward Wiese, MD

## Long Term Care/Rehab

Abdul Shahed, MD  
Catherine Bishop, DO

## Neurology

Preetha Muthusamy, MD  
Stephen Selkirk, MD

## OB/GYN

Suchada Chaiwechakarn, MD  
Dan Lazarescu, MD  
Soldrea Thompson, MD

## Ophthalmology

Alexander Taich, MD

## Orthopaedics

Rebecca Loomis, PA  
John Posch, MD

## 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

## Podiatry

Michelle Dunbar, DPM

## Psychiatry

Archana Brojmohun, MD

## Pulmonology

Yisa Sunmonu, MD

## Surgery

Evangelos Bibidakis, MD  
Timothy O'Brien, MD

## Urology

Mark Cabelin, MD

## Vascular Surgery

Sang Won Dacri-Kim, DO

## CLEVELAND CLINIC SPECIALISTS AT ACMC:

### Cardiology

Perry Fleisher, MD  
Adriana Rosario, MD  
John Stephens, MD

### Endocrinology

Laurence Kennedy, MD

### High Risk OB

Mohammad Rajabi, MD

### Oncology

Mohammad Varghai, MD

### Orthopaedics

Mark Verdun, DO

### Pediatric Cardiology

Thomas Edwards, MD

### Rheumatology

Carmen Gota, MD  
Johnny Su, MD

# HEALTHCARE SERVICES GUIDE

## The Ashtabula Clinic

2422 Lake Ave. | 440-992-4422

The Ashtabula Clinic is an Ashtabula County Medical Center (ACMC) multispecialty physician practice, giving you access to 43 physicians and nurse practitioners in the following specialties:

- Allergy/immunology.
- Cardiology.
- Endocrinology.
- Family practice.
- Gastroenterology.
- General surgery.
- Geriatrics.
- Infectious diseases.
- Internal medicine.
- Long-term care/rehab.
- Maternal-fetal medicine.
- Neurology.
- Obstetrics-gynecology.
- Oncology/hematology.
- Ophthalmology.
- Orthopaedics.
- Otolaryngology/ENT.
- Pain management.
- Pediatric cardiology.
- Pediatrics.
- Podiatry.
- Psychiatry.
- Pulmonology.
- Rheumatology.
- Urology.
- Vascular surgery.

The main office is attached to ACMC. There are also four satellite offices located throughout the county:

### **Conneaut Family Health Center**

354 W. Main Road  
Conneaut, OH 44030  
440-599-2262

### **Jefferson Family Health Center**

234 N. Chestnut St.  
Jefferson, OH 44047  
440-576-8933

### **North Kingsville Family Health Center**

6441 S. Main St.  
North Kingsville, OH 44068  
440-224-2255

### **Ashtabula Women's Health Center**

524 W. 24th St.  
Ashtabula, OH 44004  
440-997-6915

## Behavioral Medicine

Fifth floor | 440-994-7508

The behavioral medicine unit is a 17-bed inpatient unit with 11 adult and 6 geriatric beds. Patients are provided the full array of medical diagnostic testing, medical consultation and group therapy sessions.

## Cancer Services (Oncology)/Hematology

Outpatient services building | 440-994-7600

The Oncology/Hematology department allows those who have cancer or blood abnormalities to receive treatments close to home, without leaving Ashtabula County. For those with blood abnormalities, treatments include B<sub>12</sub> shots, iron supplement infusions and medication to help with anemia.

## Cardiac, Vascular, Neurology Services

First floor | 440-997-6614

The very best in state-of-the-art technology enables ACMC to provide a variety of diagnostic exams to monitor your body's health. Cardiac testing includes EKG, echocardiography, stress tests and Holter monitor. Vascular diagnostic exams include arterial tests, ultrasound and venous tests. Electroencephalogram testing is done for neurology. Many of the tests can be conducted on an outpatient basis. Cardiac services is open 7:30 a.m. to 4:30 p.m., Monday through Friday, and 7 to 11 a.m., Saturday.

## Cardiac & Pulmonary Rehabilitation

First floor | 440-997-6649

Cardiac and pulmonary rehabilitation helps strengthen the heart and lungs through guided and monitored physical exercise to prevent further health problems. Cardiac & Pulmonary Rehabilitation is open Monday through Friday, 7:30 a.m. to 4 p.m.



# Cleveland Clinic Cardiac Catheterization Lab at ACMC

First floor | **440-994-7555**

Cardiac catheterization is a nonsurgical outpatient imaging procedure that gathers information about cardiac muscle function and blockages.

Cardiac catheterizations:

- Confirm the presence of heart disease.
- Determine the severity of heart disease.
- Determine the cause of symptoms such as chest pain, shortness of breath, dizziness and irregular heartbeats.
- Assess a patient prior to heart surgery.

Peripheral angiography is also performed in the cath lab. This procedure helps physicians locate vascular disease in other parts of the body, such as the arms, legs and abdomen.

## Diabetes Education

Third floor | Lewis Building | **440-994-7598**

The ACMC diabetes education program offers individual consultation, group classes, educational programs and support to assist patients in managing their diabetes.

## Emergency Department

First floor | **440-997-6637**



ACMC's Emergency Department provides care to more than 33,000 patients each year. It is staffed by board-certified emergency medicine and family practice physicians and physician assistants.

## Endoscopy and Gastroenterology Services

Endoscopy | Fourth floor | **440-997-6653**  
Gastroenterology | Fourth floor | **440-994-7670**

The endoscopy unit and gastroenterology department work with patients who have digestive system disorders and provide diagnostic testing to adolescent, adult and geriatric patients. The procedures performed are upper GI endoscopy, colonoscopy, ERCP, sigmoidoscopy, peg tube insertion and replacement, pH monitoring, and bronchoscopy.

## Glenbeigh

2863 State Route 45, Rock Creek  
**440-563-3400**

Glenbeigh offers a variety of inpatient and outpatient adult alcohol and drug addiction treatment options through multiple facilities around northern Ohio and northwestern Pennsylvania. The treatment program is individually tailored to meet the needs of each patient, including both group therapy and individual counseling.

## Gynecology

Ashtabula Women's Health Center | 524 W. 24th St.  
**440-997-6915**

Our medical professionals provide personal and compassionate care through a range of gynecologic services, including:

- Annual screenings.
- Breast exams.
- Childbirth (labor and delivery).
- Family planning, including contraceptive advice and management.
- Evaluation and treatment of menopause.
- Evaluation and treatment of menstrual irregularities.
- Pap smears.
- Pelvic exams.
- Evaluation and treatment of sexually transmitted diseases.
- Evaluation and treatment of urologic disorders.
- Evaluation and treatment of vaginal infections.



## Intensive Care Unit

Second floor | **440-997-6658**

The Intensive Care Unit is a multibed specialized unit with staff members who provide the highest level of care to patients and families. The unit treats critically ill patients who need intensive treatment due to severe injury or illness.

Continued on page 12 ►

# HEALTHCARE SERVICES GUIDE

▶ Continued from page 11

## Intensive Outpatient Psychiatry Program

Second floor | Lewis Building | 440-994-7508

The Intensive Outpatient Psychiatry (IOP) program allows individuals to remain at home while receiving treatment for depression, anxiety or other conditions. Treatment includes structured group activities, group therapy, one-on-one treatment and weekly visits with a psychiatrist. The IOP admission process requires a physician referral.

## Interventional Pain Center

Second floor | 440-997-6700

The Interventional Pain Center offers treatment to patients with chronic pain. Treatments include:

- Trigger point injections.
- Epidural steroid injection.
- Facet joint injection.
- Ablation.
- Radiofrequency lesioning/ablation.
- Spinal cord stimulator implantation.
- Intrathecal narcotic pumps.
- Medical management.

## Laboratory Services

First floor | 440-997-6627



Lab services are offered on a walk-in basis. Blood will be drawn for routine tests, including complete blood count, cholesterol, blood sugar, triglycerides, immune system disorders, clotting issues, anemia, infections, hemoglobin, hematocrit, metabolic panel and blood enzymes. Hours are 6 a.m. to 6 p.m., Monday through Friday, and 7 a.m. to 1 p.m., Saturday.

## Maternity Suite

Third floor | 440-997-6655

ACMC has the only maternity suite available in Ashtabula County staffed by experienced nurses specially trained in obstetrics. Labor, delivery and recovery rooms allow you to stay in the same room where you give birth. Each room features a private bathroom and shower, a pullout couch, and other homelike amenities.



## Neurology

Third floor | The Ashtabula Clinic | 440-994-7544

Neurologists specialize in diagnosing, treating and managing disorders of the nervous system, such as multiple sclerosis, headaches, numbness, fibromyalgia, tingling, strokes, epilepsy and carpal tunnel syndrome.

## Orthopaedics

First floor | The Ashtabula Clinic | 440-997-6910

ACMC orthopaedists see patients who have injuries of the musculoskeletal system. Treatment includes both surgical and nonsurgical options.

## Ashtabula Regional Home Health

3949 Jefferson Road | 440-992-4663

*Provides quality home nursing care to patients of all ages with various health needs, including:*

- Catheter or colostomy care.
- Venipuncture for blood tests.
- Administration of medications.
- Pain management.
- Wound/skin care.
- Diabetes education.
- Enteral therapy (tube feeding).

Also provides 24-hour on-call access to nurses who specialize in:

- Maternal/child care.
- IV high-tech therapy.
- Psychiatric nursing.
- Rehabilitative nursing.
- Therapy and instructions for physical, functional or speech/language impairment.
- Assisting patients and families with emotional, financial and physical changes.

**You may also contact your physician or the social service department of your hospital for a referral.**

## Radiology Services

First floor | 440-997-6686

ACMC's radiology services offers the most comprehensive diagnostic services in Ashtabula County. Testing includes:

- PET scan.
- CT scan.
- Magnetic resonance imaging (MRI).
- Nuclear medicine.
- Ultrasound.
- Digital x-ray.
- Digital mammography.
- Bone density.
- Fluoroscopy.

## Rehabilitation Services— Physical Therapy, Occupational Therapy, Speech Therapy

2515 Lake Ave. | 440-997-6680

The department of rehabilitation services has outpatient, inpatient and skilled nursing components.

### Services:

- Orthopaedics/sports injury rehab.
- Spine care (McKenzie-certified).
- Hand therapy/splinting.
- Manual therapy.
- Pre- and postsurgical care.
- Memory management.
- Visual motor/perceptual skill therapy.
- Deep pharyngeal stimulation.
- Modified barium swallow studies.
- Dysphagia treatment.
- Balance/vestibular/dizziness rehab.
- Pediatric therapy (physical, occupational and speech therapy).
- Work screening and work conditioning.
- Aquatic therapy.
- Arthritis care.
- Wound care.
- Lymphedema management.

## Skilled Nursing

Third floor | 440-997-6710

ACMC's skilled nursing unit is a 16-bed skilled nursing facility that allows patients to begin their postacute recuperation in the hospital. It is an alternative to traditional nursing homes or long-term care facilities. Patients can request to be referred to ACMC's skilled nursing unit from any hospital. It provides:

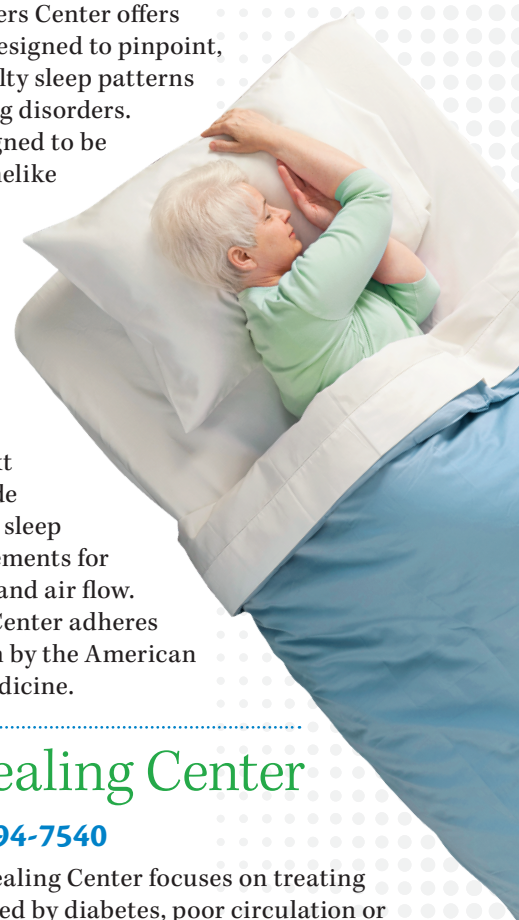
- Physical therapy.
- Occupational therapy.
- Speech therapy.
- IV antibiotics.
- Wound care.
- Private rooms.
- Accessible bathrooms.
- Planned activities.
- Whirlpool.
- Hairdresser.

## Sleep Disorders Center

430 W. 25th St. | 440-997-6744

ACMC's Sleep Disorders Center offers outpatient services designed to pinpoint, analyze and treat faulty sleep patterns in a variety of sleeping disorders.

Each room is designed to be comfortable and homelike and is equipped with a double bed, a television and a place to store your belongings. Showers are also available to patients so they can get ready for work or home the next morning. Tests include daytime or overnight sleep studies with measurements for pulse oximeter, ECG and air flow. The Sleep Disorders Center adheres to standards set forth by the American Academy of Sleep Medicine.



## Wound Healing Center

First floor | 440-994-7540

The ACMC Wound Healing Center focuses on treating chronic wounds caused by diabetes, poor circulation or infection, such as diabetic neuropathic wounds, venous stasis or arterial wounds, arterial ulcers, pressure ulcers, other nonhealing wounds, and trauma wounds and crash injuries. The center also offers hyperbaric oxygen therapy—a pain-free treatment that has been proven to heal wounds that have been resistant to standard therapy.

# Healing wounds & changing lives

## Wound Healing Center recognized

### THE PHYSICIANS, LEADERS AND CLINICIANS

at Ashtabula County Medical Center (ACMC) are celebrating the ACMC Wound Healing Center earning a Center of Distinction award.

The award was given by Healogics Inc., the nation's largest provider of advanced wound care services. The center has achieved outstanding patient outcomes for 12 consecutive months, including a patient satisfaction score of 97 percent and a 96 percent wound healing rate within 30 median days to heal, among other quality outcomes.

The ACMC Wound Healing Center is a member of the Healogics Network of over 500 centers, which provides access to benchmarking data and proven experience treating over 2 million chronic wounds. In ACMC's Wound Healing Center, more than 880 patients in the community have been provided specialized treatment for chronic and nonhealing wounds.

The Wound Healing Center also offers treatment for:

→ **Diabetic neuropathic wounds.** Diabetic neuropathic ulcers develop from injuries to the foot. The pain goes unnoticed because of the loss of feeling in the feet from diabetes. An unnoticed injury can be compounded, leading to severe tissue damage.

→ **Venous stasis or arterial wounds.** Venous stasis ulcers are often found below the knees in people with chronic venous insufficiency (reduced blood flow in the limbs). Arterial ulcers are caused by poor circulation. Without an adequate blood supply, skin deteriorates and ulcers develop in the affected area.

→ **Pressure ulcers.** These are formed when constant pressure is applied to skin surfaces. They usually form on bony parts of the body, like the knees, spine and heels, where pressure is constantly exerted against external surfaces.

→ **Other nonhealing wounds.** These may be caused by surgical incisions, spider bites and radiation burns.

→ **Trauma wounds/crash injuries.**

The ACMC Wound Healing Center features two hyperbaric oxygen chambers, which are used in a variety of treatment options.

"We are so pleased with the care the ACMC Wound Healing Center is providing for those in our community who struggle with chronic wounds," ACMC President and CEO Michael Habowski said. "The need is great for this type of local, specialized care, and the timely healing of these wounds reduces the rate of amputation and other life-threatening conditions."

Craig Frisina, RN, director of the ACMC Wound Healing Center, said: "I was excited to share the news of this great award with the staff. Our team works so hard and takes such pride in making sure that all of our patients have a great experience and receive exceptional care. We see every day the difference we make in the lives of our patients, and that's a tremendous reward. This honor is like icing on the cake."

## 'My health is so much better now'

### Caregiver learns to care for herself

**RUTH ANN DEIS**, of Rock Creek, knows what it is like to be a caregiver. For months, she took care of her husband, who passed away in late 2011.

She was so focused on him that she didn't notice little health problems in her own life until they had grown out of control.

Not long after his death, she noticed that a sore spot on her foot was not healing. Her doctor recommended treatment at the Wound Healing Center at Ashtabula County Medical Center (ACMC).

"I probably should have noticed something was not right, but I was so focused on my husband," Deis said.

She was diagnosed with an infection in the bone of the little toe of her left foot. Infectious disease physician Olusegun Ogunlesi, MD, and podiatrist Michelle Dunbar, DPM, initially treated the infection with antibiotics, as well as a course of treatment in the facility's hyperbaric oxygen chamber.

Because the infection had gone untreated for so long, there was a good chance the toe would have to be removed.

"The doctors talked me through each step and what they hoped to accomplish, but there were no guarantees," Deis said. "I knew it was serious. They were wonderful and the nurses and technicians were so helpful. They really encouraged me because they knew what I was going through."

The Wound Healing Center



**Ruth Ann Deis experienced the caring treatment of the Wound Healing Center staff and brings them encouragement too.**

caregivers got to know Deis as she talked about her husband's death, and other things going on in her life, during her treatment sessions.

"With all she was going through, Ruth Ann was, and is, a source of great encouragement to all of us," said Craig Frisina, RN, center director. "She has a strong faith, and showed it every time she was here. It sustained her through many difficult decisions."

### **A difficult decision**

Although physicians did what they could to eliminate the infection, it continued to spread. To improve her health, she would have to sacrifice her toe.

"I never doubted that we would do what was necessary," Deis said. "I had faith in God, that He would heal me, and faith in my doctors too. Looking back now, it

was the best thing that could have happened."

She had to learn how to walk and move again after her toe was amputated, and Deis noticed immediately that more than just her physical health improved.

"It is always hard to say something we think is bad is really a good thing, but the timing of this—right after my husband died—kept me focused on something other than losing him," Deis said. "I still grieved, but the focus on my health provided motivation for me to keep going day after day."

Deis continued to recover and today is resuming her normal life, which includes gardening. She occasionally brings fresh flowers to the caregivers at the Wound Healing Center.

"I love working in the yard,"

she said. "That is something that took a back seat when my husband became ill. The work is fun, and I don't have many problems getting around."

Deis is also looking forward to the start of the new baseball season, so she can root on the Pittsburgh Pirates.

Since she first came to ACMC's Wound Healing Center, Deis has had more than 45 treatments in the hyperbaric oxygen chamber (both before and after the surgery). Today there is no sign of the infection. She has routine visits with Dr. Dunbar and is confident that the infection is in her past.

Deis has also changed her eating habits and takes medication to control her blood sugar.

"I'm just amazed at how I feel," she said. "My health is so much better now that the poison is out. I was just living with the pain and sickness. Now I feel wonderful."

Deis has been an encouragement to ACMC's caregivers and to other patients as well.

She struck up a friendship with another woman who was faced with a similar risk of losing a toe.

"It's not an easy decision to make, but I'm happy to talk about it with others," Deis said. "I have had no second thoughts. I can now spend more time with my grandchildren. I'm busy at church and in my garden. I'm grateful to my friends at the Wound Healing Center for helping me get my life back."

**For more on the ACMC Wound Healing Center, go to [www.acmchealth.org](http://www.acmchealth.org) or call 440-994-7540.**

# Surgery restores health, quality of life



**THERE ARE MANY** reasons your physician may recommend surgery.

An operation may help relieve pain, improve movement or save your life. An operation can also be used to diagnose a problem, such as when a biopsy helps a doctor detect cancer or other disease.

Surgeries are generally categorized as inpatient or outpatient. Inpatient surgeries require the patient to stay in the hospital one or more days following the procedure. Outpatient procedures allow the patient to return home the same day.

## Less trauma, faster healing

Improvements in technology, as well as the training and skill of the physician, have changed the way many surgeries are performed. One reason patients can return home so quickly is the increased use of minimally invasive procedures.

During minimally invasive surgery, physicians use a laparoscope, which is a small tube with a video camera. They make small incisions to insert the laparoscope and other instruments needed to perform the surgery.

This type of procedure reduces the postoperative pain and the amount of bleeding during surgery. This leads to fewer and smaller scars than with open surgery.

Minimally invasive surgery also means more convenience and

comfort for the patient. For example, a new 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 a full surgical room.

With stereotactic breast biopsy, a small, hollow needle is used to remove a tiny sample of tissue for biopsy. The surgeon uses the mammography x-ray equipment and computer to pinpoint the precise area to remove the sample. A local anesthetic is used, meaning that only the area to be biopsied is numbed. The patient remains awake throughout the procedure.

## High tech and an expert team

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

Surgeons at ACMC are assisted by a team of skilled and compassionate nurses.

They are also assisted by the best technology. New diagnostic technology such as digital mammography, video-enhanced thoroscopes, gastroscopes, colonoscopes and a new magnetic resonance imaging (MRI) machine give surgeons at ACMC more detailed information about a patient's health problems.



**Take 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.

For more information about surgical options at ACMC, visit [www.acmchealth.org](http://www.acmchealth.org).

The surgical expertise available at ACMC has you covered from head to toe.



TYPE OF SURGERY	WHAT IT INCLUDES
<b>Ear, nose and throat</b>	Procedures for nasal blockage or deformity, sinusitis, swallowing disorders, tonsillitis, hearing problems, vocal cord problems, and more.
<b>Gastroenterology surgery</b>	Common procedures include colostomy; colonoscopy; removal of polyps; and treatment of gastroesophageal reflux disease, ulcers, hemorrhoids, diverticulosis and Crohn's disease.
<b>General surgery</b>	Common procedures include appendectomies, gallbladder surgery, thoracic surgery, lung biopsy, cancer removal, thyroid surgery, hernia repair and breast biopsy.
<b>Obstetric and gynecologic surgery</b>	Common procedures include thermal ablation; hysterectomy; and procedures to treat uterine cancer, ovarian cysts, pelvic organ prolapse, irregular menstrual periods and infertility. Cesarean section deliveries are performed when necessary.
<b>Orthopaedic surgery</b>	Common procedures include repairing damaged joints and tendons; replacing knee, hip or shoulder joints; repairing fractured bones; reconstructing ligaments; and releasing carpal tunnel tendons.
<b>Podiatric surgery</b>	Common procedures include surgery on the foot, ankle and lower legs, for things such as bunions, hammertoes, corns, plantar fasciitis and tight tendons, poor blood circulation, diabetes-related injuries, wound care, and sports injuries.
<b>Urological surgery</b>	Common procedures include treatment of urologic conditions, including prostate cancer, impotence, kidney disease, penile and testicular disorders, stress urinary incontinence, fecal incontinence, pelvic organ prolapse, erectile dysfunction, overactive bladder, and other prostate issues.
<b>Vascular surgery</b>	Common procedures include treatment for disorders of the veins and arterial blood vessels. Candidates for vascular surgery include patients with carotid artery blockages, chronic leg swelling, hypertension and kidney artery blockage, leg pain caused by poor circulation (called claudication), and varicose veins. Procedures include cardiac Doppler testing, lower and upper arterial tests, hemodialysis access, vein mapping, and more.

## Stereotactic breast biopsy is a less invasive approach

If a mammogram shows a potentially cancerous growth of cells, it may be necessary to further explore those abnormal findings. At Ashtabula County Medical Center (ACMC), that can now be done through stereotactic biopsy.

Instead of cutting into the breast to remove a sample, a physician uses a needle to retrieve the sample. Guided by the surgeons or radiologist, the stereotactic equipment moves the needle to the area of concern and vacuums out the sample tissue.

Compared to open surgery, the procedure is quick and less costly and there is little or no discomfort.

In the past, if the physicians were concerned about an area or a density in the breast, they would schedule needle localization. These procedures started in the radiology department, with a wire being placed in the breast, and ended in the operating room, with the removal of a significant piece of breast tissue. The area would be tender to the touch for several days and the patient would have necessary work restrictions.

With the new method, a physician takes the sample for testing right at the mammography unit. This does not require a full operating room, which means a shorter period between an initial screening and the biopsy.

It also means less pain, because the stereotactic biopsy is minimally invasive. There is also less recovery time. Patients who have had the procedure say they are able to return to their normal activities immediately.

Another added benefit of digital mammography is that patients spend less time in the exam room.



**TO SCHEDULE A MAMMOGRAM,**  
**contact your physician for a referral. Once you have a physician's order, contact ACMC's centralized scheduling department at 440-997-6590. ACMC offers extended hours throughout the week and on Saturday mornings for our patients' convenience.**



# Know the warning signs of a

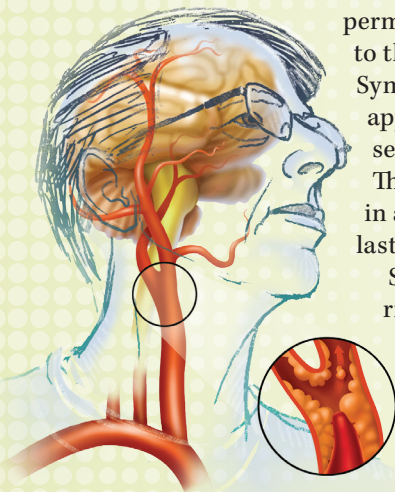
**NO ONE IS IMMUNE** to the risk of a stroke—this brain attack can affect a person of any age, sex or race, and it can happen without warning.

However, about 15 percent of strokes are preceded by a transient ischemic attack (TIA). This warning stroke—or mini-stroke—is a foreshadowing that a larger, more serious stroke may soon be on the way.

Ashtabula County Medical Center (ACMC) neurologist Preetha Muthusamy, MD, said time is of the essence with any suspected brain injury. “If you know the signs of TIA and act quickly, you may be able to reduce your risk for a major stroke and help protect your brain,” she said.


Dr. Muthusamy said a TIA is similar to a stroke in that both are usually the result of a clot in an artery that obstructs blood flow to the brain. They also have the same symptoms. Unlike a stroke, however, a

TIA doesn't cause permanent injury to the brain. Symptoms can appear within seconds of a TIA. They may go away in a few minutes or last for up to 24 hours. See the chart at right for symptoms.





## Symptoms of both a TIA and stroke can include:





 A severe headache with no known cause.

 Confusion.

 Trouble seeing in one or both eyes.

 Trouble speaking or understanding speech.

 Numbness or weakness in the face, arm or leg—especially on one side.

 Trouble walking or maintaining balance and coordination.

## ACMC retains Primary Stroke Center title

After undergoing an on-site evaluation and demonstrating compliance with nationally developed standards for stroke care, Ashtabula County Medical Center (ACMC) has retained its certification as a Primary Stroke Center. The certification was granted by The Joint Commission and will continue through 2015.

“In stroke care, time is brain,” said Jean E. Range, MS, RN, CPHQ, executive director, Disease-Specific Care Certification, The Joint Commission. “By retaining its certification as a Primary Stroke Center, ACMC has proven that it has the ability to provide effective, timely care to stroke victims and can significantly improve outcomes for stroke patients.”

Each year about 795,000 people experience a new or recurrent stroke, which is the nation's third leading cause of death. On average, someone has a stroke every 40 seconds and someone

dies of a stroke every 3.1 minutes. Stroke is a leading cause of serious, long-term disability in the United States, with about 4.7 million stroke survivors alive today.

The Primary Stroke Center certification makes ACMC the only hospital in Ashtabula County to be certified for Stroke, Heart Failure and Chest Pain care.

“We are pleased to have The Joint Commission recognize our commitment to providing the best possible care to our patients and our community,” said ACMC President and CEO Michael Habowski. “Our caregivers have been diligent in

# mini-stroke

## Take action

Dr. Muthusamy said not to ignore the symptoms, in yourself or a loved one, even if they go away.

“Only a doctor can determine if you’ve had a TIA or a stroke,” she said. “Don’t take chances when blood flow to the brain is blocked. The only way to know what really caused your symptoms is to receive prompt medical treatment. By starting treatment immediately, we can lower the risk of another TIA or stroke.”

ACMC is certified as a Primary Stroke Center (a designation issued by The Joint Commission), which means that ACMC has established protocols to identify a stroke and immediately begin treatment to ensure the best outcome for the patient.

People who are over the age of 55, who are obese, who smoke or drink alcohol, or who have diabetes all may be at risk for a stroke. For more information and to take a free stroke assessment, visit [www.acmchealth.org](http://www.acmchealth.org) and click on the “Stroke” button under “Services.”

If you think a loved one is having a stroke, call 911 and have him or her taken to ACMC.

ACMC also offers a neurological disorders support group, which meets the fourth Thursday of each month. Topics covered include symptoms and physical concerns, recovering your quality of life, monitoring your health, and more. To sign up to attend this free support group, call Bruce Blair, **440-997-6680**, or Denise McNabb, **440-997-6298**.

To schedule an appointment with Dr. Muthusamy, call **440-994-7544**.



## ACMC earns accreditation for CT equipment

**PATIENTS RECEIVING A** computed tomography (CT) test at Ashtabula County Medical Center (ACMC) will have their scan performed with equipment that is accredited by the American College of Radiology (ACR).

CT tests (also called CT scans) are a fast, painless diagnostic tool used to see inside the body to rule out or confirm the presence of disease or abnormalities. The state-of-the-art equipment produces clear and detailed images in seconds, resulting in a faster diagnosis and faster treatment. The equipment uses a low dose of radiation, which is especially important for children.

ACMC’s CT scanner also has the capability of performing diagnostic angiography so that physicians can obtain whole-heart examinations in just seconds. Using CT to evaluate coronary arteries reduces the need for drugs to regulate the rhythm of the heart and eliminates a stay in the hospital.

“The ACR accreditation is a recertification for ACMC,” said Nancy Shaw-Hertzog, director of imaging services for ACMC. “It encompasses not only our equipment, but also our procedures and our caregivers. The American College of Radiology looks at training, policies for radiation dosage, patient records, and inspection and repair of equipment. Every aspect of our CT service meets ACR standards.”

The ACR standards for equipment require that CT units and diagnostic departments meet state and federal regulations for medical equipment as well as Medicare Part B requirements. The majority of those requirements focus on the function of the equipment, including quality of image, magnification and alignment of equipment.

Full ACR accreditation is awarded for a three-year period.

“We know that our patients trust the care we provide,” said ACMC President and CEO Michael Habowski. “Accreditation from a national organization validates that trust and is further proof that our caregivers and equipment are providing the best care possible.”

To schedule a CT scan or any diagnostic imaging test, contact your physician for a referral. Once you have a physician’s order, call ACMC’s radiology department at **440-997-6686**. ACMC offers extended hours throughout the week and on weekends for scheduling convenience.

maintaining and exceeding the standards set by The Joint Commission to be a Primary Stroke Center.”

The Joint Commission’s Primary Stroke Center certification is based on the recommendations for primary stroke centers published by the Brain Attack Coalition and the American Stroke Association’s statements and guidelines for stroke care. The Joint Commission launched the program—the nation’s first—in 2003. A list of programs certified by The Joint Commission is available at [www.qualitycheck.org](http://www.qualitycheck.org).



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.

Copyright © 2014  
Coffey Communications

CMM30223

## ACMC celebrates 110 years of community healthcare

Continued from page 3

technology and services. Emergency services, intensive care units, a nuclear medicine facility, ambulatory services and more were continually updated and expanded.

The hospital continued to grow throughout the 1970s into the 1980s with the addition of a new pharmacy, a central sterile supply, materials handling, maintenance facilities and more.

As Ashtabula General continued to grow, it also faced new challenges. Healthcare was moving from reacting to the health needs of the community to providing preventive medical care as well. As part of this change, the Ashtabula General Board of Trustees voted to change the name of the facility to Ashtabula County Medical Center.

In 1985, ACMC added a new Cardiac Services Department. Heart attacks and other cardiac problems have long plagued Ashtabula County, and we noted in a recent Community Health Needs Assessment that those heart problems remain a major cause of illness and death today.

In the early 1990s, discussions of healthcare reform began on a national level.

### Taking action

Leadership at ACMC did not wait for the federal government to take the

lead on a new system. They created one to benefit all of Ashtabula County by merging The Ashtabula Clinic, a group of family and specialty physicians, with ACMC. This was a new model of an integrated physician-hospital delivery system for improved healthcare. The Ashtabula Clinic physicians handled all outpatient cases, while hospital physicians handled all inpatient cases.

ACMC patients now have access to 43 ACMC and Cleveland Clinic physicians—as well as nurse practitioners—at The Ashtabula Clinic and more than 90 local physicians who have privileges at ACMC.

The Ashtabula Clinic has grown to include four offices in Ashtabula, Conneaut, Jefferson and North Kingsville, as well as a Women's Health Center in Ashtabula.

In 2001, the ACMC Board of Trustees voted to enter into an affiliation with Cleveland Clinic, long known as a benchmark for quality healthcare. The affiliation meant access to new physicians and services.

The Cleveland Clinic Catheterization Lab at ACMC opened in 2008. This gave Ashtabula County patients access to the gold standard in heart diagnostics, to detect

blockages and other potential problems before they became an emergency.

Other accomplishments in the 2000s include a renovated Maternity Suite, the only labor and delivery unit in Ashtabula County; a new Behavioral Medicine Unit; and new technology for our Radiology Department.

In recent months, we have spent millions of dollars for new digital mammography equipment, new endoscopes, and more technology and procedures to provide better healthcare through minimally invasive surgery. It all means you spend little to no time in the hospital and are on the road to recovery fast, with less time away from work or the things you love to do.

### Some things never change

Our commitment to our community comes from the same vision of those Ashtabula citizens who long ago saw a future with great medical care in their hometown.

As we move forward into the next 110 years of growth at ACMC, I know that we can only do so with the support of our local citizens and communities. It's the relationship that got us started, the one that kept us going throughout the years and the one that will sustain us far into the future.

