



Holzer Offers Most Advanced Pacemaker

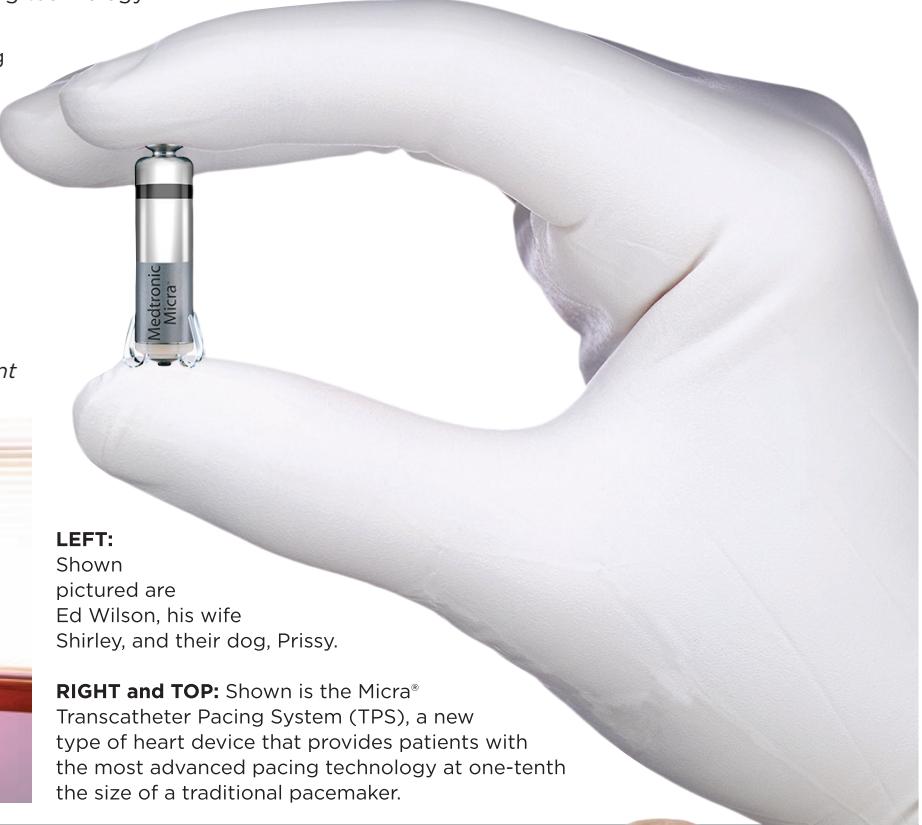
Miniaturized Heart Device Provides Patients with the Most Advanced Pacing Technology Available

Holzer recently announced that it is one of the first hospitals in the region to offer the world's smallest pacemaker for patients with bradycardia. The Micra® Transcatheter Pacing System (TPS) is a new type of heart device, approved for Medicare reimbursement, that provides patients with the most advanced pacing technology at one-tenth the size of a traditional pacemaker.

While at home one evening, Ed Wilson fell getting out of his chair and hit the top of his head. Wilson ended up at Holzer's Inpatient Rehabilitation

Unit in Gallipolis, where he was required to wear a heart monitor for testing. Upon results, it was deemed necessary for Wilson to receive a pacemaker. He was determined to be a wonderful candidate for the new

Heart | Continued on page 2



LEFT:
Shown pictured are Ed Wilson, his wife Shirley, and their dog, Prissy.

RIGHT and TOP: Shown is the Micra® Transcatheter Pacing System (TPS), a new type of heart device that provides patients with the most advanced pacing technology at one-tenth the size of a traditional pacemaker.

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*The health information presented in this newsletter is intended for information purposes only and is not a substitute for consultation with a medical professional. This information should not be used to treat or diagnose a health condition. Always seek advice from a trained healthcare provider.





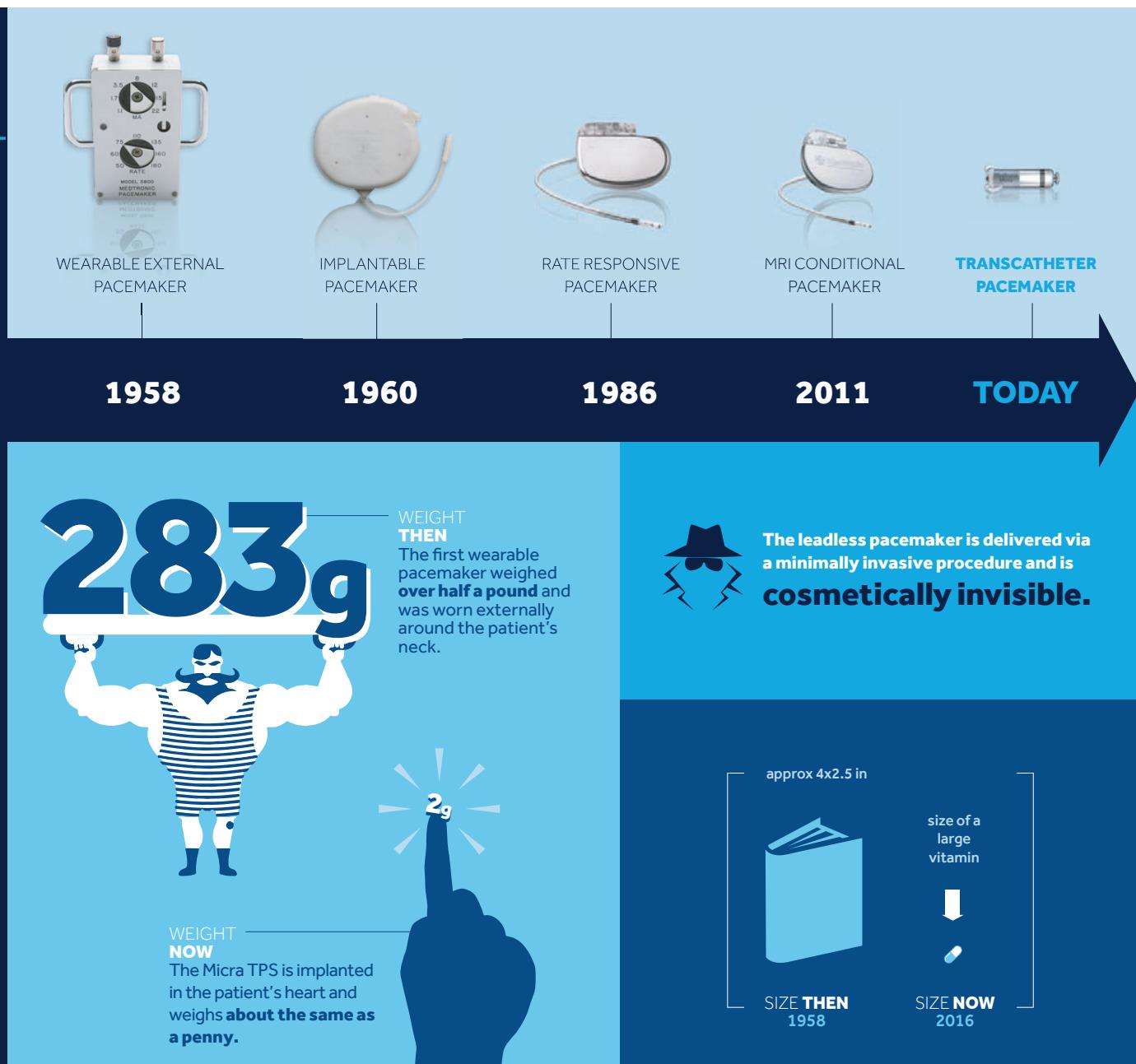

PACEMAKERS, FROM START TO SMALLEST

A TALE OF PACEMAKER EVOLUTION

Pacemakers have come a long way, and improved millions of lives, since their 1949 invention. They were bulky boxes plugged into walls for power until 1958 when Medtronic developed a four-inch, battery-powered box that could be taped to patients' chests. The devices soon became small enough to be implanted in the body but needed frequent recharging, until Medtronic first commercially produced implantable pacemaker technologies in 1960. Later developments include technology that adapts pacing rate to activity levels, MRI-safe devices and finally, today's new Micra® Transcatheter Pacing System (TPS) —so tiny it's delivered via a catheter and implanted directly into the heart, free of leads.

Learn about Micra TPS: medtronic.com/us-en/patients/treatments-therapies/pacemaker/micra.html

Medtronic



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leadless pacemaker technology Holzer Cardiovascular Institute is offering.

"I have not seen any other facility with so much compassion for patients," stated Wilson. "John Wells, PA-C, and Dr. Rayani have been tremendous. I can't say enough positive remarks about my experience."

"It is amazing to receive this type of advanced technology right here at home. It is as advanced as you would receive anywhere," continued Wilson. "I truly feel comfortable in Holzer's care."

Bradycardia is a condition characterized by a slow or irregular heart rhythm, usually fewer than 60 beats per minute. At this rate, the heart is unable to pump enough oxygen-rich blood to the body during normal

activity or exercise, causing dizziness, fatigue, shortness of breath or fainting spells. Pacemakers are the most common way to treat bradycardia to help restore the heart's normal rhythm and relieve symptoms by sending electrical impulses to the heart to increase the heart rate.

Comparable in size to a large vitamin, physicians at Holzer have elected to use Medtronic's Micra TPS because unlike

traditional pacemakers, the device does not require cardiac wires (leads) or a surgical "pocket" under the skin to deliver a pacing therapy. Instead, the device is small enough to be delivered through a catheter and implanted directly into the heart with small tines, providing a safe alternative to conventional pacemakers without the complications associated with leads — all while being cosmetically invisible. The Micra



Holzer Cardiovascular Institute staff are shown following the successful leadless pacemaker procedure.

TPS is also designed to automatically adjust pacing therapy based on a patient's activity levels.

"We are proud to be able to offer this new and innovative technology for our patients," stated Lori Cremeans, RN, MSN, CCRN, CWOCN, Director, Holzer Cardiovascular and Pulmonary Services. "The advantages of the TPS are immeasurable. It provides our patients with improved cardiovascular treatment and peace of mind. Our Cardiovascular team is proud to be able to offer this as an option for optimal heart health."

The Micra TPS also incorporates a retrieval feature to enable retrieval of the device when possible; however, the device is designed to be left in the body. For patients who need more than one heart device, the miniaturized Micra TPS was designed with a unique feature that enables it to be permanently turned off so it can remain in the body and a new device can be implanted without risk of electrical interaction.

The Micra TPS is the first and only transcatheter pacing system to be approved for both 1.5 and 3 Tesla (T) full-body magnetic resonance imaging (MRI) scans and is designed to allow patients to be followed by their physicians and send data remotely via the Medtronic CareLink® Network.

The Holzer Cardiovascular Institute

has assembled the region's most qualified team of cardiac physicians, nurses, and other clinical staff, using the most technologically advanced cardiac equipment and procedures. The Holzer Cardiovascular Institute is devoted to delivering the very best in cardiac care, through inpatient and outpatient treatments including medical management, cardiac catheterizations, and surgical treatment. Holzer offers diagnostic cardiac catheterizations as well as cardiac angioplasties/stents. Holzer physicians manage a variety of heart and vascular conditions including: coronary artery disease or hardening of the arteries, cardiac arrhythmias or irregular heartbeat, peripheral vascular diseases, heart valve disease, heart conditions associated with diabetes, lung diseases, vein and vascular diseases, and carotid disease.

Holzer Cardiovascular Institute services include: cardiopulmonary testing, cardiac catheterization, electrophysiology/heart rhythm management, cardio/pulmonary rehabilitation, and pulmonary services.

Wilson and his wife, Shirley, are residents of Point Pleasant, West Virginia, with their two dogs, Prissy and Sassy. They are both originally from the Charleston, West Virginia area, and have five children.

For more information, please visit www.holzer.org or call 1-855-4-HOLZER.

Welcome to Holzer



Parimalkumar Chaudhari, MD
Pulmonology & Critical Care



Jason Cox, DO
Orthopedic Surgery



Amber Fields, CNP
Nephrology



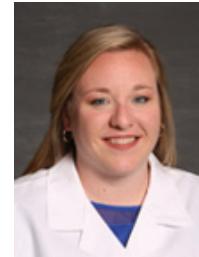
Steven Miller, MD
Orthopedic Surgery



Nirav Parekh, MD
Pain Management



Ana Petrova, MD
Gastroenterology



Leslee Rice, DO
Family Medicine Resident



Connie Scurti, DO
Internal Medicine



Paul Scurti, DO
Internal Medicine

Holzer is proud to announce new physicians and providers have joined our team of highly skilled professionals. Holzer is a multi-discipline healthcare system of over 160 Providers administering care in more than 30 areas of expertise in multiple clinical locations throughout southeastern Ohio and western West Virginia. Holzer is committed to providing the best and brightest medical professionals in our health system, and are proud to welcome our new providers as part of the Holzer family. To schedule an appointment, please call **1-855-4-HOLZER (446.5937)**. To learn more about our physicians, or to find a physician, go to www.holzer.org/find-a-provider.

Dr. Canady, CEO, and Troy Miller, CSO, Present at American Association for Physician Leadership

Michael Canady, MD, FACS, Chief Executive Officer, and Troy Miller, Chief Strategic Officer, for Holzer Health System recently presented at the annual conference for the American Association for Physician Leadership in New York City, which was attended by more than 500 physician leaders from around the globe. Dr. Canady and Mr. Miller's presentation focused on provider interview and recruiting techniques.

Over the past 18 months, Holzer Health System, through development with the

Provider Relations Advisory Council, developed a more robust and regimented process for interviewing, evaluating, and making offers to deserving provider candidates. Much of the philosophy was driven from the acknowledgement that updates were necessary due to high a turnover rate in the two- and three-year provider investments. This turnover creates a



**Michael Canady
MD, FACS**
Chief Executive Officer

Troy Miller
Chief Strategic Officer

Leadership | Continued on page 23

Holzer CEO Sits Among Healthcare Industry Elite as a Forward Thinker on Rural Healthcare

The panel discussion at the American Association for Physician Leadership® Spring Institute and Annual Meeting occurred with more than 500 physicians from across the country and around the world. The group convened in New York City to discuss the latest topics, trends, and best practices. Dr. Peter Angood, MD, President, CEO of the American Association for Physician Leadership, Michael Canady, MD, CEO, Holzer Health System, and Paul Keckley, PhD, Managing Editor of The Keckley Report, presented thoughts on health policy under the new presidential administration.

"It's important for us as the only organization dedicated to supporting and educating on physician leadership to provide the platforms to not only develop and augment personal leadership and management skills, but also to support them in gaining insights on how to lead and manage the necessary changes within their clinical delivery systems," said Angood, as the meeting opened.

Keckley began the panel discussion with a brief description of the repeal and replace positioning and how he sees healthcare in the short and long-term in the United States, essentially stating that Congress had a long road ahead to get an effective plan in place. He further validated that the Affordable Care Act (ACA) had provided insurance coverage but had completed little in the way of providing much-needed patient care access. As premiums are rising, coverage is minimal and out of pocket expense was higher than most individuals on these plans could afford; therefore, coverage hadn't translated into real care access. The American Health Care Act (AHCA), on the other hand, was hopeful in providing real care access but the plan couldn't afford to sponsor all individuals currently under the ACA. He expects much of the burden to move from federal to state funding decisions.

Dr. Canady provided his view on the rural aspect of the care continuum and how each set of legislation affects local communities and economies. He pointed out that Holzer is one of the largest employers in our region (with more than 2,000 employees), similar to many other rural healthcare systems. He spoke of poverty in rural Appalachia and how it was critical that federal and state legislatures understand the limitations that healthcare systems face from a patient, staffing, recruiting, retention, pay, benefits, and overall collection perspectives. Dr. Canady fielded questions from the audience ranging from the impact of the current Medicaid expansion, to how to set a forward path with so many unknowns. Dr. Canady's position was straightforward.

"Take care of the patient, with friendly visits, excellent care, every patient, every time. The sustenance necessary to survive and thrive as a system, will follow," he said. "We want and need our communities to



Shown pictured, left to right: Dr. Peter Angood, MD, President, CEO of the American Association for Physician Leadership, Michael Canady, MD, CEO, Holzer Health System, and Paul Keckley, PhD, Managing Editor of The Keckley Report, presented thoughts on health policy under the new presidential administration.

know us, trust us, and seek us out for great care. We love our small towns and good people. We are ecstatic to be part of the fabric of the American classic culture and want our patients to understand, believe, and embrace us as their friend, their neighbor, and their physician."

Dr. Angood followed up with, "Physicians are natural stewards of the clinical delivery enterprise – and the primary managers of health for populations, which makes them best-suited to lead adaptive initiatives, innovative strategies and novel campaigns designed to improve and manage the inevitable changes that await our health care systems."

Dr. Canady revealed much work remains at the local, state, and federal levels. He declared Holzer was committed to doing everything possible locally to support our communities and now it will be up to the others to help us develop a care model that will be advantageous for everyone in need.

Holzer Recognized by Ohio First Steps for Healthy Babies

Holzer Health System, along with other maternity centers in Ohio, is taking steps to promote its support of successful breastfeeding. The Ohio First Steps for Healthy Babies is a voluntary breastfeeding designation program through the Ohio Hospital Association and Ohio Department of Health that recognizes maternity centers in Ohio for taking steps to promote, protect, and support breastfeeding in their organization. A star is awarded for every two steps achieved in The Ten Steps to Successful Breastfeeding, as defined by the World Health Organization and Baby-Friendly USA. The initiative encourages maternity centers across the state to promote and support breastfeeding one step at a time.

In participation with the program, Holzer provides information and hospital practices supportive of breastfeeding and the Ohio First Steps for Healthy Babies program. In 1991, UNICEF and the World Health Organization launched the Baby Friendly Hospital Initiative to ensure that birthing hospitals will become centers of breastfeeding support. A maternity facility can be designated 'baby-friendly' by implementing ten specific steps to support successful breastfeeding. These ten steps include:

1. Have a written breastfeeding policy that is routinely communicated to all staff.
2. Train all health care staff in skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers initiate breastfeeding within one half-hour of birth.
5. Show mothers how to breastfeed and maintain lactation, even if they should be separated from their infants.
6. Give newborn infants no food or drink other than breastmilk, unless medically indicated.
7. Practice rooming in - that is, allow mothers and infants to remain together 24 hours a day.
8. Encourage breastfeeding on demand.
9. Give no pacifiers to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.



Holzer Birthing and Women's Center staff are shown displaying their recent Ohio First Steps for Healthy Babies Award. From left to right: Diana Taylor, BSN, RN, IBCLC, Lactation Consultant, Stephanie Carroll, BS, IBCLC, CLC, CLS, Lactation Consultant, Susan Rowe, MSN, RN, Director of Women and Children's Services, and Nikki Hogan, BSN, RN, Unit Manager, Holzer Birthing & Women's Center and Inpatient Pediatrics.

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8. Encourage breastfeeding on demand.
9. Give no pacifiers to breastfeeding infants.

10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.

"It is our hope that Ohio First Steps for Healthy Babies will prompt our leaders and employees to have thoughtful conversations in the hospitals about the benefits of breastfeeding in order to educate patients and the community," said Susan Rowe, RN, MSN, Director, Women & Children's Services, Holzer Health System. "The support a new mother receives from hospital employees and leaders can impact her decision to breastfeed. Increasing the number of breastfed newborns can lead to a decrease in the likelihood for future health conditions for the child such as asthma, diabetes and obesity."

For more information about Ohio First Steps for Healthy Babies, visit <http://ohiohospitals.org/ohiofirststeps>.

ABOUT HOLZER BIRTHING AND WOMEN'S CENTER

Holzer Birthing and Women's Center is created with the entire family in mind. New mothers enjoy privacy, skilled care, and the latest technology in a comfortable and relaxed setting, all supported by a compassionate healthcare team. Holzer's Birthing and Women's Center offers a nurturing environment that features private rooms before, during, and after delivery. The entire family is encouraged to be a part of this great experience. Following the birth of your baby, we offer private post-partum rooms, complete with a king-size bed and other decorative surroundings. A number of special accommodations are offered in our spacious birthing suites, such as a master bath with Jacuzzi, and a private family waiting room. For more information, visit www.holzer.org.

Variety of Childbirth, Parenting Classes Available

"Holzer Birthing and Women's Center is happy to announce a variety of classes for our new mothers, current mothers, and even our new grandparents," stated Susan Rowe, RN, MSN, Director, Women and Children Services, Holzer Gallipolis. "All of these classes are taught by staff members who have had special education and training. Our course content is developed with the support of our medical team, who meet the highest certification standards in the nation."

"We have also been fortunate to recently add Lactation Consultants to our services," continued Rowe. "Stephanie Carroll, BS, IBCLC, CLC, CLS, and Krista Shorey, FNP, IBCLC, are both available to provide outpatient services at our locations." A lactation consultant is a health professional who specializes in the

clinical management of breastfeeding. "This is a much needed service for the women of our communities. Krista and Stephanie are passionate about educating individuals on the benefits of breastfeeding and offering support when it is needed most."

Classes now available include: Breastfeeding Refresher, Breastfeeding Myths, Comprehensive Breastfeeding, Comprehensive Childbirth, Childbirth Refresher, Friday Night Date Night, Grandparents Class, Infant CPR, Mentoring Mommy, and When Breastfeeding Doesn't Go As Planned.

Breastfeeding Refresher

For those returning to breastfeeding, a refresher class to prepare yourself for breastfeeding again. Topics include:

- Basic Breastfeeding Tips
- Latch/Positioning Refresher
- Skin to Skin Benefits
- Tips to Breastfeeding and Juggling Parenting Another Child

CLASS LOCATION: Holzer Gallipolis, French 500 Room

DATES/TIMES:
6:30 p.m. to 7:30 p.m. - August 16, September 13, October 18, November 8, December 6

Breastfeeding Myths

As a new mom, you're going to hear a lot of advice — sometimes conflicting advice! Help us help you figure out what information is correct and what is outdated advice. Topics include:

- Will it Hurt?
- What to Eat
- Making Enough Milk
- When Baby Gets Teeth

CLASS LOCATION: Holzer Gallipolis, French 500 Room

DATES/TIMES:
6:30 p.m. to 8:30 p.m. - August 30, October 25, December 13

Comprehensive Breastfeeding

This class provides the tools for successful breastfeeding necessary to feel confident and comfortable once the baby arrives. Topics include:

- Benefits of Breastfeeding
- Normal Baby Behavior
- How to Latch/Position Baby
- How to Establish Milk Supply
- Hunger Cues in Baby
- Skin to Skin Benefits

CLASS LOCATION: Holzer Gallipolis, Conference Room AB

DATES/TIMES:
6:30 p.m. to 8:30 p.m. - August 15, September 19, October 17, November 21, December 19

Childbirth Refresher

For those who have had a baby before, a refresher to prepare for childbirth. Dates for this class are to be determined. More information will be shared as soon as available.

Topics will include:

- What to Expect During Labor
- Techniques for a Smooth Delivery (Pain Management)
- What to Expect at Holzer Birthing Center
- Skin to Skin Benefits
- Tips to Breastfeeding and Juggling Parenting Another Child

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Cancer Survivor Support Group to Meet August 10

Holzer Center for Cancer Care is sponsoring a Cancer Survivor Support Group meeting on Thursday, August 10, at Noon in the French 500 Room at Holzer Gallipolis Medical Center. This session will feature a guest speaker from Area Agency on Aging District 7. Lunch will be available for those in attendance.

During the May meeting, a discussion was held regarding the drug epidemic, a mock mobile meth lab was displayed along with the negative health effects of being exposed to one. Jason Holdren, Gallia County Prosecuting Attorney and Matt Champlin, Gallia County Sheriff, shared information on what is being done to combat drugs and crime in the area.

The Cancer Support Group is designed to help individuals, who either have cancer or are cancer survivors, and their loved ones understand cancer, manage treatment and recovery, and find the emotional support they need. The group meets monthly and features guest speakers to discuss topics of interest for those in attendance.

For more information, or to RSVP, call 740-446-5351.



Shown pictured are presenters from a recent group meeting: Jason Holdren, Gallia County Prosecuting Attorney, and Matt Champlin, Gallia County Sheriff.



Shown pictured left to right: Dr. Christopher Marazon, Holzer Residency Program Director, Leslee Rice, Jennifer Smith, Jennifer Hatfield, Morgan Werry, and Dr. Lois Bosley, OUHCOM Assistant Dean.

Holzer Recognizes 2017 Medical Student Graduates

Holzer recently recognized its graduating medical students. Students and attendees enjoyed dinner and an awards ceremony in the Davis Family Education and Conference Center at Holzer Gallipolis. Holzer 2017 Medical School Graduates include Jennifer Hatfield, Internal Medicine, Andrea Merry, Pediatrics, Leslee Rice, Family Medicine, Adrienne Roarke, Internal Medicine & Pediatrics, Jennifer Smith, Intern Year, and Morgan Werry, Family Medicine. Students are from the Ohio University Heritage College of Medicine (OUHCOM), Athens, Ohio and the West Virginia School of Osteopathic Medicine (WV SOM), Lewisburg, West Virginia.

Commendations from the OUHCOM students were awarded to several Holzer providers. Presenting awards to the Holzer staff on behalf of the OUHCOM was Dr. Lois Bosley, Family Practice, Holzer Health System. Recognitions included:

- Outstanding Faculty Award for Primary Care - Dr. Nabil Fahmy, Internal Medicine
- Outstanding Award for Graduate Medical Education - Dr. Joshua Bryant, Family Practice Resident
- Outstanding Faculty Award for Specialty Medicine - Dr. Laurel Kirkhart, OB/GYN



Outstanding Award for Graduate Medical Education was presented to Dr. Joshua Bryant, Resident, at right, by Dr. Lois Bosley, OUHCOM Assistant Dean.

- Outstanding Faculty Award for Family Medicine - Dr. Brian Still, Family Practice

Inducted into the Gold Humanism Honor Society were Jordan Browning and Jason Rodriguez, both third year medical students from OUHCOM.

Residents also presented awards to outstanding preceptors/staff. Among those recognized were Dr. Nabil Fahmy, Dr. Laurel Kirkhart, Dr. Phil Long, and Bonnie Arnold, RN. On behalf of the students, Dr. Ben Jaderholm presented awards to the chosen staff members.

Walk With a Doc Program Continues

Holzer Health System continues its "Walk With a Doc" walking program on Saturday, July 29, from 11 a.m. to Noon. Walkers will enjoy a refreshing and rejuvenating walk that begins at the Holzer Therapy



and Wellness Center, located at 735 Second Avenue, Gallipolis, Ohio, and

continues around the Gallipolis City Park. The walk will feature a Holzer physician and other healthcare professionals, who will provide support to the walkers and answer questions during the walk.

Walk With a Doc is a national nonprofit organization whose mission is to encourage healthy physical activity in people of all ages, and reverse the consequences of a sedentary lifestyle in order to improve the health and well-being of the country.

Holzer encourages anyone in the community to join the walk. This is a FREE program and pre-registration is not required. Walks are planned for every other weekend, and will be announced via the Walk with a Doc website, www.walkwithadoc.org, as well as at www.holzer.org and Holzer's social media channels.

"Walk with a Doc is honored to team up with Holzer Health System. By incorporating Walk with a Doc, Holzer is demonstrating an exceptional level of caring and commitment to their community," said Dr. David Sabgir, founder of Walk with a Doc.

Why walk? According to the American Heart Association, walking as little as 30 minutes a day can provide these benefits:



Members of the community joined Dr. Amanda McConnell, Holzer Neurology, for the Walk With a Doc walking program on Saturday, June 17.

- Improve blood pressure and blood sugar levels
- Help maintain a healthy body weight and lower the risk of obesity
- Enhance mental well-being
- Reduce the risk of osteoporosis

Gallipolis joins a growing list of

communities nationwide that have created

local Walk With a Doc (WWAD) programs.

For more information about Holzer's Walk

With a Doc program, contact David Stout at

740-339-2502 or email dstout@holzer.org.

ABOUT WALK WITH A DOC: WWAD is a nonprofit organization whose mission is to encourage healthy physical activity in people of all ages, and reverse the consequences of a sedentary lifestyle in order to improve the health and well-being of the country. WWAD was created by Dr. David Sabgir, a cardiologist who practices at Mount Carmel Health Systems in Columbus, OH and he has

UPCOMING WALK WITH A DOC SCHEDULE

JULY 29
Physician To Be Announced

AUGUST 12
Dr. Dan Black
Inpatient Rehab Unit/Physical Medicine & Rehabilitation

AUGUST 26
Dr. Christopher Jude
Family Practice

SEPTEMBER 9
Dr. Ghada Kunter,
Hematology/Oncology

SEPTEMBER 23
Dr. Kelly Roush,
Chiropractic & Sports Medicine

been walking every weekend since 2005. The expansion and support of the program is thanks to Anthem Blue Cross/Blue Shield. To learn more, go to www.walkwithadoc.org.

Join Holzer at the Local County Fairs!

Jackson County Fair: July 14 - 22

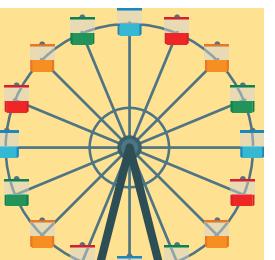
Vinton County Fair: July 24 - 29

Gallia County Junior Fair: July 31 - August 5

Mason County Fair: August 7 - 12

Athens County Fair: August 4 - 12

Meigs County Fair: August 14 - 19





Science Awards Recognizes Local Students

Holzer Health System honored outstanding local high school science graduates at its 34th Annual High School Science Awards Banquet. The scholars, their parents and school representatives were invited to attend, where each student was presented with a certificate and scholarship award. A representative from each high school was also presented a check to further their efforts in their respective school's Science Programs. The Science Awards Program encompasses high schools from Athens, Gallia, Jackson, Meigs, Lawrence, Pike and Vinton Counties in Ohio; and Mason County in West Virginia.

John Cunningham, Executive Vice President of Population Health Management, Holzer Health System, served as Master of Ceremonies and delivered the introductory remarks. Michael Canady, MD, Chief Executive Officer, Holzer Health System outlined the history of the Science Awards Program. Dr. Canady commented, "Holzer sees the Science Awards as an opportunity to give back to the community and formally recognize

the achievements of our students and educational systems." The Science Awards Program honors a student selected by the high school based on outstanding achievement in science and a desire to pursue a higher education.

The featured speaker for the program was Dennis Merski, DO, Holzer OB/Gyn, who discussed the evolution of science. Dr. Merski is a graduate of the Lake Erie College of Osteopathic Medicine in Erie, Pennsylvania. He completed his residency at Henry Ford Wyandotte Hospital, Wyandotte, Michigan, and his internship at Clarion Hospital in Clarion, Pennsylvania. Dr. Merski is Board Certified by the American Osteopathic Board of Obstetrics and Gynecology. Dr. Merski sees patients at Holzer locations in Gallipolis and Meigs.

Through the Science Awards Program, Holzer has contributed thousands of dollars to area schools and students for the betterment of education in the region. For more information, visit www.holzer.org or call 1-855-4-HOLZER.

HOLZER HEALTH SYSTEM SCIENCE SCHOLARSHIP AWARD RECIPIENTS:

Brooke Hayes.....	Alexander
Isaac Stern	Athens
Corey Jones	Buckeye Hills Career Center
Caleb Darnell	Chesapeake
Sarah Ann Nickel	Dawson-Bryant
Katelyn Edwards.....	Eastern Local
Jacob Cruse	Eastern Local (Beaver)
Nicole Wagner.....	Fairland
Michael Cooper.....	Federal Hocking
Josh Davis.....	Gallia Academy
Joshua McCoy	Hannan
Michell Weisgarber.....	Ironton
Brianna Riffle.....	Jackson
Raeline Reeves.....	Meigs
Ryan Williams	Nelsonville-York
Carlee Dempsey	Oak Hill
Jared Parissi	Ohio Valley Christian School
Andrew McComas.....	Point Pleasant
Brody Moles	River Valley
Garrett Kyle Carpenter.....	Rock Hill
Madelynn Simpson	South Gallia
Jake Helton.....	South Point
Sierra Cleland	Southern
Natalie Beth Heaberlin.....	St. Joseph
Levi Cade.....	Symmes Valley
Mallory Spencer	Trimble



Source: Staywell Company, LLC

Most children rely on backpacks to carry books and supplies to and from school and activities. But a backpack that's too heavy or doesn't fit right can cause harm.

Children can hurt themselves by using poor posture to carry a heavy bag. They may arch their back, bend forward, twist, or lean to one side. These positions can change the spine's alignment so its discs can't absorb shock as they should. It can injure muscles and joints in the back, neck, and shoulders. It can cause problems with posture. Rarely, it may cause nerve damage.

CHOOSING THE RIGHT BACKPACK

Pick a backpack for your children that has the following traits:

- Lightweight but strong
- Two wide, padded shoulder straps (not just one strap)
- A padded back to protect against sharp objects inside the bag
- A waist strap to help keep the bag stable

WHAT ABOUT ROLLING BACKPACKS?

A rolling backpack can be useful if your child needs to carry heavy items. But a rolling pack can be hard to carry upstairs. It may be hard to roll over bumpy ground or in snow. Think about how your child will need



Watch That Backpack Load

to use the bag. In some cases, it may not be the best choice.

WEARING A BACKPACK SAFELY

Talk with your children about how to safely use a backpack. Help them adjust it. Teach them to:

PACK LIGHT. The backpack should be at a comfortable weight. Weigh it on a scale. When full, it shouldn't be more than 10 percent to 20 percent of your child's body weight.

ONLY CARRY WHAT'S NEEDED. Make sure your children know not to carry a whole day's worth of books and supplies at once. Tell them to make trips to their locker during the day.

USE CARE WHEN PUTTING ON AND TAKING OFF THE BACKPACK.

Children should avoid twisting too much. When picking up a heavy backpack, bend with both knees—not at the waist.

USE BOTH STRAPS ON BOTH SHOULDERS.

This will help spread the weight and promote good posture. Tell your children not to sling both straps over one shoulder. This makes posture off-balance.

PLACE THE BACKPACK EVENLY IN THE MIDDLE OF THE BACK.

The backpack should sit about two inches above the waist. This will help prevent awkward postures.

TIGHTEN AND LOOSEN THE STRAPS AS NEEDED.

The straps should be snug while wearing the pack. This helps hold the pack firmly to the body. Tell your children to

loosen the straps before removing the pack. This makes it easier to take off.

IF YOUR CHILD HAS PAIN

Talk with your child about any discomfort from the backpack. If your child has pain from the bag, talk with the school about ways to lighten the load. Make sure the school allows trips to lockers as needed. If the pain continues, talk with your child's healthcare provider.



BUILDING A DREAM



Employees Volunteer Time, Talent to Support Habitat for Humanity

Holzer Health System is proud to support Habitat for Humanity of Southeast Ohio in its first divisional all-women blitz build at the Holzer Athens facility at 2131 East State Street in Athens, Ohio. More than 60 Holzer employees volunteered their time and talent to the build. Teams constructed all exterior and interior walls of the 1100 square feet home. Those who participated in the build were members of the Athens clinic staff, Catherine A. Coats, DO, Obstetrics/Gynecology, Jessica James, DO, Pediatrician, the Meigs Emergency Department, administrative personnel, and staff from throughout the system.



Standing Vigil Over Patient Health

Holzer Pharmacist Stands Vigilant on Front Line of Opioid Dilemma, Ensures Well-Being of Patients

Source: Submitted by Teri LeDantec-Boswell

In December of 2014, about six months before a challenging cranial decompression surgery to resolve a chronic debilitating neurological condition (Chiari I Malformation), Lexy LeDantec-Boswell was rushed to Holzer in Athens, Ohio. There she stopped breathing three separate times; each time, the Holzer team brought Lexy back to life.

The reason wasn't related to Lexy's neurological disorder at all; it was caused by the synergistic prescription opioid administration of Fentanyl and Methadone, both of which were prescribed to her by her Chicago-based physician in order to redress the intractable chronic pain caused by her condition. Both of these medications are now known to cause respiratory distress, and, in some cases, sudden respiratory arrest.

In May 2016, about a year after her complicated surgery, Lexy made the decision to step-down off of her compound opioid treatment regimen. That was when the Chicago-based physician, who was her Neurological Lead, abandoned Lexy, refusing to support her quest to free herself from the ball-and-chain of opioid dependence caused by chronic prescription opioid administration.

Luckily for her, Lexy had recently transferred all of her prescriptions to Holzer Family Pharmacy in Athens, Ohio.

There, Lexy and her new caregiver encountered the compassionate expertise of Holzer



Photo submitted by Lexy's family.

Pharmacist, Mark Shaw, RPh. Mark has become a trusted partner in their quest to develop a safe and realistic step-down/taper protocol in order to eliminate four different opioid medications from her wellness recovery regimen.

BREAKTHROUGH: Helping patients overcome obstacles and roadblocks

Lexy searched for a pain management physician local to the Athens area, or a pain management program in Ohio that could monitor her during the physical task of overcoming the opioid dependence cycle caused by chronic prescription opioid administration. Lexy was turned away from every physician and treatment facility that she contacted in Ohio.

Because of the recommendations issued by the Center for Disease Control (CDC), these practitioners and centers refuse to treat anyone whose Morphine Equivalent Dose (MED) exceeds the recommended threshold of 30mg - 80mg. In some cases, a more stringent 30-50mg MED threshold is imposed.

Translating these limits, the CDC recommendations limit the total daily intake of another opioid like hydromorphone, for example — an extremely stable and long-trusted opioid with minimal side effects — to the astonishingly small amount of only 4.5mg per day. At that time, Lexy's total MED largely exceeded the CDC's recommended daily threshold.



Shown pictured is Holzer Pharmacist Mark Shaw, RPh. Mark has 37 years of experience in the pharmacy industry, and is the Manager of Holzer Family Pharmacy in Athens since 2015.

"Mark was there for me. When no one else was willing to help me determine a safe way through my own personal Opioid Dependence Challenge, Mark personally helped me to forge a safe path forward," Lexy said.

PATIENT PARTNERSHIPS: Forging successful inroads

Mark researched the complicated conversions necessary to develop a series of safe and effective step-down/taper regimens. His research laid the groundwork that successfully allowed Lexy to implement her initial step-down/taper off of an extremely high dose of the Fentanyl patch, converting from this long-acting opioid to a more stable opioid that presented less risk of respiratory arrest.

Through the roadblocks and challenges of the more arduous and painful Methadone step-down, Mark supported Lexy.

His guidance allowed Lexy to transition from the long-acting opioid to a short-acting opioid, which she had used previously without suffering the

“Mark was there for me. When no one else was willing to help me determine a safe way through my own personal Opioid Dependence Challenge, Mark Shaw personally helped me to forge a safe path forward.”

Lexy LeDantec-Boswell,
Holzer Family Pharmacy Patient

complications of the long-acting opioids.

With Mark's support, Lexy was able to develop and document the successful implementation of The Butterfly Protocol, a closely monitored, self-administered step-down/taper protocol used in order to eliminate multiple opioid medications from a wellness recovery regimen.

"Mark's research and guidance allowed me to develop a step-down/taper protocol that helped free me from the grips of opioid dependence through the withdrawal process in four successive opioid medication stepdowns," Lexy said.

Lexy and her caregiver insist that Mark's work made the difference between life and death.

"I owe Mark more than just a debt of gratitude," Lexy said, "I literally owe him my life, and the feeling of personal freedom that I thought was lost forever."

COLLABORATIVE SUCCESS: Paving the path to brighter tomorrows

Lexy's patient profile now falls within the practice guidelines that will allow her to consult with Dr. Kenneth Marshall, one of Holzer's Board Certified Pain Management professionals.

Lexy can now refocus on finishing her pre-med education in Neurobiology at Ohio University, looking forward to attending the Ohio University Heritage College of Osteopathic Medicine.

Lexy plans to retain collaborative ties with Mark, and recommends that he be considered for a consultative role in the development of an Ohio Coalition for Responsible Pain Management. A similar such vehicle for legislative oversight was successfully enacted in West Virginia, whose opioid challenge rivals that of Ohio.

On a personal note, Lexy plans to continue to recognize Mark's critical role in her wellness journey.

"When I write my invitations to both my undergraduate and med school graduation ceremonies," declares Lexy, "one of the first invitations that I address will be to my Pharmacist, Mark Shaw."

Holzer Family Pharmacy Offers Full Range of Services 3 Convenient Locations, Open 7 Days a Week

Holzer Family Pharmacy is a full-service pharmacy that offers programs including:

- Full prescription services
- A mobile app for patients to view their profile, order refills, and more
- Insurance billing
- Holzer Medication Assistance Program (HMAP) to help patients unable to afford maintenance medications
- Medication synchronization program, which allows prescriptions to be filled so you only make one trip to the pharmacy per month
- Discharge Prescription Program to make the transition from the hospital to home as simple and smooth as possible

LOCATIONS

- **GALLIPOLIS:** 740.446.5236
100 Jackson Pike, Gallipolis, Ohio
- **JACKSON:** 740.395.8870
280 Pattonsille Road, Jackson, Ohio
- **ATHENS:** 740.589.3181
2131 East State Street, Athens, Ohio

HOURS

Monday - Friday: 9 a.m. to 8 p.m.
Saturday - Sunday: 11 a.m. to 6 p.m.

Holzer Hosts Swing Bed Open House

Holzer's Swing Bed Program is a short-stay program designed to serve individuals who are in a transition phase of illness or recovery and no longer require acute care services. Holzer Medical Center - Jackson offers an accredited Swing Bed program, which allows Medicare patients to remain at our facility following discharge for rehabilitation.

Holzer's Swing Bed program provides:

- Personalized nursing care
- Individualized treatment delivered by a team of skilled professional
- Quiet setting to help you heal
- All private rooms

Medicare has established coverage for "Swing Bed" programs to help meet the needs of rural hospitals and communities.

Swing Bed is the term Medicare uses to describe a hospital room that can switch from acute care status to skilled care status. The actual bed/room does not change; what changes is the level of care that the patient in that room receives. In order for Medicare to pay for the Swing Bed Program, specific qualifying medical criteria must be met.



Members of the community toured Holzer Medical Center - Jackson and learned more about the Swing Bed Program.

Following a hospital stay of at least three days, an individual must require either skilled nursing or skilled therapy services.

Admission criteria are not necessarily based on the diagnosis but rather on the skilled need(s), which may differ from patient to patient depending on the patient's: medical history, comorbidities, age, physical stamina, pre-morbid condition, and/or discharge plan.

For more information visit the Swing Bed Services page of the Holzer website at www.holzer.org/care-treatment/swing-bed/ or call 740-395-8452.

Holzer Honors Legacy Legends



Holzer recently recognized employees who achieved the Holzer Legacy Legend Award for going above and beyond in their everyday roles and serving as role models throughout Holzer Health System and the community. The 2016 Legacy Legends are: (listed in alphabetical order) Laura Arix-Michael, Vicki Ashton, Salome Attar, Pam Buckley, Alisa Caldwell, Patsy Chadwell, Beth Cochran, Jennifer DeWitt, Kathy Garnes, Paula Gordon, Susan Hatten, Tamara Hill, Becky Hoffman, Rachel Kearns, Lisa Lee, Karen McCall, Jay Mershon, Ladina Metzler, Miranda Moore, Michele Pope, Andrea Roush, Vickie Roush, Ralph Searls, Stephanie Snyder, Bonnie Sparks, Ruth Spaun, Amy Wahl, Amanda West, and Cynthia Wilson.

Holzer Psychiatric Services Celebrates Anniversary

Holzer Psychiatric Services recently celebrated its Fourth Anniversary with an Open House event. The unit is located on the third floor of the Gallipolis Medical Center and provides a voluntary short-term (12-14 day) inpatient hospital stay, which includes intensive mental health assessment and treatment. The goal is to evaluate identified target symptoms and move patients toward optimal functioning.

"It is a privilege to be able to assist patients and families during stressful situations. The staff of Geriatric Psychiatric Services are committed to providing quality care to the population we serve," said Lynne Noll, Program Director for the Center. "Often times, support services are exhausted, leading to the crisis requiring intervention. Our mantra is that this could be anyone of us on any given day. The department goal is to become the provider of choice in southeast Ohio for geriatric psychiatric services."

A stay at Holzer Psychiatric Services is intended as the beginning phase of the



Shown pictured are Holzer Psychiatric Services staff during the Anniversary Celebration. At left, Erin Polcyn, LSW, Social Worker, and Katie Clagg, MSN, RN, Psychiatric Admission and Outreach Director, were on hand to welcome and share information about services offered in the inpatient psychiatric unit.

patient's road to stabilization, maximizing their capacity to function independently to the greatest degree possible. Holzer's treatment team provides services in a safe, structured environment.

Consultations and assessments are confidential and available at no charge. A member of the staff will meet to determine if a loved one, patient or resident would benefit from our program. Holzer adheres to all laws and policies regarding confidentiality.

All admissions are coordinated by the Center through an inquiry and comprehensive prescreening process, which is available 24 hours a day, seven days a week. The unit offers a social environment and intensive therapeutic interventions under the care of a multidisciplinary team of mental health professionals.

For more information on the Holzer Psychiatric Services, please call 740-446-5255.

Employees Recognized for Service Anniversaries



20 Years



25 Years



30 Years



35 Years



40 Years

Holzer Health System recently recognized employees for their service anniversaries of 20+ years during the Annual Holzer Employee Recognition Celebration.

20 Years

Angela Bartee
Doug Brown
Amy Burger
Jeremy Clonch
Marsha Ehman
Margarita Goody
Robin Hankinson
Nikki Hogan
Lilly Kloes
Mary Lewis
Penny Likens

25 Years

Debra Martin
Billie Ralbusky
Dr. Kelly Roush
Peggy Shadwick
Cathy Sisson
Cathy Smith
Rosemary Snell
Carolyn Turner
Rachael Wallace
Ricia Wamsley
Diana Wright

30 Years

Lia Barte
Kimberlie Barton
Vicky Brown
Marlene Childers
Terri Cunningham
Kristen Day
Dr. Donald Fisco
Tammy Frazier
Shari Garnes
Brenda Garrett
Loretta Layne
Cheryl Miller

35 Years

Tim Hackworth
Bill Hudson
Kathy Martin
Michaela Montagu
Jodi Sickels

40 Years

Robin Schoonover
Linda Stanley
Sharon Stout
Sarah Waddell
Chris Whaley

40 Years

Rick Eggleton
Kristi Haskins
Faith McKinniss
Donna Michael
Lesa Sias

In the Community



ABOVE LEFT: Holzer Center for Cancer Care recently accepted a donation from Kaylee Lambert, a recent River Valley High School Graduate. Lambert raised funds through a bake sale and raffle as part of her Senior Seminar Project for the Cancer Center. Lambert chose to donate to HCCC due to her grandpa, Eli Lambert III, receiving treatments at this location in 2007 for lung cancer. Shown pictured is Lambert, at left, with Sarah Harrigan, RN, MSN, OCN, Oncology Service Line Director, Holzer Center for Cancer Care. **ABOVE CENTER:** Dr. Jessica James, Holzer Pediatrics, and Bethany Dixon, NP, Holzer Uptown Clinic, participate with Holzer Athens staff in the annual KidFest 2017 in Athens, Ohio. **ABOVE RIGHT:** Holzer was proud to be a part of this year's Boogie on the Bricks event in Athens, Ohio.



ABOVE LEFT and CENTER: Holzer staff offers free health screenings during the annual Rocky Boots Health Fair in Nelsonville, Ohio. **ABOVE RIGHT:** Holzer staff provides free health screenings at Sears Hometown Store in Gallipolis, Ohio.



LEFT: Matt Hemphill, 2West Unit Manager, Holzer Gallipolis, teaches young students about handwashing during Ag Awareness Day at the Gallia County Fairgrounds. **RIGHT:** Holzer was proud to be a sponsor of the Out of the Darkness Community Walk in Rio Grande, Ohio.



To show appreciation for all of the local EMS workers, Holzer hosted EMS cookouts for each of the Emergency locations in Gallipolis, Jackson and Pomeroy during National EMS Week.



LEFT Photo: Holzer Assisted Living - Gallipolis hosted its Annual Senior Prom with the Buckeye Hills Career Center students and residents. **ABOVE CENTER Photo:** Shown pictured, from left to right, is the Prom King, Willard Sheets; Prom Queen, Rose Skidmore; Runner-Up King, Brycen "Bud" Carter; and Runner-Up Queen, Bobbie Holzer; during the annual Holzer Assisted Living Senior Prom. **ABOVE RIGHT Photo:** Lona Wamsley, Holzer Assisted Living - Gallipolis resident, recently celebrated her 107th Birthday. Mrs. Wamsley was born in Point Pleasant, West Virginia, June 9, 1910. Since 2015, she has resided at Holzer Assisted Living - Gallipolis. Gifts from area businesses, friends, and family were shared with her during the birthday celebration with special music played in her honor.



FAR LEFT Photo: Shown pictured is Dr. Kelly Roush and Dr. Lance Broy during the Gus Macker Basketball Tournament. **LEFT Photo:** Shown pictured is Dr. Kelly Roush with a group of athletes during the tournament. Holzer was proud to sponsor and provide medical care and first aid at the Gus Macker Basketball Tournament in Athens, Ohio. A special thank you to Nurse Practitioners, Amy Lovsey and Bethany Dixon, Dr. Kelly Roush, Dr. Lance Broy, and Dr. Jason Cox for their dedication to the tournament and their communities.

Free Vein Screenings Available Throughout Year

More than 45 million Americans suffer from venous diseases. Twenty five percent of women and 15 percent of men have the disease, while only 3 percent of these patients have ever been treated.

Holzer offers free vein screenings several times a year. The next screening is scheduled for Tuesday, August 8, at Holzer Gallipolis, 100 Jackson Pike, Gallipolis, Ohio.

Common symptoms of vein disease include:

- Leg pain, even at rest
- Aching
- Fatigue, heaviness in legs
- Throbbing, burning, stabbing pain in legs
- Cramps, swelling, itching of legs
- Restless legs
- Numbness

Chronic venous disease may cause varicose veins, spider veins, swelling, leg skin changes, leg ulcers, and phlebitis or inflammation of leg or arm veins caused by prolonged inactivity. Left untreated, it may lead to blood clots, skin color changes, and

chronic ulcers of the legs. Venous Diseases are five times more common than arterial diseases.

Several factors increase the chance of venous disease, including:

- Family history (worse if both parents had it)
- Older age groups
- Gender, women are three times more likely to be diagnosed than men
- Pregnancy, high risk if individual has had several pregnancies
- Trauma
- Jobs that require standing for long periods of time or inactivity
- Obesity

Holzer Health System offers services that can improve venous diseases.

Available are:

- Vein mapping
- Management of chronic venous insufficiency
- Compression therapy
- Management of Deep Vein Thrombosis
- Treatment of Varicose Veins and Spider veins

To see if you can benefit from these services, call 740-446-VEIN (8346).

Holzer Gallipolis Makes Infrastructure Upgrade



Holzer Health System recently made a significant investment in the infrastructure of the Gallipolis Hospital by replacing the Centrifugal Chillers for the building. The cooling system in the Hospital is made up of by three Centrifugal Chillers, one of which was 45 years old! Replacing the 45-year-old Chiller mitigates risk of losing the hospital cooling system during the hottest months of the year. The new Chiller sports a Variable Frequency Drive allowing for more efficiency while using less energy, which allows Holzer to reinvest the savings back into services.



Free Vein Screening Schedule

- August 8
- September 12
- October 10
- November 14
- December 12

LOCATION:

Holzer Gallipolis
100 Jackson Pike, Gallipolis, OH

APPOINTMENT TIMES:

4 p.m., 5 p.m., 6 p.m.

Call **740.446.VEIN (8346)**
for an appointment today!

CAMP COURAGE 2017



Holzer Hospice recently held its annual bereavement camp for children who have suffered a loss. The one-day camp, titled "Camp Courage," was located at Canter's Cave 4-H Camp in Jackson, Ohio. The camp provided an environment where children, ages 6 to 16, were able to come together with other individuals who have experienced a loss in their life. It provides a place where they are free to let their feelings out, in a healthy and supportive environment. The fun activities that are offered during the camp help generate thoughts and enhance discussion about what they are going through in a non-threatening pattern.

The camp was provided at no cost to the participants and was fully funded through grant dollars and generous contributions from local business and community members.

Volunteers who help facilitate the camp and the activities/supervision include registered nurses, social workers, chaplains, counselors and adult/teen volunteers. According to national statistics, childhood bereavement is far more common than many realize. One in nine children loses a parent, friend, sibling or pet before the age of 20.

For more information about the camp, call Hospice at 740-446-5074 or 1-800-500-4850.



Have You Taken Control of Your Health?

Free Tool Offers Convenient Way to Manage Health

Holzer offers patients the ability to make more informed decisions about their health with the MyHolzer patient portal.

The MyHolzer Patient Portal is:

- convenient - offering access to health information electronically at any time,
- secure - health information is maintained in a highly secure data repository and communications are performed in a highly secure manner,
- interactive - patients can receive reminders for upcoming appointments and preventative care.

Take Control at MyHolzer!



Forget to ask your provider a question?

You can send a message directly to your provider using the MyHolzer patient portal any time!



Are you waiting on test results?

You can access your results on your phone or computer with MyHolzer!



Have you ever needed access to important medical records after business hours?

MyHolzer provides 24-hour secure access to your records!



Are you the primary caregiver for your children and/or parents?

Ask about Proxy services to receive reminders for appointments to help care for your family through MyHolzer!



www.myholzer.com

OHA Recognition Dinner



Ramona Jenkins, Director of Holzer Home Health and nominee for Ohio Hospital Association Health Care Worker of the Year, is shown pictured at the annual OHA Recognition Dinner with her family and fellow staff members.



Make plans to attend the Holzer Heritage Foundation Celebrity Dinner! This unique event is a worthwhile evening of fun, food, friendship and fundraising.

This year's Celebrity Dinner will be Thursday, September 21, on the Ground Floor of Gallipolis Medical Center with a theme of "Holzer Meets Hollywood." The reception will begin at 6 p.m. with dinner to follow at 6:30 p.m. "Celebrity" waiters for the event will include community business leaders, hospital leadership and other area notables. Following the dinner, there will be a charity auction featuring craft items, sports-themed collectibles, and numerous other donated materials.

Tickets for the Celebrity Dinner are \$75 each, which purchase your meal and admission for the event. There

are many sponsorship opportunities available and donations are being accepted. If you would like to participate, contact 740-446-5056.

Funds raised from the event will benefit the Holzer Heritage Foundation, which is a 501(c)3 charitable, nonprofit organization. The Foundation secures and manages charitable gifts to benefit the communities served by Holzer entities. Overseen by a Board of Directors, it is composed of local community citizens working to meet the specific healthcare needs of our community. Holzer Heritage Foundation's mission is to stimulate and establish the habit of giving and caring that will encourage meaningful financial contributions for area healthcare.