

Discover Health

WEST CHESTER CAMPUS

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A Patient's Transformation
Pg. 1

Power of Proton Therapy
Pg. 2

Hemorrhoids or
Colon Cancer?
Pg. 3

What is
Integrative Oncology?
Pg. 5

Preparing for
Assisted Living
Pg. 6

**Uniquely Made for You:
New Hip Replacement
Technology**
Pg. 4

Dr. Todd Kelley is one of the first orthopaedic surgeons in the nation to use a new laser-guided positioning system for hip replacement surgery.



West Chester Hospital – ranked among the top 5% of hospitals nationwide for clinical excellence



1 Worth It:

Patient's Transformation Reveals Newfound Zest for Life

Becky Hardy says she had forgotten how to enjoy life. Her weight overshadowed everything – making routine activities like climbing a flight of stairs or tying her shoes turn into nearly impossible obstacles.

Becky tried to get her health under control through diet and exercise, but a back injury left her in excruciating pain and immobile. Metabolically, Becky was losing the battle against the urge to eat, with an influx of hormones triggering her hunger sensation.

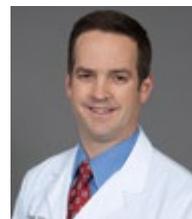
“Physiologically, it was a losing battle. I realize that some people would never choose weight loss surgery, but for me, this wasn’t a choice. If I wanted a future, I had to do it,” says Becky, who is a nurse. She took the first step by making an appointment for a gastric sleeve surgery consultation.

“Becky chose gastric sleeve surgery due to the powerful appetite reduction associated with the GI hormone changes that result after surgery. The sleeve has the same long-term average weight loss as the gastric bypass – without all of the complications,” says Brad Watkins, MD, bariatric surgeon,

medical director of the UC Health Weight Loss Center and professor of surgery at UC College of Medicine.

In a coordinated approach, Dr. Watkins worked closely with Becky’s primary care physician, Brad Mathis, MD, a UC Health internal medicine specialist, and Brad Curt, MD, a neurological and spinal surgeon at West Chester Hospital, to create a plan to provide relief from her ongoing back pain as soon as possible after bariatric surgery.

Dr. Curt discovered a large disk herniation between Becky’s L5 and S1, which was pinching the nerve and radiating pain through her lower back and legs. He performed a microdiscectomy, a minimally invasive surgery, to remove the herniated disc material and relieve the pinched nerve.



Brad Watkins, MD
Bariatric Surgeon



Brad Curt, MD
Neurosurgeon

“Patients who have endured tremendous back pain often notice a remarkable life improvement after surgery, like a huge sigh of relief after holding your breath,” says Dr. Curt.

After her weight loss surgery, Becky noticed the absence of cravings and was able to emotionally detach from food. And immediately following her spine surgery, Becky reported her sciatic nerve pain gone. “I felt so amazing that I cried. I had forgotten what a pain-free life felt like.”

Becky now surprises herself with how much she’s able to accomplish. “I’m working out 2-3 times a week at the gym and I do yoga, too. I started out not being able to walk more than two minutes at a snail’s pace on a treadmill – now, I can do inclines and challenges for 30 minutes or more.”

Currently, Becky has lost more than 95 pounds, no longer has high blood pressure, high cholesterol, or insulin resistance.

Her sleep apnea is gone and she happily kicked her BiPAP machine (a breathing assistance device similar to a CPAP) to the curb.

“For me, choosing surgery was the best decision I could make for my body, my health and my future,” says Becky. “I feel attractive and healthy; I didn’t feel like that before my surgeries. I can LIVE my life now.”

To receive the name of a spine surgeon at West Chester Hospital, call (513) 298-DOCS (3627).

For more information about the UC Health Weight Loss Center at West Chester Hospital, call (513) 939-2263 or visit UCHealth.com/WeightLoss.



Becky Before

Becky says: “I chose UC Health because I wanted experts in care and the best providers available in the area. I got so much more than that. My health is radically improved. Because of UC Health, my disease progression stopped and my future is hopeful and bright.”

Power of Protons: A Watery Eye Leads to Cancer Diagnosis

Troy Witt, 65, a London, Kentucky resident and a self-proclaimed “country boy,” says he loves his family, fishing, woodworking and his tractor.

But all of these activities were put on hold last spring when Troy’s watery eye led him to his optometrist.

“He must have seen something in the back of my eye because he sent me for a CT scan,” he says. “They saw a mass.”

Troy’s daughter, Rebecca, who is a physician’s assistant at a local hospital, did some investigating.

“She told the doctors, ‘This is the only daddy I have. If he was your daddy, where would you send him?’” he says. “They told her to send me to UC Health.”

Vincent DiNapoli, MD, a neurological and spinal surgeon at West Chester Hospital, found a brain tumor the size of a fist in Troy’s MRI results.

“Besides my watery eye, I never had any symptoms. Dr. DiNapoli scheduled me for surgery the next day,” Troy says, adding that he underwent two additional surgeries to repair the area where the tumor was removed.

“Everyone was just as nice as they could be—from the doctors to the nurses to the people at the front desk. I had a lot of people praying for me, too. After every surgery, I was up and walking the next day, as if nothing had happened.”

During follow-up appointments, a remaining piece of tumor was found along with other small cancerous spots surrounding the area, which made Troy a candidate for proton therapy cancer treatment.

Proton therapy, used for specific types of cancers, delivers radiation to a tumor with remarkable precision, sparing healthy surrounding tissue. Proton therapy works by extracting positively charged protons from hydrogen gas and accelerating them through a cyclotron (a particle accelerator) up to nearly two-thirds of the speed of light. The protons are guided to the tumor site by magnetic and electrical fields. They carry just enough charge to reach a precise point in the tumor.

Troy was one of the first patients to be treated at the Cincinnati Children’s Hospital Medical Center/UC Medical Center Proton Therapy Center located in Liberty Township, which opened in

August 2016 and is only one of 25 in the country. It is also the only facility in the world with a gantry (radiation treatment room with a moveable beam) dedicated exclusively to cancer research. The proton therapy center is located near West Chester Hospital where patients often have medical imaging and testing performed.

Troy received daily treatments for seven weeks and completed his last proton treatment on November 21, 2016.

John Breneman, MD, is the medical director of the center, a professor of radiation oncology and neurosurgery at the UC College of Medicine, and a member of the UC Gardner Neuroscience and UC Cancer Institutes. He oversaw Troy’s therapy at the center.

With treatment behind him, Troy is simply looking forward to getting back to the things he loves.

“I’m just looking forward to being me again—playing Frisbee with my dog, spending time with my wife of 50 years (Brenda), planting a garden in the spring” he says. “The Lord has made this easier for me, and my family and friends have been with me every step of the way. I’m a blessed man.”



Vincent DiNapoli, MD
Neurosurgeon



John Breneman, MD
Radiation Oncologist



A proton therapy treatment bay.



Troy Witt is recovering from brain cancer thanks in part to proton therapy treatment.

For more information about proton therapy at UC Health, visit UCHealth.com/proton or call (513) 584-BEAM (2326).

“It’s Just My Hemorrhoids, Doc...”

Many people are uncomfortable talking about the common problem of hemorrhoids, and so when we start to have some pain or problems “down there,” many might assume it’s a simple inflammation that can be treated in the privacy of one’s home with an over-the-counter medication.



Janice Rafferty, MD
Colorectal Surgeon

But when those treatments fail, it could be time to visit your doctor.

“The most definitive way to know if a worrisome symptom is caused by hemorrhoids, colitis, or cancer is to have a thorough exam by an expert in the treatment of colorectal diseases; they may recommend a colonoscopy to clarify the cause,” says Janice Rafferty, MD, chief of the UC Health Division of Colon and Rectal Surgery and professor of surgery for UC College of Medicine.

According to the American Cancer Society, colorectal cancer is the third-most common type of cancer in the United States.

Although it is a highly preventable cancer with the aid of screenings like colonoscopy, only one in three adults age 59 - 75 reported having received colorectal cancer testing in 2010, according to the Centers for Disease Control and Prevention.

“Discussing changes in bowel habits or stool consistency can be embarrassing, and most people would prefer to self-diagnose rather than have an exam of such a private area,” says Dr. Rafferty. “It’s completely understandable, but can be a dangerous approach to a common problem.”

For West Chester Hospital patient Paul Black, a routine colonoscopy revealed a frightening reality. After experiencing some bleeding and other symptoms, Black scheduled a screening, during which a tumor was discovered.

“I count it as a blessing that the cancer was caught early; it was localized in the colon and hadn’t spread,” says Black. “Dr. Rafferty was able to remove the tumor. I recovered quickly and was back to work about three weeks later – my family and I are amazed.”

The vast majority of cancers that originate in the lining of the colon and rectum begin as polyps – benign collections of tissue that degenerate into cancer over time. If the polyps are removed, the risk of cancer from that polyp is gone.

“Talk to your doctor about any bleeding with bowel movements, or persistent change in bowel habits. Don’t be embarrassed,” says Dr. Rafferty. “Additionally, it only makes sense that what we put in our mouths affects the lining of our intestinal tract. So, try to make healthy food choices – low fat, high fiber, plenty of fluids, fresh fruits and vegetables are known to aid in cancer prevention.”

To receive the name of a gastroenterologist or colorectal surgeon at West Chester Hospital, please call (513) 298-DOCS (3627).

Is Colon Cancer Preventable?

YES.

Colonoscopy screening can help reduce cancer risk because:

- ▶ It can take **10 to 15 years** for a polyp to develop into cancer.
- ▶ Polyps can be found and removed **before they turn into cancer.**
- ▶ If found early, **cancer is easier to prevent and treat.**

Lower your cancer risk by:

-  Managing your weight
-  Quit smoking
-  Be physically active
-  Limit alcohol use
-  Eat lots of vegetables, fruits and whole grains
-  Get screened starting at age 50 (45 for African Americans)

FACTS:

- ▶ Excluding skin cancers, colorectal cancer is the **third most common cancer** in the United States.
- ▶ Lifetime risk for developing colorectal cancer is a little **more than 1 in 20.**
- ▶ Risk is slightly **lower for women than for men.**
- ▶ If caught early, survival rates for colon cancer are **better than 90%.**

Talk to your doctor about other ways to reduce your risk of cancer.

Proton Therapy Explored For Treatment Of Anal Cancer

A clinical trial hosted at the Cincinnati Children’s Hospital Medical Center/UC Health Proton Therapy Center is looking at ways to improve outcomes and quality of life for patients with anal cancer, one of the most difficult cancers to treat in terms of side effects.

Jordan Kharofa, MD, a UC Health radiation oncologist, and a member of the UC Cancer Institute, is leading the trial.

“We believe that proton therapy will help us decrease the amount of radiation delivered to outside organs and potentially reduce some of these detrimental effects.”

Dr. Kharofa hopes to enroll 20 patients in the study and to evaluate the side effects of proton therapy after three months, six months and into survivorship.

To schedule an appointment or find out more about enrolling in the trial, call (513) 584-BEAM (2326).

Uniquely Made for You: West Chester Hospital Among First in Nation with New Hip Replacement Technology

Each person moves their pelvis and hips uniquely, depending on his or her individual physical build and activities of daily living. West Chester Hospital now offers a state-of-the-art technology that simulates a patient's anatomy for optimal total hip replacement and improved patient outcomes.

Todd Kelley, MD, a UC Health orthopaedic surgeon at West Chester Hospital, was one of the first surgeons in the nation to use the Corin Optimized Positioning System™ (OPS) – the only FDA-approved technology of its kind.

“This technology looks at every patient from an individual perspective and determines how the hip implant can be placed to simulate their unique anatomy and how the hip moves in relation to the pelvis,” says Dr. Kelley.

Several years ago, Dr. Kelley developed the idea for an innovative patient-specific hip replacement guide. He worked with the University of Cincinnati Biomedical Engineering department to obtain a grant and a patent. This research, unrelated to the OPS™ product, is what prompted Corin to choose Dr. Kelley as one of nine surgeons across the country to use their OPS™ technology for the first time.

Traditionally, surgeons only relied on their vision to ensure proper hip implant alignment. Now, the groundbreaking OPS™ technology provides optimal alignment through two steps:

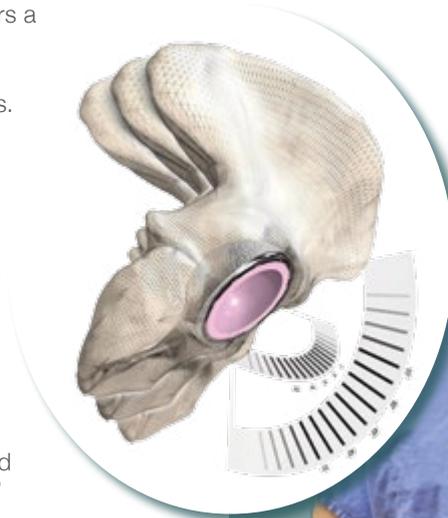
Step 1 – A patient undergoes medical imaging to capture their unique anatomical geometry. An engineering team uses specialized software to analyze and determine orientation and subsequently a unique 3D guide is printed.

Step 2 – During the operation, the 3D guide is placed into the socket of the hip bone and the surgeon uses a simple laser-guided system to quickly and accurately achieve the precise orientation.

“I was confident using the new tool during the surgery, due to my related research,” says Dr. Kelley. “I trusted the technology and felt comfortable following the guide.”

Each surgery is tailored to each patient, optimizing his or her outcome. “I think long-term we will see that it's beneficial to help improve the range of motion with the replacement hip. Complications will decrease and the implant will last longer.”

To receive the name of an orthopaedic surgeon at West Chester Hospital, call (513) 298-DOCS (3627).



Dr. Todd Kelley holds a model of a hip joint. Dr. Kelley helped pioneer the use of laser-guided positioning for hip replacements. Inset: With the Corin OPS™ system, surgeons can more precisely align a replacement hip joint with the patient's anatomy.

Common Reasons for Hip Replacement

- **Arthritis:** regular wear and tear of the joint is called osteoarthritis. It is the number-one reason for needing a hip replacement.
- **Genetics:** for example, if a woman's mother, aunt or grandmother had osteoarthritis, the patient has a higher risk of developing osteoarthritis.
- **Activity:** high-impact activities such as running or plyometrics (also known as “jump training”) are harder on joints. Lower impact activities like elliptical training and swimming are recommended.
- **Obesity:** more weight pressing down on joints will cause the cartilage in those joints to wear out more quickly.

5 Engaging Your Body, Mind and Spirit To Attain and Maintain Optimal Health

Patients suffering with chronic pain and many other stressful health conditions may feel as though they've exhausted medical options for relief.

Integrative medicine can give patients renewed hope for taking control of their well-being.

"We have a health care system that is focused on disease care rather than on wellness care," says Sian Cotton, PhD, director of the UC Health Center for Integrative Health and Wellness and associate professor for the UC College of Medicine. "We spend a lot of money and resources fixing people when they're broken, rather than focusing on prevention and wellness."

Dr. Cotton explains that the majority of patients who come to UC Health Integrative Medicine suffer from pain-related conditions, such as back pain, migraines, neck and shoulder pain.

UC Health Integrative Medicine offers conventional medicine with evidence-based complementary therapies, such as mindfulness approaches, nutrition and health coaching, acupuncture, massage therapy, yoga therapy and stress reduction techniques.

The second most-common reason why patients seek integrative health care is cancer related.

"Integrative oncology treatments not only help patients feel better; scientific evidence shows that integrative techniques, in combination with traditional medical management

(i.e. chemotherapy, surgery and radiation) allow patients to live longer," says Rekha Chaudhary, MD, neuro-oncologist for the University of Cincinnati Gardner Neuroscience Institute and assistant professor of medicine in the Department of Hematology/Oncology for UC College of Medicine. "We treat the whole person, not just the cancer, allowing our patients to maximize their mental and physical health."

Dr. Chaudhary has witnessed inspirational results, such as patients who changed their diet and lived years longer than expected, and those who transitioned from using a wheelchair to riding a stationary bike 10 miles a day.

For example, Dr. Chaudhary cites a reputable trial published in the *Journal of American Medical Association Internal Medicine* - in which a randomized trial of more than 4,000 women was split into three different diet groups: a Mediterranean diet with olive oil, a Mediterranean diet with nuts, or a low-fat control group diet.

The results were astonishing: they found a 62 percent reduction in the number of new cases of breast cancer in the group who ate the Mediterranean diet with olive oil.

"This diet (is believed to prevent) breast cancer in healthy women better than any drug we have yet discovered," says Dr. Chaudhary. "Imagine: a 62 percent reduction in your chances of getting cancer by choosing a diet of whole-foods, fresh fruit, vegetables and olive oil. This diet had very limited dairy, meat and sugars."

UC Health Integrative Medicine has a multi-disciplinary care team; patients have an initial consultation with a physician at the center, then the entire team - the dietician, acupuncturist, meditation instructor, etc. - work together to form a unique treatment plan for each patient.



Sian Cotton, PhD
Clinical Psychologist



Rekha Chaudhary, MD
Neuro-Oncologist



Connect with a UC Health integrative medicine physician by calling (513) 475-9567 or by visiting UCHealth.com/Integrative.

Prepare to Care: Moving to An Assisted Living Community

6

When the time comes to transition an elderly loved one into assisted living, respecting his or her wishes is paramount to the success of their care plan.

Some seniors resist the idea of assisted living; they worry about losing their independence, or of becoming lonely. Bill Wexler, executive director of Bridgeway Pointe Assisted Living, a member of UC Health, understands the concerns that come along with moving to an assisted living community, and he reassures families that the decision is overwhelmingly positive for everyone involved.

“Most prospective residents are living in their own home, thinking that everything is wonderful, that they’re as independent as can be, not realizing that they’re in fact heavily dependent upon their family and neighbors,” says Wexler.

He explains that about 98 percent of residents at Bridgeway Pointe have expressed they wish they’d moved to the assisted living community years ago.

The licensed, professional staff at senior care communities can assist with residents’ activities of daily living (ADLs), which are basic self-care tasks such as hygiene, eating, administering medications, getting dressed and walking.

Staff members are able to step in and offer minimal but vital assistance in a resident’s hour of need, eliminating the anxiety of a crisis occurring.

“We all work towards person-centered care. Everything is customizable: their schedule, activities, the apartment furnishings. We want every aspect to be as comfortable and home-like as possible,” says Wexler.

At Bridgeway Pointe, three types of assisted living accommodations are available, depending on residents’ needs. Short-term respite and transitional/rehabilitative care is also offered.



Bridgeway Pointe director Bill Wexler talks with resident Maureen in one of the facility's private suites.



Learn more about caring for your aging loved one by attending a free seminar at West Chester Hospital:

Caring for Your Elderly Loved One

- Saturday, May 6, 9 – 10:30 a.m.
- Wednesday, May 24, 7 – 8:30 p.m.

Geriatric specialists will discuss how to determine when it’s time to move your loved one to a senior community, recognizing symptoms of Alzheimer’s and dementia, making sure your loved one is safe and cared for, how to create a care plan, and more.

Seating is limited – register online at UCHealth.com/WCHevents or by calling (513) 298-3000.

To learn more about long-term care at UC Health, please visit UCHealth.com/BridgewayPointe or call (513) 418-4370.

What Type of Community Is Right for You?

Independent Living

Independent living, or retirement, communities cater to seniors who are very self-reliant with few medical problems. Residents typically live in private apartments. Often, fine-dining services are offered and numerous social outings and events are available for entertainment.

Assisted Living

Assisted Living communities are for seniors who are no longer able to live on their own safely but do not require the high level of care provided in a nursing home. Staff is available 24 hours per day for safety and to provide assistance with medications, ADLs, meals and housekeeping. Social activities and transportation are available in most communities.

Nursing Homes

Nursing homes, or long-term care facilities, provide around-the-clock skilled nursing care for the elderly who have complex medical conditions, require a high level of medical care and routine skilled nursing services. Many nursing homes provide short-term rehabilitative stays for those recovering from an injury, illness or surgery.

Discover Health is a quarterly magazine published by UC Health West Chester Hospital to provide accurate and timely health information. It is offered as a health education tool featuring news and stories centered around academic-based, discovery-driven health care. It is not a substitute for consultation with a personal physician. West Chester Hospital is located at 7700 University Drive, West Chester, OH 45069. For information, call (513) 298-3000 or visit UCHealth.com/WestChesterHospital. If you do not wish to receive future issues of this publication, please email WCH@UCHealth.com.

Health Events Calendar

West Chester Hospital is a health information resource for people in its surrounding communities. Events and activities listed are held within West Chester Hospital, 7700 University Drive, West Chester, OH 45069, unless otherwise noted.

Upcoming Events

- **Male Urological Disorders Seminar**
Thurs., April 13 (7 - 8:30 p.m.) and Sat., April. 29 (9 - 10:30 a.m.)
- **Caring for Your Elderly Loved One Seminar**
Sat., May 6 (9 - 10:30 a.m.) and Wed., May 24 (7 - 8:30 p.m.)
- **Bright Horizons Senior Health & Wellness Fair**
Thurs., May 18 (9 a.m. - 1 p.m.) To register and for information: (513) 475-8308 or email BrightHorizons@UCHealth.com
- **Healthy Aging Seminars**
Thurs., June 15 (7 - 8:30 p.m.) and Sat., June 24 (9 - 10:30 a.m.)
- **Third Annual Bicycle Safety Rally**
Sat., July 8 (10 a.m. - 2 p.m.) Presented by UC Health Public Safety and the West Chester Police Department. Held in the West Chester Hospital parking lot.
- **Diabetes Support Groups**
Adults with type 1 and type 2 diabetes may attend a free support group at West Chester Hospital. Registration is not required. Call (513) 475-7400 for information.
- **Childbirth Education Classes & Tours**
We offer free Maternity Unit tours. Childbirth and newborn care classes are available at minimal cost. Visit UCHealth.com/WCHevents to register.

Baby Cafe breastfeeding support group is open every Wednesday at 10 a.m. free of charge. UCHealth.com/BabyCafe.

We See the power of academic medicine,
locally delivered.

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