

Discover Health

WEST CHESTER CAMPUS

December 2017 Issue 3

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*Sharry Addison now enjoys
pain-free, quality time
with granddaughters
Caroline and Camryn.*



West Chester Hospital – recognized for nursing
excellence and superiority in patient care



1 The Advantages of Academic Medicine

As an academic health system, UC Health combines advanced clinical care with education and research to deliver uncompromising care to our patients.

In fact, 1 in 3 doctors in the region trained and learned their expertise at UC College of Medicine or UC Health. "I believe the more experts you have involved and the more opinions in play, the better care patients receive," says Robert Ernst, MD, a UC Health neuroradiologist. "We tend to receive the most complicated cases, and having as many experts weigh in as possible is a huge benefit for our patients."

Communication is streamlined throughout each team, whether it's cardiology, neurology, endocrinology, gastroenterology, radiology—every nurse, technician and physician works together to form a cohesive environment in each facet of UC Health.

"West Chester Hospital and UC Health in general is a unique community of academically-minded professionals I've never encountered anywhere else," says Sanjay Shewakramani, MD, associate medical director in the Emergency Department at West Chester Hospital. "I can literally ask any UC Health doctor for their input about a clinical question. Each is always glad to help. The line of communication is always wide open."

The direct link to academics is an advantage for everyone involved at UC Health: residents, fellows and seasoned specialists alike learn from each other in the academic environment, and many delve into research in order to further the field of their chosen clinical interest.

"At the UC Health Weight Loss Center, we have a surgical stapler and clamp developed by Jon Thompson, MD, one of our bariatric surgeons," says Lisa West-Smith, PhD, LISW-S, of the UC Health Weight Loss Center. "We are national leaders in the field and it's a truly remarkable model."

All Imaging Centers Are Not the Same

When it comes to diagnostic imaging...clinical expertise, accuracy and expediency are vitally important. Health care consumers today need advanced medical imaging services, supported by full-service, comprehensive hospital resources 24/7/365.

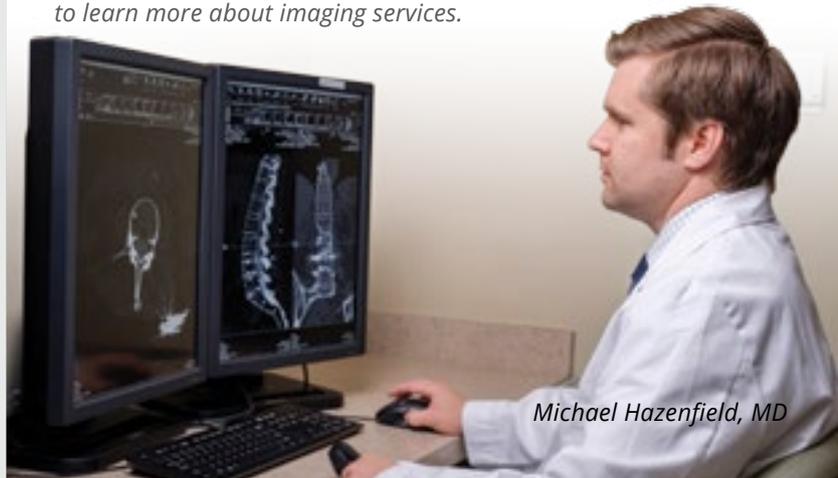
West Chester Hospital provides the full range of imaging services, including CT scan, MRI, ultrasound and nuclear medicine testing, a specialized area of radiology that uses small, non-harmful amounts of radioactive pharmaceuticals to examine organ function and structure.

"Our patients experience a one-stop shop for all imaging needs," says J. Michael Hazenfield, MD, a UC Health neuroradiologist and medical director for the West Chester Hospital Imaging Services Department. "We truly stand out from other imaging centers by providing the tremendous resources of West Chester Hospital and the UC Health system, which includes subspecialty interpretation of imaging and direct contact with UC Health specialists."

West Chester Hospital's Imaging Services Department is accredited by the American College of Radiology (ACR) in:

- CT Scanning
- MRI
- Ultrasound
- Breast Ultrasound
- Vascular Imaging
- Digital Mammography
- Nuclear Medicine Imaging

Visit UCHealth.com/WestChesterHospital to learn more about imaging services.



Michael Hazenfield, MD

The Meaning Behind Academic Medicine



Clinical Care

At UC Health, the doctors who treat you are often top in the field. From the classroom, to the lab, to the operating room, they work to integrate every aspect of clinical care to benefit patients.



Research

Doctors at UC Health aren't just using the latest technologies, they're developing them—providing better access to medical breakthroughs and clinical trials.



Education

As an academic health system, we understand the importance in not only providing high quality care, but teaching future generations of medical professionals to do the same.

Visit UCHealth.com to view a video about academic medicine.

Tailored Care for Life's Emergencies

The West Chester Hospital emergency room team never knows what health challenge they'll meet next; heart attack, flu, construction injuries, car accidents, falls, drug overdoses... you name it, the ER team sees it and treats it.

Open communication and an academically-centered setting are what keeps West Chester Hospital's ER running seamlessly, according to Sanjay Shewakramani, MD, a UC Health emergency medicine physician (his patients call him Sanjay). He serves as associate medical director and director of quality assurance for the Emergency Department at West Chester Hospital.

"Throughout my career I have worked in nine ERs and West Chester Hospital is the best by far," says Sanjay. "We're in a community setting, yet we have academically-minded physicians who work to provide a higher level of care. Doctors and staff are all on the same page using complementary thought processes in order to provide immediate, appropriate care and achieve the goal at hand."

The West Chester Hospital ER team works diligently to ensure patients' needs are addressed promptly and with the highest level of safety. When a patient arrives with a severe trauma injury, the ER team assesses their level of need and makes adjustments when necessary.

"Being a Level III trauma center, we have an expert from the UC Health Division of Trauma available 24 hours a day. Our direct link with

University of Cincinnati Medical Center's Level I trauma center enables a seamless transition if need be," says Sanjay.

The streamlined approach begins in "triage" (the assignment of degrees of urgency to wounds or illnesses). Unique to West Chester Hospital, the ER staff evaluates the patient's needs together as a team. "For example, while the nurse is completing triage, I will listen in so that I'm able to ask the patient my own questions without repeating information. The nurse or tech is able to listen to my assessment as well," says Sanjay.

Sanjay also stresses the importance of viewing each patient as an individual with their own unique needs. "You could have an 85-year-old female who walks two miles every day and sprained her ankle, or you could have an 85-year old female who hasn't been able to leave her bed in two years. Just because both patients are elderly doesn't mean that they should be grouped together; it's better to focus on each individual."



West Chester Hospital Features:

- The region's top emergency medicine doctors from the University of Cincinnati College of Medicine's Department of Emergency Medicine, a national leader within the field of emergency care
- Skilled and compassionate nurses, paramedics, pharmacists, diagnostic imaging technicians and many other multidisciplinary health care professionals
- Experts from the UC Health Division of Trauma who are on-call 24/7/365
- Sub-specialist doctors and surgeons who offer more-specialized care in treating trauma injuries than other Level III trauma centers in the region

To learn more or to download a free emergency medical information kit, visit UCHealth.com/WestChesterHospital.



UC Health Offers Life-Saving Training

UC Health's Division of Trauma and Surgical Critical Care now offers "Stop the Bleed" courses for medical and non-medical personnel in the community to aid in injury prevention.

UC Health has partnered with the American College of Surgeons on the Stop the Bleed program, to teach the public life-saving bleeding control techniques to aid people in various emergent situations.

This campaign targets preparedness as a shared responsibility of the government, private and nonprofit sectors and individual citizens. Through this campaign we hope to deliver better, safer and smarter care for our patients and our community.

To learn more or to schedule a training, please call (513) 584-6048. Visit UCHealth.com/trauma to learn more about trauma services available only at UC Health.

3 For Women Only: Know Your Risk for Heart Disease

The female heart deviates from the male heart physiologically, and these differences become crucial as women age. In the U.S., 1 in 4 women die from heart disease, according to the NIH Heart, Lung and Blood Institute. In fact, a specific type of heart disease, coronary microvascular disease (MVD), is of particular concern for aging women.

"Prior to menopause, women have a great deal of estrogen, which keeps blood vessels healthy. When estrogen levels plummet after menopause, studies show that the chances of developing a cardiovascular disease are higher," says Umara Raza, MD, a UC Health cardiologist at West Chester Hospital, and assistant professor of medicine for the University of Cincinnati College of Medicine.

"Women have smaller blood vessels than men, and that, coupled with their propensity to have other risk factors such as anxiety and depression—add up to more cases of MVD."

MVD was seen as a benign condition for many years; however, recent research indicates that MVD can be serious. When a woman is admitted to the hospital for a heart attack, diagnostic cardiac imaging is immediately performed to visualize the arteries and chambers of the heart.

"If a patient is diagnosed with MVD, we now know that she is more likely to have a serious medical event occur within the next few days, post-myocardial infarction (after a heart attack)," says Dr. Raza.

Other symptoms of MVD that affect the quality of everyday life include: chest pain, fatigue, shortness of breath, rapid heart beat and sleep problems.

"There are innovative, advanced medical strategies to help diagnose MVD and those capabilities are not present at all medical facilities," says Dr. Raza. "Fortunately at UC Health, we do specialize in the diagnosis and treatment of MVD. We offer invasive and non-invasive procedures, such as PET scans, cardiac MRI and the ability to perform procedures by using advanced, diagnostic cardiac imaging tests."



Umara Raza, MD
Cardiologist
UC Heart, Lung &
Vascular Institute



What is a Heart Attack?

A heart attack happens when the flow of oxygen-rich blood to a section of heart muscle suddenly becomes blocked and the heart cannot get oxygen. If blood flow isn't restored quickly, the section of heart muscle begins to die.

Signs & Symptoms of a Female Heart Attack



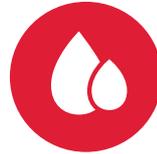
- *Uncomfortable pressure, squeezing, fullness or pain in the center of chest*



- *Shortness of breath with or without chest discomfort*



- *Pain or discomfort in one or both arms, the back, neck, jaw or stomach*



- *Breaking out in a cold sweat, nausea or lightheadedness*

Heart attack treatment works best when it is administered immediately after symptoms occur. If you believe you might be having a heart attack, or someone else is having a heart attack – even if you are not sure – call **9-1-1 right away**.

Source: NIH - National Heart, Lung, and Blood Institute

A Heart-Healthy Lifestyle Can Help Prevent MVD:



- *Exercise for at least 30 minutes every day.*



- *Refrain from sweets, sodium and artificial sweeteners.*



- *Do resistance training at least twice a week.*



- *Control your blood pressure.*



- *Eat a diet full of fresh fruit, vegetables and fish.*



- *Don't smoke.*



- *Drink plenty of water every day.*



- *Reduce your stress wherever possible.*

For more information, visit UCHealth.com/heart/women-heart-disease/. Call (513) 298-DOCS (3627) for a cardiologist who specializes in women's heart disease.

5 Escaping Emotional Eating

The holidays are an emotionally-charged time, and heightened emotions—whether negative or positive—can lead us toward comforting temptations like rich foods and calorie-laden drinks. Eating to relieve stress, rather than when you are genuinely hungry, can lead to unnecessary weight gain and might worsen existing medical conditions.

What makes us reach for food when we aren't physically hungry, or believe that a dessert will help us feel better? It stems from our brain chemicals. "There are reward centers in the brain that trigger a sense of well-being, and when we eat those comforting, delicious foods, that response may be triggered," says Lisa West-Smith, PhD, LISW-S, director of Behavioral Health for the UC Health Weight Loss Center and an assistant professor of Psychiatry for the UC College of Medicine. "After indulging, we may feel happy or comforted for a moment, but then that moment passes and is replaced with guilty or shameful feelings."

Anything that feels good we are more likely to repeat. For some, holidays are a pleasant time full of family and celebration; for others, holidays mark times of extreme stress. Add a fountain of food to the mix and a dangerous concoction begins to brew.



"We are bombarded by the food culture surrounding our many holidays—no matter our religious beliefs, each holiday is tied with corresponding foods. During the holidays, our ability to control available foods becomes especially challenging," says Dr. West-Smith.



Lisa West-Smith, PhD
Director, Behavioral Health
UC Health Weight Loss Center

Environment control is a critical component of managing eating

behavior. During the holidays, we're often faced with bountiful amounts of food not only at family gatherings, but also at our friends' houses, church, school and our workplaces.

Dr. Lisa West-Smith offers psychological support for patients at the UC Health Weight Loss Center. She performs pre-surgical and post-surgical psychosocial evaluations for bariatric surgery patients, treatments for eating disorders and behavior modification counseling for medical weight loss patients.

5 Tips for Curbing Cravings

- 1. Practice Mindfulness.** Pause at the moment before any food or drink enters your lips, take a deep breath, and ask yourself – am I really hungry right now? Ask yourself if you truly need that food or drink, or if something else is going on.
- 2. Harness the Hunger Scale.** On a scale of 1 to 10, how hungry are you? Taking the time to rate your hunger can help you recognize those times when temptation can be curbed with a different activity.
- 3. Recognize Head Hunger.** Become familiar with what triggers your cravings: the scent of something baking, walking past tempting food in the break room, or feeling overwhelmed from stress. When you recognize the triggers, you recognize the hunger is in your head.
- 4. Practice Environmental Control.** To the extent you can, remove the things you know will be problematic to you. Make sure you have available everything you need at your fingertips in order to make the right decisions. For example, if you know your only shot at exercise is for 20 minutes during your lunch break, make sure you have a raincoat and comfortable shoes available.
- 5. Keep a Food Record.** Studies show that patients who record what they eat have better long-term weight control than patients who don't keep a record. Whether you use pen and paper, or use an app like MyFitnessPal, logging what you eat and drink throughout the day is a good health practice.

To learn more, visit UCHealth.com/weightloss or call (513) 939-2263.

Back Pain Be Gone Interventional Spine Treatment Provides Relief

Sharry Addison tolerated her chronic back pain due to everyday wear and tear for years until a car accident resulted in two fractured vertebrae and an overwhelming pain she could no longer endure. She and her husband, Harry headed to West Chester Hospital for help.

"My MRI results looked like they belonged to a wheelchair-bound person," says Sharry. "I am a trustee on several boards and also work part time at Chico's, so slowing down wasn't an option for my active lifestyle."

Robert Ernst, MD, a UC Health neuroradiologist and interventional spine specialist at West Chester Hospital and the UC Health Back, Neck and Spine Center, met with Sharry to discuss treatment options.

Together, they decided "kyphoplasty" was the best treatment for Sharry. During this procedure, Dr. Ernst expands the compressed vertebrae with a balloon, making space in the bone to place a cement-like mixture, which stabilizes the vertebrae and alleviates pain.

"We took care of most of Sharry's acute pain with the kyphoplasty, but she also has degenerative disc disease in her lumbar spine and receives regular epidural steroid injections to keep the discomfort under control," says Dr. Ernst.

At the UC Health Back, Neck and Spine Center, neuroradiology specialists use fluoroscopic guidance to accurately treat the pain-causing nerves. While nerves are not visible with X-ray imaging, specialists like Dr. Ernst know where the nerves are located with respect to the bones, and use them as landmarks during treatment. After the patient receives an anesthetic injection, it is followed by an injection of fluoroscopic dye, which shows up on the fluoroscope image. When the dye reaches the target area, the physician is able to inject the medication with maximum accuracy.

Today, Sharry relishes her return to a more-active lifestyle. As a trustee for Cincinnati Children's Hospital Medical Center for 29 years, Sharry knows a thing or two about hospitals and the importance of patient satisfaction. "From the time we arrived at the hospital and met the valet, to the time we left, everyone was so kind and helpful. The hospital itself is light, open and welcoming – I truly had a great experience," says Sharry. "Dr. Ernst is one of the most gracious doctors I've ever met and the same-day surgical staff are excellent."



Robert Ernst, MD
Neuroradiologist
UC Health Back,
Neck & Spine Center

Diane Wright, also a patient of Dr. Ernst, spent the past eight years of her life with debilitating back pain. She couldn't bend over or take walks, and mopping the kitchen floor became a two-hour process due to frequent breaks to rest her aching back. Diane was suffering from severe lower lumbar arthritis — which Dr. Ernst says accounts for approximately 30 percent of all back pain.

Dr. Ernst recommended radiofrequency ablation (RFA) – a procedure in which the pain fibers in the back are ablated using heat. The deadened nerve endings alleviate pain for a range of six months to several years, depending upon the patient's individual circumstances.

Diane was amazed as her pain drastically subsided a few days after the procedure. "Dr. Ernst warned me that the RFA wouldn't take away all of my discomfort, but when you've lived with unbearable pain for eight years and 75 percent of that pain is suddenly gone — I have my life back."

"As the population ages, back pain becomes increasingly common, and not all back pain requires surgery. Interventional spine treatment is an intermediary step between conservative healing and invasive surgery," says Dr. Ernst.

The UC Health Back, Neck and Spine Center provides comprehensive care for a variety of disorders: from back pain, to complex spinal cord injuries and disorders. Physician specialists and care teams bring expertise from across the region's academic health system, including physical therapy and rehabilitation, orthopaedic spine surgery, pain management, mental health, neurology, neurosurgery, interventional radiology and integrative medicine.

For information, visit UCHealth.com/back-neck-spine. Call (513) 298-DOCS to find a doctor who can help relieve your back pain.



Sharry Addison values every moment of quality time spent with granddaughters Caroline and Camryn.



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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, Ohio 45069, unless otherwise noted.

Upcoming Events

- **February: Cardiovascular Health Seminar**
Sat., Feb. 24 (9-10:30 a.m.) and Wed., Feb. 28 (7-8:30 p.m.)
- **April: Digestive Health/Colon Cancer Seminar**
Tues., April 24 (7-8:30 p.m.) and Sat., April. 28 (9-10:30 a.m.)
- **May: Healthy Aging for Women Seminar**
Sat., May 19 (9-10:30 a.m.) and Wed., May 23 (7-8:30 p.m.)
- **June: Household Emergencies Seminar**
Wed. June 27 (7-8:30 p.m.) and Sat., June 30 (9-10:30 a.m.)

Register for the events above online at UCHealth.com/WCHEvents or by calling (513) 298-3000. Seminars are held in the plaza conference room located on level A of the hospital.

• Weight Loss Information Seminars

Free seminars are available for both surgical and non-surgical weight loss programs. Visit UCHealth.com/weightloss to register or call (513) 939-2263 to learn more.

• Diabetes Seminars & Support Groups

A free seminar is Sat., Feb. 3, 9 a.m. – Noon, Plaza Conference Room (Level A). To register, visit UCHealth.com/WCHEvents or call (513) 298-FAST (3278). Support groups are offered to adults with type 1 and type 2 diabetes. Registration is not required. Call (513) 475-7400 for information.

• Childbirth Education Classes & Tours

Free Maternity Unit tours are offered, and childbirth education and newborn care classes are available at a minimal cost. To register, visit UCHealth.com/WCHEvents. A free Baby Café breastfeeding support group is open every Wednesday at 10 a.m. Learn more at UCHealth.com/BabyCafe.

Special deliveries are our specialty.

Maternity services at West Chester Hospital.

Connect & Share



West Chester Hospital has been designated as a Primary Stroke Center.



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