

HEALTH Wonders

www.uhhsgrh.com • Fall 2007

YOU COULD WIN A
**\$100 GIFT
CERTIFICATE**
TO JACK ARRA'S SALON
AND SPA—PAGE 6

GEAUGA MEDICAL
CENTER ADDRESSES
IMPORTANT TOPICS
IN HEALTHCARE
PAGE 2

GOING THE EXTRA
300 MILES TO GIVE
BIRTH AT GEAUGA
PAGE 4

STOP THE SUFFERING
OF SINUSITIS
PAGE 5

HEALTHY HAPPENINGS
IN THE COMMUNITY
PAGE 6

MEET OUR
PHYSICIANS
PAGE 7



**BACK TO
'NORMAL'**

MARTIN STERPKA IS ACTIVE
AGAIN AFTER A PROCEDURE
TO RELIEVE BACK PAIN
PAGE 3



Making the Grade

Healthcare appears

to have achieved top-of-mind status these days, if current newspaper headlines, political debates and popular films are any indication. Indeed, it seems as if everyone has an opinion about the quality, accessibility and affordability of healthcare in our country.

Fortunately, University Hospitals Geauga Medical Center is in an excellent position to address these issues and more.

Our quality scores—as measured by objective, reliable third-party sources—consistently meet or exceed state and national averages in most of the reported categories. For example, our hospital exceeds the number of standardized measures that are expected to fall into the 90th percentile throughout the United States. Quality is one of Geauga Medical Center's key organizational principles.

In terms of accessibility, Geauga Medical Center has consistently demonstrated its commitment to providing sophisticated clinical services close to home. Recent enhancements for residents in and around Geauga County include new cardiac catheterization and vascular laboratories, The Orthopaedic Center, an expanded emergency center, plans for a new outpatient facility in Concord Township and, by mid-2008, a \$4.5 million surgery pavilion expansion.

Moreover, while healthcare costs everywhere continue to rise, Geauga Medical Center constantly exercises aggressive cost management so that we remain price competitive in the medical marketplace.

All of this means that the services most needed by you—plus your friends and neighbors—are immediately available when and where you need them, in a cost-effective manner. In the unlikely event you require additional subspecialized tertiary care, University Hospitals stands ready to serve you at UH Case Medical Center.

In this issue of *Health Wonders*, you will see how the men and women of Geauga Medical Center apply their compassion and talent to assist patients and their families. From the agony of chronic back pain to the joy of bringing a new life into the world, we are blessed with the finest people and facilities to meet each patient's individual needs. And I continue to maintain total confidence in Geauga Medical Center's ability to provide comprehensive care to this region well into the future.

May you and your family enjoy a beautiful and healthy fall season in Northeast Ohio.

Health Wonders Community Connection

Health Wonders is your source for information and face-to-face access to experts who can help you stay up to date on the latest health trends.

You and your family are invited to take advantage of a growing number of community health education offerings, tours, screenings and support groups at a variety of convenient locations. These programs—many of them free—cover topics ranging from joint pain and vascular health to diabetes and childbirth.

Geauga Fitness Challenge

Free group nutrition education and group fitness sessions are offered to area citizens who want to take steps toward adopting healthy lifestyle changes.

Do you have joint pain?

This free seminar discusses the causes and latest treatments of knee, hip, shoulder, back, or foot and ankle pain, including information about medications, nutrition and exercises.

What have you got to lose?

This free seminar teaches individuals who are significantly overweight about bariatric weight-loss surgery.

Diabetes Self-Management Education

This four-part program is a personalized approach to diabetes education and nutrition counseling that assists individuals in controlling their diabetes. (Physician referral is required.)

Center for Women's Health Tour

Visit our luxurious Center for Women's Health to learn about maternity options and accommodations available to you. Childbirth education classes also offered.

Dare to C.A.R.E.

Free cardiovascular screening program designed to detect diseases of the heart and vascular system in their early, treatable state.

Register Today • For more information or to register for these and other programs available to you, please call **440-285-7757** or visit **www.uhhsgrh.com** for the most up-to-date schedule.

Sincerely,

Richard J. Frenchie, FACHE
President and Chief Executive Officer
University Hospitals Geauga Medical Center

Back in Action

Not even chronic back pain could keep Martin Sterpka on the sidelines, thanks to a new procedure

Martin Sterpka had suffered intense chronic back pain for 15 years and, despite two spinal fusion surgeries to repair herniated discs, he and his back were still not on friendly terms.

While bowling one day in 2003, he fell to the floor in excruciating pain—the result of yet another herniated disc.

Sterpka, 48, a resident of Windham in eastern Portage County, was facing the prospect of a third spinal fusion procedure. An orthopaedic surgeon told him another operation might severely limit his mobility. However, Sterpka had always led an active life, participating in as many sports and activities as possible—and he had no desire to become a spectator.

A New Option

That's when Samuel Rosenberg, M.D., a pain management expert at University Hospitals Geauga Medical Center, suggested Sterpka might be a candidate for percutaneous disc decompression, a new minimally invasive option for patients who have not succeeded with other treatments.

"If your pain is interfering with activities of daily living or quality of life, you need help," Dr. Rosenberg says. "There's no need to suffer."

Dr. Rosenberg had already been helping provide temporary pain relief for Sterpka through cortisone injections since 2003, but these became less effective over time.

"Back pain has many different sources," Dr. Rosenberg says. "Spinal blocks [injections] relieve pain while identifying the source so we can determine the best long-term treatment."



Martin Sterpka, sidelined with back pain for nearly 15 years, is once again able to enjoy recreational activities.

'Knifeless' Surgery

Sterpka underwent percutaneous disc decompression in January 2006 at Geauga Medical Center. During this "knifeless" procedure performed with minimal sedation, a special probe is used to remove disc material that may relieve painful pressure of the disc on surrounding nerves.

Sterpka was especially careful about taking it easy during his rehabilitation period because of his back history. He now enjoys virtually pain-free active living, with only an occasional flare-up.

The Patient Perspective

"My quality of life overall is much, much better than the day-to-day pain I was suffering before I had this done," Sterpka says. "I'm walking, talking proof that it works."

"The good news," he continues, "is that you always want to have hope in case it [disc herniation] happens again. I have a lot of respect and confidence for Dr. Rosenberg and his staff because he's always on the lookout for some new procedure that can help me and all of his patients. He really gets a thrill out of making people feel better."

And because Sterpka does feel better now, he enjoys spending his free time walking, mowing the lawn, or doing many "normal" things most people take for granted—but no more bowling. ●

Extra-Special Delivery

Mom drives all the way from Kalamazoo to give birth at Geauga Medical Center

After a safe and happy maternity experience at University Hospitals Geauga Medical Center five years ago, Stacy Kassim knew she wanted to return for the birth of her second child.

Even a 300-mile drive couldn't keep her away.

So Kassim traveled from her current home near Kalamazoo, Mich., to the Center for Women's Health at Geauga Medical Center and delivered a healthy baby girl, Emma, on May 24, 2007.

An 'Exceptional Experience'

Kassim's journey to the hospital was considerably shorter when her 5-year-old son was born. A resident of Mayfield Village at that time, Kassim says she had "heard a lot of great things about the hospital" and decided to forgo closer hospitals. She was not disappointed.

"It was an exceptional experience," she says about her first delivery at Geauga Medical Center. "The people are so nice. I always said if I had another baby I would return. I just didn't know it would be from Michigan."

Are You Due?

If you're pregnant or planning to become pregnant, let Geauga Medical Center provide you with the same "exceptional experience" it did Stacy Kassim. Call **440-285-7757** to learn more about the Center for Women's Health.

Cutting the Commute

Kassim moved from northeast Ohio to Texas with her husband and son in 2003. When a professional opportunity required a move to Michigan in early 2007, Kassim, already expecting her second child, was elated.

"I thought, 'great, I can go see Dr. Wollam-Huhn,'" she recalls. "There's no way I could commute from Texas. The minute I knew we would be living within driving distance, I knew I'd be coming back." As an added bonus, Kassim, who was born and raised in Michigan, now lives close to her parents and numerous other family members.

Kassim and her mother drove to Chardon on May 22 for a prenatal checkup and the decision was made to induce labor two days later for medical reasons. Emma was delivered without incident and the family has returned to Michigan—at least until Geauga Medical Center is needed again.

"The service here is exceptional," Kassim explains. "At other hospitals it's never the same. You have to feel comfortable, and I've always felt comfortable here." ●



Stacy Kassim drove 300 miles to give birth to her daughter, Emma, at University Hospitals Geauga Medical Center.



Something to **Sneeze** At

More than a cold, sinusitis inflicts misery on its sufferers. But now there's new hope

One in six American adults, according to recent estimates, suffers from sinusitis—a condition that involves nasal congestion, facial pressure or runny nose, and whose effects range from minor annoyance to major debilitation.

While many people find relief through medication, some 350,000 surgical procedures are also performed each year to attack the problem. Most of these surgeries involve sharp instruments inserted through the nose to remove bone and tissue while opening restricted passages, as well as enduring uncomfortable packing material for several days to control postoperative bleeding.

Nose News Is Good News

Balloon sinuplasty, a new less-invasive technique, has emerged to provide positive results while minimizing the scarring, bleeding or discomfort associated with other methods. The procedure involves positioning a small, catheter-guided balloon with the help of fluoroscopic imaging and then slowly inflating the device to restructure and widen the walls of the sinus cavity.

“Evidence from recent clinical trials shows that balloon sinuplasty is considered to be as reliable as traditional techniques,” says otolaryngologist Hassan A. Abbass, M.D.

Potential benefits of the new method include less time in the operating room, less risk of bleeding and more comfort to the patient. The procedure is performed on an outpatient basis.

“We also use computer-guided tracking,” adds Dr. Abbass, “so we know exactly where our instruments are in relation to vital structures in the head.”

Breathing Easier

Genevieve DeCapua, 67, of Perry, Ohio, is a believer in balloon sinuplasty. She recalls suffering from allergies, sinus infections and a persistent cough from the time she was a child, and both over-the-counter and prescription medications provided only temporary relief.

DeCapua met Dr. Abbass in 2006 and, following a series of diagnostic tests, learned that she would be a good candidate for balloon sinuplasty. The procedure was performed on Jan. 5, 2007, and she noticed a difference almost immediately.

“I have not had a sinus headache or infection since the surgery,” says DeCapua, noting that she also feels calmer and less irritable. “Now I can lay in bed all night long, without all that coughing and hacking. That used to wear me out.

“I feel great,” she continues. “My head feels so light, like all the extra stuff in there is gone. It’s a world of difference.” ●

Events and Announcements

Geauga Specialty Clinic Opens

Area residents now enjoy enhanced access to outpatient care at the new Geauga Specialty Clinic located at University Hospitals Geauga Medical Center. The totally renovated space includes 13 patient examination rooms and is centrally located within the hospital, with laboratory and diagnostic imaging services available just steps away.

Opened this past summer, the clinic features shared office space for physicians practicing in such specialties as gynecologic surgery, general surgery, weight-loss surgery and otolaryngology.

Mobile PET/CT Imaging Available at Geauga

University Hospitals Geauga Medical Center now offers sophisticated PET/CT scanning to area residents via a new mobile service. The integration of metabolic data from PET (positron emission tomography) and anatomical data from CT (computed tomography) allows clinicians to better view the structural detail of, location of and changes in tissue—especially helpful for oncology and neurological care.

Surgery Pavilion Expansion to Be Completed in 2008

University Hospitals Geauga Medical Center launched a \$4.5 million, 6,600-square-foot

expansion of the Richard J. Frenchie Surgery Pavilion this summer to meet growing demand for state-of-the-art surgical services in the greater Geauga County region. The new space will be dedicated to orthopaedics and cardiovascular, vascular, weight-loss and general surgery. The addition will be completed in mid-2008.

Orthopaedics Day

The public is invited to attend the third annual Orthopaedics Day, a free community education event devoted to maintaining good joint and spine health.

Date: Wednesday, Sept. 19

Time: 10 a.m. to 3 p.m.

Location: Holiday Inn/LaMalfa Centre, 5783 Heisley Road, Mentor

Info: 440-285-7757

Arthritis Walk

The Arthritis Foundation, Northeastern Ohio Chapter, with premier sponsor, UH Geauga Medical Center, present the Geauga Arthritis Walk. The 5K (3.2-mile) walk with a 1-mile option raises funds to support arthritis research and Arthritis Foundation programs and services in Geauga County. Richard J. Frenchie, president and chief executive officer of UH Geauga Medical Center, is the honorary chair. Walk teams are forming now. Dogs on leashes and strollers are welcome.

Join in the festivities, wear a blue “hero” hat if you have arthritis, sign the Wall of Heroes, enjoy kids’ activities and much more. To register, visit www.2007geaugaarthritis.kintera.org.

Date: Sunday, Sept. 23

Time: 1 p.m. (registration begins at 11:30 a.m.)

Location: Geauga County Fairgrounds, Burton

Info: 800-245-2275, ext. 110

Arthritis Expo

The Arthritis Foundation, Northeastern Ohio Chapter and UH Geauga Medical Center present the FREE Geauga County Arthritis Expo. Join us for physician presentations, exercise demonstrations, community exhibits, health screenings, door prizes, box lunch (for a \$2 donation) and more.

Date: Tuesday, Oct. 16

Time: 10 a.m. to 3 p.m.

Location: Federated Church Family Life Center, 16349 Chillicothe Road (Rt. 306), Bainbridge Township

Info: To preregister, call the Arthritis Foundation at 216-831-7000, ext. 154, or 800-245-2275, ext. 154. The deadline to order a box lunch is Oct. 9.

Win a Spa Gift Certificate!

Complete and mail back this form for your chance to win a \$100 gift certificate to Jack Arra's Salon and Spa, located in Concord, which features:

- a gentlemen's menu
- space to host large or small parties and corporate events
- body and facial therapies using fruits, vegetables and spices
- 5,600 square feet to relax, rejuvenate and create your unique experience

Please tell me more about University Hospitals Geauga Medical Center's:

- Cardiac care
- Center for Women's Health
- Complimentary physician referrals
- Employment opportunities
- Norma N. Chapman Emergency Center
- The Orthopaedic Center
- Outpatient Surgery Center
- Physician directory

Jack Arra's
Salon ♦ Spa

NAME

ADDRESS

APT

CITY

STATE

ZIP

PHONE

E-MAIL

Clip and mail this form to:

Health Wonders

PO BOX 7010

Phoenix AZ 85011-9864

Or register online at www.uhhsgrh.com/drawing

Gift certificate not valid with any other promotion

Get to
know us



PHYSICIAN REFERRAL HOT LINE

To schedule an appointment with one of the physicians below—or any of the 250 physicians on staff at University Hospitals Geauga Medical Center—call our physician referral line at **440-285-7757**.



LASZLO HARMAT, D.O. ORTHOPAEDICS

- Active member of the medical staff since 2006
- Graduate of Ohio University College of Osteopathic Medicine
- Board certified in orthopaedics
- Fellowship trained in hand and upper extremity surgery



NEELIMA J. KALE, M.D., PH.D. FAMILY PRACTICE

- Active member of the medical staff since 2006
- Graduate of University of Oklahoma College of Medicine
- Board certified in family medicine



LEENA KHAITAN, M.D., MPH GENERAL SURGERY

- Active member of the medical staff since 2006
- Graduate of Case Western Reserve University School of Medicine
- Board certified in general surgery
- Specializes in minimally invasive and bariatric surgery



MARIAN KOROSEC, M.D. PULMONARY/CRITICAL CARE

- Active member of the medical staff since 2002
- Graduate of Ohio State University College of Medicine
- Board certified in critical care medicine, internal medicine and pulmonary medicine



SAMUEL K. ROSENBERG, M.D. ANESTHESIOLOGY/PAIN MGMT

- Active member of the medical staff since 2003
- Graduate of Universidad Nacional Autónoma de México School of Medicine
- Board certified in interventional pain management, anesthesiology pain management, anesthesiology and internal medicine



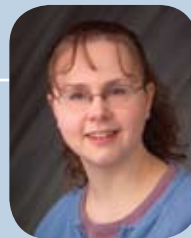
KRISHNAN SUNDARARAJAN, M.D. CARDIOLOGY

- Active member of the medical staff since 2004
- Graduate of Lokmanya Tilak Municipal Medical College, University of Bombay, India
- Board certified in cardiology and internal medicine



ROBERT M. TUPA, D.O. FAMILY MEDICINE

- Active member of the medical staff since 1997
- Graduate of Chicago College of Osteopathic Medicine
- Board certified in family medicine



JENNIFER WILLIAMS-REID, M.D. FAMILY MEDICINE

- Active member of the medical staff since 2002
- Graduate of Northeastern Ohio Universities College of Medicine
- Board certified in family medicine

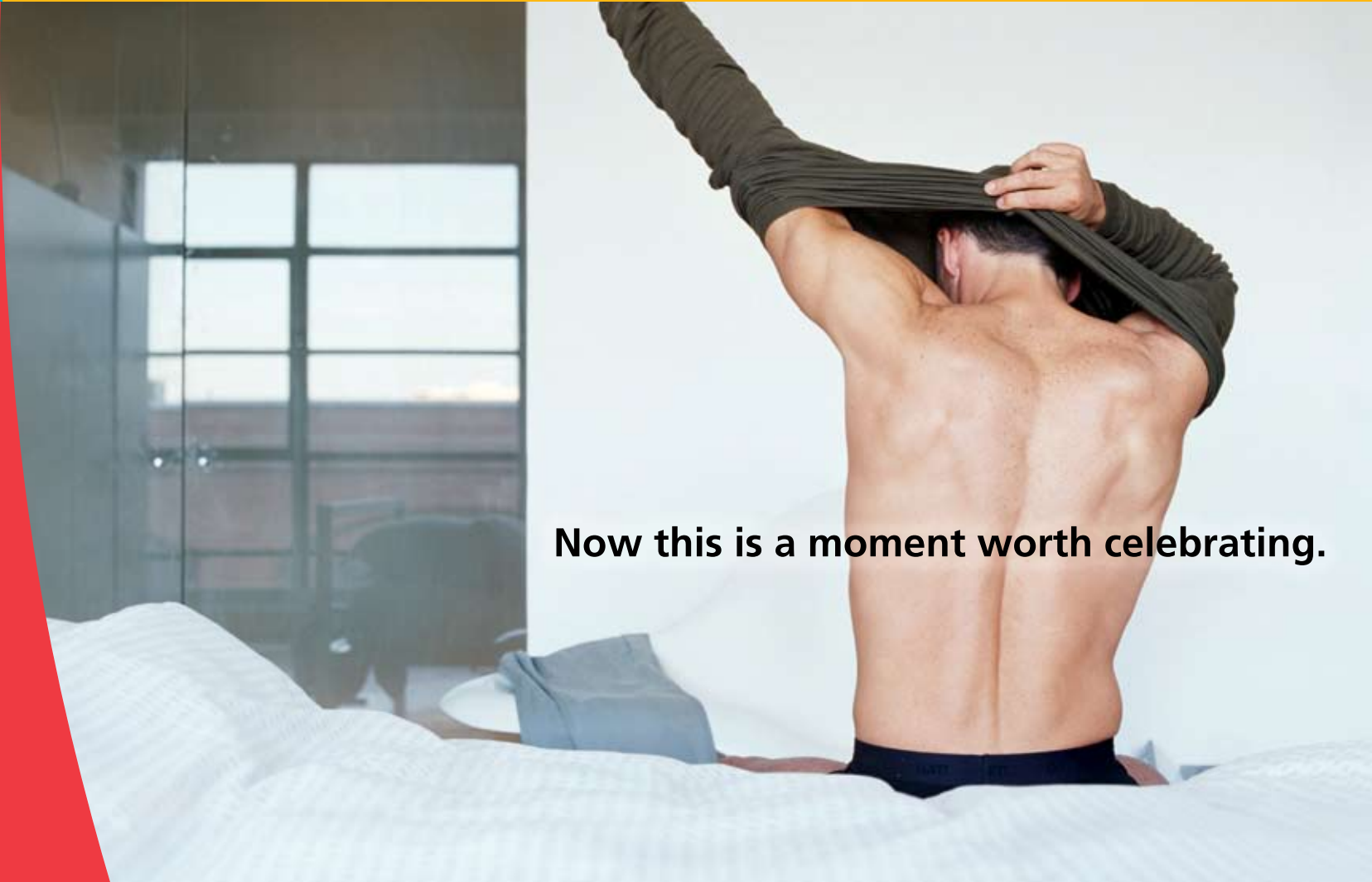


OFFERING
CONVENIENT
CARE CLOSE
TO HOME

Health Wonders is a publication of University Hospitals Geauga Medical Center. President and CEO, Richard J. Frenchie, FACHE; Director of Business Development, Mrs. Donna Goddard; Marketing and Web Development, Dan Bomeli. University Hospitals Geauga Medical Center, 13207 Ravenna Road, Chardon, Ohio 44024. Copyright © 2007. All rights reserved. Information in this publication is not intended for the purpose of diagnosing or prescribing. Consult your physician before undertaking any form of medical treatment and/or advice contained in this publication. If you are receiving multiple copies, need to change your mailing address or do not wish to receive this publication, please send your mailing label(s) and the updated information to: *Health Wonders*, P.O. Box 7010, Phoenix, AZ 85011-9867; 888-626-8779.

Imagine being able to get out of bed every day – all by yourself. University Hospitals Geauga Medical Center offers an innovative holistic approach to spine and pain management designed to restore your mobility and freedom. Exclusive to this area, our program features a medical team that includes a spine surgeon and a pain management physician who work with your referring physician to develop a comprehensive, personalized treatment plan after careful evaluation and assessment. This conservative, yet effective inpatient and outpatient care is offered in the comfort and luxury of our new Orthopaedic Center. For more information or to register for our FREE back pain classes, call 440-285-7757. It's just the first step. But chances are, it'll be the happiest move you ever make.

Spine & Pain Management



Now this is a moment worth celebrating.

Outpatient Surgery Center | Center for Women's Health | Cardiac Care | The Orthopaedic Center

www.uhhsgrh.com Route 44 just south of Mayfield Road

