

A PUBLICATION BROUGHT TO YOU BY MEMORIAL HOSPITAL OF UNION COUNTY

# wellaware

FALL 2007

## Is Your Sleep Suffering?

Our Newly Renovated  
Sleep Lab Can Help

**Mammograms Matter**  
News on the  
Latest Advancements

**Body Contouring**  
Helps You Get the Body  
You Deserve

  
**MEMORIAL HOSPITAL**  
UNION COUNTY  
*Committed to care. Devoted to caring.*

# A *Must-Attend* Holiday Happening



The Memorial Hospital Auxiliary offers an event to get you in the holiday spirit and support projects that will help the hospital grow.

The Festival of Trees—Memorial Hospital of Union County’s major fundraising event of the year—will be held on Saturday, November 3, at Made From Scratch in Dublin. During this evening event, guests will be treated to a delicious dinner, dance to the music of a band, and bid on live and silent auction items including decorated holiday trees, wreaths, swags,

and centerpieces donated by community groups and Auxiliary members.

“We’ve had tremendous success with our Festival of Trees in years past,” says Debbie George, Director of Volunteer Services at Memorial. “We hope this year’s event carries on that fine tradition.”

**Tickets to the Festival of Trees are \$150 per couple, and proceeds from the event will benefit The Gables at Green Pastures nursing care facility. To purchase tickets, call (937) 578-2360.**



## Smart Snacking Strategies

Is your child too busy with school, sports, and friends to take time to eat? Instead of allowing your son or daughter to fill up on less-than-healthy fast food, ward off your

child’s hunger with these tips:

- Make snacks—such as trail mix or bags of fresh, sliced fruit—in advance so they’re easy to grab on the go.
- Snacks including whole-wheat crackers, baby carrots, and fresh fruit (try apples or bananas) don’t have to be refrigerated. Keep them in your child’s backpack so he or she isn’t tempted to buy unhealthy snacks from vending machines.
- Keep the snacks healthy, tasty, and easy. Try interesting combinations like whole-wheat pretzels with spicy mustard or low-fat yogurt with a spoonful of high-protein granola.

## Is Acne Blemishing Your Teen’s Life?

Nearly 85 percent of teenagers have acne and the potential trauma that comes with it. If your child is one of them, don’t dismiss the condition as one he or she will outgrow. Acne can result in permanent scarring, social withdrawal, and depression, and it may be caused by medical problems such as high testosterone in females.

The good news is if your teen is concerned about acne, there are many treatment options. Here are some helpful tips.

- Educate your teen about cleanliness, which includes washing twice a day with a strong antibacterial soap such as Dial or Lever 2000.
- Discourage touching affected areas as this introduces bacteria—one of the primary causes of acne.
- If over-the-counter soaps and acne products containing benzoyl peroxide aren’t effective, consider seeing a dermatologist who may prescribe an oral antibiotic as well as a topical retinoid cream and antibiotic. In extreme cases, an oral retinoid may be prescribed.



ON THE COVER: Thanks to the staff at Memorial Hospital of Union County’s Sleep Lab, patients Chris and Amanda Skinner experience a good night’s sleep.



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wellaware is published by the  
Marketing and Development Office of  
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# Considering Contour Surgery?

Whether weight loss or pregnancy has left your skin out of sorts, body-contouring procedures at Memorial Hospital of Union County can help get you back to size.

After weight-loss surgery, you've reached your goal weight, shedding 125 pounds. While the weight is gone, you're left with a lot of excess skin. How can you get rid of your extra skin to show your new shape? Let Steven Robinson, MD, FACS, plastic surgeon at Memorial Hospital, introduce you to body contouring—procedures to remove excess skin and small pockets of fat from specific areas of the body.

“Body contouring is an excellent option for men and women who have either excess skin after major weight loss or stretched skin after an event such as childbirth,” says Dr. Robinson. “We approach every person who comes to us for body contouring as an individual. That’s why we consult with each new patient to identify his or her goals and address areas of concern, and then we create the best-suited plan of action.”



Steven Robinson, MD

## A CLOSER LOOK

Body contouring may include any of the following procedures:

- tummy tuck (abdominoplasty)
- excess skin removal from the legs, arms, back, buttocks, neck, face, abdomen, or breasts
- breast reduction and/or lift
- liposuction

“Our goal is to do all of the procedures on an outpatient basis so you don’t have to stay in the hospital,” explains Dr. Robinson. “Not only do patients have shorter recovery times, it also keeps the cost of the procedures down as well.”

Often people considering body contouring are surprised to learn how affordable the procedures are. The all-inclusive cost of each procedure ranges from \$3,000 to \$7,000, covering all physician fees, anesthesiology, surgical fees, and follow-up visits. Dr. Robinson and his staff can provide cost estimates to potential patients over the telephone, (614) 326-4661, or you may visit [www.ohioplasticsurgeons.com](http://www.ohioplasticsurgeons.com).

“If you’re interested in redefining your body’s shape after childbirth or weight loss, or you have parts of your body you’re just not happy with,” Dr. Robinson adds, “then body contouring may be right for you.”

*For more information about body contouring procedures offered at Memorial Hospital or to set up an appointment with Dr. Robinson, call (937) 578-2275.*



## Save the Date

Are you considering body contouring surgery and want to know more? Plan on attending the Memorial Health Forum on **October 23 at 7 p.m.** Steven Robinson, MD, FACS, plastic surgeon at Memorial Hospital of Union County, will speak on the topic and answer questions.

**Mark your calendar now! October 23, 7 p.m., Village/Civic Rooms at Memorial Hospital**



# Get the Sleep YOU DESERVE

The Sleep Lab at Memorial Hospital of Union County is growing to help you sleep better. Whether you have trouble falling asleep or getting a full night's rest, our new suite-style lab can help.

»» **M**emorial Hospital has provided on-site sleep care for the community for nearly six years, and the recently completed addition project made the Sleep Lab at Memorial Hospital a one-of-a-kind facility in the area. New equipment and a bigger lab means that patients can expect even greater convenience and comfort during their stay.

“Previously, patients may have waited up to eight weeks for an appointment,” says David Gleeson, RRT, Director of Cardiopulmonary Services at Memorial Hospital. “Today, we’re excited to be able to schedule appointments in a timely manner, which means that we can care for patients sooner so that they can start getting a good night’s sleep.”

The lab is also designed to make parking and registration easily accessible, and the hotel atmosphere of the expanded Sleep Lab helps patients feel more comfortable during their stay. Each suite features its own bathroom, wireless connectivity, Select Comfort bedding and plush furniture. Memorial Hospital also invites patients to bring books, toiletries, and personal sleepwear—all the amenities of your home to make your sleep test more comfortable.

## AN ADVANCED APPROACH TO HELP YOU SLEEP

Sleep tests are helpful in observing what happens in your body while you sleep. Your physician uses the results from your exam to pinpoint the cause of your problem. These tests are especially helpful in diagnosing sleep apnea, narcolepsy, and other sleep disorders.

During the study, which is called a polysomnogram, a variety of body functions will be recorded and monitored, including

heart rate, breathing, oxygen levels, snoring, and eye and leg movement. The results are read by a highly trained technician at Memorial Hospital within a day—sometimes within hours—of a patient’s sleep study.

“We’re proud of our quick turnaround time,” says Gleeson. “This is just one of the ways that we have become one of the finest Sleep Labs in central Ohio. We also work with a variety of physicians in specialties such as pulmonology, neurology, and sleep medicine to ensure each patient receives the best diagnosis and treatment.”

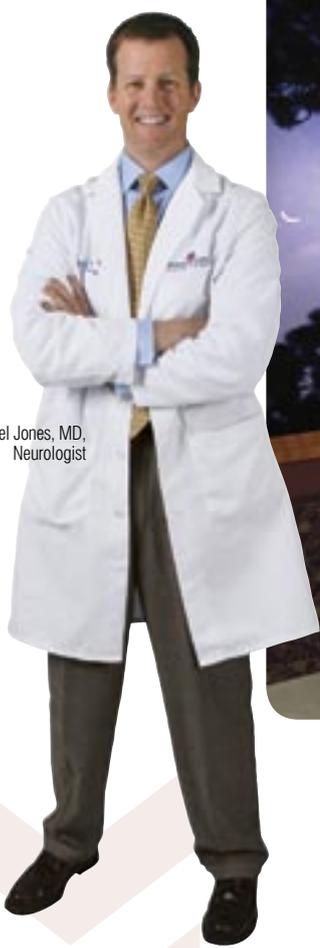
In many cases, patients return for a second night at the Sleep Lab following their initial exam. On this night, patients are given treatment, usually a device called continuous positive airway pressure (CPAP), to gently hold the airway open during sleep. Surgical treatments are also available but are mostly reserved for severe cases of sleep disorders because non-invasive methods often prove effective. The effect of treatments such as CPAP is monitored and if it is successful at relieving the sleep disorder, the Sleep Lab can order the device and have it delivered to a patient’s home within a few days.

*For more information about Sleep Lab services at Memorial Hospital, call (937) 578-2366.*



Jeffrey Weiland, MD, Medical Director of the Sleep Lab

Daniel Jones, MD,  
Neurologist



The suite-style Sleep Lab rooms are designed to create a hotel-like atmosphere, complete with private bathroom and plush bedding.

## Sleep Apnea: A Common Disorder

Do you wake up at night gasping for breath or does your significant other tell you your snoring is too loud? You could have sleep apnea, a disorder that affects about 12 million Americans. The condition occurs when the tissues in the back of the throat relax during sleep and close the airway, which causes apnea (cessation of breathing). During apnea, the brain briefly rouses the person (often not enough to fully wake the person) to alert the body to resume breathing. Apnea can happen several times a night and results in fragmented and low-quality sleep.

Common risk factors for sleep apnea include obesity and having a large neck size (greater than 17 1/2 inches).

“The good news about sleep apnea is that it’s treatable,” says Jeffrey Weiland, MD, Medical Director of the Sleep Lab at Memorial Hospital of Union County. “While each patient is different, relief can be found with non-surgical methods such as alcohol avoidance and weight loss, devices like continuous positive airway pressure (CPAP), or dental devices. When surgery is necessary, Memorial Hospital offers procedures to open the airway.”

## TROUBLE SLEEPING? It Could be Insomnia

Insomnia is poor quality sleep resulting from habits like difficulty falling asleep, waking frequently during the night, or unrefreshing sleep. This lack of restorative sleep can cause tiredness, lack of energy, difficulty concentrating, and irritability. While insomnia can occur at any age, it is most commonly diagnosed in females (especially after menopause) and in the elderly.

When a person is experiencing insomnia, he or she should talk to a physician about short-acting sleeping pills, which are often more effective than over-the-counter medications. This type of medication helps individuals fall asleep and rest comfortably throughout the night.

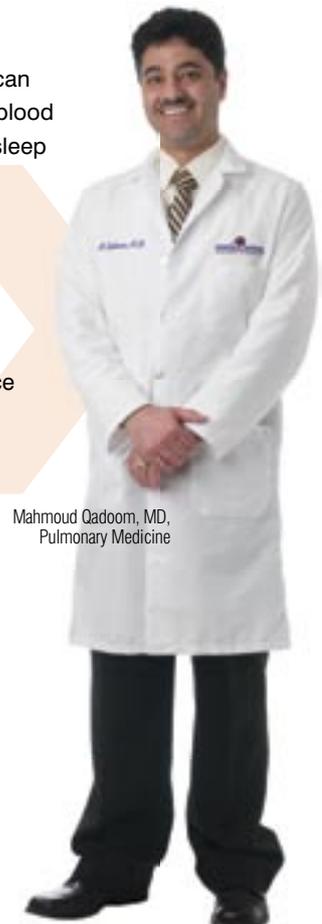
## MORE than a SNORE

Cessation of breathing briefly at night as a result of sleep apnea can cause serious health complications if left untreated, including high blood pressure, heart attack, abnormal heart rhythm, stroke, impotence, sleep deprivation, poor concentration, depression, and amnesia.

“A person should make an appointment with his or her physician or sleep specialist at the first sign of sleep apnea,” says Mahmoud Qadoom, MD, a pulmonology, critical care, and sleep medicine specialist at Memorial Hospital of Union County. “These signs may include loud snoring, dry mouth in the morning, and memory loss. When these symptoms are treated, a person can significantly reduce his or her risk of complications.”



Complete with a flat screen television, each room in the Sleep Lab at Memorial Hospital is designed with patient comfort in mind.



Mahmoud Qadoom, MD,  
Pulmonary Medicine

# You and Your Mammogram



**When should I have a mammogram? That is the question many women are asking after learning of the new mammogram guidelines recently released from the American College of Physicians.**

Previously, many women had successfully followed the American Cancer Society's recommendation to receive a

yearly mammogram beginning at age 40 to check for the presence of breast cancer and other problems.

According to the new guidelines, the American College of Physicians suggests that scheduling of mammograms for women ages 40 to 49 years should be a decision made by the woman and her physician because some women may experience unnecessary anxiety stemming from the screening.

## **BETTER MAMMOGRAMS BEGIN WITH YOU**

New mammogram guidelines are not the only way to experience a better mammogram. These simple tips can also help you achieve the best mammogram possible, including:

- Do not wear deodorant, lotion, or powder before your mammogram as they can cause cloudy pictures.
- Wear separates, such as pants and a top, so you can

leave on some of your clothes during the exam.

- Schedule your mammogram for a time when your breasts are not sensitive, such as a week or two after your cycle ends.

*Through a partnership with the Columbus affiliate of the Susan G. Komen for the Cure, Memorial Hospital of Union County offers free mammograms to un- and under-insured patients. To learn if you qualify, please call (937) 578-2332.*

## A Better View of YOU

**Memorial Hospital of Union County is equipped with state-of-the-art high-resolution imaging to help you beat breast cancer.**

In late March, the American Cancer Society (ACS) reevaluated its breast cancer screening recommendations for women and concluded that certain groups of women could benefit from more extensive screening techniques. As a result of research, the ACS determined that women with a higher risk of developing breast cancer, including those with the BRCA1 and BRCA2 genetic mutation, should have breast magnetic resonance imaging (MRI) scans in addition to annual mammograms.

Memorial Hospital is on the cutting edge of these recommendations and has acquired a Siemens Avanto 1.5 Tesla MRI system to perform screenings. The machine includes software specialized for forms of anatomy including the breast.

While a breast MRI is not meant to replace a mammogram, the combination of the two tests provides women with the best chance for detecting the disease at its earliest, most treatable stages.

## **ENDLESS BENEFITS**

In addition to the new MRI system, Memorial Hospital recently made the following upgrades to better serve you:

- the addition of technology to scan knees and wrists using the MRI system
- diffusion capabilities
- significant upgrades for the ultrasound system, allowing breast screening services to expand
- additional budgeting for future upgrades to Memorial's X-ray system

*For more information about the Imaging Services Department, call (937) 578-2377.*



## Introducing Dr. Kartan

To provide additional care for newborns and pediatric inpatients, pediatrician Roopa Kartan, MD, FAAP, joined Marysville Pediatrics and the medical staff at Memorial Hospital of Union County. Dr. Kartan sees patients in her office for routine well- and sick-child visits.

After graduating from the University of Pittsburgh, Dr. Kartan performed her general pediatric residency at Cincinnati Children's Hospital. Married to an emergency room physician and mother of a 9-year-old son and 6-year-old daughter, Dr. Kartan is excited to bring her decade of experience to Memorial Hospital.

"I enjoy spending time with patients and their families," says Dr. Kartan. "One of the most rewarding parts of pediatrics is working with different age groups, and I look forward to everything from baby visits to teenage physicals."

*For an appointment with Dr. Kartan, call (937) 644-1920.*

## Meet Dr. Li

On July 1, Yun You Li, MD, PhD, a cardiologist and cardiovascular imaging physician, board-certified in internal medicine and board-eligible in cardiology, joined the medical staff at Memorial Hospital of Union County.

After attending medical school at Henan Medical University in Zhengzhou, China, Dr. Li earned a PhD in molecular cardiology and performed cardiovascular research at University of Marburg, Germany, as an Alexander-von-Humboldt Fellow and at University of Pittsburgh Medical Center, Pennsylvania, as an American Heart Association and National Institutes of Health investigator. He also completed an internal medicine residency at the University of Pittsburgh Medical Center and a clinical cardiology fellowship at the Ohio State University Medical Center.

"I'm excited to have the opportunity to be a part of Central Ohio Cardiovascular Consultants," Dr. Li says, "and I'm looking forward to caring for the diverse patient mix at Memorial Hospital."

Services Dr. Li provides include advanced cardiac screenings and cardiology patient consultation. When away from the office, Dr. Li enjoys traveling, jogging, and gardening.

*To schedule an appointment with Dr. Li, call (614) 486-2000.*



## Welcome, Dr. Tornik!

For Steve Tornik, DO, family practice physician, joining the medical staff at Memorial Hospital of Union County made sense.

"I was raised in Plain City, and Memorial Hospital has always been my local hospital," Dr. Tornik says. "Watching my father, who is a chiropractor, I was taken by how much he helped people on a daily basis. I knew family medicine was what I wanted to do, because I also love helping people feel better."

Dr. Tornik attended Lake Erie School of Osteopathic Medicine in Erie, Pennsylvania. He then performed an internship and residency in family practice at Doctors Hospital in Grove City, Ohio. At Dr. Tornik's new office, his wife, Erica, is his office manager, providing a unique family atmosphere.

*For an appointment with Dr. Tornik, call (614) 873-6700.*





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Early detection of diseases can vastly reduce severity of treatments, speed recovery and even save lives. That's why Memorial Hospital is proud to bring one of the most advanced diagnostic technologies to our community — only the 2nd Dual Source CT Scanner in Ohio. This amazing technology offers one of the most effective noninvasive means to detect even the smallest of anomalies early in disease progression. With unparalleled image quality, exceptional detail, and minimized patient exposure, it allows the experts at Memorial to see things other hospitals can't.

Just another reason, there's more to Memorial.

**For more information, call 937-644-6115**

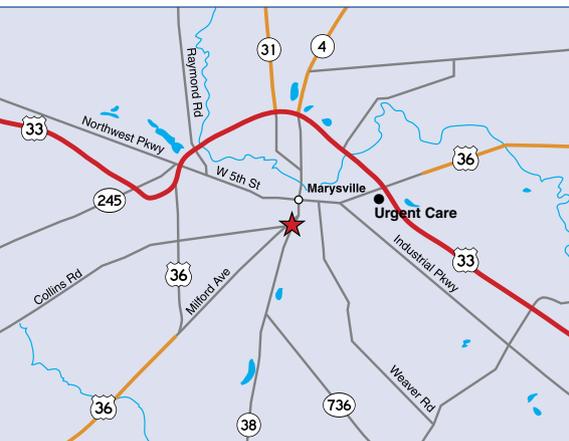
**or visit [www.memorialhosp.org](http://www.memorialhosp.org).**

*There's more to Memorial*

Dr. Charles Muncrief, Radiology

Chicago College of Osteopathic Medicine, Midwestern University

Motorcycle Enthusiast



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