



# Choosing a Healthcare Provider for Your Child

Source: *The StayWell Company, LLC*

Healthcare for babies and children is different from adult medical care. It is important to find a healthcare professional that can provide specialized care. As a baby grows and develops, a healthcare provider is essential for routine care as well as illness or injury treatments. A pediatrician, family practice healthcare provider, physician's assistant, family nurse practitioner, or pediatric nurse practitioner can be your baby's primary care provider.

## WHAT CARE DOES A PRIMARY CARE PROVIDER GIVE?

These providers may care for children from

the time they are born until 21 years of age.

Primary caregivers provide:

- Well child care
- Preventive health including immunizations and screenings
- Support
- Education
- Guidance for caregivers
- Care for illnesses and injuries
- Referrals to specialists as needed

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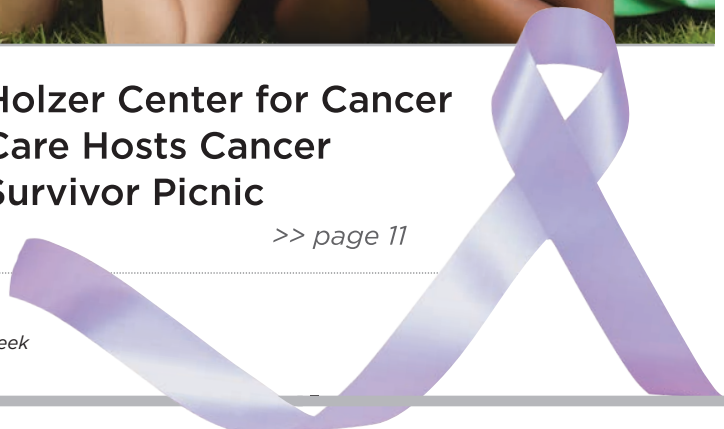
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*\*The health information presented in this newsletter is intended for information purposes only and is not a substitute for consultation with a medical professional. This information should not be used to treat or diagnose a health condition. Always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



**CHOOSING A HEALTHCARE PROVIDER**

Choosing a provider for your child is an important part of preparing for a new baby. There are many things to consider, from training and experience to office location, hours, and routines.

Finding a provider is important, and you need to begin as soon as possible. You can ask the healthcare professional who provides your obstetric/gynecological care, and talk with other parents about their provider. It is often a good idea to meet with two or three prospective providers before your baby is born.

Many healthcare providers offer a special time for parents to come and visit the office, learn about the providers and staff, and ask questions. There may or may not be a charge for this visit.

Listed below are some things to consider when choosing a healthcare provider:

**LOCATION**

Questions about the office location include the following:

- Is the office near your home or place of work?
- How long does it take to get there?
- Is parking convenient?
- Does the practice have more than one office?

**THE OFFICE**

Questions about the office itself include the following:

- What are the office hours?
- Are there weekend and/or evening hours?
- How do you make an appointment?
- How long does it take to get a well-



- child appointment?
- How long does it take to get a sick-child appointment?
- What about payments and billing? Is this provider listed on your insurance plan? What hospital is the provider affiliated with? Is this compatible with your insurance plan?
- How long do you have to wait in the office before you are seen?
- Is there a separate waiting area for sick children?
- Do the office staff seem friendly and interested in children?

**THE HEALTHCARE PROVIDER**

Questions about the healthcare provider include the following:

- Ask about the provider's training and experience.
- Does he or she have a specialty or area of interest? Is he or she board-certified, and if so, has he or she recertified recently?

- Ask about the provider's opinion on immunization, and use of medications, particularly antibiotics and over-the-counter medications.
- Will your child see the same provider for all visits?
- What happens if your child gets sick during the night or on weekends? Whom do you call?
- As you talk with the healthcare provider and the office staff, you will develop a sense of whether they have the same philosophy of child raising as you do. You can also talk with other parents to find out their experiences and recommendations.
- The American Academy of Pediatrics offers a referral service for assistance in finding a qualified healthcare provider or specialist.

## Watch That Backpack Load

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 and 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)

**Backpack** | Continued on page 22



**with DR. JONATHAN MATHIS**

## Answering Questions About Vaccines For Your Children



*Jonathan Mathis, MD, Pediatrics, is accepting patients at our Gallipolis, Jackson, and Pomeroy locations. Dr. Mathis graduated from Morehouse School of Medicine in Atlanta, Georgia and completed his residency at the Medical University of South Carolina in Charleston, South Carolina. He specializes in general pediatric care with a particular interest in child development and Attention Deficit Hyperactive Disorder (ADHD).*

*Dr. Mathis shared with us his thoughts on vaccination, which is detailed in the information below.*

**Q. WHY ARE VACCINES IMPORTANT?**

**A.** Vaccines are important because they protect us against bacterial and viral illnesses that, at one point, placed a significant morbidity/mortality burden on the population. It is because of vaccines that countless, deadly, infectious diseases have been prevented. In children, the immune system is still in the developmental stages. What allows the immune system to get stronger is the exposure to certain viruses and bacteria. However, some disease processes are so potent that a child's immune system may be overwhelmed and may not be able to protect them against such pathogens. Vaccines are a way to artificially expose the immune system to various pathogens, thus allowing the immune system to safely strengthen itself. Not only is this true for healthy, developing children but also those children with weak immune systems. These would include children with cancer, HIV, type 1 diabetes, cystic fibrosis, kidney diseases, neuromuscular diseases, and more. Additionally, children with weak immune systems due to underlying causes (or age) may not be eligible to receive certain vaccines. The responsibility to receive all vaccinations is on those who are healthy enough to do so, in order to keep those who are not, safe.

**Q. WHAT DISEASES DO VACCINES PROTECT AGAINST?**

**A.** Measles, mumps, rubella, varicella (chicken pox), pertussis (whooping cough),

rotavirus, meningococcal/pneumococcal disease, tetanus, diphtheria, hepatitis B, hepatitis A and human papilloma virus (HPV), and influenza ("the flu")

**Q. WHAT KIND OF SIDE EFFECTS SHOULD I WATCH FOR FOLLOWING VACCINATION?**

**A.** After a vaccine is administered, the most common side effects that are likely to take place include redness or soreness at the injection site and a low-grade fever.

**Q. ARE VACCINES SAFE?**

**A.** Yes, vaccines are safe. The Food and Drug Administration (FDA) closely regulates the development of vaccines and the Centers for Disease Control and Prevention (CDC) reviews the data before making recommendations on a given vaccine. Together, the FDA and CDC co-manage a system designed for monitoring adverse events of vaccines. This program is known as the Vaccine Adverse Event Reporting System (VAERS). Anyone can report adverse events to this program and physicians are required to report adverse events from vaccines.

**Q. WHAT IF MY CHILD MISSES AN APPOINTMENT? HOW DOES THAT AFFECT THE TIMELINE FOR ADDITIONAL VACCINES?**

**A.** If a child misses an appointment, and misses a scheduled vaccine, then that vaccine can be given at the next visit. In addition, a separate appointment can

be made solely for that missed vaccine. For children who have missed multiple vaccinations, there is a "catch up" schedule that has been instituted by the CDC.

**Q. ARE VACCINES ONLY FOR INFANTS? ARE THERE VACCINES AVAILABLE FOR OLDER CHILDREN?**

**A.** While the bulk of vaccines that a child will receive in his/her life are given in the first 4-6 years, there are vaccines that are primarily given in adolescence. The vaccines include MCV (meningococcal vaccine), Tdap vaccination (tetanus, diphtheria, acellular pertussis), and HPV vaccination (human papillomavirus). MCV is given at 11 and 16 years of age; Tdap is given at 11 years of age and then a booster shot 10 years later; HPV vaccination is given at 11 years of age but can be given as early as 9 years of age. HPV is given on a two- or three-shot series: two shots if given before 15 years of age or three shots if given after 15 years of age.

I want to discuss HPV a little more because I know that there is a lot of discussion or concern from many parents. The human papillomavirus (HPV) is a virus that is spread through intimate skin-to-skin contact. This virus is so common that nearly every male or female will become infected at some point in their life. Most individuals who become infected will clear this virus and never know that they had it. However, there are some individuals who will not be able to clear it, which can lead to unfortunate consequences. HPV can lead to cervical cancer, vaginal or vulvar cancer, anal cancer, penile cancer, and throat cancer. The HPV vaccine is preventive against the common strains that can cause cancer as well as against strains that cause warts.

By no means does this vaccine give the "okay" to go and engage in high risk intimate behavior. However, it should be noted that within 2-3 years of a person's first encounter, 50-80 percent will contract HPV. Giving this vaccine to adolescents will help protect them in the future when they are mature enough to engage in such activities.



# Answering Questions About Healthy Habits for Your Kids



*Jessica James, DO, Pediatrician, joined Holzer in 2014 and is accepting patients at Holzer Athens. Dr. James completed her medical degree at the Ohio University College of Osteopathic Medicine (OUCOM) and her pediatric residency at Akron Children's Hospital in Akron, Ohio. She is a member of the American Academy of Pediatrics and the American Osteopathic Association.*

*Dr. James provided information below on healthy habits and recommendations to establish with children.*

## Q. HOW MANY HOURS OF SLEEP DOES MY CHILD NEED?

**A.** Toddlers, school-aged kids and teenagers should aim for 8-10 hours of sleep nightly.

## Q. HOW MANY SERVINGS OF FRUITS AND VEGETABLES SHOULD CHILDREN EAT DAILY? DAIRY AND MEAT SERVING SIZES?

**A.** Children and adolescents should eat

5 servings of fruits and veggies every day. Dairy should be limited to 3 servings of low fat milk, cheese or yogurt. Meat servings are typically the size of a deck of cards or the size of your fist.

## Q. WHAT CAN I DO TO ENSURE MY CHILD IS DRINKING ENOUGH WATER?

**A.** School-aged children should drink 4 servings of water daily, and adolescents should aim for a minimum of 8 glasses of

water every day. Adding fresh fruit to water can help make it more appealing.

## Q. SHOULD I GIVE MY CHILD A DAILY VITAMIN?

**A.** It is best to get vitamins from the foods we eat, not from taking a daily pill. A well-balanced diet that includes fruits and vegetables can ensure kids are getting the vitamins and minerals they need to grow properly.

## Q. HOW MUCH PHYSICAL ACTIVITY SHOULD KIDS STRIVE FOR?

**A.** Kids should get at least an hour of physical activity daily.

## Q. WHAT ABOUT MEDIA/SCREEN TIME. HOW MUCH TIME IS TOO MUCH?

**A.** Screen time should be avoided in kids 2 years old and younger and should be limited to no more than 2 hours daily for school-aged children and teenagers. This includes, television, video games, tablets and phones. Bedrooms should not contain TVs or other devices, and these devices should be off one hour prior to bedtime.

# Teaching Kids to Wash Their Hands

Source: *The StayWell Company, LLC*

How do you develop healthy handwashing habits in children? A few tips are listed below.

- Being close to a person who is sick
- Touching a dirty diaper
- Touching garbage

## 4 STEPS TO CLEAN HANDS

Here are 4 easy steps to clean hands:

1. Get your hands wet in clean water. Put soap on your hands and make suds.
2. Rub your soapy hands together long enough to sing "Happy Birthday" in your head twice. Clean your palms, the back of your hands, and between your fingers. Don't forget to clean under your nails. Nails can trap dirt and germs.
3. Hold your hands under clean, running water. Rub them to rinse them fully.
4. Shake your hands a few times, then dry them with a clean towel or hand dryer.

## CAN'T REACH THE SINK?

If your child is small, hold him or her to



help him reach the sink. If your child can stand, use a safety step to boost him or her up to the faucet.

If your child is too heavy to lift and there's no step nearby, wipe his or her hands with a damp and soapy paper towel. Use another clean, wet paper towel to rinse soap off the hands. Dry the hands with a third clean paper towel. Wash your own hands after helping your child.

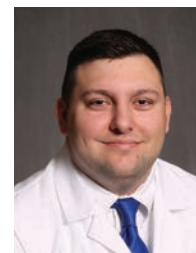
**Handwashing | Continued on page 22**

# MEET OUR PEDIATRIC PROVIDERS



**Danielle Cappelletti, MD**

**LOCATIONS:**  
Gallipolis, Jackson, Meigs, Point Pleasant



**Charles Davis, MD**

**LOCATION:**  
Gallipolis, Jackson, Meigs, Point Pleasant



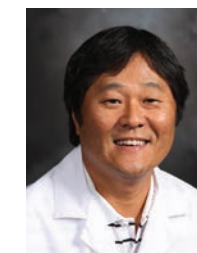
**Jessica James, DO**

**LOCATION:**  
Athens



**Pradeep Kandula, MD, FAAP**

**LOCATIONS:**  
Gallipolis, Jackson, Meigs, Point Pleasant



**I.H. Kim, MD, FAAP**

**LOCATIONS:**  
Gallipolis, Jackson, Meigs, Point Pleasant



**Jonathan Mathis, MD**

**LOCATIONS:**  
Gallipolis, Jackson, Meigs



**Joanna Miller, CNP**

**LOCATIONS:**  
Gallipolis, Jackson, Meigs, Point Pleasant



**Richard Mendieta, MD, FAAP**

**LOCATIONS:**  
Gallipolis, Jackson, Meigs, Point Pleasant



**Cassie Rice, DO**

**LOCATIONS:**  
Gallipolis, Jackson, Meigs, Point Pleasant



**Jared Sheets, MD (Internal Medicine & Pediatrics)**

**LOCATION:**  
Athens



**Brittany Spencer, NP-C**

**LOCATIONS:**  
Gallipolis



**Jon Sullivan, MD, FACP**

**LOCATIONS:**  
Gallipolis, Jackson, Meigs, Point Pleasant



**Ron Tawney, NP**

**LOCATIONS:**  
Gallipolis, Jackson, Meigs



**Jill Tipton, CNP**

**LOCATIONS:**  
Gallipolis, Jackson, Meigs, Point Pleasant

Call to schedule an appointment!  
**1.855.4HOLZER (1.855.446.5937)**



To learn more about each provider, visit [www.holzer.org](http://www.holzer.org).

# Holzer Offers Pediatric Services with Convenient Hours, Locations!

## Holzer Gallipolis

100 Jackson Pike  
Gallipolis, OH

### HOURS

Monday-Friday:  
8 a.m. - 5 p.m.

### Urgent Care

Mon. - Fri.: 9 a.m. - 8 p.m.  
Sat. - Sun.: 11 a.m. - 6 p.m.

### Pediatric Urgent Care

Mon. - Fri.: 5 p.m. - 8 p.m.  
Sat. - Sun.: 11 a.m. - 6 p.m.

## Holzer Jackson

280 Pattonville Road  
Jackson, OH

### HOURS

Monday-Friday:  
8 a.m. - 5 p.m.

### Urgent Care

Mon. - Fri.: 9 a.m. - 8 p.m.  
Sat. - Sun.: 11 a.m. - 6 p.m.

### Pediatric Urgent Care

Mon. - Fri.: 5 p.m. - 8 p.m.  
Sat. - Sun.: 11 a.m. - 6 p.m.

## Holzer Athens

2131 East State Street  
Athens, OH

### HOURS

Monday-Friday:  
8 a.m. - 5 p.m.

### Urgent Care

Mon. - Fri.: 9 a.m. - 8 p.m.  
Sat. - Sun.: 11 a.m. - 6 p.m.

## Holzer Meigs

88 East Memorial Drive  
Pomeroy, OH

### HOURS

Monday-Friday:  
8 a.m. - 5 p.m.

### Urgent Care

Mon. - Fri.: 9 a.m. - 8 p.m.  
Sat. - Sun.: 11 a.m. - 6 p.m.

## Holzer Point Pleasant

2605 Jackson Avenue  
Point Pleasant, WV

### HOURS

Monday-Friday:  
8 a.m. - 5 p.m.

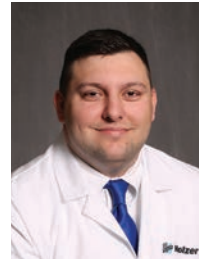
# Welcome to Holzer



**Mary Brown, FNP-BC**  
Family Practice  
Holzer Meigs



**Kanooz Choudhary, MD**  
Family Medicine Resident  
Holzer Sycamore



**Charles Davis, MD**  
Pediatrics  
Holzer Gallipolis,  
Holzer Jackson,  
Holzer Meigs



**Morgan Efaw, DO**  
Family Medicine Resident  
Holzer Sycamore



**Arthur Huntley, DO**  
Family Medicine Resident  
Holzer Sycamore



**Nikhil Jain, DO**  
Family Medicine Resident  
Holzer Sycamore



**Craig Kincaid, DC**  
Chiropractic  
Holzer Jackson



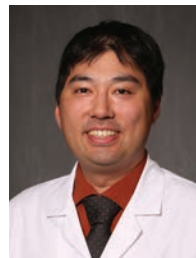
**James Krick, DO**  
Urology  
Holzer Gallipolis,  
Holzer Jackson



**Jonathan Mathis, MD**  
Pediatrics  
Holzer Gallipolis,  
Holzer Jackson,  
Holzer Meigs



**Leslie Patch, MD, FACS**  
Ophthalmology  
Holzer Gallipolis,  
Holzer Jackson



**Roger Quach, DO**  
Family Medicine Resident  
Holzer Sycamore



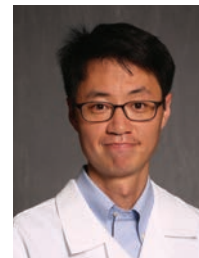
**Beenu Singh, MD**  
Nephrology  
Holzer Gallipolis,  
Holzer Point Pleasant



**Sidra Sohail, MD**  
Family Medicine Resident  
Holzer Sycamore



**Tony Valentine, DO**  
Family Practice  
Holzer Meigs



**John Yun, DO**  
Family Medicine Resident  
Holzer Sycamore

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 providers, or to find a provider, go to [www.holzer.org/find-a-doctor](http://www.holzer.org/find-a-doctor).**

## Lisa Halley Named Chief Administrative Officer

Holzer Health System has recently announced Lisa Halley as incoming Chief Administrative Officer.

Halley began her career at Holzer in July 1981 as an Administrative Assistant in the General Services/Chaplaincy Department. In 1991, she transferred to Human Resources as the Department Secretary. She was named the Human Resources Manager in 2003, Human Resources Director in 2005 and in 2007 was promoted to Vice President of Human Resources.

"I truly enjoy being a part of Holzer," shared Halley. "The family culture is amazing. We truly are all working together to make a difference for our communities."

Moving into the CAO position provides an opportunity to work with a broad range of departments in order to enhance the services offered throughout the health system. "I am excited to move into the new role and look forward to being a part of a very bright future at Holzer."

Halley will work alongside John

**"I truly enjoy being a part of Holzer. The family culture is amazing. We truly are all working together to make a difference for our communities."**

*Lisa Halley, Chief Administrative Officer*



Cunningham in the coming months as he transitions into retirement in 2019.

"Working with Mr. Cunningham is an honor and I am pleased that I will be able to transition into my new role with his assistance," shared Halley.

"I am pleased to see Lisa moving into the CAO position," commented Cunningham. "With her background and experience, I am confident she will do a wonderful job."

Cunningham joined Holzer in 1986 as an Exercise Physiologist at Holzer's Sycamore location. Throughout the years, he moved into many management and director positions, including Chief Operating Officer, Chief Administrative Officer,

and currently serves as the Executive Vice President of Population Health Management.

Lisa and her fiancé, Tim Hackworth, live in Meigs County. Halley is a graduate of Gallia Academy High School and received her Bachelors in Human Resources Management from the University of Maryland. She completed her Masters in Human Resources Development from Villanova University, and is currently working on her Masters in Healthcare Administration at Ohio University.

Halley has two daughters, Jennifer (Bobby) Angel and Kristen (Steve) Pelfrey. She has four grandchildren, Halli, Jake, Charlie and Kylie.

## Todd M. Fowler Named Chief Operating Officer

Holzer is proud to announce Todd M. Fowler, MBA, FACMPE, Chief Operating Officer for the health system.

In this position, Fowler will lead with operations at Holzer Medical Center Gallipolis, Holzer Medical Center-Jackson, Holzer's Post-Acute Care Division and the physician practice division.

Fowler has an extensive history with Holzer. He joined the organization in 1993 and has held a variety of roles including Physician Recruiter, Human Resources/Marketing Manager, Assistant Administrator, and Chief Administrative Officer. In May 2011, Fowler relocated to Youngstown and began working with Southwind (a division of The Advisory Board) as a Consultant and Interim Manager for hospitals and physician groups, where he served as Chief Operating Officer for various entities. He returned to Holzer in September 2014 as the Chief Transformation Officer, then moved into Executive Vice President of Ambulatory Operations, overseeing

**"I grew up here. I am fortunate to have known Dr. Holzer Jr. and have an emotional attachment to Holzer. This organization is a part of my life and I am honored to continue my professional career at Holzer."**

*Todd Fowler, Chief Operating Officer*



the physician practice division of Holzer Health System.

"I look forward to the great things we are going to be doing here," Fowler said. "Our healthcare teams are positioned to ensure our patients and communities are receiving excellent healthcare services. My role will be to assist our caregivers, so they can do their job in the best way possible."

Fowler is a graduate of Gallia Academy High School, received his Bachelor's in Communication from Ohio Northern University and completed his Master of Business Administration at Wright State University. He is a Fellow in the American College of Medical Practice Executives and

Past President of the Ohio Medical Group Management Association.

"I grew up here," shared Fowler. "I am fortunate to have known Dr. Holzer Jr. and have an emotional attachment to Holzer. This organization is a part of my life and I am honored to continue my professional career at Holzer."

Fowler and his wife, Robin, reside in Rio Grande, on a farm that has been in his family since 1979. They have two children, Danielle, who is phlebotomist at Holzer's Jenkins Memorial Health Clinic in Wellston, Ohio, and Anthony (Meg), of Columbus. They have one grandson, James, and are expecting another grandchild in December of this year.

## SHARING YOUR STORIES

### Patient Experiences Better Quality of Life Following Hernia Surgery with da Vinci®

"I was very pleased with Dr. Dittenhofer," shared Robert "Bob" Davidson, recent hernia patient at Holzer Gallipolis. "My experience was excellent and I am glad he is a part of Holzer."

Davidson had a hernia for years, and the health issue continued to worsen and cause distress.

"I had to have emergency surgery on Valentine's Day 2018," he shared. "The first surgery really helped, but required additional repair in May. Holzer's surgery department is first class. It's been over five years since I have felt this good."

A hernia occurs when an organ or fatty tissue squeezes through a weak spot in surrounding muscle or connective tissue. The most common types of hernia are inguinal (affecting the inner groin), incisional (resulting from an incision), femoral (outer groin), umbilical (belly button), and hiatal (upper stomach). Any condition that increases the pressure of the abdominal cavity, such as: obesity, heavy lifting, coughing, and/or chronic lung disease, may contribute to the formation or worsening of a hernia. Having a family history of hernias can increase the risk for developing a hernia.

Dr. Dittenhofer was able to utilize the

da Vinci® surgery robot on Davidson's repair surgery in May. With the addition of the da Vinci® robot, Holzer's surgical department continues to provide safe and efficient procedures for the communities we serve.

Holzer has built a multi-disciplinary robotic-assisted surgery program with a team of dedicated surgeons, nurses, and surgical technologists. During a da Vinci® procedure, the surgeon is 100 percent in control of the robotic system. Seated at the surgeon console in the same room with the patient, the surgeon manipulates the EndoWrist® instruments in real time through a small incision. This enables the surgeon to operate with enhanced vision, dexterity, and precision.

"Dr. Dittenhofer explained the procedure very well," shared Davidson. "I knew what to expect and was very prepared for surgery as well as recovery. My wife, Sara, and I were impressed with the entire surgical team."



Shown pictured, from left to right, is Andrew Dittenhofer, DO, Holzer General Surgery, and Robert "Bob" Davidson, Holzer Surgery patient.

Dr. Dittenhofer is a graduate of the Pikeville College School of Osteopathic Medicine in Pikeville, Kentucky, and completed his General Surgery residency at East End Health Alliance and his internship at Bluefield Regional Medical Center in Bluefield, West Virginia. He is currently accepting patients at Holzer Gallipolis and Holzer Jackson clinic locations.

Davidson and his wife reside in Gallipolis. They are the proud parents of Caleb, Emily, Daniel, and Elizabeth, and have one granddaughter, Estelle.

For more information on the da Vinci® system, or Holzer services, visit [www.holzer.org/surgery](http://www.holzer.org/surgery).

## New Test Benefits Patients With GERD

Gastroesophageal reflux disease (GERD) is a common chronic condition that effects up to 40 percent of the U.S. population in their lifetime. Common symptoms of GERD include: heartburn, chest pain, and difficulty swallowing. If left untreated, GERD may lead to esophagitis, ulcers, and a precancerous disease called Barrett's esophagus.

The Holzer Gastroenterology department at our Athens location now offers a test called Esophageal Manometry. This reflux test is a convenient outpatient procedure that allows the physician to identify whether frequent symptoms are caused by GERD. The test is used to assess pressure and motor function of the esophagus. It also helps to evaluate how well the esophagus muscles work to transport liquids or food from the mouth

to the stomach. The test requires no sedation, so patients can resume normal daily activities following the study.

Those who are taking over-the-counter antacids or prescription medications and are still experiencing reflux symptoms may benefit from this reflux testing.

Reasons Esophageal Manometry is performed include:

- To evaluate the cause of gastric reflux, heartburn, difficulty swallowing, and non-cardiac chest pain
- Preoperative evaluation for anti-reflux surgery
- To ensure proper placement of pH probes

To see if you would benefit from this service, call 1-855-4HOLZER (1-855-446-5937).



**Brian Torski, DO**  
*Gastroenterology*  
Holzer Athens

Dr. Torski received his Doctor of Osteopathic Medicine at Chicago College of Osteopathic Medicine of Midwestern University in Downers

Grove, Illinois. He completed his Residency in Internal Medicine at Grandview Medical Center in Dayton, Ohio, and completed his Fellowship in Gastroenterology at St. John Providence Health System in Warren, Michigan.

Dr. Torski is seeing patients at Holzer Athens, located at 2131 East State Street, Athens, Ohio.

### What Do You Know About Heartburn?

Have you ever had heartburn — that painful, burning sensation in your chest or throat? If so, you are not alone. Take this quiz to see how much you know about heartburn.

- Heartburn is linked to:
  - A. Nausea
  - B. Dystonia
  - C. Acid indigestion
  - D. Flatulence

- Which of these conditions might be related to heartburn that happens often?
  - A. Stomach ulcers
  - B. Gastroesophageal reflux disease
  - C. Gastritis
  - D. All of the above

- Heartburn plus other symptoms like a pain or ache in your arm or jaw, difficulty breathing, or chest pain, may be a symptom of:
  - A. Stroke
  - B. Heart attack
  - C. Aortic dissection
  - D. Stomach ulcers

- Heartburn is a disease.
  - A. True
  - B. False

- Which of the following lifestyle changes can help prevent heartburn?
  - A. Quit smoking
  - B. Raise the head of your bed 6 - 9 inches
  - C. Wear loose clothing if you're overweight
  - D. Avoid lying down after meals
  - E. All of the above

- Many over-the-counter medicines can be used to relieve heartburn. These medicines are commonly called:

- A. Anti-inflammatory medicines
- B. Antihistamines
- C. Antacids, proton pump inhibitors, or H2 blockers
- D. Antibodies

- If your heartburn doesn't go away, your doctor may do a bronchoscopy to see if you have a more serious problem.
  - A. True
  - B. False

Answers: 1. C; 2. D; 3. B; 4. B; 5. E; 6. C; 7. B

To learn more about heartburn or to take the quiz online, visit [healthlibrary.holzer.org](http://healthlibrary.holzer.org).



## Highest Level of Skill & Compassion



1.855.4HOLZER • [www.holzer.org/surgery](http://www.holzer.org/surgery)



## Holzer Offers 18th Annual Respiratory Symposium in Gallipolis

The Holzer Health System Respiratory Therapy Department announces the 18th Annual Respiratory Symposium. The one-day presentation will give respiratory care professionals the opportunity to learn and review different aspects and concepts in the respiratory field. Scheduled for Friday, October 19, the event will take place at the Holzer Health System Education and Conference Center, located at Holzer Gallipolis.

Several healthcare professionals will present a variety of topics during the Symposium including: Dealing with Difficult People, Pediatric Ventilators 1.0, Airway Clearance, COPD Management, and Rescue Modalities, and Home O2 and Home Mechanical Ventilation.

Healthcare professionals invited to attend this seminar include all respiratory therapists, including those from hospitals, long-term care, doctor's offices, and HME/DME; homecare/DME business owners; registered nurses; licensed practical nurses; respiratory students; and others who provide respiratory services. Six Category 1 CRCE have been applied for with the American Association for Respiratory Care (AARC).

To attend a registration form must be completed. Forms may be obtained by calling the Respiratory Therapy Department at 740-446-5919, or by email at larice@holzer.org. Registrations are limited and will be on a first come, first served basis.

## National Rehabilitation Awareness Week recognized in September

Holzer Health System joined the National Rehabilitation Awareness Foundation, sponsor of National Rehabilitation Awareness Celebration, and more than 6,500 facilities nationwide in observing the occasion throughout the week of September 16-22.

National Rehabilitation Awareness week aims to promote the value of rehabilitation; highlight the capabilities of people with disabilities; salute the professionals who provide service to people with disabilities; and increase awareness of the value and impact of rehabilitation.

Rehabilitation is a medical specialty that helps restore those who are affected by a potentially disabling disease or traumatic injury to good health and functional, productive lives, while working to minimize physical or cognitive disabilities. It often centers on an interdisciplinary team approach to care by physiatrists (physicians specializing in rehabilitation); physical, occupational, respiratory and recreational therapists; speech and language pathologists; rehabilitation nurses; and other professionals who work with patients to restore the greatest level of function or independence. The rehab team helps individuals overcome obstacles and accomplish normal tasks of daily living.

Most Americans will require at least one rehabilitation service at some point in their lives. Rehabilitation is individualized so that each patient can progress at his or her own ability level. Statistics show that medical rehabilitation improves lives and saves money. For every \$1 spent on rehab care, it is estimated that \$11 are saved on long-term disability costs. People participating in rehabilitation programs of care are able to regain productivity and return to work, school and independent living.

The Holzer Health System - Gallipolis Medical Center Inpatient Rehab Unit is located on the fifth floor of the hospital at 100 Jackson Pike, Gallipolis, and has provided services since 1991. The primary purpose of



the Rehab Unit is to assist patients and their families with the transition from an acute hospital setting to home. Patients participate in a comprehensive rehab program consisting of at least three hours of therapy a day, five days a week.

The Inpatient Rehab Unit recognized the week with the 26th Annual Rehab Reunion on Wednesday, September 19, where former rehab patients and members of the community were invited for lunch and live entertainment was provided.

Holzer's Inpatient Rehab Unit features a remodeled therapy area and LiteGait® equipment, the only one available in the area. The LiteGait® is an innovative gait-training device that enhances our services during the recovery process. The LiteGait® is appropriate for use with a wide range of impairments. LiteGait® provides proper posture, reduces weight-bearing, eliminates the risk and fear of falling, and helps coordinate lower-extremity movement. Its unique harness design not only permits unilateral or bilateral support that allows progression of the weight-bearing load from non to full weight-bearing, but it also frees the therapist to observe gait patterns and make manual corrections in limb placement, weight shift and step timing.

For more information, call 740-446-5902 or visit [www.holzer.org](http://www.holzer.org).



## Holzer Center for Cancer Care Hosts Cancer Survivor Picnic

Holzer Center for Cancer Care recently held a Cancer Survivor Picnic at the Gallipolis Campus. Community Cancer Survivors were invited, along with a guest, to a cookout-style event. Special music was provided by Leslie Shoecraft, Music Therapist. Holzer Center for Cancer Care staff served everyone in attendance.

"It was a wonderful day and we were so blessed with many cancer survivors attending and enjoying the afternoon," shared Sarah Harrigan, RN, MSN, OCN, Director, Holzer Center for Cancer Care. "Our facility is proud to be able to offer this type of event and looks forward to future activities with our communities."

Donations were provided by local businesses including:

- Becky Meaige
- Cole Kirby and Associates
- Country Roads 4H Club
- Cross and Sons Farm Equipment
- Dairy Queen - Middleport
- J.L. Construction
- Fabulous D's Salon
- Foxes Pizza Den Pomeroy
- Foxes Pizza Den Rutland
- Gallia Shooting Aces 4H Club
- Heiner's Bakery



- Lisa Richie and Family and River Valley Middle/High School Staff in honor of Patrick Stout
- McDonalds of Gallipolis
- Norris Northrup Dodge
- Scites Insurance Agency
- The Carmichael Agency
- The Lion's Club
- Victory Baptist Church

Holzer Center for Cancer Care would also like to thank the Holzer Maintenance and Marketing staff for all of their assistance with the event.

"We are so honored to provide this type of event," commented Amity Wamsley, Oncology Nurse Navigator, Holzer

Center for Cancer Care. "Our staff truly enjoys reconnecting with past patients and celebrating their accomplishment at every opportunity."

Holzer Center for Cancer Care is dedicated to providing state-of-the-art treatment for all cancer sites with gentle, competent, and individualized care. Medical oncology services include an infusion area for chemotherapy with 12 bays and 2 private bays for treatment. Radiation Oncology services are provided with advance technology in a relaxed and friendly setting. For more information on Holzer Center for Cancer Care services, please visit [www.holzer.org](http://www.holzer.org) or call 1-855-4-HOLZER.

# Meet Our Sports Medicine Team

Holzer Sports Medicine provides assistance to local schools in Gallia, Meigs, Athens, Jackson, and Vinton Counties in Ohio, and Mason County, West Virginia, with athletic training services and team physicians/practitioners. The sports medicine team provides care at athletic events throughout the region such as the Gus Macker Basketball Tournament, the West Virginia State Wrestling Tournament, and the Hoops Project basketball tournament in Gallipolis, Ohio. The team provides education on injury prevention, and hosts an annual coaches luncheon for coaches and team captains every August to kick off the new school year.

**Kelly Roush**  
**DC, CCSP, ATC**  
*Certified Chiropractic Sports Physician*



**SCHOOLS:** Team Physician for Jackson, University of Rio Grande

Kelly Roush, DC, CCSP, ATC, Certified Chiropractic Sports Physician, has been a Holzer physician for over 20 years and is Director of the Sports Medicine Department. Dr. Roush completed her Bachelor's Degree in Pre-Medicine and Sports Medicine/Athletic Training at the University of Charleston in Charleston, West Virginia. She obtained her Masters in Anatomy and a Doctorate with a Certification in Rehabilitation at Palmer College of Chiropractic in Davenport, Iowa. During medical school, she worked as an athletic trainer

at Palmer College. She is a Certified Chiropractic Sports Physician through the American Chiropractic Board of Sports Physicians.

Prior to joining Holzer, Dr. Roush served as the team physician for the United States Olympic Bobsled Team for three years, and two years for the U.S. Olympic Pole Vault team.

"I love sports. In high school, I played volleyball, basketball, softball, and was cheerleader and field commander of the band. I received a scholarship to play

college volleyball and continued volleyball while in medical school. I chose my profession to help others stay active and provide the opportunity to pursue their athletic goals," Dr. Roush said.

Dr. Roush provides care for sports during all seasons. Currently, she is a team physician for Jackson High School in Jackson, Ohio, and The University of Rio Grande in Rio Grande,

Dr. Roush | Continued on page 14

**Lori Ward, MS, ATC, LAT**  
**SCHOOLS:** Gallia Academy, University of Rio Grande



Lori Ward, MS, ATC, LAT, joined Holzer in 1988. She completed her Bachelor of Science at Marshall University in Huntington, West Virginia, and her Master of Science at Ohio University in Athens, Ohio. Prior to her career at Holzer, she worked with Huntington Physical Therapy in Huntington, West Virginia.

Ward was first introduced to athletic training while playing softball at Marshall.

"I was studying pre-med, but decided athletic training combined medicine with my love of sports," she said. "I love being able to help athletes work toward their dreams."

As an athletic trainer, Ward covers all high school sports at Gallia Academy High School in Gallipolis, Ohio, and at the University of Rio Grande in Rio Grande, Ohio. She has worked with Gallia Academy for 18 years and has worked with the University of Rio Grande for 23 years.

She described the best part of being a Holzer employee is, "providing care to the athletes and being involved with the community."

Ward resides in Gallipolis, Ohio, with her husband, Tim. They have four children, Lindsay, 28, Jeremy, 26, Heather, 24, and Eric, 21.

**Jason Crawford, MS, ATCL**  
**SCHOOL:** Jackson



Jason Crawford, MS, ATCL, began his Holzer career in 1997. He completed his Bachelors and Masters degrees at Marshall University in Huntington, West Virginia.

Crawford became an athletic trainer because he said he loves sports and wanted to help people. He describes what he likes best about Holzer is "being a part of a team and helping the community we live in."

As an athletic trainer, Crawford has worked with Jackson High School and Jackson Middle School for 15 years covering fall, winter, and spring sports. He resides in Jackson, Ohio, with his wife, Carmen, and their children, Shelby, Brady, Sawyer, and Lakyn. He enjoys water sports, snow sports, and fitness.

**Samantha Blevins, LAT**  
**SCHOOL:** River Valley



Samantha Blevins, LAT, completed her Bachelor of Science in Athletic Training at Shawnee State University in Portsmouth, Ohio. At Holzer, she works with the Orthopedics and Sports Medicine departments. She serves at River Valley High School in Bidwell, Ohio, as an athletic trainer and has been with the school for two years. She currently resides in Jackson, Ohio.

**Gabe Roush, ATC**  
**SCHOOL:** Point Pleasant



Gabe Roush, ATC, joined Holzer in 2003, where he currently works in the Orthopedics and Podiatry Departments. He completed his Bachelor of Science in Athletic Training at West Virginia University in Morgantown, West Virginia, and completed an internship with the Denver Broncos.

"I have always had a passion for sports, but wanted to go into the medical field," Roush commented on why he became an athletic trainer. "Being an athletic trainer offered the best of both worlds!"

At Point Pleasant High School, Roush provides athletic training services for all fall, winter, and spring high school sports. This year will be his third year with the school.

"I love how community-minded Holzer is," he said. "I'm proud to work for a quality health system that provides so much for the surrounding areas."

Roush resides in Point Pleasant, West Virginia, with his wife, Alissa, and son, Carson. He enjoys cycling, hiking, and being involved in Point Pleasant community projects.

"I want to bring some positivity to their day - even though they may be dealing with injuries, rehabilitating to return to activity, or coming into the clinic - it is something that drives me."

- Nate Chapman

**Nate Chapman, ATC**  
**SCHOOL:** Meigs



Nate Chapman, ATC, joined Holzer Chiropractic in 2017. He completed his undergraduate education at the University of Charleston in Charleston, West Virginia, and graduate school at Logan University in Chesterfield, Missouri.

Chapman stated that he became an athletic trainer because he wanted something that would keep him involved in athletics.

"Originally, I did not know what I wanted to do, so I chose a degree that I hoped would keep me around

Chapman | Continued on page 14



## Additional Team Physicians/ Practitioners:



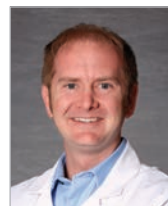
**Dan Black, DO, AAPMR**  
*Physical Medicine & Rehabilitation*  
**Team Physician:**  
Ohio University Hockey  
(Club Sport)



**Mary Brown, FNP-BC**  
*Family Practice*  
**Team Practitioner:**  
Eastern High School



**Nathan Clark, DPM, FACFAS**  
*Podiatry*  
**Team Physician:**  
Gallia Academy High School



**Jason Cox, DO**  
*Orthopedic Surgery, Joint Replacement*  
**Team Physician:**  
Nelsonville-York



**Lisa Johnson, FNP-BC, CRNFA**  
*Vein Center*  
**Team Practitioner:**  
Point Pleasant High School



**Amy Lovsey, FNP**  
*Family Practice*  
**Team Practitioner:**  
Alexander High School



**Charles Zierenberg, MD**  
*Orthopedic Surgery/  
Sports Medicine*  
**Team Physician:**  
University of Rio Grande,  
River Valley High School

Holzer provides the following schools a monetary stipend to provide athletic training services:

- Alexander High School
- Eastern High School
- Nelsonville-York High School
- South Gallia High School
- Southern High School
- Trimble High School
- Vinton County High School
- University of Rio Grande

### CHAPMAN | Continued from page 13

athletics," he said. "After learning about the profession and going to clinical, I soon developed a love for the profession."

He described his favorite part of the job is the relationships he builds with the coaches, athletes, and patients.

"I want to bring some positivity to their day - even though they may be dealing with injuries, rehabilitating to return to activity, or coming into the clinic - it is something that drives me," Chapman shared.

In addition to his first year at Holzer, Chapman is also working his first year as an athletic trainer at Meigs High School, where he covers all sports.

"Athletic trainers are not often seen as a necessity in some states/organizations. Having the opportunity to work for a

### DR. ROUSH | Continued from page 12

Ohio. Previously, she was the team physician at Meigs High School for 12 years and at Point Pleasant High School for seven years.

"I love what I do," Dr. Roush continued. "I spend countless hours in the office, on the field, and in the gym. My career provides the opportunity to help someone each day."

Dr. Roush explained that she likes being a part of Holzer because of the family atmosphere and community involvement.

"I am proud to work for an organization that is involved in the community," she said. "Holzer has a fantastic sports medicine department that enjoys giving back and helping others. I love being a part of the Holzer team providing quality care for those we serve."

Dr. Roush resides in Jackson, Ohio, with

company that sees the value in athletic trainers is wonderful," Chapman said. "I am blessed to have been given the opportunities to work with many great people from the clinic setting to the high schools."

He said what he likes best about being a part of Holzer is the family atmosphere.

"I enjoy how Holzer has a family atmosphere and is welcoming. I have only worked with Holzer for a year, but I could not have picked a better organization to become a part of after graduation," he stated.

Chapman resides in Point Pleasant, West Virginia, with his wife, Sarah. He enjoys spending time with his wife, family, and friends, and being involved with his church and community. Chapman also enjoys traveling to new places, and is an avid Ohio State and Columbus Blue Jackets fan.

her husband, Allen Icenhower, who directs the adult choir at their church. Together, they have two children, Jared, 16, who is Quarterback on the Jackson High School football team and plays guard in basketball, and Grace, 12, who plays 7th-grade volleyball and cheers. Dr. Roush enjoys being a part of her church choir and directs the youth choir. She also enjoys spending time with her family, travelling (especially to the beach), attending athletic events, and is a West Virginia University and Alabama football fan. She also authored the book titled "Sports Concussion and Neck Trauma: Preventing Injury for Future Generations," which was published in 2012.

Dr. Roush provides care for chiropractic and sports medicine patients at Holzer Sycamore in Gallipolis, Ohio, and treats patients for work and sports injuries at Holzer Medical Center - Jackson (hospital) in Jackson, Ohio.



## Holzer Sports Medicine Hosts Annual Coaches Luncheon

Dr. Kelly Roush, Certified Chiropractic Sports Physician, and staff hosted the annual Holzer Sports Medicine Coaches Luncheon on Saturday, August 25. Coaches and athletes participated in a lunch followed by a spirit competition and door prizes donated by local businesses. WBYG attended the luncheon for a radio live remote, interviewing coaches and captains on the upcoming year.



## Sports Safety Tips: Preventing Injuries

Playing sports is great for children and adults. It has both physical and psychological benefits. Sports can increase physical coordination, fitness, and self-esteem. They also teach important lessons about teamwork and self-discipline.

However, children are at risk for sports injuries because their bodies are still growing and their coordination is still developing. Many children ages 14 and under are treated

for sports-related injuries each year. Half of all of those injuries can be prevented with proper use of safety gear, changes to the playing environment, and by following sports rules that help prevent injuries.

Most sports injuries occur due to the following:

- Lack of education and awareness about safety precautions and potential injury

• Inappropriate or lack of equipment  
• Poorly conditioned players  
These are general safety precautions to help prevent sports injuries:

- Wear the right safety gear and equipment.
- The playing environment should be well lit and appropriate for the sport in question.
- Enforce safety rules.
- Players should stay hydrated during

**Sports Safety | Continued on page 23**



# Holzer Recognizes National Chiropractic Month in October

National Chiropractic Month is a nationwide recognition held annually in October, focusing on promoting optimal back health and preventing workplace injuries. This year, the American Chiropractic Association (ACA) and its members encourage the public to move more with the theme “Move 4 Life” to improve and maintain musculoskeletal and overall health.

Movement is vitally important to overall health. Physical activity not only helps reduce the risk of cardiovascular disease, Type 2 diabetes and even some cancers, it also strengthens our bones and muscles. As we age, the health of our bones and muscles is especially important in reducing the frequency and severity of back pain as well as preventing falls and other injuries that can lead to disability and limit our ability to engage in daily activities. For these reasons, it is essential to move now in order to be able to move later.

Chiropractic and Sports Medicine is the health care profession that focuses on disorders and injuries of the musculoskeletal and nervous systems, and the effects of these concerns on general health. Chiropractic physicians practice a drug-free, hands-on approach to health care that includes patient examination, diagnosis and

treatment. Holzer’s chiropractic physicians assess patients through clinical examination, laboratory testing, and diagnostic imaging and correct the cause of health challenges, which arise when misalignments of the vertebrae disrupt neurological communications between the brain and the cells, tissues, and organs of the body.

Conditions treated include:

- neck and back injuries
- headaches
- shoulder injuries
- sciatica
- carpal tunnel syndrome
- sports injuries
- joint problems associated with multiple sclerosis and/or scoliosis,
- biomechanical problems of the extremities
- arthritic conditions.

Treatments include:

- manual adjustment of the spin and extremities
- therapy personalized strength and conditioning programs
- designing and fitting of sports protective devises to prevent injury or re-injury

Holzer Chiropractor providers include William (Aaron) Ramsey, DC, CCSP, Certified



**Craig Kincaid, DC**  
Chiropractic Medicine  
Holzer Jackson (clinic)



**Aaron Ramsey, DC, CCSP**  
Certified Chiropractic Sports Physician  
Chiropractic Medicine  
Holzer Athens



**Kelly Roush, DC, CCSP, ATC**  
Certified Chiropractic Sports Physician  
Chiropractic Medicine  
Holzer Sycamore,  
Holzer Medical Center - Jackson (hospital)\*  
*\*work-related injuries & sports medicine only*

Chiropractic Sports Physician, Holzer Athens, Stephen (Craig) Kincaid, DC, Holzer – Jackson Clinic, and Kelly Roush, DC, CCSP, ATC, Sycamore Clinic, Gallipolis and Holzer Medical Center – Jackson. To request an appointment, call 1-855-446-5937.

## How Much Do You Know About Your Back?

Whether you’re sitting, standing, or moving, your back and its muscles are providing support all day, every day. Test your knowledge of the back by taking this quiz.

- How many bones are in your spine?  
A. 33                      B. 50  
C. 60                      D. 70
- What position is best for your back when you sleep?  
A. On your back  
B. On your stomach  
C. On one side  
D. On one side with the knees flexed toward the chest
- Which of these sports can cause dangerous back injuries?  
A. Soccer                      B. Volleyball  
C. Racquetball  
D. All of the above
- What is the average recovery time for low-back pain?  
A. 2 weeks    B. 1 month  
C. 3 months  
D. Indefinite period
- Disks cushion vertebrae in the back. What are they made of?  
A. Bone                      B. Tendons  
C. Cartilage    D. Muscle
- Which of these is a significant risk factor for backache?  
A. Being underweight  
B. Being overweight  
C. Being tall  
D. Being short

- Which of these measures will help a backache?  
A. Several days of bed rest  
B. Massage  
C. Ice pack  
D. B and C
- How should you lift a heavy object?  
A. Bend from the waist  
B. Squat, then lift  
C. Twist to set the object down  
D. Lock your knees
- What are the warning signs of a herniated disk?  
A. Pain                      B. Numbness  
C. Shooting back pain when you cough  
D. All of the above

Answers: 1. A; 2. D; 3. D; 4. B; 5. C; 6. B; 7. D  
8. B; 9. D - Source: *The StayWell Company, LLC*

# VNG Balance Testing Available at Holzer Athens

Holzer now offers Videonystagmography (VNG) testing at our Athens location. This test performs an assessment of the vestibular/balance system of the inner ear to determine the cause dizziness or loss of balance.

Holzer utilizes Otometrics ICS Chartr 200 for the VNG test. The test uses a camera to trace quick eye movements (or nystagmus) in response to certain visual cues and positional changes. This

information is illuminating because there are neural pathways that connect the balance mechanism of the inner ear to the muscles of the eye. A disorder of the balance mechanism can result in quick eye movements that can only be detected with advanced optics.

ICS Chartr 200 software delivers:

- Efficient, complete and specialized balance tests.
- Precise, accurate data collection

with dedicated hardware and data synchronization

- High portability with compact hardware and a lightweight light bar

VNG testing is recommended if an individual is experiencing repeated episodes of dizziness, including vertigo (spinning sensation), imbalance, unsteadiness, and/or lightheadedness. For more information on the test, or to schedule an appointment, please call 1-855-4-HOLZER.

# Holzer Recognizes Physical Therapy Month in October



Holzer Health System observes National Physical Therapy Month throughout October.

National Physical Therapy Month, celebrated each October, is a nationwide event that seeks to give the public firsthand knowledge about the benefits of physical therapy. Physical therapists, physical therapy assistants, and physical therapy students across the country host special events such as fitness clinics, fun runs, athletic competitions, open houses and seminars on health and fitness topics. Activities focus on general physical fitness training and education; injury prevention; rehabilitation following injury, disease or surgery; and other areas of physical therapy practice that help patients achieve and maintain good health.

Physical therapists are highly-educated, licensed health care professionals who can help patients reduce pain and improve or restore mobility – in many cases without expensive surgery or the side

effects of prescription medications. The American Physical Therapy Association (APTA) represents more than 88,000 physical therapists, physical therapist assistants, and students of physical therapy nationwide. Its purpose is to improve the health and quality of life of individuals through the advancement of physical therapist practice, education, and research. In most states, patients can make an appointment directly with a physical therapist, without a physician referral.

This year’s theme revolves around APTA’s #ChoosePT Campaign, which raises awareness about the dangers of prescription opioids, and encourages consumers and prescribers to follow guidelines by the Centers for Disease Control and Prevention (CDC) to choose safer alternative treatments like physical therapy.

Holzer Health System offers therapy services at our locations in Athens, Gallipolis, Jackson and Pomeroy.

# Vein Center Offers Free Screenings

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 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.

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).



Pictured from left to right, Dane Black, DO, Family Medicine Resident, Joshua Bryant, DO, Family Medicine Resident, Rodney Stout, MD, Chief Medical Officer, Holzer Health System, Tony Valentine, DO, Family Practice, Christopher Jude, DO, Lois Bosley, DO, Family Practice, OUHCOM Assistant Dean, Michael Canady, MD, Chief Executive Officer, Holzer Health System, and Phillip Long, MD, Radiology.

## Holzer Celebrates Graduating Residents, Welcomes New Class

Holzer recognized Christopher Jude, DO, and Tony Valentine, DO, for completing their three-year family medicine residencies at Holzer during the annual Holzer Office of Medical Education dinner. The new class of medical students and residents were also introduced during the event.



**LEFT Photo:** Shown pictured is Dr. Marazon, Holzer Residency Program Director, left, presenting a certificate to Dr. Jude in recognition of his completion of the Holzer Family Medicine Residency program. **RIGHT Photo:** Shown pictured is Dr. Marazon, left, presenting a gift and certificate to Dr. Valentine in recognition of his completion of the Holzer Family Medicine Residency program. Dr. Valentine is now accepting patients at Holzer Meigs at 88 East Memorial Drive, Pomeroy, Ohio.



**ABOVE Photos:** Medical students and residents enjoy food and fellowship during the annual welcome event.

# A Simple Way to Keep the Flu Away

One can avoid the flu this season by taking a simple step: Get a flu shot.

The flu, also called seasonal influenza, is caused by one of several strains of influenza virus (type A or B) that infect the nose, throat, and lungs. The flu makes life miserable for a week or two for many people, and is deadly for some. Flu season can start as early as October and peak anywhere from late December to early April.

### VACCINE FACTS

- A flu vaccine is most important for children 6 months to 5 years and adults ages 50 and older. It is also important for anyone with a chronic disease, anyone who lives in a nursing home or other long-term care site, healthcare workers, and people who are often in contact with elderly adults or the chronically ill. The Centers for Disease Control and Prevention (CDC) recommends children between ages 6 months and 8 years who were never vaccinated or received only one dose of vaccine in the previous year should have two full doses of vaccine, one month apart.
- Healthcare providers also suggest flu shots for women who plan to be pregnant during flu season. The CDC says flu shots are OK for breastfeeding mothers.
- Even if you don't fall into one of the above groups, you should still obtain the vaccine in order to avoid the flu.

### TALK WITH YOUR HEALTHCARE PROVIDER FIRST

Some people shouldn't be vaccinated for the flu



## What's True About the Flu?

See how much you know about the flu by taking this quiz. It's based on information from the CDC.

- The flu mainly causes stomach upset. It is always passed on by being close to someone who has nausea or vomiting.  
A. True B. False
- A flu shot is a treatment to get when you have the flu.  
A. True B. False
- If you get a flu shot, you don't need to get another shot for 3 to 5 years.  
A. True B. False
- In some cases, the flu vaccine can give you the flu.  
A. True B. False
- How is the flu vaccine given?  
A. Shot in the arm  
B. Nasal spray  
C. Pill by mouth
- The CDC recommends that only people 50 and older get the flu vaccine each fall or winter.  
A. True B. False
- Medicines can help fight the seasonal flu.  
A. True B. False
- If you don't touch an infected person, you won't get the flu.  
A. True B. False
- If you are 65 or older, you are at higher risk for complications from the flu.  
A. True B. False

Answers: 1. B; 2. B; 3. B; 4. B; 5. A; 6. B; 7. A; 8. B; 9. A - Source: *The StayWell Company, LLC*

before talking with their healthcare provider, the CDC says. The following are reasons to talk with your healthcare provider:

- You have a severe allergy such as an anaphylactic reaction to chicken eggs.
- You had previously developed Guillain-Barré syndrome in the six weeks after receiving a flu shot.
- You currently have an illness with a fever. Wait until symptoms improve before getting the vaccine.
- Children younger than 6 months of age should not be vaccinated against the flu. Flu vaccines have not been approved for that age group.

### OTHER PREVENTION STEPS

Flu viruses are spread by contact with droplets sneezed or coughed from an infected person. Inhaling the droplets is the most common route to getting the flu. Touching objects on which droplets have landed also infects many people. You can spread the virus to others before you feel sick yourself. The CDC says you are contagious a day before symptoms start and up to five days afterward.

You can protect yourself against the flu by doing simple things like washing your hands before eating and not putting your hands

near your face or in your mouth. Washing hands for at least 20 seconds with soap and water is acceptable. If soap and water are not available, rub your hands with an alcohol-based hand cleaner. If someone in your family has the flu, you can help prevent it from spreading by cleaning surfaces with a solution of one part bleach to 10 parts water.

### ROOTING OUT RUMORS

Don't believe the rumor that a flu shot can give you a mild case of influenza. The vaccine does not contain a form of the flu virus that will make you sick. The injected form of the vaccine is made from pieces of dead flu virus cells. After receiving the vaccine, some people have mild flu-like symptoms. This is not the same thing as having the flu.

When you receive the flu vaccine, your body reacts and makes antibodies to provide immunity against the virus.

The main reason you should be vaccinated each year is that the flu virus is constantly evolving into new strains. Each year the CDC estimates which flu strains will be predominant. The CDC works with vaccine manufacturers to form the specific vaccine that will fight the predicted strains for that year.

# In the Community



**ABOVE Photos:** The pediatric department at Holzer hosted a Back to School Bash to celebrate the beginning of a new school year at the Holzer Gallipolis location. Various activities included face painting and inflatables. Batman from "Heroes 4 Higher" was available for photo opportunities, and kids received free backpacks filled with school supplies and hygiene items.



**ABOVE PHOTOS:** Holzer Hospice hosted the second annual car show, sponsored by Graham's Towing & Auto Repair.



**ABOVE and RIGHT PHOTOS:** Holzer presented awards to kids involved in 4H and Scouts at the Gallia County Junior Fair.



Holzer provided free Oral, Head & Neck Cancer Screening at the Holzer Center for Cancer Care.

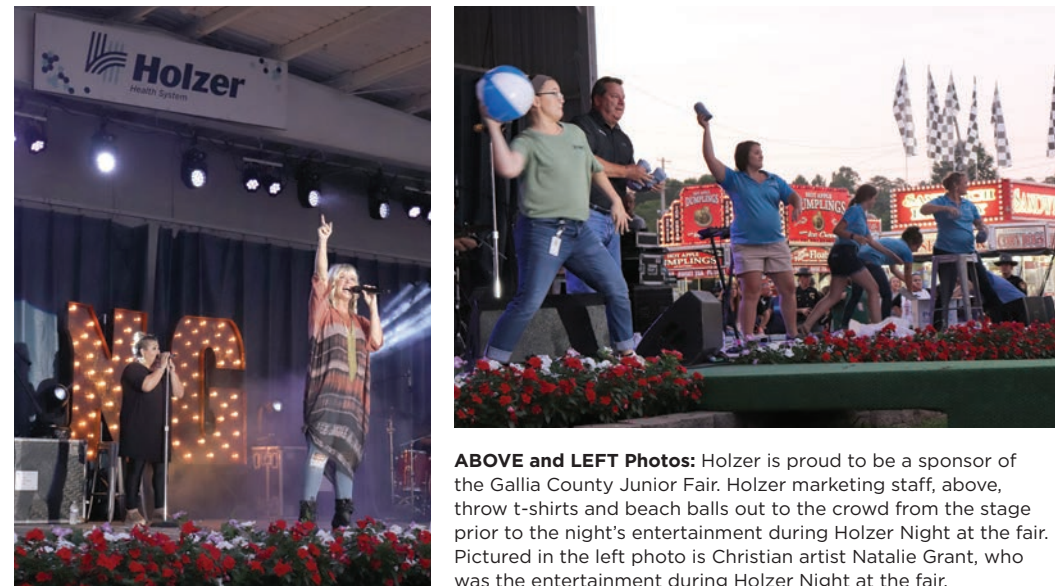


**ABOVE, LEFT, & RIGHT Photos:** Holzer Assisted Living - Gallipolis celebrated its 18th Anniversary with an Ice Cream Social on August 17. Residents, guests and staff members enjoyed a 1960's themed event with dancing, cake and plenty of ice cream!



**ABOVE LEFT and ABOVE RIGHT Photos:** Holzer was proud to be a part of The Hoop Project in Gallipolis, Ohio.

**ABOVE Photos:** Holzer hosted the annual employee picnic for employees and their families featuring food, inflatables, and door prizes.



**ABOVE and LEFT Photos:** Holzer is proud to be a sponsor of the Gallia County Junior Fair. Holzer marketing staff, above, throw t-shirts and beach balls out to the crowd from the stage prior to the night's entertainment during Holzer Night at the fair. Pictured in the left photo is Christian artist Natalie Grant, who was the entertainment during Holzer Night at the fair.



Holzer staff provided free screenings and health information at the annual health fair at Rocky Boots in Nelsonville, Ohio.

# Walk With a Doc Program Continues

Holzer Health System continues its “Walk With a Doc” walking program on every third Saturday of each month from 11 a.m. to Noon. Walkers 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 features a Holzer physician and other healthcare professionals, who 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 repeated every third Saturday of each month, and will be announced via the Walk with a Doc website, [www.walkwithadoc.org](http://www.walkwithadoc.org), as well as at [www.holzer.org](http://www.holzer.org) and on 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:

- 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 is part of 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, call 740-446-5850 or email [mking@holzer.org](mailto:mking@holzer.org).

## BACKPACK | Continued from page 2

- 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 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 1 shoulder. This makes posture off-balance.
- **Place the backpack evenly in the middle of the back.** The backpack should sit about 2 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.

## HANDWASHING | Continued from page 4

### WHEN TO REACH FOR HAND SANITIZER

Hand sanitizer doesn’t work well when hands are visibly dirty or greasy. Soap and water are best because they remove dirt, grease, and germs fully. But hand sanitizer is a good backup when you can’t get to soap and water. Use an alcohol-based sanitizer with at least 60 percent alcohol.

Tell your child to:

- **Squirt.** Put a quarter-sized blob of hand sanitizer into a palm.
- **Rub.** Rub his or her hands--front and back and between fingers--until they’re dry. Done!

### TIPS FOR SUCCESS

- **Lead by example.** Make sure to practice what you preach. Wash your hands before eating or cooking a meal, after using the bathroom, and after working or playing with your hands.
- **Be patient.** It takes time for a child to get into the habit of handwashing, and do it properly. Make sure to give help when needed.
- **Remind as often as needed.** Children will wash their hands if dirt is obvious, like mud or finger paint. They will need to be reminded to wash away germs that can’t be seen.

## SPORTS SAFETY | Continued from page 15

and after sports.

- Take breaks while training and during games to prevent overuse injuries.

### SAFETY GEAR AND EQUIPMENT

Safety gear should be sport-specific and may include items such as goggles, mouth guards, shin-elbow-knee pads, and helmets. The safety gear should fit properly. In addition, sports equipment (such as bats, baskets, and goals) should be in good working condition and any damage should be repaired or the item should be replaced. The playing area should be free from debris and water.

### THE SPORTS PHYSICAL

To make sure you or your child is physically fit to play in a particular sport, he or she should have a sports physical. These physicals can reveal physical strengths and weaknesses and help determine which sports are appropriate.

## WHEN IS MY CHILD READY TO PARTICIPATE IN SPORTS?

Starting a child in sports at too young of an age may not benefit the child physically. Children can start playing team sports when they express strong interest and you feel they can handle it. Age and size shouldn’t be the only measures used. Also, consider their ability to understand the concept of rules and teamwork. Keep in mind that no two children are alike, and some may not be ready physically or psychologically to take part in a team sport until they are older. Base your decision on whether to allow the child to take part in a particular sport on the following:

- Age
- Weight
- Build
- Physical development
- Emotional development
- Child’s interest in the sport

*Note: The American Academy of Pediatrics (AAP) recommends that late-developing teens should avoid contact sports until their bodies have developmentally “caught up” to their peers’ bodies.*

## THE IMPORTANCE OF HYDRATION

Sweat lost during sports must be replaced with equal amounts of fluids each hour of intense sports activity. You or your child should drink fluids before, during, and after each practice or game. To avoid stomach cramps from drinking large amounts of fluids at once, drink about one cup of water (or a type of sports drink) every 15 to 20 minutes. Drinks to avoid include those with carbonation and caffeine.

The following are the most common symptoms of dehydration:

- Extreme thirst
- Weakness
- Headache or dizziness
- Dark-colored urine
- Slight weight loss

If you or your child has signs of dehydration, make sure fluids are received immediately, as well as a snack. The symptoms of dehydration may look like other medical conditions or problems. Always consult your doctor for a diagnosis.

## Join Holzer in TailGreat Park

Every SATURDAY HOME Game of the 2018 Season

**FREE Food • Games • Open to the Public**



### SATURDAY HOME SCHEDULE

**Saturday, 9/29**  
vs. UMASS (Holzer Entitlement Game)  
Tailgate TBA • Kickoff TBA

**Saturday, 10/20**  
vs. Bowling Green (Homecoming)  
Tailgate 12PM • Kickoff 2PM



Visit the  
Holzer booth  
during the  
Susan G.  
Komen  
Race for the  
Cure® Athens  
at Peden  
Stadium  
beginning  
at 10 a.m.  
Sunday,  
October 14,  
for free pink  
items!

BREAST CANCER AWARENESS MONTH

# OCTOBER



At Holzer Center for Cancer Care (HCCC), we believe the successful modern cancer treatment is a combination of skilled medical professionals and the latest cancer-fighting technology. HCCC is dedicated to providing state-of-the-art treatment for cancer with gentle, competent, and individualized care. Our strongest asset at HCCC is our staff. Our specialists blend their expertise together to provide a unified approach to optimal treatment and provide the very best comprehensive cancer care available anywhere.

## What Do You Know About Breast Cancer?

Test your knowledge of breast cancer by taking this quiz.

1. Finding breast cancer early is the key to successful treatment.  
A. True                      B. False
2. Older women are more likely to develop breast cancer.  
A. True                      B. False
3. Most breast lumps are cancerous.  
A. True                      B. False
4. It's OK to use deodorant on the day you have mammogram.  
A. True                      B. False
5. Women who drink more than one alcoholic beverage a day increase their risk for breast cancer.  
A. True                      B. False
6. Women who have their first child before age 30 and breastfeed for longer than 6 months are less likely to develop breast cancer.  
A. True                      B. False
7. Smoking may increase your risk for breast cancer.  
A. True                      B. False
8. Breast cancer can be treated by surgery, radiation, and chemotherapy.  
A. True                      B. False
9. Starting at age 40, women should have a mammogram every 1 or 2 years.  
A. True                      B. False
10. A woman's chances of developing breast cancer are higher if her mother, a sister, or daughter had it.  
A. True                      B. False
11. It's safe for women to use hormone therapy for a prolonged time during menopause.  
A. True                      B. False
12. Regular exercise can reduce your risk for breast cancer.  
A. True                      B. False
13. Breast cancer is the leading cause of death in women.  
A. True                      B. False

» See answers at the bottom.

Source: *The StayWell Company, LLC*

**For more quizzes and health information, visit [healthlibrary.holzer.org](http://healthlibrary.holzer.org) or go to [www.holzer.org](http://www.holzer.org) and click on the "Search the health library" link.**



**ANSWERS: 1. A - True; 2. A - True; 3. B - False; 4. B - False; 5. A - True; 6. A - True; 7. A - True; 8. A - True; 9. A - True; 10. A - True; 11. B - False; 12. A - True; 13. B - False**