



WESTERN RESERVE HOSPITAL  
Proudly Physician Owned

QUALITY. CARING. COMMUNITY.

HealthOne



## PARTNERS FOR PUBLIC SAFETY

*Unique collaborations between first responders and Western Reserve Hospital strengthen community safety and health*

*plus:* DIABETES RISKS AND TREATMENT | WHEN TO SEE AN ORTHOPAEDIC SURGEON

# Summit County's Only 4-Star Hospitals



**Truly physician-led hospitals serving you with the  
highest-quality patient-centered care**

The Crystal Clinic Orthopaedic Center and Western Reserve Hospital four-star ratings are based on patient experience as reported on Hospital Compare, an online database created by the U.S. Government's Center for Medicare and Medicaid Services (CMS). Star ratings allow consumers to more easily compare hospitals, with more stars indicating better quality as based on patient experience. For more information, visit [www.medicare.gov/hospitalcompare](http://www.medicare.gov/hospitalcompare).

# QUALITY. CARING. COMMUNITY.

# HealthOne

SPRING 2015



## NEW LOOK, SAME COMMITMENT

It's hard to believe 2015 is nearing its mid-point; with every New Year, change is inevitable. And while our organization, as all others, experiences internal change with the turn of the calendar, we're also changing a bit on the outside, introducing a new look that focuses on the core values of why we do what we do.



The centerpiece of this new look — the Western Reserve Hospital logo — is more than just a symbol. It took months of discussion and work to create an icon that symbolized our organization's commitment to providing the best health care available. If you look closely, you'll see three pieces that represent the essential components of Western Reserve Hospital's mission and vision:

- Patient-centered
- Improved delivery of the safest, highest-quality care
- Local physician leadership

It was important for all of us to have an emblem that truly characterized what is becoming known in the community as the *Western Reserve Hospital Experience*.

Treating everyone who enters our hospital as a family member is job No. 1. By focusing first on patient needs, we can better understand how we can more effectively bring better care to those we serve. The dedicated physicians leading this work, men and women who live in your community, are passionate about this responsibility and proud of their unique ability to bring positive change to health care.

While our look has changed, our commitment hasn't. When you are in our care, you will see your friends serving friends, neighbors serving neighbors, a community of health care professionals serving their community. Every day, our team of physicians, nurses, administrators and support staff works hard to ensure that we remain focused on being "all about the patient." I am inspired by that work and honored to join in the effort.

Dr. Robert Kent, President and CEO  
Western Reserve Hospital

## FEATURES

Briefs ..... 4  
Health news and notes

Chest pain ..... 5  
Seeking early help can save your life

Partners for public safety ..... 6  
Unique collaborations strengthen community safety and health

Total treatment of diabetes ..... 10  
Endocrinology, diabetology and nutritional disciplines converge to provide expert, high-quality patient care

Achy joints and breaking bones ..... 12  
When to call an orthopaedic surgeon for muscle, joint or bone pain

## DEPARTMENT

Meet the staff ..... 14  
Western Reserve Hospital has some of the best and most interesting health care industry professionals in Northeast Ohio

HEALTHONE IS A PUBLICATION OF:



1900 23RD STREET,  
CUYAHOGA FALLS,  
OHIO 44223

(330) 971-7000

PUBLISHED BY:

SBN INTERACTIVE

www.sbninteractive.com

Todd Shryock / Editor

Stacy Vickroy / Art Director

Amy Ward / Project Manager

Cover Photo / Ken Love,  
Ken Love Photography

Cover Design / Allison Stulpin,  
Senior Designer,  
Western Reserve Hospital

Featured on cover: Officer Patrick Myers, Stow Police Department  
Firefighter Bob Dobson, Stow Fire Department

# briefs



## EMS Salute: Lt. Travis Strausser

Lt. Travis Strausser of the Cuyahoga Falls Fire Department has been a firefighter and paramedic for 20 years, but he wasn't content to only impact lives out in the community; he wanted to make a difference in people's lives in the hospital, too — so he became an emergency room nurse at Western Reserve Hospital.

Strausser, who has a wife and eight children, has always held two jobs during his career. Before becoming a nurse, he spent his hours away from the fire station working in construction. It wasn't until his brother, also with Falls Fire, sustained an injury on the job that Strausser began thinking about a career move to something less physically demanding.

"I thought becoming a nurse would be an extension of being a paramedic, but it's really an entirely different perspective," he says. "Becoming a nurse has really broadened my horizon as far as what patient care really means. It's not only about fixing a patient's immediate problem, but taking care of their well-being as a whole over the long term."

## Commitment to health

The Ohio Department of Health honors Cuyahoga Falls city, schools and Western Reserve Hospital with Healthy Community Award

Western Reserve Hospital, the city of Cuyahoga Falls and Cuyahoga Falls City Schools received the Ohio Department of Health's "Healthy Ohio Healthy Community Award," an annual recognition of the Ohio communities that achieve outstanding success in improving the quality of life for their residents.

"Western Reserve Hospital's tremendous commitment to improving the health of Cuyahoga Falls has paved the way for a number of far-reaching, enormously beneficial programs that positively impact our entire community," says Cuyahoga Falls Mayor Don Walters.

Western Reserve has partnered with the community to launch several health programs over the last year, including "Not Me, I'm Drug Free," a massive anti-drug campaign aimed at fifth graders; "Health and Wellness Den," a small learning community for high school students; "Doctor's Order," a popular healthy eating initiative that identifies heart-healthy entrees on participating restaurant menus; and free to the public smoking cessation classes for those who want to quit.



Mayor Don Walters and Johanna Tanno, wellness coordinator, Western Reserve Hospital, proudly display the Healthy Community Award in front of city hall.



# CHEST PAIN —

seeking early help can save your life

It may not be a heart attack, but it's usually clear that something serious may be wrong

"Heart attack" is probably the first thought that comes to mind when most people hear the phrase "chest pain." However, chest pain can stem from many causes, which can range from mere heart burn to a life-threatening pulmonary embolism. Whatever the cause, chest pain often indicates that something very serious may be wrong, and chest pain in any form should be taken seriously. That's the bottom-line message from the three cardiologists in practice at Western Reserve Hospital, which features a chest pain center accredited by the Society of Cardiovascular Patient Care.

"It's not worth playing Russian roulette with your life, wondering if you should call or not," says Dr. Michael Bage, one of the cardiologists at Western Reserve.

## Causes of chest pain

Chest pain can indicate a wide variety of serious conditions.

"There could be a whole laundry list of causes, and some can be life threatening even if they're not heart attacks," says Dr. Bage.

These include pulmonary embolism — a blood clot that travels to the lungs — or a dissection, which is a tear in the aorta, the blood vessel that ascends from the left ventricle of the heart. Chest pain could even indicate pleurisy or pneumonia, which can be risky to the elderly or

those in fragile health.

Other, more benign causes include peptic ulcers or pulled muscles.

"We approach each condition as if it's cardiac in nature until proven otherwise," says Dr. Joseph Restivo, cardiologist.

The bottom line, says Dr. Restivo, is even if you're having minor chest pain symptoms, you should have them checked out.

## Time is muscle

Although chest pain can indicate other things, it remains one of the most common symptoms of a heart attack. Dr. Joseph Rinaldi, cardiologist, says it's vital to take classic heart attack symptoms seriously.

"If you're exhibiting radiating pain in the arm, jaw, neck and chest that makes you nauseous, or if you're sweating and experiencing shortness of breath, immediately call 911," he says.

A delay in seeking health care can be fatal or cause permanent damage to the heart.

Dr. Bage cites the old saying, "Time is muscle," which means that the longer a heart attack goes untreated, the more permanent the damage to the heart will be.

That's why physicians and providers have dubbed the first hour "The Golden Hour" for treatment. After that time, the damage to the heart can be significant.

"Be particularly concerned if the pain is exertional in nature, if it gets worse with activity," says Dr. Bage.

However, remember that heart attacks in real life often don't present like they do in the movies, where actors gasp and clutch their chests. In reality, there is a wide range of symptoms, and you may have only mild chest pain — or none at all. This is particularly true of the warning signs that women present, says Dr. Restivo.

"Women present atypically, so the common signs of cardiac emergency don't always appear," he says. "Sometimes they just don't feel well. They feel fatigued or have general weakness they might attribute to just getting older or catching a cold."

Even if it is not accompanied by chest pain, women who experience that range of symptoms should seek immediate help.

"Because the stakes are so high, the default is that it's always better to call and be evaluated," says Dr. Bage. ♦



Dr. Joseph Rinaldi



Dr. Joseph Restivo



Dr. Michael Bage

WESTERN RESERVE HOSPITAL CARDIOLOGY TEAM



For more information,  
please go to  
[westernreservehospital.org/  
our-services/cardiology.aspx](http://westernreservehospital.org/our-services/cardiology.aspx).



Safety town  
teaches  
children basic  
safety concepts

# PARTNERS FOR PUBLIC SAFETY

Unique collaborations between  
first responders and Western  
Reserve Hospital strengthen  
community safety and health

For Western Reserve Hospital, taking great care of patients is only the beginning of the hospital's unique relationship with its communities. In fact, the hospital is intent on joining forces with first responders and civic leaders to not only care for the community's health, but to cultivate it. That's why the hospital is a proud sponsor and partner in vital community programs and events in Cuyahoga Falls, Munroe Falls, Stow and Tallmadge.

"Because we're the only locally owned and operated hospital in the area, we feel a deep sense of responsibility for our community," says Dr. Robert Kent, president and CEO. "Our community is more than a place where we serve; it's where we live and where we raise our families. Our doctors, nurses and staff members live in these neighborhoods and support these causes, and that's why they're important to us."

Here's a look at just three of the many programs and events that have inspired the hospital's ongoing community involvement and support.

### Safety Town

For children who are entering kindergarten, Safety Town serves as a fun, memorable program designed to introduce each child to basic safety concepts. In Stow, Safety Town is staffed by Kathy Christ, supervisor of youth services for the Stow Police Department, along with coordinator Toni Carter and a group of teenage volunteers. Christ says many of the teenage volunteers join Safety Town because of their own childhood experiences with the long-running summer program.

Western Reserve has partnered with Safety Town to help with programming and provide fun items, such as coloring books and plastic fire helmets, and safety equipment, such as bike helmets and water bottles.

"A lifetime of good safety and health starts with adopting good habits at a



People from all ages can participate in a community program, from children in Safety Town (right) to adults in Citizens Academy (above) to the whole family at National Night Out.



young age, and we love being a part of that process for children in the Safety Town program," said Kathy Romito, community outreach manager at the hospital.

Safety Town consists of an all-encompassing series of age-appropriate safety training courses, including topics like safety belt use, weapon avoidance, how and when to call 911, and bicycle, poison and fire safety, among other topics.

After learning these valuable lessons, the children get to put them into practice at Safety Village, the capstone portion of Stow's Safety Town. This miniature city comes complete with paved roads and intersections, where kids practice safety techniques for riding their bikes — with bike helmets, of course, which are given to every Safety Town graduate courtesy of the hospital.

In Cuyahoga Falls, Safety Town is conducted at The Natatorium, its city center.

"We've based our program course on the official Safety Town curriculum, but we've added topic areas along the way," says Cuyahoga Falls Assistant Fire Chief Fred Jackson.

These topic areas include train crossing safety and home fire safety. Children learn about smoke detectors and are encouraged to talk with their parents about practicing an escape plan at home.

Western Reserve Hospital equips Safety Town graduates with tips on not running from dogs, sunscreen use and

trampoline safety, and all participants receive T-shirts.

In Tallmadge, police officers Dave Quillen and Dennis Eichler spearhead the annual program.

"Our five-day course at the Tallmadge Recreation Center teaches the pre-kindergartners about seatbelt safety and stranger danger," says Quillen. "During the bus safety course, they get to actually go for a ride on a school bus."

And Fire Safety Day is an audience favorite. The community's safety forces bring ambulances and fire vehicles, along with emergency dispatchers. It's a very hands-on activity, with the kids demonstrating their "stop, drop and roll" technique during fire safety training.

"They also learn how to interact with the police, and we show them our lights and sirens," says Quillen.

During Safety Town, the parking lot of the Tallmadge Recreation Center becomes a bike course, complete with stop signs, obstacles and instruction on riding on sidewalks.

### Citizens Academy

Ever wonder how you'd do on a "Shoot/Don't Shoot" decision-based gun simulator? Twenty adult residents of Munroe Falls, Cuyahoga Falls, Stow and Tallmadge got to find out during Citizens Academy, a 10-week adult training course shared by the four communities.





Citizens Academy introduces members of the community to law enforcement.

Munroe Falls Police Chief Tom Pozza inspired the introduction of Citizens Academy locally, while Officer Jim Owens oversaw the program. Classes rotated among sites in the participating communities and were as long as three hours, depending on subject matter.

"Western Reserve provided support for Citizens Academy, so we were able to offer the program to participants for free," says Chief Pozza.

Owens says Citizens Academy introduced members of the community to law enforcement and the courts system.

"It was a get-to-know-your-police kind of program," says Officer Owens. "We had a municipal court judge and a prosecutor who gave presentations, and a juvenile court judge who spoke about the juvenile justice system."

The intense course featured 10 areas of interest. Participants learned, for instance, how to identify suspected meth labs and about property seizure and drug prevention. The very popular "Shoot/Don't Shoot" simulator gave users a chance to make lightning-quick life-or-death decisions with laser guns on a video screen.

"I think the program opened a lot of eyes as to what the police go through on a daily basis," says Chief Pozza.

The communities would like to run another Citizens Academy program in the fall, Officer Owens says.

## National Night Out

Getting to know your neighbors and first responders enhances community safety — that's the overarching concept behind National Night Out, a summer event held by communities across the U.S. to connect people with their neighbors and city officials.

Locally, National Night Out was sponsored by Western Reserve Hospital and the police forces of Munroe Falls, Cuyahoga Falls and Tallmadge. Held in August, the family-friendly evening was packed with free entertainment, demonstrations from local police canine units, SWAT teams and fire departments, free blood pressure checks, rides, raffles, giveaways and much more.

Munroe Falls' Chief Pozza and Officer Owens played key roles in bringing this program to residents of their city and of Cuyahoga Falls and Tallmadge.

"We have a history of participating, but this year it was the chief's vision to make it much more of a fun event," says Owens.

To maximize the energy and participation, all three communities celebrated together at the Summit County Fairgrounds.

"With the exciting attractions and great entertainment, we made the event a really neat experience for everyone," he says. "We had the canine unit, and Cuyahoga Falls brought in its SWAT team with their vans. Ronald McDonald was there for the kids, and there was a magic

"With the exciting attractions and great entertainment, we made the event a really neat experience for everyone."

— Jim Owens,  
Munroe Falls Police Officer

show, face painting and balloons. The overall theme was safety and well-being."

Acting on its community focus, Western Reserve Hospital was quick to partner with the event early on, providing promotion and coordination throughout.

"At the hospital emergency department, we see firsthand when our police and first responders are at their finest, and National Night Out was a great opportunity for us to show how much we appreciate them," says Romito.

"The hospital was more than supportive," says Officer Owens. "They helped us promote, advertise and carry out the event."

The National Night Out event in Munroe Falls, Cuyahoga Falls and Tallmadge drew about 350 people last year.

With the enthusiastic support of Western Reserve Hospital, all of these programs will continue to create stronger communities that enhance the health and safety of residents. ♦



# I DON'T HEAR WELL...

## DO I NEED A HEARING AID?



### HEARING LOSS IS NOT ALWAYS SOLVED BY A HEARING AID

Sometimes, hearing problems can be corrected medically. That's why it's important for you to visit a specialist like Dr. Khalil or Dr. Lutz, who will help you to understand the total problem and find the best solution.

After examining your ears, the physicians work with an on-site audiologist to assess your ability to hear pure tone sounds and understand words. A screening test from a hearing aid dealer may not be as thorough. The results of these tests will indicate the degree of hearing loss, the type of loss and other medical information about your ears and health that will help you make your decision about hearing aids.

If you have ear pain, drainage, excess earwax, hearing loss in only one ear, sudden or rapidly progressive hearing loss or dizziness, it is especially important that you see an otolaryngologist, as these may be symptoms indicating a serious medical problem.



**OHIO ENT & ALLERGY**

a division of **unity** health network

**[WWW.OHENTALLERGY.COM](http://WWW.OHENTALLERGY.COM)**



**PHILLIP L. KHALIL, DO**

**MATTHEW B. LUTZ, DO**

*multiple specialties come  
together to provide*

# TOTAL TREATMENT of diabetes

Endocrinology, diabetology and  
nutritional disciplines converge to  
provide expert, high-quality patient  
care at Western Reserve Hospital

**D**iabetes is a complex, serious chronic illness that affects nearly 10 percent of the population in the U.S. By implementing a team-based approach and combining several different specialties, Western Reserve Hospital can address all aspects of a patient's needs.

The team is made up of two endocrinologists, a nutritionist/educator and a diabetologist — a physician specializing in the treatment of diabetes. Within this framework, patients receive individualized treatment plans that meet their needs and minimize their challenges.

For example, the hospital's diabetologist, Dr. Richa Redhu Gehlaut, sees patients for diabetes and metabolic syndrome, and she might refer a patient to Dr. Jennifer Wojtowicz or Dr. Manjinder Kaur if she thinks the patient has other endocrine issues. Most patients are offered consultation with Susan Iannicca, CNP, to meet their nutrition counseling or diet education needs, or to receive education about insulin or insulin pumps, says Dr. Wojtowicz in characterizing their working relationship with one another.

Together, the Western Reserve Hospital endocrinology team members extend effective, comprehensive care to their patients' individualized needs.

## Empowering the patient

Diabetes is a chronic condition in which the pancreas may not produce enough insulin, the insulin is not as effective (insulin resistance-Type 2 diabetes) or the pancreas makes no insulin

(Type 1 diabetes). Insulin is a hormone that regulates the amount of glucose, or sugar, in the blood. As a result of the disorder, excess glucose builds up in the blood, which, if left untreated or inadequately controlled, can lead to a range of serious symptoms including kidney failure, blindness, limb amputations, stroke and heart disease.

"I often tell patients that diabetes is a lifestyle," says Dr. Kaur. "They must know the basics



of this condition in order to successfully manage it. Diet, exercise and medication are three important components of diabetes. Patients who are well versed in all three have great success in getting their blood sugars and diabetes under control.”

That’s the good news. Unlike many diseases in which the patient has no element of control, those with diabetes are empowered to take actions that can blunt the impact and the intensity of this chronic condition. It’s known as diabetes management — the steps taken to control the disease so the disease doesn’t control the patient.

“Diabetes is not an easy condition because behavior affects it,” says Dr. Wojtowicz.

There’s a great degree of self-monitoring and self-treatment involved. Patients are encouraged to exercise, pay special attention to their diet and nutrition and self-administer insulin when necessary.

That’s where Iannicca comes in. As the group’s nurse practitioner and nutritionist, Iannicca also serves as the clinical patient educator.

“Nutrition and exercise are critical to both forms of diabetes,” Iannicca says.

For both types of diabetes, weight control and the proper balance of carbohydrates may help reduce the amount of medication needed for good blood glucose control.

### Mealtime planning

For proper diet and nutrition, Iannicca educates patients on how to count mealtime carbohydrates.

Carb counting is a mealtime planning technique for controlling blood sugar levels by monitoring the intake of breads, pastas, grains, starchy vegetables and other sources of carbohydrates.

The carb-counting formula is based around the number of carb grams consumed with each meal, and a targeted maximum number is set by the health care team based on the patient’s individual requirements. Patients on insulin can figure the proper pre-meal dose of insulin to self-administer by pump or injection.

Iannicca also suggests other weight reduction tips, including:

- Eating five or six small meals rather than large-portion main meals
- Consuming a minimum of processed foods



Susan Iannicca, CNP,  
Registered Dietitian



Dr. Manjinder Kaur,  
Endocrinologist



Dr. Richa Redhu Gehlaut,  
Diabetologist



Dr. Jennifer Wojtowicz,  
Endocrinologist

- Frequently drinking water to fill up
- Eating slowly and waiting 15 minutes after the end of the first course before taking a second helping, which gives the brain a chance to receive the message that the stomach is full
- Tracking food consumption (apps are available to simplify the task)
- Exercising daily

### Gaining control

As endocrinologists, Dr. Kaur and Dr. Wojtowicz treat patients for a variety of endocrine disorders, including those of the pituitary and thyroid glands. Dr. Redhu, on the other hand, is a licensed diabetologist, which means she exclusively focuses on the prevention and management of diabetes, as well as preventing complications affecting eyes, kidneys and nerves and coordinating care with other subspecialists for those complications. When seeing new patients, Dr. Redhu starts by evaluating their past medical, surgical, social and family history and reviewing their medications.

“There are often associated issues to evaluate, including high blood pressure and high cholesterol counts,” says Dr. Redhu.

Diabetic complications can also include eye damage, declining kidney function, nerve damage, stroke and foot ulcers that could lead to amputations.

“Some of the diabetic medications can cause hypoglycemia, or low blood sugar, and all of our patients on any hypoglycemic agents are educated about its signs, symptoms and treatment,” says Dr. Redhu.

Through the involvement of Iannicca, Dr. Redhu’s patients receive training on counting carbs and maintaining blood sugar logs.

“We help them learn how to check their blood sugars with glucose meters, and we are able to download information from their glucose meters or insulin pumps during their clinic visits to help determine further courses of treatment. We advise patients to check their blood sugars anywhere from a couple times a week to as frequently as four times a day,” she says. “If they’re starting on insulin, we demonstrate the use of insulin shots or pumps.”

To a patient or family members of a patient experiencing diabetes for the first time, it can seem like a formidable course of education and self care. Disease management for diabetics means a whole lot more than remembering to take a pill once a day, but the patient is never alone.

“No matter how long you’ve had diabetes, our team can help you gain control of it with lifestyle changes and medication,” says Dr. Wojtowicz.” ♦



To learn more about diabetes treatment and Western Reserve Hospital’s team approach, visit [westernreservehospital.org/our-services/endocrinology.aspx](http://westernreservehospital.org/our-services/endocrinology.aspx).





# *Achy joints and* breaking bones

When to call an orthopaedic surgeon  
for muscle, joint or bone pain

**W**hile skiing one weekend, you tumble and twist your knee. Maybe the injury is so severe that you're rushed to the emergency room without a second thought. Or maybe ice and Advil relieve the pain and swelling, so you can hit the slopes again next week.

Whether it's a sudden injury or repeated use over time, our musculoskeletal systems — composed of bones, muscles, joints and connective tissues — endure tremendous strain. Maintaining orthopaedic health can prevent serious issues, allowing your body to continue supporting daily activities without pain.

## Who's at risk?

One in seven Americans suffers an orthopaedic impairment, and more than 7 million require hospitalization, according to the American Academy of Orthopaedic Surgeons (AAOS). The pain points most likely to send patients to the doctor are knee, back and shoulder issues, and musculoskeletal injuries cost the nation 440 million lost days of work and \$254 billion each year for treatment.

It's not just athletes who risk acute injuries such as strains, sprains and fractures from sudden impact, and it's

not just manual labor or factory environments that put heavy lifters at risk for overuse syndromes such as tendonitis. Injuries can happen any time to anyone. Even if you avoid trauma, age will eventually wear down joints. So when should you see an orthopaedic surgeon for muscle, joint or bone pain? Several Summit County-area surgeons were asked to weigh in on that topic.

"The cartilage you're born with is the only cartilage you have," says Dr. Douglas J. Chonko, an orthopaedic surgeon who treats general injuries and specializes in adult reconstructive surgeries, primarily hip and knee replacements. "You can't regrow it. You have to take care of it as best you can."

Dr. Chonko estimates that only about one-third of orthopaedic patients come in with work- or athletic-related injuries, while most come for degenerative pain that gets worse with age.

"When you look at the overall numbers of acute injuries that we treat in the office on a daily basis, that's very small compared to chronic conditions with progressive pain," says Dr. Steven B. Jackson, an orthopaedic surgeon who also specializes in adult reconstructive surgeries. "Arthritis is the No. 1 thing we see."

## What to do about pain

When severe trauma causes acute injuries, the decision to see the doctor can be instantaneous — especially with broken bones or swelling that constricts movement. Alternatively, you may be able to manage pain with an over-the-counter anti-inflammatory or R.I.C.E. — rest, ice, compression and elevation. But when progressively worsening pain starts to impede daily activities, it's time to call the doctor.

"If the level of pain is altering your lifestyle — your joints are locking up, you can't move them or put weight on them — then you need to be seen right away," says Dr. Chonko.

While pain tolerance may be at each patient's discretion, some warning signs can't be ignored.

"It's significant when pain wakes you up," says Dr. Gregory Hill, who is board-certified in general orthopaedics as well as hand and upper extremity microsurgical reconstruction. "There's really not much that should wake you up from sleeping, so if you're awakened by pain, cramping and spasms in your hand that radiate to your shoulder and neck at night, that is abnormal and should be evaluated."

## When to see an orthopaedic surgeon

Patients typically first visit a primary care physician, who can perform initial evaluations, order tests including X-rays and CAT-scans, and possibly initiate conservative treatment, which can include anti-inflammatory medication or injection, physical therapy or chiropractic alternatives.

If those measures fail to alleviate symptoms, physicians often refer patients to an orthopaedic surgeon.

"The primary care physicians, at least in our system, do a great job of identifying what can be treated with conservative management and what needs to be treated by a specialist," Dr. Jackson says.

Unfortunately, many patients think this referral means surgical intervention is inevitable.

"The biggest misconception about orthopaedics is that if you're seeing the

orthopaedic surgeon, you have to have surgery, and that's not always the case," Dr. Jackson says. "Patients shouldn't fear being referred to an orthopaedic specialist, because there are lots of things we can do to avoid surgery. Surgery should be the last option."

As an example, one of the most common issues that Dr. Jeffrey S. Tharp sees in his practice as a fellowship-trained orthopaedic spine surgeon is a degenerative condition called spinal stenosis, which rarely requires surgery.

"About 45 percent of the population will get symptomatic stenosis," Dr. Tharp says. "Of those, 20 percent will get better with mostly doing nothing. About 65 percent will get better with conservative measures, and that leaves about 15 percent that go on to have some sort of surgical intervention."

Even then, most orthopaedic surgeries are elective, based on pain tolerance.

"When patients present to me with significant pain at night that is unrelieved by conservative care, many times those patients are candidates for surgical intervention," Dr. Tharp says. "We take the pressure off the nerve, and they immediately feel better."

## How to prevent orthopaedic issues

Whether orthopaedic issues come from age, genes or injury, the best prevention is a healthy, active lifestyle.

"Maintaining an appropriate body mass index and weight really protects your larger joints," Dr. Jackson says. "Keeping physically fit will prevent a lot of musculoskeletal problems. Having that reserve of being otherwise healthy really

helps you recover from surgery or injuries a lot faster."

He recommends annual check-ups with a physician in addition to a healthy diet, sufficient sleep and exercise. However, exercise itself can lead to injury, so minimize the risk by warming up beforehand and receiving proper training with any new activities or equipment.

"In particular, swimming is an excellent exercise because there's a cardiovascular component, there's a muscle component if you're doing laps, there's a pulmonary part of getting your breathing right, and you get a cardiac workout," Dr. Hill says. "It's great for your knees, without impacting your knees."

Orthopaedic health doesn't require running marathons. Dr. Jackson says that merely walking 10 minutes every other day can keep your musculoskeletal system limber. By starting healthy habits young, you can keep bones and joints strong at any age.

"Overall, we are a youthful society that is living longer and remaining active," Dr. Hill says. "Patients should pay attention to musculoskeletal health in general because you want to participate in golfing or walking or playing tennis. When patients have a pain-free quality of life, they really can enjoy it a lot better." ♦



For more information,  
please visit  
[westernreservehospital.org/  
our-services/orthopedics.aspx](http://westernreservehospital.org/our-services/orthopedics.aspx)

# meet the staff

Western Reserve Hospital has some of the best — and most interesting — health care industry professionals in Northeast Ohio. Let's meet three of them.



## Steve Chappe

Steve Chappe's workday begins at 5 a.m. as he goes through the day's surgery case cards. As central processing coordinator at Western Reserve Hospital, Chappe heads a team that provides the surgical instruments needed for inpatient and outpatient surgeries. In this role, he's predominantly outfitting surgical rooms for procedures involving podiatry, total joint replacement and ear, nose and throat. It's a responsibility he's held for almost 25 years.

Although Chappe stays busy at work by running a team of eight health care professionals starting in the wee hours of the morning, the New Franklin resident manages to stay busy at home, too — he has owned his own lawn care service throughout nearly his entire career.

Chappe has a wife and two children, a freshman at The University of Akron and a freshman in high school. In his not-so-abundant free time, Chappe and his family enjoy vacationing in South Carolina and Pennsylvania.



## Kathy Granger

As service coordinator for endoscopy at Western Reserve Hospital, Kathy Granger supervises a staff of 17 nurses and one technician. She's ultimately responsible for physician contact, coordinating procedure rooms and facilitating the patient experience. The endoscopy department averages 18 inpatient and outpatient procedures daily but often handles more than 20. Granger's greatest challenge occurs when one procedure runs late and affects the rest of the day's schedule.

"One bump in the road can create many bumps down the road," she says.

In her free time, Granger loves long-distance motorcycle journeys. Her longest road trip to date was nearly 1,400 miles — the distance from her Salem, Ohio, home to the famous annual biker rally in Sturgis, South Dakota, and finally south to Mount Rushmore. The event draws hundreds of thousands of bikers, including at least one who is a nurse, Harley enthusiast and endoscopic service coordinator.



## Norbert Williams

As one of the longest-standing employees of Western Reserve, Norbert Williams has had a long career with the hospital. He started as a dishwasher at Western Reserve Hospital when he graduated from high school — 41 years ago. Now a dietary stock handler, Williams' job entails receiving food supplies and moving them to the facility's many refrigerators and freezers. While food deliveries occur nearly every day, his heaviest traffic and busiest times are on Mondays and Thursdays.

Williams is the oldest of six children, five of whom were girls, and he has two daughters and no sons.

What's his secret to being the only man in a family full of women?

"Go with the flow," he says. "Keep things smooth and quiet."

Off hours, Williams spends his time bowling and motorcycling.

"I haven't bowled a 300 game yet, but there's still time," he says.



# Good HEALTH*U* BEGINS WITH

## Unity Health Network

is ready to take care  
of you and your family  
for life. Our primary  
care and specialty  
network of physicians  
provides the best

## locally-led

healthcare services  
throughout Northeast  
Ohio.



**SERVING YOU WITH MORE THAN 100 PHYSICIANS  
AT OVER 30 LOCATIONS...AND GROWING!**



**WWW.UNITYHEALTHNETWORK.ORG**

# The Residents, Businesses and Cities of Cuyahoga Falls, Tallmadge and Stow Thank & Support Local Law Enforcement



WESTERN  
RESERVE  
HOSPITAL  
Proudly Physician Owned



“As firm believers in the need for law and order in our community, we appreciate the men and women serving in our police department. It is their dedication to law enforcement that gives us a sense of security and protection with officers on the streets enforcing the laws. They often perform their duties by sacrificing their own security and personal safety. Thank you to all first responders.”

Marilyn and David Townsend, Tallmadge



“I have found the Cuyahoga Falls Police Department and Chief Davis are not only responsive in times of need, but also great day-to-day partners within our community.”

Aaron Barnhart, Cuyahoga Falls  
Westfield Bank



“Thank you for serving, protecting, educating and caring. Thank you for choosing to do great things on your shift each day. Thanks also to your families, who are willing to share you with the rest of us.”

Kim Ausbury, Stow  
Staged & Styled

Like Kim Ausbury, Aaron Barnhart and David and Marilyn Townsend, thousands of residents and business professionals take pride in showing appreciation for local law enforcement and the brave men and women who serve, providing safe communities in which to work and live. Their hard work and sacrifice are the foundation for our communities, and we're proud to support them.

## Support Your Local Law Enforcement