

A publication of Fulton County Health Center

Health

Centering

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Volume 23, No. 2 Spring, 2007



FULTON COUNTY
HEALTH CENTER
Completing the circle of care

New Emergency Department is Patient-Friendly

Eighteen months ago Fulton County Health Center embarked on an ambitious project to build an Emergency Department that would triple the size of its current one. The Emergency Department would take up 18,000 square feet of space in a 55,000 square-foot, three-story addition. Groundbreaking kicked off in September 2005 and construction ran several months ahead of schedule. As a result, Fulton County Health Center will hold a free, public open house for its new Emergency Department and three-story addition on Sunday, April 22, 2007 from 1-4 p.m. The Emergency Department will officially begin operating about a week later, on April 30th.

"This is a major upgrade in our ability to provide quality emergency care," says E. Dean Beck, Fulton County Health Center Administrator. "Space and privacy were the determining factors in our decision to add the new facility."

THE NEED FOR MORE SPACE

Over the past five years, Fulton County Health Center has seen an increasing number of patients in its Emergency Department. Last year the emergency staff handled close to 13,000 patient visits, averaging more than 1,000 patient visits per month.

"We've been swamped with emergency care patients over the last few years, and we have been limited by space," says Harry Murtiff, D.O., FCHC's Emergency Department Medical Advisor. "We're seeing the same heavy usage of the Emergency Department here in Wauseon as the large city hospitals are seeing." Bonnie Creager, RN, Emergency Department Unit Manager, agrees. "There have been days when our Emergency Department has been full, and patients had to wait in the hall. The new facility will solve that problem." The lack of space doesn't just affect patients. "We have some very valuable equipment that must be kept in storage rooms due to the lack of space," says Dr. Murtiff. "And the lack of space creates a stressful environment in which our emergency staff must function."

Patient privacy has been another driving force behind the need for a larger Emergency Department. More than 10 years ago, Congress enacted the Health Insurance Portability and Accountability Act (HIPAA) to protect the patient's right to privacy for medical



"This is a major upgrade in our ability to provide quality emergency care."

— E. Dean Beck, FCHC Administrator

health visits and records. Hospitals and medical professionals across the nation were required to adjust the way they consulted with patients and how they handled their medical records.

MORE SPACE, MORE PRIVACY

A patient visiting Fulton County Health Center's new Emergency Department will first report to a triage (pronounced tree-ahj) room staffed by a Registered Nurse. The nurse will assess the patient's condition to determine how best to immediately handle the case. The patient will then be directed to one of 21 private treatment rooms, replacing the curtained areas used in the old facility. The 21 private treatment rooms are divided into: two trauma rooms, two minor trauma rooms, five main treatment rooms, an orthopedic

room, two pediatric rooms, two OB/GYN rooms, a special services room, and six Fast Track rooms with one room designated for drug screenings. In addition, there are four new ambulance bays, a new decontamination area, a new helicopter pad, a large waiting area, a designated room to meet with family members of patients, and a more spacious admissions area.

"There have been days when our Emergency Department has been full, and patients had to wait in the hall. The new facility will solve that problem."

— Bonnie Creager, RN, FCHC Emergency Department Unit Manager

You're Invited!

What Open House for FCHC's New Emergency Department
When **Sunday, April 22, 2007, 1-4 p.m.**
Where **Fulton County Health Center, 725 South Shoop Ave., Wauseon**
Expect Tours, food, refreshments
Parking Use the South Parking lot and the Emergency Department Entrance or the West Parking lot and the Main Entrance



STATE-OF-THE-ART EQUIPMENT

New cardiac monitors will keep constant watch over a patient's heart rate, blood pressure, and pulse. The state-of-the-art monitors include a feature called capnography to measure the patient's breathing.

"The traditional pulse oximeter measures a patient's blood oxygen level," says Dr. Murtiff. "But it really doesn't tell us if there is a sudden, drastic respiratory change. Capnography will tell us immediately if this occurs and we can act accordingly to help the patient."

Young children who visit the Emergency Department pose problems for staff that must find a vein

for intravenous (IV) fluids and medications. The new Emergency Department will include an Easy IO IV system that introduces intravenous fluids and medications directly into the pediatric patient's bone marrow, making it more comfortable for the young patient.

Heart attack patients will benefit from new technology used by EMS personnel who will transmit EKG readings via telemetry from the patient's home or in the ambulance on the way to the Health Center's Emergency Department. Emergency physicians can read the EKG before the patient even gets to the Health Center. "Time is heart muscle," says Dr.

Murtiff. "The more quickly we can move to determine what is wrong with the patient's heart, the greater the chance of saving heart muscle. The EKG telemetry system allows us to interpret the EKG reading before the patient ever gets to our door."

State-of-the-art ceiling-mounted "booms" in two of the trauma rooms will allow emergency care physicians and staff to quickly and efficiently move oxygen, laptop computers, cardiac monitors, and suction equipment to either side of the patient's bed.

The spacious new Emergency Department is also large enough to include its own X-ray equipment on site. Previously, patients had to be transported to the Radiology Department for X-rays and then returned to the Emergency Department for treatment.

HAPPIER PATIENTS

"All of our doctors and nurses are very excited about the new Emergency Department," says Dr. Murtiff. "The increased space and new equipment will increase our speed in getting patients through our department. And that will result in happier patients."

"We are certainly proud of our new Emergency Department,"

adds FCHC Administrator E. Dean Beck. "It is a facility that the community, and the county, should be proud of and comfortable knowing that we will offer the patient speed and comfort when an emergency arises."

For more information about the new Emergency Department or the new addition to the Health Center, contact Steve McCoy, Director of Marketing and Planning, at 419-330-2717.

FCHC'S NEW EMERGENCY DEPARTMENT

- ✓ 18,100 square-foot facility
- ✓ Private triage room for initial patient assessment
- ✓ 2 trauma rooms
- ✓ 2 minor trauma rooms
- ✓ 5 main treatment rooms
- ✓ 1 orthopedic room
- ✓ 2 pediatric rooms
- ✓ 2 OB/GYN rooms
- ✓ 1 special services room
- ✓ 6 Fast Track rooms
- ✓ Decontamination area
- ✓ 4 ambulance bays
- ✓ Helicopter pad
- ✓ New cardiac monitors
- ✓ Two ceiling-mounted booms for quick patient setup
- ✓ Easy IO IV system for young patients
- ✓ EKG telemetry transmission of EKG readings

FCHC's new Emergency Department is the cornerstone of a three-story addition to the Health Center that begins treating patients on Monday, April 30th.



FAST Emergency Care

Fulton County Health Center is not only offering a spacious, well-equipped, new Emergency Department—it has also created a new system to speed patients through the department.

Fast Track is the name of a new emergency care system being offered by the Health Center for patients with relatively minor illnesses such as sprains, sore throats, earaches, and coughs. The Fast Track system will operate when physician offices are closed: Monday—Friday, 6 p.m. - Midnight and Saturday/Sunday, 4 p.m. - Midnight.

“The goal of Fast Track is twofold,” says Harry Murtiff, D.O., FCHC Emergency Department Medical Advisor. “The first goal is to provide a service to patients in the hours when their physician’s office has been closed. The second is to be able to get those patients through the Emergency Department in a fast, efficient manner.”

Dr. Murtiff says patients with minor ailments who visited the Emergency Department in the past were mixed in with those patients who were more

seriously ill or injured. That meant the less seriously ill would have to wait for those requiring more immediate care. “Now a patient will first be evaluated by a registered nurse in the triage area, and the nurse will determine if the patient meets the profile of the Fast Track program. If so, he/she will be directed to a private room, away from the main Emergency Department.” Dr. Murtiff says the system will create a more relaxed environment for the patient.

“Our purpose is not to compete with our physician offices,” says E. Dean Beck, FCHC Administrator. “Rather we want to supplement the services they offer by being available to patients when doctors are not in their offices.” He notes that ultimately patients who receive care through the Fast Track system will be referred back to their primary care physicians, or a list of physicians will be recommended to them if they do not already have one.

For more information about the Fast Track Emergency Care system at Fulton County Health Center, contact Jim Currier, RN, BSN, Critical Care Unit Manager/ER Coordinator, at 419-330-2756.

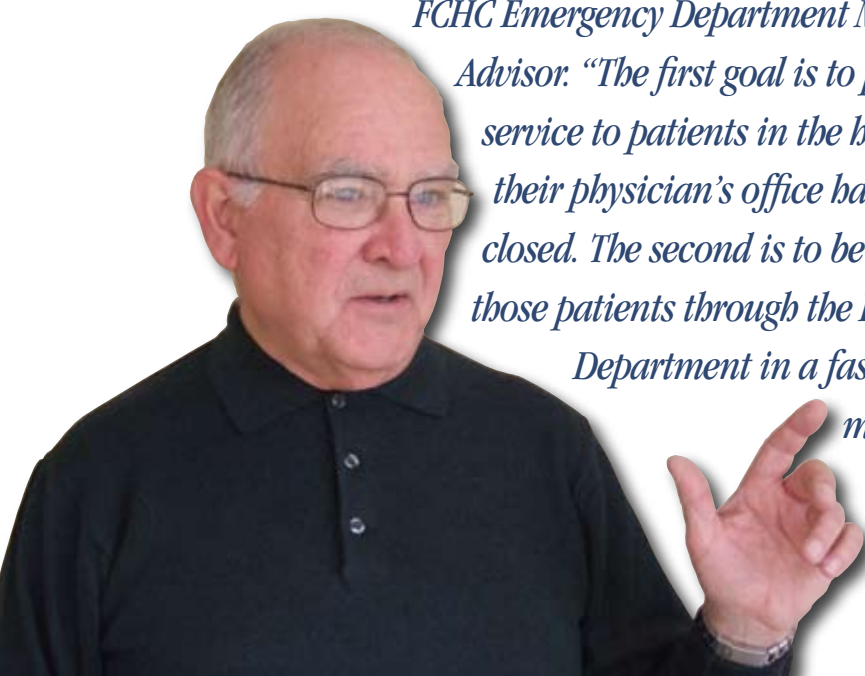
What is Fast Track?

Fast Track emergency care provides a focused treatment alternative to a regular emergency room visit. Visits usually take less time and provide efficient care for unexpected, minor medical circumstances that can occur after your doctor’s office is closed.

Fast Track Location - Part of the new Fulton County Health Center Emergency Department

Fast Track Hours - Monday—Friday, 6:00 pm – Midnight; Saturday & Sunday, 4:00 pm – Midnight

“The goal of Fast Track is twofold,” says Harry Murtiff, D.O., FCHC Emergency Department Medical Advisor. “The first goal is to provide a service to patients in the hours when their physician’s office has been closed. The second is to be able to get those patients through the Emergency Department in a fast, efficient manner.”



Q&A

Q: Do I need an appointment for Fast Track?

A: No, you don’t need an appointment for a Fast Track visit.

Q: Who determines if I should go through Fast Track or the regular Emergency Department?

A: Our on-duty triage nurse will assess your condition and determine if you are a candidate for Fast Track or if you need a higher level of emergency care.

Q: What if I need follow-up care?

A: Fast Track does not take the place of your family physician. If follow-up care is required, you will be referred to your family physician or a list of physicians will be made available to you if you do not already have one.



Conditions That Can Be Treated in Fast Track

- Colds
- Flu
- Sprains
- Strains
- Minor injuries
- Some insect bites (Any symptoms of anaphylactic shock, such as difficulty breathing or a swollen tongue, should be treated in the Emergency Department)
- Rashes
- Simple cuts
- Most types of nausea and/or diarrhea
- Respiratory infections
- Sinusitis
- Sore throats
- Ear & eye conditions such as earache, drainage from the eye and pink eye

Conditions That Should Be Treated in the Emergency Department

- Severe chest pain
- Breathing difficulty
- Uncontrolled bleeding
- Loss of consciousness
- Poisoning
- Severe burns
- Broken bones
- Eye injury
- Uncontrollable feelings of wanting to hurt yourself or others

New Addition Goes Beyond Emergency Care

FULTON COUNTY HEALTH CENTER'S
NEW THREE-STORY ADDITION
WILL PROVIDE MUCH MORE THAN A
SPACIOUS, WELL-EQUIPPED
EMERGENCY DEPARTMENT.

"We provide a wide variety of health care services to workers either at the Health Center or at their place of work."

— Lynn Thourot, RN, COHC



State-of-the-art ceiling mounted booms in the Emergency and Endoscopy Departments allow for quick and efficient positioning around the patient. Viewing the new equipment are (l-r) Harry Murtiff, D.O., Emergency Department Medical Advisor; Bonnie Creager, RN, Emergency Department Unit Manager; and Lynn Thourot, RN, COHC, Occupational Medicine Program Manager.

Occupational Medicine

The Health Center's Occupational Medicine Department will utilize six rooms in the Emergency Department from 7-10 a.m., Monday – Friday. The Occupational Medicine Department works with employers and employees to help prevent injuries and illnesses in the workplace.

"We provide a wide variety of health care services to workers either at the Health Center or at their place of work," says Lynn Thourot, RN, COHC, Occupational Medicine Program Manager. Flu shots, tuberculosis skin testing, vaccines, pre-employment and Department of Transportation physicals, vision and hearing tests, chest x-rays, electrocardiograms, lab tests, physical flexibility tests, and drug screens are some of the services provided. "Our audiology booth at the Health Center meets strict OSHA requirements," says Thourot, who is a Certified Occupational Hearing Conservationist (COHC).

"We will also work with the injured worker and their employer to help that employee get back to good health and the workplace." Thourot says being located in the Emergency Department is a plus. "When a worker is injured and comes to our Emergency Department, we get involved and work as a team with our emergency staff to help the patient in the short-term and long-term."

Endoscopy

While the Emergency and Occupational Medicine Departments occupy the first floor of the new three-story facility, two additional floors provide increased space for other departments.

The Endoscopy Department will move onto the second floor of the new wing and expand from two rather plain rooms to six slightly larger rooms offering a more comfortable atmosphere. "Endoscopy involves the use of scopes to view the inside of a patient's body and to help diagnose problems," says Beverly Smith, RN, Endoscopy Coordinator. "We perform colonoscopies and sigmoidoscopies to view the intestines, and we use EGD's to scope the throat and esophagus."

State-of-the-art ceiling mounted booms, similar to those used in the Emergency Department, will hold a computer and the scopes. Smith says the booms can easily be positioned around the patient and will eliminate the need to move the patient during the procedure. "The computer captures the images from the scope," says Smith. "Eventually we will be able to click on a few buttons and generate a report for the physician, eliminating dictation and the writing of a report."

Last year the Endoscopy Department performed 1300 procedures. "We will be able to accommodate more patients since we have more rooms and state-of-the-art equipment," says Smith. "That's important as endoscopy procedures become more critical to the diagnosis of a patient's condition."

Same Day Surgery

In 1986 Fulton County Health Center began offering outpatient surgeries to patients. It opened its current unit in 1990, and that year the Health Center averaged 66 patients per month. In 2006 more than 180 patients per month received outpatient surgery at the Health Center, making it necessary to expand the outpatient surgery facility (now called Same Day Surgery) to handle the patient load. Same Day Surgeries performed at the Health Center include laparoscopic gall bladder, hernia, and bowel surgeries; cataract surgeries; ear, nose and throat surgeries; thyroid and gynecological surgeries; foot surgeries; and the insertion of cardiac pacemakers. In addition, the department also assists with inserting PICC lines in patients, urological testing, epidural steroidal patches for back pain, and sedation of children who require X-rays.

The Same Day Surgery Department is currently located on the second floor of the Health Center

and will move down the hall to the new wing. Joan Baumgartner, RN, Same Day Surgery Coordinator, says the new department will have ample room for patients and family members. "We currently have eight patient areas and will more than double our capacity with 20 new patient areas," says Baumgartner. The new facility offers three consultation rooms for physicians and families of patients, while the current department only has one. Two registration areas will be available to patients rather than just one. In addition, an expanded waiting area (50 seats rather than 20 seats) will accommodate family members of patients undergoing inpatient surgeries, same day surgeries, endoscopic procedures, as well as heart catheterizations.

Heart Catheterization

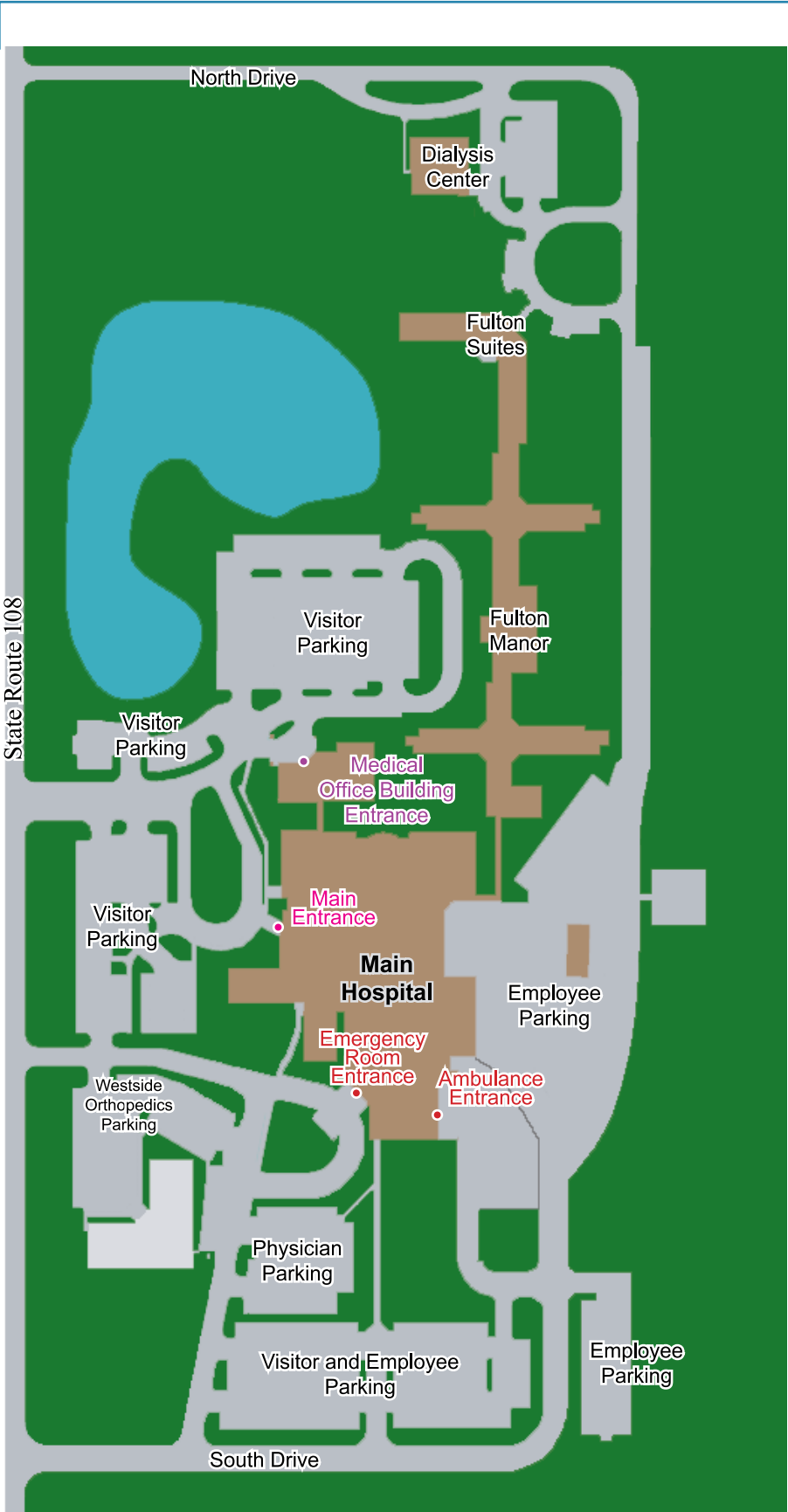
The nearly 20,000 square-foot second floor will also provide Fulton County Health Center with a new Heart Catheterization Lab, a service that is unique for a hospital the size of Fulton County Health Center. Patients who require heart catheterizations are currently sent to Toledo area hospitals for the procedure. "Now, we'll be able to save the patient a trip out-of-town and do most of those procedures right here," says E. Dean Beck, FCHC Administrator. Heart catheterizations will be offered beginning sometime this summer, and a future issue of this newsletter will explain the procedure.

New Patient Entrances

The construction of the new three-story addition has created new entrances for patients seeking care with the Emergency Department, Employee Health Department, Same Day Surgery Department, the Radiology Department, and the Laboratory. Please refer to the maps in this newsletter for guidance.

Fulton County Health

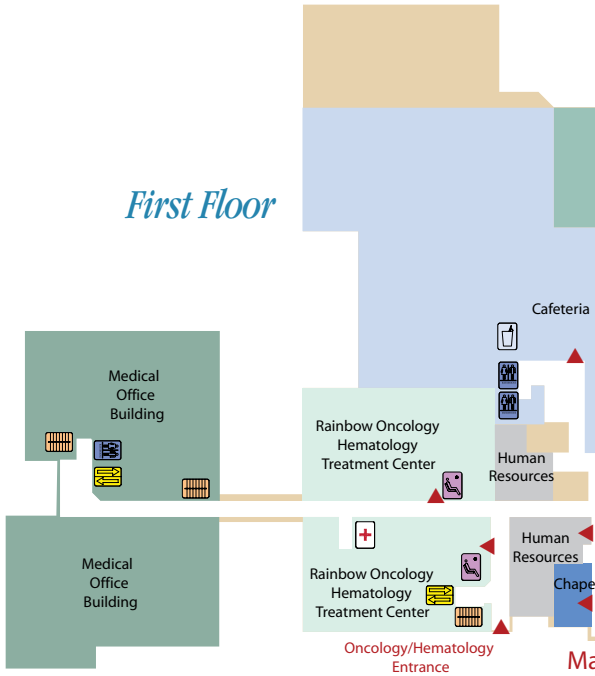
Campus Map



Ground Floor



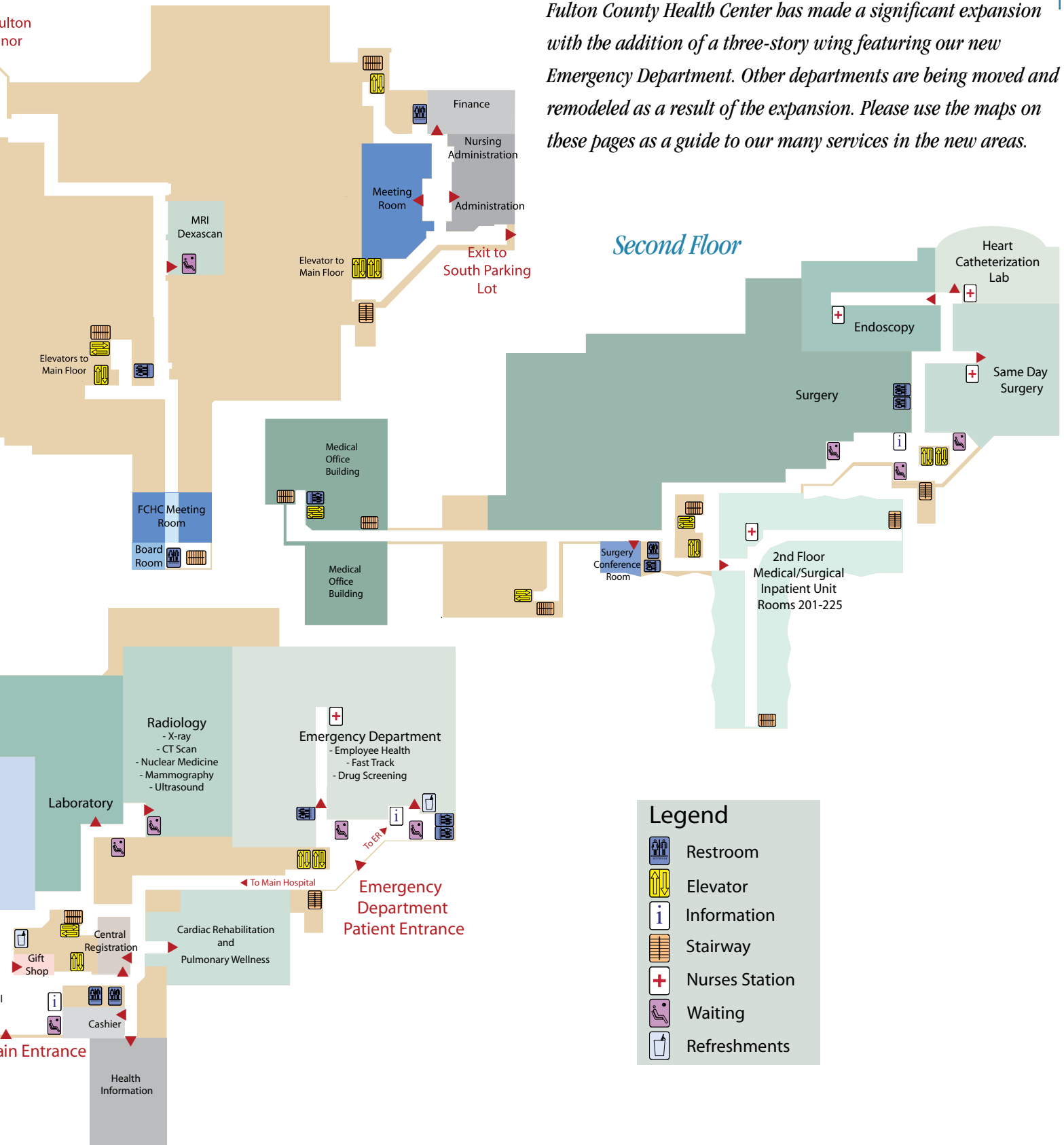
First Floor



Health Center Guide Maps

Ground Floor / First Floor / Second Floor

Fulton County Health Center has made a significant expansion with the addition of a three-story wing featuring our new Emergency Department. Other departments are being moved and remodeled as a result of the expansion. Please use the maps on these pages as a guide to our many services in the new areas.



More to Come: Renovation

Construction of the three-story addition at Fulton County Health Center involved two phases. Phase I covered the development of a visitor parking area and service driveway south of the Health Center. Phase II covered the construction of the new wing. Now that the addition is approaching completion, Phase III will begin.

Phase III involves the renovation of 9,000 square feet of the Health Center, covering areas that were vacated with departments moving to the new facility. For example, the former Emergency Department will be renovated to create added space and an enhanced environment for Laboratory, Radiology, and Central Registration. The space that formerly housed the Same Day Surgery Department will be renovated to become the new Post Anesthesia Care Unit (PACU), commonly called the Recovery Room. Two new Operating Rooms will be part of the renovation in the existing Operating Room and PACU areas. And, Respiratory Therapy will gain additional space on the third floor for the Sleep Lab.

The construction of the new three-story addition and, consequently the remodeling and movement of other Departments, has led to a new entrance for patients using these departments (see maps): Emergency Department, Occupational Medicine, Outpatient Surgery, Radiology, and the Laboratory.

“By building a new addition, we free up space in our current facility to allow other departments to expand,” says E. Dean Beck, FCHC Administrator. “It’s a win-win proposition for our staff members as well as for our patients who will ultimately be the ones who benefit.”

For more information about the renovation at Fulton County Health Center, contact Steve McCoy, Director of Marketing and Planning, at 419-330-2717.

Remodeling Plans

Now that FCHC’s new three-story addition is approaching completion, staff members are turning their attention to remodeling vacated areas such as the former Emergency Department in order to create more space for other departments.

1. Remodeling Areas -- 9,000 square feet
2. Former Emergency Department -- will now be areas for: Expanded Laboratory, Radiology, Central Registration
3. Two additional Surgery Suites -- will be added where the current Same Day Surgery Department is located
4. Respiratory Therapy -- will gain additional space on the third floor for its Sleep Lab

REPORT TO THE COMMUNITY 2006

General Category	2005	2006
Admissions	2,792	2,537
Outpatient Visits	134,518	141,260
Emergency Room Visits	12,929	12,824
Inpatient Surgeries	1,162	920
Outpatient Surgeries	1,715	2,055
Outpatient Services	233,240	242,606
OB Deliveries	341	326
Oncology Treatments	4,135	4,063
Laboratory Tests	192,954	199,921
Radiology Procedures	42,306	42,854
Respiratory Procedures	5,128	4,641
Physical Therapy Outpatient Visits	8,709	7,660
Diabetic Education Outpatient Visits (includes both individual and group patients)	645	462
Cardiac Rehab Visits (Includes both Phase II and Phase III)	6,052	6,127
Stress Unit Admissions	371	371
Stress Unit Outpatient Visits (Therapists only)	2,359	2,555
Stress Unit Partial Hospitalization Visits	379	387

Corporate and Community Health Promotions

Event Participants	1,965	2,340
Corporate Program Participants	1,395	1,627
School Program Participants	1,538	1,442
Community Education Classes	2,781	2,933
Fitness Class Participants	1,922	1,964
Fitness Classes	154	154

Auxiliary

Active Volunteers	161	156
Volunteers Service Hours	14,861	27,045
Active Volunteers	20	44
Volunteers' Service Hours	349	823
Money Donated	\$53,154	*Undetermined

*In 2006 the Auxiliary gave Mr. Beck a certificate of intent to be used in 2007 for needs in the new addition.

Physicians Added

Physicians Active Staff: Milagros Paneda, M.D., Pathologist

Equipment

PACS –Picture Archiving Communications System
Bone Density System
Manometry
Upgraded Dictation System
Colonovideoscope

Services

Esophagogastroduodenoscopy with Bravo Capsule placement for pH monitoring

Uncompensated Care	2005	2006
	\$2,062,988	\$2,967,662

Colon Cancer Screening Summit

Fulton County Health Center is co-sponsoring an important event to educate local employers about colorectal cancer:

What: 1st annual Fulton County Colon Cancer Summit
When: Wednesday, April 18
Time: 10:30 a.m. Registration
 11:00 a.m. Lunch
 11:30 a.m. –1:30 p.m. Speakers
Where:FCHC Meeting Room

The free event will target area human resource managers or their representatives as well as local physicians. "Our goal is to emphasize the importance of colorectal cancer screenings," says Beverly Smith, RN, Endoscopy Coordinator. "We'd like employers to consider offering some type of incentive for their employees to get their screenings. We've heard from some workers that they would have a colonoscopy if it were covered by their insurance company, so we would also like to encourage employers and physicians to begin the process of convincing health insurance companies of the importance of coverage." Two years ago the Fulton County Colorectal Cancer Coalition was formed, and several coalition members are teaming with FCHC to sponsor this first time summit. The event sponsors are Fulton County Health Center, the Fulton County Chapter of the American Cancer Society, the Fulton County Health Department, the Ohio Department of Health, the Ohio State University Extension Office, and Sauder Woodworking. The following will serve as speakers at the event: T. Frederick Weigand, M.D., FCHC General Surgeon; Eilynn Sipe, M.D., FCHC Colorectal Surgeon; Craig Wethington, American Cancer Society; Beverly Smith, RN, FCHC Endoscopy Unit Manager; Sharon Morr, FCHC Corporate & Community Health Promotions Director; Kim Krieger, Sauder Woodworking; as well as an individual who has survived colon cancer.

To register or for more information, contact Beverly Smith, RN, Endoscopy Coordinator at 419-330-2751 or bsmith@fulhealth.org.

State-of-the-Art Surgery

Patients who must have their tonsils removed can now expect less swelling, less pain, and less bleeding during the procedure thanks to a new technique being performed at FCHC by Norman Weir, M.D., Ear/Nose/Throat specialist. Coblation surgery, a state-of-the-art procedure that replaces the scalpel, uses a computer to transmit radio frequency energy through a saline solution into a surgical probe. The energy that is delivered to the probe causes it to break molecular bonds, which is the tissue of the tonsil. The tissue is not heated to as high a temperature so there is less damage, and this allows Dr. Weir to slice and remove the tonsils. The 15-20 minute procedure eliminates the need for stitches since the heat in the probe seals the blood vessels in the adjacent tissue. "The old procedure involving a scalpel meant the patient would likely remain in the hospital overnight," says Dr. Weir. "The coblation surgery typically allows patients to return home the same day." For more information about the technique, contact Dr. Norman Weir at the FCHC Medical Office Building, 419-330-3700.

New Dialysis Center

In response to requests by the community, Fulton County Health Center is adding a dialysis center to its campus. Construction on a 5,000 square-foot building has begun just north of Fulton Manor with completion targeted for late summer or fall of this year. The address for the dialysis center will be 721 South Shoop Avenue, and it will be easily accessible from the north drive. The building is owned by FCHC and will be leased and staffed by Davita, a company that specializes in offering dialysis services. FCHC physicians who are kidney specialists (nephrologists) will have privileges at the center. Plans call for the new facility to eventually have 12 dialysis stations to serve patients. For more information, contact Steve McCoy, FCHC Director of Marketing & Planning, at 419-330-2717.

We Need Volunteers

How would you like the opportunity to help others? The FCHC Auxiliary is seeking new volunteers to work in various areas of Fulton County Health Center. Maybe you would like to work in the gift shop and talk with visitors. Perhaps you would prefer helping patients to get from one point to another. Whatever the case, the Auxiliary can offer you the rewarding opportunity to help others. For more information, call 419-330-2695.



The FCHC Auxiliary will hold its 8th Annual Golf Tournament on Thursday, June 7, beginning with a shotgun start at noon at Ironwood Golf Course, 1015 West Leggett St., Wauseon. Registration runs from 11:00 –11:45 a.m. The popular event features a four-person scrambles, prizes, a silent auction and a banquet at FCHC following the round of golf. The cost to participate is \$70 per person or \$280 for a team of four players. The fee covers 18 holes of golf with a cart, a sack lunch, BBQ chicken dinner, gift pack, and two beverage tickets. There will also be prizes for the longest drive, closest to the pin, and the longest putt. A "Hole-in-One" contest will allow a lucky golfer to win \$500. There are also sponsorship opportunities. Proceeds from the auction are used by the Auxiliary to purchase medical equipment. Entry deadline is May 18, 2007. For more information, contact Janice Fitzenreiter in the FCHC administrative office at 419-330-2603.

Message *from the* Administrator

For many people the Emergency Department is their first exposure to a hospital. Their experience during that anxious time will leave a lasting impression on them for years. Our Emergency Department staff has provided quality care to



thousands of patients over the years. And as the years have gone by, the number of patients visiting our Emergency Department has gone up.

Last year alone our Emergency Department handled close to 13,000 patient visits, averaging more than 1,000 a month. They performed these

services in a department that had outgrown their space. These space issues, coupled with privacy issues, convinced us a few years ago to create a new Emergency Department that could serve patients now and well into the future.

On Sunday, April 22nd, you will have the opportunity to visit the newest Emergency Department in the county. One that is three times the size of our old facility, with state-of-the-art equipment and plenty of private patient rooms. Our new three-story addition also creates expanded space for departments like Endoscopy and Surgery. We have even delayed publishing this newsletter just to get the word out to you.

Our work is not yet done. Now that our new wing is being opened, we will begin remodeling the areas that have been vacated to create expanded facilities for our Laboratory, Radiology, and Respiratory Therapy Departments.

Please take time to join us on Sunday, April 22nd between 1:00 and 4:00 p.m. We've built a new Emergency Department that you can rely on and be proud of. Come find out for yourself.

Sincerely,

E Dean Beck

E. Dean Beck,
FCHC Administrator



Health & Fitness Classes

Health & Fitness Classes

Register on-line at www.fultoncountyhealthcenter.org (click on Health Classes/Special Events), or call 419-330-2735.

Due to the planned public open house of our Emergency Department, this newsletter is being mailed later than usual. Our Fitness Classes are already meeting, so these classes are not published in this newsletter. However, you can still join at any time by visiting www.fultoncountyhealthcenter.org for a complete listing. The Fitness Class listings will return in future issues of this newsletter.

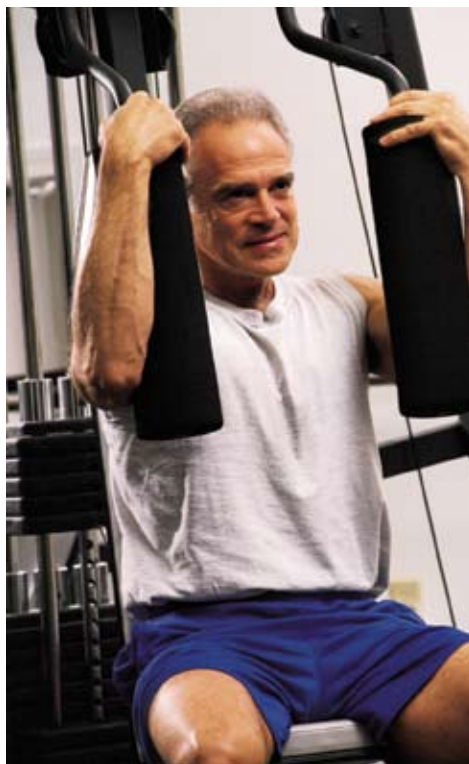
Oncology Programs

The Rainbow Hematology/Oncology Treatment Center offers a variety of programs, such as those listed here, to serve patients. For more information, call 419-330-2708.

Cancer Resource Center – Books, videos and cancer web site research.

Lymphedema Clinic – Reduce swelling in the extremities from surgery through massage and wrappings. Minimal charge.

Patient Navigator – American Cancer Society employee helps patients with insurance issues, transportation, and prescription drug samples.



Diabetes Education & Support

Contact the Diabetes Education office at 419-330-2772 for program or diabetes information and/or group presentations.

Pre-Diabetes

What is this condition that affects 54 million Americans and increases their risk of heart attack and stroke by 50%? Learn how Pre-Diabetes is diagnosed and treated as well as how to prevent it from turning into type 2 Diabetes. A healthy snack will be provided. Thursday, April 26, 6:30-8:00 pm, \$5, FCHC Meeting Room, Ground Floor. Please register by visiting www.fultoncountyhealthcenter.org or by calling the Diabetes Education phone number.

Know Your Numbers: Healthy Steps

Why should we test blood sugar and how do we keep those numbers low? Learn all about it at this session. Free glucose meters and pedometers will be handed out. A healthy snack will be provided. Register as above. Held Thursday, May 24, 6:30-8 PM, \$5, FCHC Meeting Room, Ground Floor.

Diabetes Update

This is a follow-up to previous classes, or a stand-alone class. Learn about new diabetes treatments and medications, including inhaled insulin. The current standards of care for managing diabetes will be covered as well. Come in and ask anything you ever wanted to know about diabetes care! A healthy snack will be provided, as well as a free glucose meter. Register as above. Thursday, June 28, 6:30-8 PM. \$5, FCHC Meeting Room, Ground Floor.

Weekly Support Group

Wednesdays, except 1st Wed. of month, 9:30-10:30 am, Diabetes Education Office, 4th Floor. Stop to see what's new, have blood glucose meter uploaded, or to ask questions.

BRAND NEW! Evening Support Group, 2nd and 4th Thursday of the month, 5-6 PM. Same as Morning Support group.

Facing the Foothills

A series of comprehensive classes in diabetes self-care. Offered by physician order every month. Call for details.

Mountain Climbing

Monthly class in self-help for the person with diabetes: 1st Wednesday of month, 9-11 am; 2nd Thursday of month, 7-9 pm.: \$5, FCHC Meeting Room. Support person is welcome and free. No registration required.

American Diabetes Association of Fulton County Area

Local support group meets several times yearly. Free.



Health & Fitness Classes

Register on-line at www.fultoncountyhealthcenter.org (click on Health Classes/Special Events), or call 419-330-2735.

Heart Health

Salt Sense

Whether it's for high blood pressure, heart disease or to maintain a healthy diet, learn how and where to reduce sodium. Includes label reading, commercial product choices, recipes and shopping tips. Tuesday, April 10 or June 26, 9:30 - 11:00 am, \$5, FCHC 3rd Floor Training Room.

Eat-n-Run

Eight week nutrition and weight management class taught by a registered dietitian. This class will provide accountability and support as we discuss healthy eating while promoting weight loss through a calorie point system. Those enrolled in a FCHC fitness class will receive half off the price of this class. Wednesdays, April 18-June 6, 4:30 - 5 pm, \$60, FCHC Cafeteria; or Thursdays, April 19-June 7, 11:30 - Noon, \$60, FCHC Cafeteria.

Low Cholesterol Living – Part I

Focus will be on risk factors for heart disease, cholesterol numbers and their significance, type of fat and cholesterol in the diet, and more! Tuesday, April 24 or July 17, 9:30 - 11:00 am, \$5, FCHC 3rd Floor Training Room.

Low Cholesterol Living – Part II

Learn how to look at the total fat in a diet and how to reduce it. Also, find out information on food labeling, adapting recipes, eating out and more! Tuesday, May 1 or July 24, 9:30 - 11:00 am, \$5, FCHC 3rd Floor Training Room.

Blood Pressure Management

Learn what high blood pressure is, its effects, and how to lower and control it. Get information on lifestyle changes, current treatments, and medication do's and don'ts. Tuesday, May 22 or July 31, 9:30 - 10:30 am, Free, FCHC 3rd Floor Training Room.

Infant & Children's Nutrition

Learn to feed your kids right! Obtain balanced nutrition in meals and snacks with appropriate portions for kids ages birth to 5 years. Taught by Registered Dietitians.

Baby, What's for Lunch (infant nutrition)

Nutrition guidelines for feeding your infant; for birth to age 18 months. Thursday, May 3, 6:30-7:30 pm, \$5, FCHC Surgery Conference Room, 2nd Floor.

Count & Color Your Food (children's nutrition)

Nutrition guidelines for your toddler's future; for ages 2 to 5. Thursday, May 17, 6:30-7:30 pm, \$5, FCHC Surgery Conference Room, 2nd Floor.

Nutrition 101

Basic nutrition education geared toward people with diabetes, however healthy eating and exercise are the focus. Anyone interested in changing dietary habits into healthy ones are encouraged to attend. Tuesday May 15, 7:00-8:30 pm, \$5, FCHC room to be determined.

Safety

Community First Aid and CPR

Learn how to handle emergencies through this American Red Cross class. Participants will be certified in adult, child and infant CPR and obstructed airways. Class taught by RN. Saturday, April 21 or June 23, 8:00 am - 4:00 pm, \$50, FCHC Meeting Room.

Babysitting Classes

Learn to handle emergencies such as choking, burns and more, and become a more effective and competent babysitter. Class certification given. Please bring a sack lunch. Beverages provided.

Saturday, April 28, 9:00 am-3:00 p.m., \$15, Evergreen Library. Call 419-644-2771 to register.

Saturday, May 12, 9:00 am-3:00 p.m., \$15, Swanton Library. Call 419-826-2760 to register.

Cardiopulmonary Resuscitation

CPR Certification by the American Heart Association for health professionals and health professional students. Taught by RN. Registration and payment due 1 week prior to class. Sign-in starts at 7:30 am, class begins promptly at 8:00 am. Saturday, May 5 or July 21, 8:00 am - 2:00 pm, \$50, FCHC Meeting Room.

Weight, Smoking

Stop Smoking, Lose Weight through Hypnosis

Hypnosis is a relaxation technique used to help individuals reach their goal. Don Mannarino, a hypnotist for nearly 20 years, will lead the session. Cost includes a CD for home reinforcement and the option of visiting one additional class at no charge. Please pre-register on line at www.Donmannarino.com. Make sure you arrive 20 minutes before your scheduled session. For more information, call (216) 831-6251 or visit www.Donmannarino.com.

Smoking Cessation – Wednesday, May 23, 6:00 pm, \$60, FCHC Meeting Room

Weight Control – Wednesday, May 23, 7:00 pm, \$60, FCHC Meeting Room

Obstetrics: Partners in Pregnancy Programs

All classes meet in the FCHC 3rd Floor Training Room. To register, call 419-330-2757.

Breastfeeding–Prenatal Preparation

Advantages, disadvantages, questions, concerns, getting started, and pumping techniques. Taught by Certified Lactation Consultant. Free.

Childbirth Education – 2 hours/week for 4 weeks or 8-hours on Saturday. Taught by experienced childbirth educators. Learn about the birth process, fetal development, exercise, breathing techniques, relaxation, and comfort measures. Includes OB department tour, discussions and birth films. 4-week series - \$25. Saturday session – \$40 (includes food/refreshments).

Refresher Class – Review of Childbirth Education class. Optional tours of OB and birth films. One 2-hour session – \$10.

Shape-Up for Motherhood – Fitness class covers physical and emotional changes of the pregnant woman; helping new mothers regain their energy and get back to regular exercise. 1-hour session, 1x per week, \$2/session.

Sibling Class – For children age 3 and older at home. Held at 10 a.m. the first Saturday of each month. Includes OB department tour. Free. 1 session.

Grief Support

H.O.P.E

Helping Other Parents Experiencing Grief (H.O.P.E.) is a support group that meets the third Monday of every month (except December) at 7:30 p.m. in the FCHC Meeting Room. H.O.P.E. offers support for parents who have experienced miscarriage; stillbirth; or the death of infants, young children, and teenagers due to illness or accident. For more information, call Fulton County Health Center at 419-330-2757.

Open House

FCHC's 3-story, 55,000 Square-Foot Addition

Featuring:

- 18,000 Square-Foot Emergency Department
- New Fast Track Emergency Care
- Expanded Occupational Medicine Dept.
- New Same Day Surgery Area
- Expanded Endoscopy Area
- New Heart Catheterization Department

Sunday, April 22, 2007, 1-4 p.m.

**Fulton County Health Center
725 South Shoop Ave., Wauseon**

Self-guided tours,
staff available to answer questions,
refreshments



*Use the South Parking lot and the Emergency Department Entrance
or the West Parking lot and the Main Entrance*

A New Era of Healthcare is About to Begin.

You're Invited To Be a Part of It.

Fulton County Health Center's new 3-story expansion featuring its new Emergency Department will open on April 30th, ahead of schedule. A free public open house will be held on Sunday, April 22 from 1-4 p.m.



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