

A publication of Fulton County Health Center

Health

Centering

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Volume 23, No. 1 Winter, 2007



**FULTON COUNTY
HEALTH CENTER**
Completing the circle of care

*a*s medical technology continues to evolve, there is a growing use of minimally invasive surgical techniques being used by the Surgical Services Unit at Fulton County Health Center. Surgical Services includes the Endoscopy Department (see related story), Same Day Care (also known as Outpatient Surgery and Surgical Day Care), Inpatient Surgery, and Post Anesthesia Care.

The most recent addition to the Surgical Services Unit is an innovative device called the LAP DISC. Patients who require surgery for colon disease now have three choices at Fulton County Health Center for colon surgery, depending on their particular situation.

Their physician can choose to utilize traditional open surgery, laparoscopic surgery, or Hand-Assisted Laparoscopic Surgery (HALS) using the LAP DISC. The LAP DISC serves as a bridge between open surgical procedures and minimally invasive laparoscopic procedures.

The LAP DISC is a ring-like device used in Hand-Assisted Laparoscopic Surgery (HALS). The new device allows FCHC Surgeons Jose Parodi, M.D., and T. Frederick

Weigand, M.D., to use their hands to manipulate tissue for better exposure while adding the benefits of tactile sensation along with the use of minimally invasive laparoscopic instruments. In a traditional laparoscopic procedure, the surgeon and the surgical team rely on eye-hand coordination to manipulate the laparoscopes and laparoscopic instruments using video monitors to view the surgical procedure. The LAP DISC used in the Hand-Assisted Laparoscopic Surgical procedure introduces the surgeon's hand in the process.

"The LAP DISC gives the surgeon the tactile sensation and hand manipulation of tissue but without the 10-12 inch incision in the abdomen that is typically required in open colon surgery," says Trudy Tuckerman, RN, BA, CNOR, RNEA, FCHC's Operating Room Coordi-

OPERATING ROOM
NURSES JODI
CHASE, RN, AND
ALLISON DURHAM,
RN, ASSIST IN A
LAPAROSCOPIC
PROCEDURE.

THE *Benefits of*



Minimally

nator. "The result of the less invasive surgery is reduced pain for the patient, shorter hospital stays, and faster recovery."

"Our patients and doctors now have the best of both worlds," adds E. Dean Beck, FCHC Administrator. "Our surgeons' hands are the best surgical instruments we offer, but pure laparoscopic surgery does not allow them to use their hands inside the body. Now we can combine the benefits of minimally invasive colon surgery to patients for whom traditional open surgery was previously the only option."

According to the American Society of Colon and Rectal Surgeons the development of polyps, mushroom-shaped growths, is one of the most common conditions affecting the colon and rectum, occurring in 15 to 20

percent of adults. About 90 percent of colon and rectal cancers occur from polyps that are initially non-cancerous, so doctors generally recommend that they be removed.

In addition to polyps, Hand-Assisted Laparoscopic Surgery is also used to treat colon diseases such as cancer and Diverticular disease -- the presence of pockets, called diverticula, in the colon wall, which become inflamed or infected.

There are numerous minimally invasive laparoscopic surgical procedures that are also performed at Fulton County Health Center that do not utilize the HALS approach. In these cases the surgeon relies on "scopes" that are inserted into the patient through small incisions. The surgeon manipulates the scopes outside of the body with his hands and

views the procedure on a video monitor. Laparoscopic procedures still offer benefits to the patient such as reduced pain and quicker recovery. They include hernia repairs, gallbladder removals, hysterectomies, appendectomies, and diagnostic studies.

Minimally invasive surgery is also used by FCHC Orthopedic Surgeons Daniel McKernan, M.D., and Christopher Spieles, M.D., during total joint replacement. The minimally invasive orthopedic procedure

is an open surgical procedure but allows for a smaller incision in the patient, allowing for quicker recovery and reduced patient pain. There are specific factors that help to determine if the patient is a candidate for this surgical approach. Those factors include physical size (weight), bone size, the patient's anatomy, and the severity of the deformity to be corrected by joint replacement.

The introduction of new surgical techniques and devices at Fulton County Health Center is the result of several factors. FCHC surgeons continually read medical journals to keep current with new technology. At the same time, medical equipment companies work to develop new devices and then present them to the surgeons. The doctors then conduct their own research before requesting samples of the new medical device for tests and practice. Once the physician is convinced the device is effective and worthwhile, he/she

requests that the Health Center purchase it.

"At Fulton County Health Center, we offer nearly as much in our Surgical Services Department as the hospitals in larger cities," says OR Coordinator Tuckerman. "We have all the sophisticated cameras, video equipment and scopes to support the laparoscopic procedures. As an added benefit here at FCHC, we believe in providing our surgical patients with the nursing care that we would choose for our own family members."



Invasive Surgery



LAURIE BISCHOFF, RN, MONITORS A PATIENT IN THE PREOPERATIVE AREA.

Minimally Invasive Surgeons & Surgeries at FCHC

Dr. Jose Parodi, General Surgeon
Dr. T. Frederick Weigand, General Surgeon

*Hand-Assisted Laparoscopic Surgeries
(HALS) for colon disease
Hernia Repair
Gall Bladder Removal
Appendectomies
Diagnostic Studies*

Dr. Daniel McKernan, Orthopedic Surgeon
Dr. Christopher Spieles, Orthopedic Surgeon

Joint Replacement

Dr. Sema Fofung, Obstetrics/Gynecology
Dr. Stephen Andrews, Obstetrics/Gynecology

*Hysterectomies
Diagnostic Studies*

Dr. Ronald Brown, Ophthalmology
Cataract Surgery

The proper term for the area of medicine focusing on the Ear, Nose and Throat (ENT) is Otolaryngology (pronounced oh/toe/lair/in/goll/oh/jee). Otolaryngologists are physicians trained to medically and surgically treat adult and pediatric patients with diseases and disorders of the ear, nose, throat, head, and neck. More specifically, these doctors diagnose and manage diseases of the sinuses, larynx (voice box), oral cavity, and upper pharynx (mouth and throat), as well as structures of the ear, neck and face.

Fulton County Health Center has three ENT specialists who practice at our Multi-Specialty Clinic in the FCHC Medical Office Building: Richard Nelson, M.D., and Jay Jindal, M.D., both of whom are affiliated with Toledo ENT, Inc. and Norman Weir, M.D., of Midwest Community Health Associates. In addition, Aaron Benson, M.D., and Frederick Bunge, M.D., are also on our courtesy staff.

Dr. Nelson is the newest Otolaryngologist to our Multi-Specialty Clinic. Dr. Nelson recently joined Dr. Jindal from Toledo ENT, Inc. to treat patients at the Health Center. He has practiced in Toledo since 1991 and began seeing patients at our Multi-Specialty Clinic in July of this year. His practice includes treating both adults and children in all aspects of Otolaryngology including thyroid masses, head and neck lesions, and hearing loss.

Here are examples of the types of illnesses treated at FCHC by our Otolaryngologists.

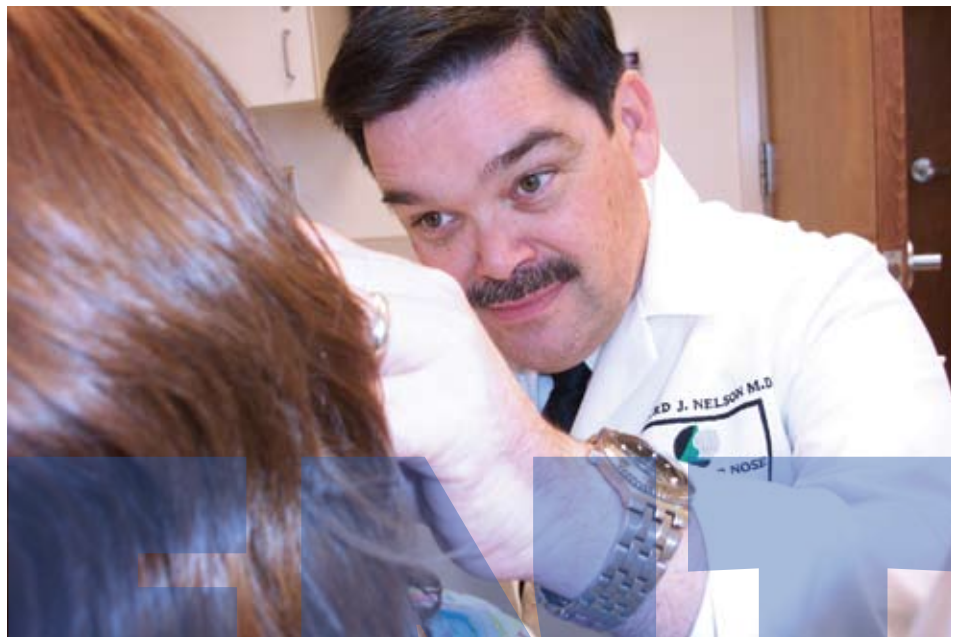
Ears- Hearing loss; ear infections; balance disorders; ear noise (tinnitus); nerve pain; facial and cranial nerve disorders; as well as congenital (birth) disorders of the outer and inner ear.

Nose- Sinus and nasal cavity problems; allergies; problems with the sense of smell; and issues relating to breathing through the nose.

Throat- Diseases of the larynx (voice box); health problems with the upper esophagus; including voice and swallowing disorders.

Head and Neck- Infectious diseases; both benign and malignant (cancerous) tumors; facial trauma; and facial deformities.

For more information about FCHC's ENT physicians or capabilities or to schedule an appointment, call the Health Center's Multispecialty Clinic at **419-330-2700**.



Our Specialists

Meet Our ENT Specialists

Richard Nelson, M.D.

Dr. Nelson, our newest ENT specialist, is a native of Birmingham, Michigan. He completed his undergraduate and medical training at the University of Michigan Medical School in Ann Arbor. He then completed his internship and residency in Otolaryngology – Head and Neck Surgery – at Wayne State University, Detroit. Dr. Nelson also completed two years as an NIH research fellow and is Board Certified in Otolaryngology. He has practiced in Toledo since 1991.



Jay Jindal, M.D.

Dr. Jindal was born in Lima, Ohio and attended Case Western University in Cleveland for his premedical and medical education. His training continued in Milwaukee, Wisconsin where he completed an internship in General Surgery and a residency in Otolaryngology at the Medical College of Wisconsin. Dr. Jindal then completed a specialized fellowship in Head and Neck Surgery with Head and Neck Associates of Indianapolis, Indiana. He is certified by the American Board of Otolaryngology.

Norman Weir, M.D., FRCSC

A native of Edmonton, Alberta, Canada, Dr. Norman Weir received his medical degree and specialty training at the University of Alberta in Canada. He has received additional training in laser surgery of the ear, endoscopic sinus surgery, maxillofacial trauma, TM joint surgery, dizziness and balance disorders and sleep apnea surgery. He spent three years in Saudi Arabia performing thyroid and head and neck cancer surgery. He is certified by the American Board of Otolaryngology and the Canadian Royal College of Physicians and Surgeons in Otolaryngology Head and Neck Surgery.



Wireless Medical Technology

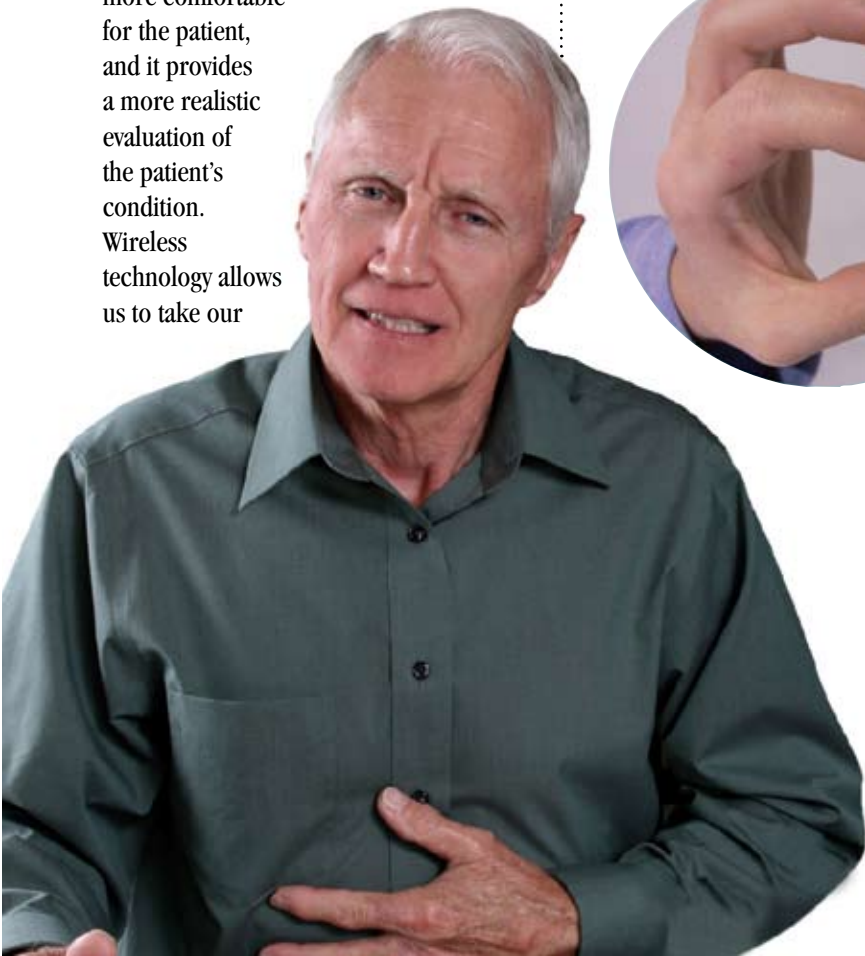
It was only a matter of time before the wireless technology, like that which allows us to communicate on cell phones, would make its way into the medical field. Fulton County Health Center's Endoscopy Department now offers the cutting-edge BRAVO™ pH Monitoring System, the first catheter-free system used to measure acid levels in the esophagus for patients suspected of having acid reflux. The BRAVO™ System consists of a small capsule, the size of a pencil eraser, which is attached to the wall of the esophagus by an FCHC General Surgeon using a fiber optic scope. The embedded capsule uses radio waves to transmit acid level data to a receiver the size of a pager worn on the patient's belt. Data from the receiver is downloaded to a computer and then analyzed.

"There are several advantages to the BRAVO™ System," says Jose Parodi, M.D., a FCHC Board Certified General Surgeon trained to use the new technology. "It is less invasive than using a catheter, it is more comfortable for the patient, and it provides a more realistic evaluation of the patient's condition. Wireless technology allows us to take our

diagnostic procedures to a higher level and to discover potentially serious health problems in patients that were once thought to be just heartburn or indigestion."

The new wireless technology at FCHC comes at a time when the Health Center is quickly moving to expand its Endoscopy Department through the construction of a three-story, 55,300 square-foot facility. In the new facility there will be six Endoscopy rooms, instead of the current two, to accommodate new technology such as the BRAVO™ system along with a continued increase in the number of patients seeking care. Along with Endoscopy, the new addition will house a significantly larger Emergency Department and expanded Surgical Suites. For more information about the FCHC Endoscopy Department or the new wireless technology, contact Beverly Smith, RN, Endoscopy Coordinator, at 419-330-2751.

The BRAVO™ pH Monitoring System is a trademark of Medtronic, Inc.



Message *from the* Administrator

Medical technology is advancing quite rapidly, and we continue to capitalize on opportunities to improve our delivery of health care. One area where technology has made a great impact is in Outpatient Surgery, now known as Same Day Care. As the name suggests, the goal is to perform surgery on the patient and have them return home that day if possible. Our lead story in this newsletter discusses minimally invasive surgeries at our Health Center along with new technology we are offering. New technology has also filtered over into the Endoscopy Department where we now use wireless technology to monitor a patient. All of this technology that we have purchased benefits you, the patient, by creating more comfort during and after procedures and helping to get you home quicker.



This newsletter also features our three Ear, Nose, and Throat specialists – Dr. Richard Nelson, Dr. Jay Jindal and Dr. Norman Weir. Dr. Nelson is a new addition to our Medical Staff. We also welcome Dr. Michael Pole who is now our full-time Radiology Medical Director.

In addition to new technology and a growing Medical Staff, we continue to stay ahead of schedule for the construction of our new three-story wing. It will soon provide us with a much larger Emergency Department as well as expanded Endoscopy Rooms and Surgical Suites.

As always, one of the best ways to stay healthy is to exercise. Our Corporate & Community Health Promotions Department offers a wide variety of land- and aquatic-based exercise classes in your communities.

Stay well, and please contact us if you would like more information on any of the physicians or medical procedures we discuss in this newsletter.

E. Dean Beck

E. Dean Beck,
FCHC Administrator



Beating the Winter Blues

Why do some people seem more depressed and grumpier during the winter months? One of the reasons is that some of us living in the Snow Belt just get tired of the cold and the dreary, gray winter skies. Most people find they eat and sleep slightly more in winter and dislike the dark mornings and short days. But there is a medical reason why some individuals really do have the winter blues.

According to the FCHC Stress Unit, Seasonal Affective Disorder (SAD) is a psychological syndrome that affects a number of us during the cold months. For these individuals, symptoms are severe enough to disrupt their lives and to cause considerable stress. Symptoms typically begin in September and last until April. Individuals with SAD are affected the most during the heart of winter when the days are shortest and darkest. Individuals with Seasonal Affective Disorder have sleep issues – oversleeping, difficulty getting out of bed in the morning, and requiring a nap during the day. Overeating is another symptom along with depression, anxiety and even despair. Individuals with SAD often are too tired to cope with

daily activities and often avoid gatherings with family and friends.

Interestingly, research shows that the incidence of SAD increases with distance from the equator. More adult women than adult men are diagnosed as having SAD, but children and adolescents are also vulnerable. The problem is rooted in the lack of bright light during the winter months. Researchers have proven that bright light makes a difference in the brain's chemistry. One method of treatment is to introduce a bright light into the room for the individual with SAD to simulate the light outdoors during the spring months.

It is important to note that Seasonal Affective Disorder is not an imaginary illness. Left untreated, it can lead to severe depression and an inability to function. Since 1981 the professionals at the Fulton Stress Unit have helped individuals deal with behavioral and emotional life problems like SAD. Help is just a phone call away. If you or someone you know suspects they have Seasonal Affective Disorder and would like professional treatment, call the Fulton Stress Unit at 1-800-323-2708 or locally at 419-337-8661.



Continuing Education Workshops: Group Exercise Instructors & Personal Trainers

FCHC and the National Exercise Trainers Association (NETA), a non-profit fitness professional association, are co-sponsoring the following nationally recognized workshops:

Fusion Fitness: On The Ball Saturday, March 17, 2007 8:00 am

Bring the unique blend of Yoga and Pilates to the stability ball. Learn to integrate mind/body methods into a series of progressive exercises that focus on core stabilization, flexibility, strength, and balance. This is a great way to bring your clients to their next level of fitness.

Boot Camp Sunday, March 18, 2007 8:00 am

Fun Work – Hard Play! An exercise format that is sure to rev up the most avid exercisers. Endurance games, intervals, circuits, and obstacle courses are just a few of the innovative ideas used to train the entire body for serious results.

Credits: 5 NETA CEC's; .5 ACE CEC's

Location: FCHC Rehab Center,
138 E. Elm Street, Wauseon
Local Contact: Judy Price, 419-330-2724
To register: Call 1-800-AEROBIC, or
register online at www.netafit.org

Dialysis at FCHC

Patients requiring dialysis treatment due to chronic kidney disease will now be able to have their treatments performed on the campus of Fulton County Health Center. FCHC is working closely with a well-established dialysis company to provide these services. A new building will be constructed on the FCHC campus, north of Fulton Suites. The facility, which will most likely open in Fall 2007, will offer a complete range of treatment options and support services for patients with chronic kidney disease. Watch for more news in the next issue of Health Centering about this important new service.

Auxiliary Fundraisers

The FCHC Auxiliary continues to remain busy with various fundraising efforts. Support the Auxiliary and Fulton County Health Center at these events:

"Fudgie Wudgie Sale"
February 14, 2007, Cafeteria

"Books are Fun"
March 14, 2007
10:00 a.m. – 6:00 p.m., Cafeteria
March 15, 2007
7:00 a.m. – 4:00 p.m., Cafeteria

Health Centering Wins Award

Fulton County Health Center was selected as a bronze winner in the 13th annual National Health Information Awards competition based on its entry of a previous issue of this newsletter, *Health Centering*. The award in the category of Hospitals/Health Care Systems. FCHC competed against nearly 1,000 entries that were judged by a panel of health information experts. The awards program, which is the most comprehensive of its kind, is coordinated by the Health Information Resource Center, a national clearinghouse for consumer health information programs and materials.



Heart Radiothon

The Fulton County Heart Radiothon Cholesterol Screening for the community will be held on Thursday, February 8 from 7:00 a.m. - 7:00 p.m. in the FCHC Cafeteria. The FCHC Corporate & Community Health Promotions Department will test total cholesterol, HDL levels, and the ratio between total cholesterol and HDL. There is no fasting required, and you will receive your results within 10 minutes of being tested. FCHC requests that participants donate \$5.00 to the Heart Radiothon. Archbold's WMTR radio station will devote the entire day to playing your musical requests for a donation to the Radiothon fund. All proceeds will be used to support heart related programs and equipment in Fulton County.

Fulton County Health Center and the Fulton County Heart Radiothon are also sponsoring a Cholesterol screening program in all Fulton County High Schools during January and early February. Freshman and senior students will receive the same test as the adults, but will be tested at no charge. Results of the tests will be given to the students and also mailed to their parents.

College Scholarships

Each spring the FCHC Auxiliary awards college scholarships to area high school seniors who are graduating and who meet the eligibility requirements established by the Auxiliary Board. The scholarships vary from year-to-year in number and monetary amount due to the changing financial status of the scholarship fund. Each scholarship is awarded for one year. The FCHC Auxiliary is seeking applications from high school seniors who meet all of these requirements:

1. The student is a graduating senior at an area high school or at Four County Career Center and has a minimum of 100 hours of service to Fulton County Health Center through its VolunTeen Program and other FCHC Auxiliary projects.
2. The student plans to attend some type of post secondary educational institution and major in a health care related field of study.
3. The student completes a 200-word essay explaining why he/she has chosen to pursue a degree in health care along with their goals for college and the future.
4. The student has completed an application, along with the essay, and returned it to the Fulton County Health Center Auxiliary by the deadline of March 14, 2007.

If interested, contact Tina Stanley at 419-335-2015, Ext. 2178.

Construction Update



Progress on the Health Center's three-story, 55,300 square-foot addition continues to remain ahead of schedule. Contractors are now focused on finishing the interior wiring, plumbing, drywall and other items. The structure will house FCHC's greatly expanded Emergency Department, Surgery Suites and an Endoscopy Center. The next *Health Centering* will provide details about the new facility and its grand opening. To track construction progress, visit www.fultoncountyhealthcenter.org.

Despite dramatic advances in the medical field, heart disease remains as the #1 health threat in the United States. The winter months exacerbate the problem, since many people eat more and are less active during this time of year. The Corporate and Community Health Promotions department at Fulton County Health Center offers these tips to help you maintain a healthy heart not only this winter but throughout the year:

1. Blood Pressure – Keep it below 120/80. High blood pressure not only affects the heart, but over time it can damage your other organs. High blood pressure can often be controlled through exercise and diet. Your physician may also prescribe medication to help reduce it.

2. Cholesterol – High cholesterol can eventually clog your arteries. Losing weight, eating right, and exercising can lower your cholesterol. If that doesn't work, there are prescription medications that can help.

3. Weight – Overweight people are more prone to heart disease. Fat around your waistline is even more dangerous than excess weight overall. Diet and exercise are keys to losing weight.

4. Smoking – It actually doubles your risk of a heart attack. It's even worse if you smoke and have high blood pressure and high cholesterol. Secondhand smoke increases your risk for heart disease by 30%.

5. Alcohol – Drink in moderation. Alcohol is loaded with calories. Red wine is the healthiest alcoholic drink.

6. Exercise – Do you? How often? Physical activity goes a long way to keeping the weight off while improving blood pressure and cholesterol. But watch that snow shoveling. Too often people lead sedentary lives during the winter, only to succumb to a sudden heart attack while exerting themselves during a snow-shoveling marathon. Pace yourself while shoveling snow. If your driveway is prone to drifts, maybe it's time to invest in a snow blower?

Exercise in the Winter? How?

Exercise can help keep your heart and body healthy. Yet during the winter months, it's difficult to venture outside for a walk or run. And there is no yard work to finish. Fulton County Health Center offers two options to help you exercise in the winter.

First, the FCHC Corporate and Community Health Promotions department offers a variety of fitness classes in area communities. Choose from land-based programs or aquatic programs. Classes are listed in this newsletter.

Another option is to purchase an individual or family fitness membership at the FCHC Rehab Center located at 138 Elm Street in Wauseon. Join and use the weight lifting or the aerobic equipment. Or sign up for exercise classes. The FCHC Rehab Center always has a certified professional trainer available to demonstrate how to use equipment and to provide advice and tips on exercise programs. Check out these rates:

FCHC Rehab Center Membership Rates (includes tax)

General Public

	3 month	6 month	12 month
Single	\$96.30	\$171.20	\$283.55
Family	\$144.45	\$256.80	\$422.65

Corporate Rate for 5 employees or more – same as above with one extra month added.

Seniors (65 & Over), Law Enforcement, Fire Department, EMS, Clergy

	3 month	6 month	12 month
Single	\$72.23	\$128.40	\$212.76
Family	\$108.35	\$192.60	\$317.00

Please note:

- * An appointment must be scheduled for an initial assessment.
- * Payment in full is due upon admission to the program.
- * Membership is limited to individuals 18 years and older, unless prescribed by a physician.
- * Family memberships include all residents of the same household.
- * All members of the FCHC Rehab Center, except for aerobic class participants, will receive a 15% discount on all fitness classes excluding yoga, pilates and children's classes.

For more information about the FCHC Rehab Center or its memberships, call 419-335-1919.

*This Winter,
Keep Your Heart
Healthy*





Health & Fitness Classes

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

Heart Health

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, January 9 or March 13, 9:30 - 10:30 am, Free, FCHC 3rd Floor Training Room.

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, February 6 or April 10, 9:30 - 11:00 am, \$5, FCHC 3rd Floor Training Room.

Lifestyle for Lower Cholesterol

Learn to eat well to help improve cholesterol numbers. You'll look at the types of fat you eat, how much fat you need, and how to understand food labels. You will also explore foods that may improve heart health, eating out, and share recipes in the process. Thursday, February 22, 7:00 - 8:30 pm, \$5, FCHC Surgery Conference Room.

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, February 20 or April 24, 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, February 27 or May 1, 9:30 - 11:00 am, \$5, FCHC 3rd Floor Training Room.

Safety

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, January 20 or March 31, 8:00 am - 2:00 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, March 24, 9:00 am-3:00 pm, \$15, Delta Library. Call 419-822-3110 to register.
Saturday, April 28, 9:00 am-3:00 pm, \$15, Evergreen Library. Call 419-644-2771 to register.
Saturday, May 12, 9:00 am-3:00 pm, \$15, Swanton Library. Call 419-826-2760 to register.

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, February 24 or April 21, 8:00 am - 4:00 pm, \$50, FCHC Meeting Room.

Weight, Smoking

FreshStart

FreshStart is the American Cancer Society's quit smoking program consisting of four one-hour sessions held in a four-week period. All methods and activities contain the most effective elements for success. FreshStart can be your start to a new life without cigarettes! Thursdays, January 11, 18, 25, & February 1, 6:00-7:00 pm, Free, FCHC Surgery Conference Room, 2nd Floor.

Eat-n-Run

Seven 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, January 17 - March 7, 4:30 - 5 pm, \$60, FCHC Cafeteria; or Thursdays, January 18 - March 8, 11:30 - Noon, \$60, FCHC Cafeteria.

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 cassette for home reinforcement and the option of visiting future classes throughout the area at no additional charge. Pre-registration is **NOT** required. Please arrive 20 minutes before your scheduled session. For more information, call (216) 831-6251 or visit www.Donmannarino.com

Smoking Cessation - Wednesday, January 31 or February 28, 6:00 pm, \$60, FCHC Meeting Room

Weight Control - Wednesday, January 31 or February 28, 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.

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.

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.



Health & Fitness Classes

10 weeks, January 8 – March 17, 2007. Register on-line at www.fultoncountyhealthcenter.org (click on Health Classes/Special Events), or call 419-330-2735. Questions? Call 419-330-2724. For your convenience, mix and match dates/times/locations for all ADULT classes except Yoga.

Fitness Class Descriptions

<p>Ai Cbi Smooth consistent movement in the water. Relaxing and enjoyable while moving through a full range of motion. Concentration on proper breathing techniques.</p> <p>Aquatic Noodle Workout Using the noodle for upper and lower body toning, abdominal toning and an aerobic workout, you'll push it, pull it, float on it, balance on it, and get an awesome workout!</p> <p>Aquatic Aerobics A high-energy, vigorous workout in shallow water to avoid injury. Great for toning and strengthening.</p> <p>Arthritis Aquatic Therapy Range of motion, muscle strengthening, stretching and endurance building activities. Participants work at their own ability level.</p> <p>The Ball & Much More Incorporate the ball into your workout to perform a variety of balance, core training, strength training, and flexibility exercises.</p> <p>Basic Boot Camp Fitness For men and women with basic movements offering a variety of fitness intensity.</p> <p>Cardio Core Strengthening Variety! Step on a bench, perform aerobic moves on the floor, use hand weights, X-ertubes, figure 8 bands, jump ropes, and Body Bars. Your cardiovascular system and strength training will be challenged.</p> <p>Golden Retrievers (formerly Body Recall) Gain strength and flexibility in this no-sweat exercise class. Many of the exercises are performed sitting on a chair.</p> <p>Kids Tumbling for Fun – Beginner Designed for the beginning gymnast to learn the basics: forward and backward rolls, cartwheels, headstands, etc. If you have no prior gymnastics experience, and you are excited to learn, this class is for you!</p> <p>Kids Tumbling for Fun – Intermediate Requires previous gymnastics experience; must be able to perform a handstand and cartwheel.</p> <p>Kids Yoga Participants will be taught poses for yoga, stretching, and resting. Geared to help you get stronger, more flexible, more focused, and more relaxed.</p> <p>Parent & Child Water Wonders Parent/guardian must be in the water. Child learns various strokes and skills while having an enjoyable time in the water.</p>	<p>Advanced Parent & Child Water Wonders Parent/guardian must be in the water. Child learns games that use basic swimming movements in the water, such as straight leg kicks, arm strokes, and breath control.</p> <p>Pilates Focuses on developing core abdominal and back strength to help achieve optimal strength, flexibility, endurance, and correct posture.</p> <p>Pure & Simple Yoga Basic Yoga postures, breathing and relaxation techniques. Focuses on Yoga movement and passive stretch. It's</p>	<p>soft and simple. Advanced class demonstrates more challenging postures.</p> <p>Stepping Up Kicking Low Challenging high energy, fun, new workout combining stepping up and down on a Reebok bench with intervals of forward, side and back kicks.</p> <p>Smooth Moves I Fun for all! Simple choreography to low impact aerobics and strength training helps lose fat and gain lean body mass.</p>																																																																																																																												
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Health & Fitness Classes

Health & Fitness Classes: 10 classes - \$35; 20 classes - \$52; 21 or more classes - \$65

Montpelier Class	Day(s)	Time	Location
Smooth Moves/Pump It Up/The Ball	M-W	5:30 PM	Montpelier School Music Rm.

Napoleon Classes	Day(s)	Time	Location
Smooth Moves	M-W	5:30 PM	Bodylines (620 Trail Drive, Napoleon)
New! Stepping Up/The Ball	T-TH	5:30 PM	Bodylines
Boot Camp/Cardio Core/ The Ball	T-TH	6:30 PM	Bodylines

Pioneer Class	Day(s)	Time	Location
Smooth Moves/Pilates/The Ball	T-TH	6:00 PM (begins 1/15/07)	Pioneer Community Center

Swanton Classes	Day(s)	Time	Location
Step/Pump It Up/Pilates/The Ball	M-W	5:30 AM	St. Richard's School
Cardio Core/Step/Pilates/The Ball	T-TH	6:00 PM	St. Richard's School
Cardio Core/Step/Pilates/The Ball	M-W	3:45 PM	Crestwood School

Fairlawn Complex Classes	Day(s)	Time	Location
Aquatic Aerobics	M-W	9:00 AM	Wyse Commons
Aquatic Aerobics	M-TH	5:45 PM	Wyse Commons
Arthritis Aquatic Therapy	W-F	10:15 AM	Wyse Commons
Arthritis Aquatic Therapy	M-W	4:45 PM	Wyse Commons
Noodle Workout	F	9:00 AM	Wyse Commons

Archbold Classes, Co-Sponsored by Archbold Parks & Recreation. 10 classes - \$25; 20 classes - \$38; 21 or more classes - \$47

Boot Camp/Cardio Core/Pilates/The Ball	M-W	5:30 AM	Park Pavilion
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The Ball & Much More	T	7:00 AM	Park Pavilion
The Ball & Much More	M	3:15 PM	Park Pavilion
The Ball & Much More	W	3:30 PM	Park Pavilion
Step & The Ball	T-TH	6:30 PM	Park Pavilion

Kids Tumbling for Fun, 8 weeks, 1x/wk- \$30			
Beginner (4-7 yrs.)	SAT	9:00 AM (45 min.)	New Elem. School Cafeteria
Intermediate (4-7 yrs.)	SAT	9:45 AM (45 min.)	New Elem. School Cafeteria

Golden Retrievers	M-W	9:30 AM	Park Pavilion
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Yoga Classes

10 Weeks, January 8 – March 17, 2007. Yoga classes cannot be mixed & matched with other classes. Mat Required.

Wauseon Classes	Day(s)	Time	Location
New! Pure & Simple Yoga Beginner	TH	7:30 PM	FCHC Rehab Center
Pilates & Yoga	SAT	10:15 AM	FCHC Rehab Center
New! Pure & Simple Yoga/Pilates on The Ball	M	6:45 PM	FCHC Rehab Center
10 classes - \$47; 20 classes - \$78; 21 or more classes - \$98			
New! Kid's Yoga (6-9 yrs.) 8 weeks - \$32	SAT	9:00 AM	FCHC Rehab Center

Archbold Classes, Co-sponsored by Archbold Parks & Recreation Dept.

New! Yoga	M-TH	7:30 PM	Park Pavilion
10 classes - \$38; 20 classes - \$68			

Delta Classes

New! Pure & Simple Yoga	T	2:30 PM	Delta H.S. Auditorium
10 classes - \$47			

Swanton Classes

Pure & Simple Yoga	T	7:15 PM	Swanton Public Library
10 classes - \$47			

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 41 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. Thursday, January 4, 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. A light meal will be served!

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. Held Thursday, February 22, 6:30-8 PM, \$5, FCHC Meeting Room, Ground Floor.

Diabetes Survival Skills

Just what it says – the basics of taking care of your diabetes in a simple and easy-to-follow format. Come and learn, whether you are newly diagnosed or just need to brush up on the latest in meals, movement, meds, monitoring, and more! Thursday, March 22, 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 Thursdays of the month, 5-6 PM. Same as Morning Support Group.

Facing the Footbills

A series of comprehensive classes in diabetes self-care. Offered by physician order every other month beginning in January.

Mountain Climbing

Monthly class in self-help for the person with diabetes: 1st Wed. of month, 9-11 am; 2nd Thurs. of month, 7-9 pm.: \$5, FCHC Meeting Room. Support person is welcome and free.

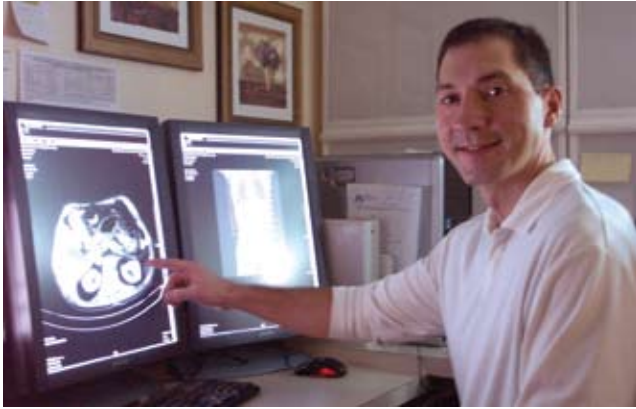
American Diabetes Association of Fulton County Area

Local support group meets several times yearly. Free.

Winter meeting: Sleep, Obesity, and Diabetes

January 18, 7-9 PM, FCHC Meeting Room, Ground Floor. Presenter Dr. Raymond Bourey will discuss how these problems are connected and what treatments are available for them. Dr. Bourey is the only board-certified endocrinologist and diabetes researcher working full-time in sleep medicine!

FCHC Names New Radiology Medical Director



Dr. Michael Pole, FCHC's Radiology Medical Director, is pictured with the Health Center's SmartPACS filmless digital imaging system. It uses advanced software to convert Radiology images into digital pictures, eliminating the need for traditional films. The system is revolutionizing the way physicians and staff members view, transport, and store medical images.

The Ohio State University. Dr. Pole's education continued with a fellowship in Neuroradiology at The Ohio State University Medical

Center. He has received extensive training and experience in image-guided tumor biopsies, including stereotactic breast biopsies and ultrasound-guided mammatone biopsies. In addition, Dr. Pole is trained in diagnostic angiography and therapeutic catheter drainages. He is Board Certified by the American Board of Radiology.

A resident of Archbold, Dr. Pole has been married to his wife, Susan, for 19 years. Together they have four children: Jonathan (16), Emily (13), Anna (11), and Tony (7).

For more information on the Radiology Department contact Barb Gibson, Radiology Department Director, at 419-330-2657.

Michael J. Pole, M.D., has been named the new Medical Director of the Fulton County Health Center Radiology department. Previously, Dr. Pole served in a group of Radiologists who covered our Radiology department. He is now the full-time Medical Director. Dr. Pole will oversee the use of a variety of sophisticated imaging devices including: Magnetic Resonance Imaging (MRI), Computer-Aided Tomography (CAT) scans, Nuclear Medicine, as well as the traditional X-rays.

Dr. Pole graduated from Wright State University Medical School in 1991. He completed his internship in Internal Medicine at Kettering Medical Center and his Radiology residency at

Radiology Services

The FCHC Radiology department offers exceptional depth and quality of imaging services with 24-hour coverage by a Radiologist and technologist. Here is an overview of the services offered:

1. General Imaging

X-rays, Fluoroscopy (Upper & Lower GI studies), Intravenous Pyelogram (Kidney) Studies, Myelograms

2. Ultrasound

Abdominal, OB/GYN, Carotids Venous & Arterial Doppler, Echocardiograms

3. Magnetic Resonance Imaging (MRI)

Spine, Head & Soft Tissues

4. Nuclear Medicine

Cardiac Stress Tests, Bone, Thyroid & Renal Scans, Lung Ventilation Perfusion Scans

5. Computerized Tomography (CT)

Brain, bones, chest, abdomen & spine scans

6. Mammography

Diagnostic & screening mammograms

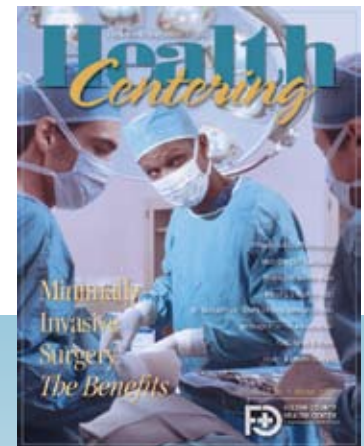
7. Bone Density

Helps check for osteoporosis



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is published four times a year by
Fulton County Health Center for area residents.

E. Dean Beck, Administrator

Dale Nafziger, President, Board of Directors

Steve McCoy, Director of Marketing and Planning

For address changes or information about articles or
programs in this issue, contact
Fulton County Health Center at (419) 335-2015.