Our Chefs’ Favorite Holiday Recipes

Meet Macey
Pet Therapy Dog

Joint Replacement
Not Just for Seniors

Winter 2013

Kettering Health Network
CONTENTS

Amazing Team Members 4
Urgent Care or Emergency Care? 6
Event Calendar 8
All About Concussions 11
Cancer Care 12
Celebrating 35 Years in South Dayton 14
Healing While Heeling 15
Ending Joint Pain 16
Carbon Monoxide Safety 18
Healing Under Pressure 19
Seven Spa Now Open 20
Holiday Recipes 21

“Kettering Health Connection for Better Living” is published by Kettering Health Network to improve the health literacy of the community and connect readers to health information and services.

Managing Editor: Kendra Silvis
Layout and Design: Joe Sarver
Photography: Louie Ferarro, Colin Gatland, Ben Carpenter, Jay Herndon, and Lee Ann Yahle
Writing: Kettering Health Network Marketing Staff and Coffey Communications, Inc.

Amazing Team Members
“I know that the appearance of the outside of the hospital makes a difference to all that come here.”

Pet Therapy
“Seeing Macey made my whole day… I got two kisses from her!”

Joint Replacement
A new trend shows people in their 40s and 50s are having joint replacement surgery.
“Food can uplift and bring comfort to patients and families in the hospital”

Pastry Chef Michael Leibold at Kettering shares his pumpkin pie recipe.

Holiday Recipes

Concussions

Here’s what you need to know about this all-too-common and potentially dangerous brain injury.

Spa at Grandview

Happy Birthday!

Health Connection UPDATE

The quads featured in the Spring/Summer edition of Health Connection turned one on September 23!
Bruce Pratt, grounds coordinator for Sycamore, realized that anyone has the power to change someone’s day with a simple action. A friend emailed him a photo of a tree with two beach balls painted to look like eyes. Bruce recalls, “They said, ‘Bruce, this looks like something you would do to make somebody smile!’”

That gave Bruce an idea. Since the beginning of September, Bruce has been spreading cheer with whimsical landscape designs that can be seen out the windows of the hospital. He has been rotating the designs—including a smiley face, sunset, and a heart—so that different wings of the hospital get to enjoy the creations.

He thanks the entire grounds crew at Sycamore for helping keep the campus looking nice for visitors. “I know that the appearance of the outside of the hospital makes a difference to all that come here,” says Bruce.
When a critically ill toddler arrived at the Fort Hamilton emergency room, his family only spoke Spanish and struggled to understand their child’s condition. A physician suggested calling Marta at home. She came to stay with the family until their child was transferred to a pediatric facility.

Known as an exceptional employee dedicated to patient experience, Marta is willing to provide interpreter and translation services. “The Medical and Patient Care staffs find Marta invaluable,” says her manager, Melissa Tillery. “She always gives 110% with a smile on her face.”

Horace makes everyone feel like a VIP. He calls nearly every employee and physician by name and greets each visitor as an old friend.

Customers love his specialty coffee drinks. He remembers what each person orders, so he can start their beverage when they walk in the door. A few tell him, “Just surprise me,” and love whatever he makes.

When Grandview recently had a huge influx of cafeteria customers, Horace and a co-worker managed the line well with a very pleasant attitude. A medical resident was so impressed that he got their names and sent an email to the Director of Nutrition Services.

Whenever someone is in need, Nedra always steps in to help. As a cancer survivor, Nedra has dedicated herself to Greene Medical Foundation’s Circle of Victory Cancer Awareness Fund. When her good friend and co-worker needed a costly stem cell transplant to fight cancer, Nedra rallied the community around her friend.

Partnering with area businesses and individuals, she set up a benefit dinner and silent auction. She also purchased bracelets with her own money for all her co-workers to wear. The bracelets were green, the color for lymphoma awareness, and were inscribed with the words, “no one fights alone.”

Diana went above and beyond to help a patient at Franklin Medical Group. The patient was unable to leave her van to come in the office for her appointment. Diana initially approached the van with the intent of helping the patient into the office. However, it became obvious that due to the patient’s medical condition, the patient couldn’t be moved into the office. Diana gathered the patient’s medical information while the patient remained in the van.

Diana worked with the patient, making several trips to the van to reassure her and gather additional facts while the clinicians at the practice made appropriate arrangements for the patient.

This is just one of many examples highlighting Diana’s problem-solving, never-say-never approach to handling difficult challenges.
From headache to chest pain to foot pain, emergency physicians, physician assistants, nurse practitioners, and nurses are specially trained to provide immediate evaluation with the intent to rapidly rule out life threats and to provide diagnostic and treatment expertise. Always ready, we provide excellence in emergency care and service 24/7/365.

Nancy Pook, MD, medical director for the Emergency Department at Kettering Medical Center

Urgent Care or Emergency Care?

When you can’t see your doctor—maybe it’s the weekend or after office hours—you may think your only option for help is a hospital emergency department.

That is the best place to go if you’re having a medical emergency. However, for non-emergency situations you do have another choice: an urgent care center. You may be able to see a doctor more quickly—and for less money—at an urgent care center than at a hospital.

Kettering Health Network operates multiple urgent cares around Dayton and the northern Cincinnati area, and eight Emergency Departments, including varying levels of trauma care. So how do you know which is the best for your situation?

Consider urgent care for things such as:

• A cold or cough that doesn’t get better in several days or a cold that gets worse and is accompanied by a fever.
• A minor cut that might need stitches.
• A rash, especially with fever.
• A bout of vomiting and diarrhea that lasts for more than a few hours.
• A severe sore throat or a problem swallowing.
• A minor bone fracture, such as a hand, foot, finger, or toe.
• An insect or animal bite without severe allergic reaction.

Call 911 or go to the emergency department if there are signs of a medical emergency

Those include:

• Any significant change in behavior, such as being confused, delirious, excessively sleepy, or becoming increasingly less responsive or alert.
• A severe headache or vomiting, especially after a head injury.
• Uncontrolled bleeding.
• Chest pain or problems breathing.
• Increasing pain or severe, persistent pain.
• Severe, persistent, or bloody diarrhea. You should also get emergency help if anyone is unconscious.

Good things to know

Kettering Urgent Cares do not require an appointment. Most have evening and some weekend hours, but they aren’t open 24 hours a day. Many of them offer services like x-rays, lab tests, and medications. Urgent cares offer convenient care; they have medics on standby to make transfers to any hospital easy.

Our ERs are staffed and equipped to handle any medical emergency, and most are on-site of Network hospitals, making it convenient should you need to be admitted.

Nancy Pook, MD, medical director for the Emergency Department at Kettering Medical Center, says, “From headache to chest pain to foot pain, emergency physicians, physician assistants, nurse practitioners, and nurses are specially trained to provide immediate evaluation with the intent to rapidly rule out life threats and to provide diagnostic and treatment expertise. Always ready, we provide excellence in emergency care and service 24/7/365.”

Sources: American Academy of Pediatrics; American College of Emergency Physicians; National Association for Ambulatory Care Urgent Care or Emergency Care?
Fort Hamilton’s NEW LOOK

$5 million investment includes new additions to the department, as well as renovations.

The renovations of the emergency department at Fort Hamilton that began last August are scheduled to be completed before the year’s end.

The $5 million investment includes a three phase process of new additions to the department, as well as renovations. Phases I and II of the project included a new lobby and check-in area, as well as the addition of a private area for Behavioral Health patients.

Phase III is currently in process and includes an update to all the department’s existing patient rooms, improving privacy and comfort. Dr. Marcus Romanello, medical director of the ER at Fort Hamilton, says the upgrades will provide “a first class facility that matches the high quality of care already being provided.”

The existing emergency department is being renovated with “LEAN principles” for cutting waste to reduce treatment times. The process takes into account door-to-provider times. This is the amount of time it takes a patient to be seen by a nurse and taken to an exam room upon arrival. Fort Hamilton currently averages a door-to-provider time of less than 20 minutes.

Emergency Care

Fort Hamilton Hospital
(513) 867-2270
Grandview Medical Center
(937) 723-3210
Greene Memorial Hospital
Level III Trauma Center
(937) 352-2500
Huber Emergency Center
(937) 558-3338
Kettering Medical Center
Level II Trauma Center
(937) 395-8659
Soin Medical Center
Level III Trauma Center
(937) 702-4500
Southview Medical Center
(937) 401-6228
Sycamore Medical Center
(937) 384-8791

Urgent Care

Beavercreek
(937) 458-4200
Mon – Fri: 9 a.m. – 8:45 p.m.
Sat & Sun: 9 a.m. – 5 p.m.

Hamilton
(513) 896-9700
Every day: 8:30 a.m. – 8:30 p.m.
(newly renovated)

Huber Heights
(937) 558-3300
Mon – Fri: 8 a.m. – 7:45 p.m.

Xenia
(937) 352-2850
Mon – Fri: 9 a.m. – 7:45 p.m.
Sat & Sun: 9 a.m. – 4:45 p.m.
HEART & STROKE RISK SCREENINGS

Blood Sugar Screening
Find out if you are at risk for diabetes. A 12-hour fast and finger stick are required. Cost: $10. Appointment required: (937) 558-3988.

Town and Country Shopping Center — Kettering
February 4, 8:30 – 10:30 a.m.

Healthy Arteries
Know your risk for heart attack and stroke by detecting plaque and artery wall thickness in carotid (neck) arteries. Cost: $139. Appointment required: (937) 558-3988 and for Fort Hamilton (513) 867-3331.

Kettering Medical Center January 23
Huber Health Center January 30
Fort Hamilton Hospital February 10
Soin Medical Center February 14
Kettering Medical Center February 20

Healthy Hearts
For Women or Men

Kettering Medical Center Tuesdays

Advanced Heart Screen
A thorough screening offered in an easy, two-visit program.

Kettering Medical Center February 18 and 28

Heart Calcium Screen
This CT scan detects coronary artery calcium blockages and is highly recommended for those at risk of heart disease. Cost: $99.

Kettering Medical Center Appointment required: (937) 395-8492.

Heart Print EKG
A quick and easy test that measures your heart rhythm and detects other abnormalities. Cost: $15.

Kettering Medical Center Appointment required: (937) 395-8492.

SUPPORT GROUPS

Cancer Support Group
For any type of cancer. Call Kettering Cancer Care: (855) 500-CURE (2873).

Greene Memorial Hospital December 16, 7 – 8:30 p.m.

Fort Hamilton Hospital December 16, 6:30 – 8:30 p.m.

Diabetes Support Groups
Education and support for diabetics, family, and friends.

Southview Medical Center Held on the 2nd Monday of each month, 5:30 – 6:30 p.m.

WEIGHT LOSS & NUTRITION

Weight Loss Seminars
A live presentation provides you with an opportunity to meet our surgeons and receive information on the risks and benefits of laparoscopic adjustable gastric band, gastric bypass, and gastric sleeve. (937) 433-5957.

Yankee Medical Center
Centerville, January 22, February 13 and 26, 6:30 p.m.

Hilton Garden Inn
Beavercreek, February 5, 7 p.m.

Wyndham Garden Hotel
Miamisburg, December 18, January 15, and February 17, 7 p.m.

Healthy Lifestyle Change
Free seminar about the LEARN program. LEARN is a lifestyle-change program and stands for lifestyle, exercise, attitude, relationships, and nutrition. (937) 395-8472.

Sycamore Primary Care Center
January 9 and February 13, 12 – 1 p.m. and 7 – 8 p.m.

BONES & JOINTS

Osteoporosis Screenings
Determine your bone loss without radiation. Results are immediate and counseling is provided. Cost: $10. Appointment required: (937) 558-3988.

Town and Country Shopping Center

WELLNESS SEMINARS

Healthy Living Night Out
Tina Godwin, DO, discusses how one can learn to live a healthy lifestyle. From 6 – 7 p.m. have your blood pressure checked, participate in an interactive hand washing demonstration, and discuss exercise habits with an exercise physiologist.

Kettering Medical Center
January 15, 6 – 8 p.m.
January, February & March

**SPORTS & FITNESS**

**Yoga**
This class is a gentle, therapeutic approach to yoga which encourages relaxation to relieve stress and ease pain while also increasing strength, flexibility, and mobility. Cost: $45. Registration required: (937) 395-8492.

**Sycamore Medical Center**
Mondays starting
January 6 – February 10
Session one: 6 – 7 p.m.
Session two: 7:15 – 8:15 p.m.

Thursdays starting
January 9 – February 13
Session one: 6 – 7 p.m.
Session two: 7:15 – 8:15 p.m.

**Performance Positive**
This program offers runners of all levels a six-week injury prevention and performance-enhancing program. Reduce your risk for common running related injuries and improve your running mechanics. Cost: $80. (937) 395-3905.

**Kettering Sports Medicine**
Far Hills Avenue, Wednesdays starting January 8 – February 12

**Tai Chi/Chi Gong**
A Chinese form of exercise for people of all ages. Promotes physical health and ease through the use of slow, even movements and breathing exercises. Cost: $70.

**Sycamore Medical Center**
Thursdays starting
January 9 – March 27
Beginner: 7 – 8 p.m.
Intermediate: 6 – 7 p.m.

**Balance Screening**
An exercise physiologist provides 15 minutes of education and a 15-minute screening to determine your fall risk, based on balance activities. Cost: $8.

**Sycamore Medical Center**
January 21, 9 a.m. – 12 p.m.

**Exercise Basics**
This one-hour class will highlight the health impact of increased activity for those diagnosed with type 2 diabetes. We will focus on how to develop a fitness plan, and how to stay safe while being active. Cost: $5. Registration required: (937) 558-3988.

**Southview Medical Center Campus**
February 19, 6 – 7 p.m.

**FITT for Life**
Designed for beginner exercisers 50 years of age and older, classes will focus on flexibility, strength, muscular endurance, and enhancing the ease of everyday activities. Cost: $60/six weeks. Registration required: (937) 477-4269.

**Southview Medical Center Campus**
Mondays and Wednesdays, 10 – 11 a.m.

**MOMS & BABIES**

**Childbirth Education**
Registration: (937) 395-8600
Ketteringhealth.org/maternity

**HEALTH & FINANCE**

**Getting the Flab Out of Your Finances**
It’s a new year! As you set your goals for 2014, don’t forget about financial planning. Register at SavingsRace.com or call (937) 558-3988.

**Kettering Sports Medicine, Kettering**
January 23, 6 – 7:30 p.m.

**Supporting Super Woman—You Deserve It!**
So often women neglect their own needs for others. Ladies (and those who support them), take time out for your health and wealth—you deserve it! Presenter: Elizabeth Herrberg, RN, Wallace Kettering Neuroscience Institute. Register at SavingsRace.com or call (937) 558-3988.

**Wingate by Wyndham, Fairborn**
February 20, 6 – 7:30 p.m.

**It’s Up to You! Choose a Healthy Lifestyle**
How many times have you skipped the healthy choice for the easy or convenient choice? This session will take a snapshot of the healthy nutrition, safety, and financial choices we can make that will carry you along the way. Register at SavingsRace.com or call (937) 558-3988.

**Kettering Sports Medicine, Kettering**
March 20, 6 – 7:30 p.m.

2013–2014
To see the full Health Calendar, visit us at ketteringhealth.org
IS IT A STROKE?
CHECK THESE SIGNS
F.A.S.T.

FACE
DROOPING
ARM
DROPPING
SPEECH
SLURRED
TIME
ACT FAST!

CALL 911 AT ANY SIGN OF STROKE

Kettering Medical Center
Dayton’s First and Only Accredited Comprehensive Stroke Center

Time Lost is Brain Lost

The primary stroke centers at Sycamore, Grandview, and Southview hospitals are ready to intervene when stroke symptoms appear. Patients needing an advanced level of care are transported to the comprehensive stroke center at Kettering Medical Center where we offer the highest level of stroke care for complex cases. Kettering Health Network, offering the most advanced stroke care in Dayton.
Heads Up: All about concussions

When you bump your head, your brain can take a beating too. The result: a concussion.

Here’s what you need to know about this all-too-common and potentially dangerous brain injury.

ALL IN YOUR HEAD A concussion is a type of traumatic brain injury. Though the brain is normally cushioned inside the skull, such jostling causes the brain to bounce against the inside of the skull. This can tear blood vessels, bruise brain matter and stretch the nerve cells of the brain, which keeps them from working properly—at least temporarily.

According to the American Association of Neurological Surgeons (AANS), one of the main signs of a concussion is confusion. Other signs and symptoms include:

• Prolonged headache.
• Memory problems, including an inability to recall what happened before and after the trauma.
• Loss of consciousness.
• Nausea and vomiting.
• Trouble with speaking, balance, muscle coordination, or reflexes.

• Problems concentrating or learning.
• Sensitivity to light.
• Irritability, sadness or nervousness.
• Loss of smell or taste.

You should see a doctor as soon as possible if any of these signs or symptoms occur after a blow to your head.

“When some of these may be apparent right away, others may show up later,” notes Todd Grime, MD, Fort Hamilton Hospital sports medicine physician.

To help prevent concussions:

• Always wear the appropriate safety gear—including any recommended helmet—for whatever sport you play. Make sure your children do the same.
• Buckle up whenever you drive or ride in a vehicle. Properly restrain kids too.
• Check your home for tripping hazards, such as throw rugs and clutter.

See a doctor if you have any signs or symptoms of a concussion.

Concussion Management
Kettering Health Network Sports Medicine provides the most extensive concussion post-injury management team in the area. Kettering Health Network offers both baseline and post-injury ImPACT™ testing.

What is ImPACT™?

• A computerized test that measures cognitive function in a variety of ways such as memory, concentration, and reaction time. Pre-season baseline testing and post-injury testing available.
• Available to recreational or competitive athletes, ages 10 and older.
• Test takes approximately 35 minutes to complete.

We treat each case individually with the goal of returning athletes to activity and academics safely. There is no way to completely guard against head injuries, but access to our team of specialists and services can be the best defense in minimizing the effects associated with concussions.

To learn more, visit us online at ketteringhealth.org/sportsmed.
So when it comes to your relationship with your doctor, are you more than a good listener? Do you also ask questions and mention things about your health that he or she might need to know? It matters a lot. Good communication can lead to better cancer care for you.

To improve your patient-doctor talks, here are some ideas:

**Do share.** Your doctor can check your blood pressure and more. But he or she won’t know a lot of other things without your help, such as:

- Your health history and lifestyle habits. Paint an honest picture, including about whether you smoke, exercise, or eat well. And try not to be embarrassed about sensitive topics.
- All the medicines that you take. Make a list of your prescription and over-the-counter drugs and supplements. Let the doctor know of any side effects or bad reactions you’ve had to medicines.
- Symptoms you’ve noticed. When describing symptoms to your doctor, be specific. Mention what they are, when they started, how often they happen, what makes them worse or better, and how long they last.

**Ask away.** Bring a list of your health questions and concerns to each appointment so you won’t forget. Also, don’t be afraid to ask questions about a diagnosis or about the medicines, tests, or treatments that your doctor recommends. Feel free to take notes.

**Would you repeat that, please?** Ever nodded yes in a conversation, even though you really didn’t understand? Maybe you were too embarrassed to speak up. Don’t be. Speaking up is especially important if you don’t understand what your doctor is telling you. Ask to have something explained until it’s clear.

**Be an advocate.** You know your body better than anyone else. Let your doctor know how you are feeling, even if it means disagreeing with his/her assessment.

*Statistics by American Cancer Society*
Get the Most Out of Your Cancer Care

The hours and days following a cancer diagnosis are emotional, frightening, and confusing. With appointments to arrange, doctors to visit, and tests to run, it’s hard to know where to begin. That’s why Kettering Health Network offers the community a unique service for cancer patients—a specialized hotline for those looking for help.

The cancer call center serves as the first point of contact for cancer patients and families. Trained professionals at the call center help patients navigate through the services Kettering Health Network offers, including oncologists, social workers, dietitians, financial guidance, and support groups.

“It’s important for the community to have this resource as cancer statistics are on the rise,” says Emily Vannorsdall, MD. “The cancer call center offers the community the opportunity to call and speak with experts—whether the caller is a newly diagnosed cancer patient or a loved one seeking more information.”

Cancer care experts are available Monday – Friday from 8:30 a.m. – 4:30 p.m. by calling (855) 500-CURE.

Find Your Way

Find your way...to expertise and care for all forms of cancer...from life-changing technology...to a cure. When you or a loved one hears the word cancer, call us. You need answers and options—and you need them quickly.

Expert navigators at Kettering Cancer Care do this every day. We know what to do first...and what to do next. At Kettering Cancer Care, we are standing by, ready to listen, ready to help, and ready to heal.
Celebrating 35 Years in South Dayton

Two Kettering Health Network hospitals are celebrating 35 years of service. Sycamore and Southview Medical Centers opened their doors in 1978.

Sycamore

1978 First patient admitted to Sycamore on October 16
1980 Third-floor nursing wing opens
1982 Physician Office Building opens
1983 Intensive care and outpatient clinic wing opens
1984 CAT scanner installed
1993 Sycamore Glen Retirement Community completes 30 assisted living apartments
2000 ER expansion and renovation kicks off
2003 Four-slice spiral CT and new MRI installed
2004 New surgery center opens
2007 New 4-story facility expansion is dedicated; 16-slice CT scanner installed
2008 Address changes with the new main entrance from State Route 725
2009 Cardiac Cath Lab opens
2012 Surgical unit expanded and private rooms added
2013 Construction for new hyperbaric chamber begins

Southview

1978 Originally known as Ambulatory Care Center, Southview opens its doors on January 30
1981 First arthroscopy surgery performed at the center
1982 Ground-breaking ceremonies for the center’s 56-bed expansion; a new name is decided—Southview Hospital & Family Health Care
1983 Southview’s first patient is admitted
1985 CAT scanner installed
1993 Medical Arts Center is unveiled
1996 Endoscopy opens
1998 The Southview Women’s Center & Maternity Unit opens
2000 ER expansion and renovation kicks off
2003 Four-slice spiral CT and new MRI installed
2004 New surgery center opens
2007 New 4-story facility expansion is dedicated; 16-slice CT scanner installed
2008 Address changes with the new main entrance from State Route 725
2009 Cardiac Cath Lab and Hand and Orthopedic Center opens
2010 NeuroRehab and Balance Center opens
2012 Maternity rooms renovated
2013 New signs installed for Southview Maternity
Pet THERAPY

Animal assisted therapy

Healing while Heeling

“Seeing Macey made my whole day...I got two kisses from her!”  Rehab patient, when asked about animal assistant therapist dog, Macey

At first glance, Macey might look like your average, friendly, happy dog with her tongue hanging out ready to dispense sloppy kisses. Yet Macey is a very special mixed breed who happens to have a job. She goes to work 20 hours a week with her owner, Grandview occupational therapist Bobby Ahlers. Macey is an animal assisted therapy dog. While Macey provides comfort, she also works on specific tasks with Bobby and helps the patient to improve the patient’s function and mobility and decrease pain. Bobby and Macey have been partners for less than a year now and the results have been remarkable.

Grandview nurse Laurie Pfeiffenberger has witnessed the amazing results first hand. “We see a lot of very difficult cases in the Surgical Intensive Care Unit. It’s easy for patients to give up hope. Macey gives hope to those patients and family members with her interaction,” says Laurie.

One rehab patient recently commented, “Seeing Macey made my whole day. I got two kisses from her!”

Nurses and patients aren’t the only ones praising Macey. Sharon Merryman, DO, neurology at Grandview says, “Staff and patients are always happy to see Macey. It really boosts morale and patients’ outlook.”

Bobby Ahlers
Occupational Therapist
Grandview Medical Center

Macey
Animal Assistant Therapist

Animal assisted therapy takes hospital pet therapy to the next level. With animal assisted therapy, therapists use animals to direct treatment sessions and target a variety of goals. These include:

- Strength
- Improving range of motion
- Balance
- Mobility
- Sensation
Dave Guffey’s pain started a decade ago. It began in one knee but soon involved both. He’d always been active—football in college, racquetball, and basketball for recreation—and he had a job that required hiking across university stadiums and climbing arena stairs to see athletes and coaches.

He knew his knees were wearing out. Cortisone shots, braces, and pain pills no longer helped ease the pain. “Both knees were bone-to-bone,” he recalls. “I couldn’t walk 10 minutes without feeling pain.”

At 59, Guffey decided to trade in his old knees for new ones. Knees are the most commonly replaced joints in the U.S. Doctors perform more than 600,000 of the surgeries a year, reports the American Academy of Orthopaedic Surgeons. In the No. 2 spot: hips, with nearly 300,000 replaced every year.

Orthopedist Matthew Hess, MD, of Kettering Physician Network, Far Oaks Orthopedists says, “If you are experiencing continued pain or decreased motion in any joint (knee, hip, shoulder or ankle) it could be a sign of arthritis and it is time to find an orthopedic professional.”

Why joints fail
Healthy joints are cushioned by a smooth layer of cartilage that allows the joint bones to move without much pain or friction. Bones themselves are living tissue and need a constant supply of blood to grow, remain healthy, and make repairs.

When joints are damaged—by injury, arthritis, or simple wear and tear—cartilage can disappear. Bones can lose some of their blood supply, and inflammation can trigger fluid that overfills the joint.

The result? Pain, stiffness, and swelling that can affect walking, standing, sitting, and sleeping. People often seek help when their joint pain is limiting daily life and favorite activities such as gardening and sports.

What’s involved?
Replacement joints are designed to mimic how a normal joint moves. They generally have two or more parts that fit together, and the parts are made of various materials—including stainless steel, chrome, titanium, ceramic, and wear-resistant plastics.

Surgery to replace a hip or knee usually takes two hours or less. The surgery team removes the damaged joint and replaces it with an artificial one, called a prosthesis. Artificial joints come in many forms and sizes. Surgeons decide which one to use based on a number of factors, including a patient’s size, health and lifestyle, and the amount of damage to the joint.

Is it time?
Most people who get new hips, knees, or other joints are older than 65. But a trend over the past decade is for people in their 40s and 50s to have joint replacement surgery.

If you’re considering joint replacement surgery, check with your primary care doctor to make sure you’re healthy enough to undergo anesthesia and the operation, advises the American College of Rheumatology. An orthopedic surgeon can then help you sort through the maze of options available for replacing your joint.

Is it time for you to see an orthopedic surgeon? Take a quiz online. Visit ketteringhealth.org/joint.
Seems like yesterday the helmet was too big for his head. Now he is ready for a terrific season using your signature spiral. And while you want to be there for the big games, your joints don’t always cooperate. Good thing that the all-pro physicians at Kettering Health Network have fixed more than 3,000 joints in the last year. Great stats matter, technique is state-of-the-art, and recovery is a lot quicker than you think.

Find an orthopedic surgeon: (800) 888-8362

Take Special Care of That New Joint

When you get home from the hospital after having a joint replaced, there’s still work to be done—and you’re in charge of it. How much function, range of motion, and strength you gain depends a lot on how you manage the first months of your recovery.

To make the most of that recovery, follow these suggestions from the American Academy of Orthopaedic Surgeons and the American College of Rheumatology:

- **TAKE MEDICATIONS AS DIRECTED.** These may include blood thinners to prevent life-threatening blood clots and pain medication.
- **MANAGE SWELLING.** Ice packs help.
- **WATCH YOUR WEIGHT.** Too many extra pounds put stress on new joints.

**DON’T RUSH RECOVERY.** Doing too much too soon can jeopardize healing.

**STAY ACTIVE.** Continue doing joint-specific, post-surgery exercises as directed. Working with a physical therapist can help improve recovery, range of motion, and function. A lifelong commitment to exercise is best to help protect joint health.

**KNOW (AND FOLLOW) SPECIFIC LIMITATIONS AFTER SURGERY.** Most orthopedic surgeons recommend avoiding high-impact activities (such as tennis, football, running, basketball, and heavy lifting) for patients with artificial joints. Swimming, walking, biking, playing golf and doubles tennis, and doing other low-impact activities are typically OK—even encouraged.
Ohio has the 12th Most Carbon Monoxide Deaths in the United States.

Protect Your Family from Carbon Monoxide Poisoning

You can't see it, smell it or taste it, but carbon monoxide—a gas released when fuel is burned—can be deadly.

According to the Centers for Disease Control and Prevention and others, there are several things you can do to protect yourself and your family from this threat:

- Make sure all gas appliances are properly vented.
- Have your chimney checked or cleaned every year.
- Have a mechanic check your vehicle's exhaust system once a year.
- Never leave a vehicle running in the garage—even with the garage door open.
- Never use gas-powered generators in your home.

During the winter, avoid trying to heat your home with a device not meant for the job, such as a gas range or oven, a barbecue grill, or a portable camp stove. These devices can cause carbon monoxide buildup in the home. Some people who have trouble paying their utility bills resort to using such devices for heat. But doing so can be deadly.

At low levels, carbon monoxide poisoning can mimic the flu—but without a fever. Common symptoms include headache, fatigue, shortness of breath, nausea, and dizziness.

At higher levels, carbon monoxide poisoning can cause severe headaches, confusion, loss of consciousness, and death.

If you think you might have carbon monoxide poisoning, get fresh air immediately and call the fire department. Open windows, turn off appliances or vehicles, and leave the area. Get to an emergency department and tell the medical staff you suspect carbon monoxide poisoning.

Don't re-enter the home until the fire department says it's safe.

In the event of severe carbon monoxide poisoning, one treatment option is hyperbaric oxygen therapy. Treatment is provided in a pressurized oxygen chamber where the patient breathes pure oxygen. The increased oxygen pressure provides vital oxygen to your brain and heart as the carbon monoxide is displaced out of your bloodstream.

Kettering Medical Center is the only facility in southwest Ohio that offers emergency hyperbaric oxygen therapy at any time of the day with a 24/7 on-call staff.

- Install a battery-operated carbon monoxide detector (it may save your family's life), and check it at least twice a year.
- Each year have an expert check your home heating system; water heater; and any appliances that burn gas, oil, or coal.
Hyperbaric Oxygen Therapy

Given proper precautions, chances are you’ll never find yourself in a decompression chamber with carbon monoxide poisoning.

Still, you may have heard of the medical treatment for it. Doctors have found that hyperbaric oxygen therapy is effective for a number of other conditions.

Who needs it?
The U.S. Food and Drug Administration and the Undersea & Hyperbaric Medicine Society recommend treatment for about a dozen conditions, including:

- Non-healing diabetic foot ulcers
- Radiation injury of the jaw
- Infections in the bone
- Non-healing surgical wounds
- Gas gangrene
- Radiation injuries to the bladder or rectum
- Compromised skin grafts and flaps
- Thermal burns

The inside story

Therapy promotes healing by increasing the oxygen in blood and tissues. If your doctor prescribes it:

- You’ll enter a chamber where you can either sit or lie down depending on the chamber size.
- You’ll relax and breathe in 100% oxygen.
- The chamber pressure will gradually increase to between two and two-and-a-half times normal atmospheric pressure.
- Your ears might pop (like they can in an airplane).
- After 90 to 120 minutes, the chamber will be slowly depressurized.

Kettering Health Network offers wound healing services at four locations: Kettering, Sycamore, Greene, and Fort Hamilton hospitals. Hyperbaric oxygen therapy treatment is currently at two of the locations: Kettering and Fort Hamilton.

Sycamore Medical Center’s wound center is currently in the process of building the largest diameter hyperbaric chamber in the state of Ohio. The new 12-person chamber will provide alternatives for patients who are unable to lie flat or are frightened by smaller places, and will provide comfortable seating in reclining chairs. Certified hyperbaric therapists will accompany patients in the large chamber to attend to their needs and for comfort. The chamber is scheduled to open in March 2014.

For more information visit ketteringhealth.org/wound.

Hyperbaric and Wound Centers
Kettering: (937) 395-8809
Sycamore: (937) 384-8772
Greene: (937) 352-2760
Fort Hamilton: (513) 867-3166

Additional sources: Agency for Healthcare Research and Quality; American Medical Association. Photo courtesy of Daniel Miller, The University of Toledo.
New Spa Is Open at Grandview

Refresh Yourself

Located inside Grandview Medical Center, Seven is a full-service spa for your mind, body, and spirit.

The spa offers a variety of services including haircuts and styling; facials; massages; and hand, head, neck, and foot treatments. All services incorporate aromatherapy and scientifically advanced and luxurious products formulated with botanical extracts and pure essential oils.

Patients that visit Grandview not only receive excellent care from their caregivers, but also mental and spiritual care as well—something that they can gain from their experience at the spa.

The inspiration for the spa’s name comes from Kettering Health Network’s faith sponsor, the Seventh-day Adventist Church.

Seven is a natural fit for both the Kettering Health Network Adventist-based health mission and the osteopathic heritage of Grandview,” says Todd Anderson, vice president of finance/operations and CFO for Grandview. “Both philosophies place importance on treating the entire person—mind, body, and spirit.

Open to the public, Seven offers many of the same services you would find at a luxury spa, including:

**HOLISTIC HAIRCUTS** – Deep cleansing shampoo/conditioning with scalp massage to relieve stress combined with a custom haircut.

**EYE-REVIVE TREATMENT** – A quick anti-aging, relaxing eye treatment that includes smoothing and brightening exfoliation; a de-stressing acupressure massage; and a hydrating, cooling mask with calming aromatherapy to create younger-looking, energy-enhanced eyes.

**SERENITY TREATMENT** – An energizing treatment designed to deeply cleanse, exfoliate, and nourish your sensitive skin with this truly gentle but skin-renewing facial. You will emerge feeling relaxed with skin that’s balanced, glowing, and healthy-looking.

**HERBOLOGY HAND RETEXTURIZING TREATMENT** – Repairs skin that has been abused by overuse of alcohol-based products such as hand sanitizer.

**CHAIR MASSAGE** – A 10-minute stress-solution session that focuses on overworked muscles, leaving you relaxed and energized.

**SPA FOOT TREATMENT** – A 20-minute stimulating foot treatment with a massage that utilizes a blend of natural products to provide hot and cold sensations, reducing swelling and puffiness in tired, aching leg and foot muscles.
Green Jell-O, mushy broccoli, milk, and cold chicken may be standard fare for some hospitals, but those days are long gone at Kettering Health Network. Kettering, Grandview, Sycamore, Soin, Greene, Southview, and Fort Hamilton hospitals offer room service to all their patients.

“There are so many things that are out of your control when you are in the hospital,” says Cheryl Shimmin, network nutrition services director. “We thought this was one area where we could give the patient more control. Each menu has dozens of options. It is a big patient satisfier, and helps us deliver a superior experience for every patient.”

Culinary delights include southwestern cod, diner-style beef hot shot, grilled vegetable lasagna, hummus, chocolate crème, and the Kettering renowned carrot cake.

“We have 16 different menus our physicians can make available to their patients,” says Cheryl. “There are gluten-free and vegetarian menus, as well as heart-healthy, consistent carbohydrate, and more.”

At each hospital an executive chef oversees the menu and room service program. Enjoy some of their personal favorite holiday dishes in this special holiday recipe section.

---

**Holiday Favorites From Our Chefs**

Serves 4 – 6

**Ingredients:**

- 1 (5 – 6 lbs.) Whole chicken
- 2 T Olive oil
- 2 T Fresh rosemary chopped
- ¼ C Fresh sage chopped
- ¼ C Fresh parsley chopped
- 2 t Salt
- 1 t Black pepper

**Apple Cider jus Ingredients:**

- 3 C Apple cider
- 1 Cinnamon stick
- 1 Lemon zest
- 6 Whole cloves
- ¼ t Nutmeg

**Instructions:**

1. Preheat the oven to 325°F.
2. In a small bowl, combine the salt, pepper, sage, rosemary, and parsley. Mix well and set aside.
3. Remove any parts in cavity of the chicken and discard. Rinse the chicken inside and out with cool water. Pat dry with paper towels.
4. Starting at the neck area, insert fingers or a spoon between the layer of skin and meat to gently loosen the skin.
5. Rub 2 T of the herb mixture under the skin of each breast.
6. Place the chicken breast-side up on a rack in a roasting pan. Rub the outside of the chicken with the olive oil.
7. Rub the remaining herb mixture over the outside of the chicken. Tie the legs together with twine.
8. Place chicken in preheated oven and cook for approximately 1 hour, then cover with foil to prevent burning of skin.
9. Cook another 30 minutes or until chicken reaches 165°F (check with meat thermometer in the thigh meat).
10. Immediately pull from oven once the temperature is reached and pour the juices from the chicken into bowl and chill juices.
11. To make the jus, combine cinnamon stick, whole cloves, nutmeg, lemon zest, and apple cider in a saucepan. Simmer over medium heat until reduced by half.
12. Take the juices from the chicken, remove any fat from the top and add to cider saucepan, and bring to a boil. Remove cinnamon stick before service.
13. Carve the chicken and drizzle with the apple cider jus. Serve with your favorite holiday sides!
Sweet Scalloped Potatoes

Serves 5

Ingredients:
1 Medium sweet potato
1 Medium Idaho potato
1 Small white onion
1 t Olive oil
5 Garlic cloves
4 oz Blue cheese
4 oz Sharp cheddar cheese
2 t Salt
2 t Black pepper
5 T Brown sugar

Balsamic Reduction Ingredients:
¾ C Balsamic vinegar
¼ C White sugar

Instructions:
1. In a large stock pot, heat 4 quarts of water.
2. Slice potatoes and onion into ¼ inch slices.
3. Mince garlic.
4. Place potatoes into boiling water and reduce heat to medium.
5. Simmer potatoes for 8–12 minutes until tender.
6. On low heat brown the sliced onion.
7. On low heat reduce the vinegar and sugar until it resembles syrup.
8. In a casserole dish, make single layers of ingredients in this order: white potatoes, garlic, cheeses, salt and pepper, sliced sweet potato. Repeat until you have your desired height. Top your final layer with brown sugar and browned onion.
9. Bake uncovered in a 350°F oven for 15–20 minutes until golden brown and potatoes have finished cooking.
10. Remove from oven and plate, drizzle with balsamic reduction.
Serves 4
Ingredients:
8 oz Wild rice blend
1 oz Dried cherries
1 oz Sliced almonds
1 oz Chopped hazelnuts
½ Red onion (2 oz)
4 oz Butternut squash
4 oz Chopped spinach
3 oz Vegetable oil (milder flavor is best like canola)
3 oz Balsamic vinegar (full-bodied aged is best)
Kosher salt
Ground black pepper

Preparation:
1. Cook and chill rice blend.
2. Toast almonds and hazelnuts either in oven or in a pan at low heat with good motion so they are evenly toasted.
3. Red onion and butternut squash (peeled): Slice in a ½ inch thick slab and roast at 375°F until nicely caramelized and fully cooked (al dente). Dice.
4. Blend vinegar into oil using a whisk to incorporate dressing.

In order, mix: Wild rice and dried fruit with dressing—let sit for about 10 minutes. Combine onion and squash, then toss with rice blend. Once combined, add spinach and re-toss. Check for seasoning and adjust with salt & pepper. At last minute add toasted nuts and re-toss.

Serve and enjoy
Nice additions would be grilled salmon, chicken, or turkey or a strong cheese such as gorgonzola or goat cheese.

Wild Rice Harvest Salad

Makes a 9” pie
Ingredients:
1 can Pumpkin (15 oz)
3 Eggs, slightly beaten
½ C Granulated sugar
½ C Light brown sugar
½ t Salt
1 t Cinnamon
1 ½ t Cloves
¼ t Nutmeg
¼ t Ginger
½ C Milk
½ C Evaporated milk
1 Pie crust (9” deep dish)

Pie Filling Instructions:
Combine eggs, sugar, salt, and spices and beat well. Blend in pumpkin. Add milk and beat well. Turn into pastry lined pie pan. Bake in a hot oven (450°F) for 10 minutes, then reduce heat and bake at 350°F for 40 to 45 minutes. Pie is done when knife, inserted in center, comes out clean.

Pie Crust Instructions:
1 ½ oz Shortening (all purpose)

¾ oz Margarine
3 ½ oz Pastry flour
2 ½ t Water
¼ oz Sugar
Pinch salt

1. Mix shortening and margarine together and then cut into walnut-size pieces, adding to the flour.
2. Mix the last four ingredients together. Add these to the above mixture using low speed on a mixer to thoroughly blend. Using high speed, mix for an additional 2 minutes if done by hand—blend well, but try to avoid over-handling.
3. With floured board and floured rolling pin, roll dough and place in pie pans.
4. Use crusts as needed for recipes.
Tickets to a football game? Maybe a new pair of shoes? A heart screen costs approximately the same amount as these items. The difference? A 30-minute heart screen could save your life.

By checking your heart’s health, you gain life-saving knowledge to guide you to a heart-healthy life.

Call (937) 395-8492 to schedule your heart screen today. Your heart is worth it.