



**HOCKING VALLEY**  
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

**MAR. 8, 2019**

# Weekly Update



*Information courtesy Robert H. Shmerling, MD, Harvard Health Online*

Colon cancer is among the most common – and preventable – cancers: nearly 140,000 people are diagnosed with colon cancer each year in the US and more than 50,000 people die of the disease annually. This makes it the 2nd leading cause of cancer-related death in the US.

So, you should be familiar with colonoscopy (if you aren't already). That's the test during which a doctor places a flexible tube through the rectum into the colon to look for polyps, tumors or other problems. As awful as it may sound, it's usually well-tolerated: you're sedated for the procedure and often people don't even remember having it.

For people at average risk of colon cancer, colonoscopy is recommended as a screening test at age 50 and every 10 years thereafter until age 75. It is often recommended for younger people or

more frequently for those who notice blood in their stool, have unexplained anemia, a change in bowel habits, have a strong family history of colon cancer or other risk factors for the disease.

While the test does come with some risks (such as pain, bleeding or even perforation), serious complications are quite rare. Despite the compelling evidence of the benefits and low risk of the procedure, only 2/3 of eligible adults in the US have the test.

Here's a what your colonoscopy may reveal:

- Normal findings – This is what everyone hopes to hear! If no abnormalities are discovered, an adult at average risk of colon cancer is generally advised to have a repeat colonoscopy every 10 years until age 75.

- Hemorrhoids – These are clumps of veins near the surface of the lining of

## EVENTS CALENDAR

### **March 25: Drs. Day Blood Drive** **HVCH Meeting Room**

Give blood in honor of your health care provider in recognition of National Doctors' Day! Schedule an appointment from 9 a.m. to 3 p.m. by calling HVCH Lab at 740-380-8218. For those who give in honor of your physician, you will receive a special gift and acknowledgement will be sent to your provider!

### **April 8: TWIG II Chinese Auction** **Hocking Co. Fairgrounds**

Held at the Fairgrounds Youth Building. Doors open 5:30 p.m.; Drawings begin at 7 p.m. Lottery Tree, Grocery Basket, 50/50. Baked goods & refreshments available. All proceeds benefit HVCH.

### **April 11: Book Sale** **HVCH Meeting Room**

Shop gifts and books from 7-4 p.m.

## INSPIRATIONAL QUOTE OF THE WEEK

*"Clouds come floating into my life, no longer to carry rain or usher storm, but to add color to my sunset sky."*

—*Rabindranath Tagore*

## Direct to You: From Stacey Gabriel

Above the line... that's the phrase that has been embedded into my head lately. I am currently reading the book Above the Line by Urban Meyer. Anyone that knows me knows that I am a HUGE Buckeyes fan. I love football Saturdays and watching the Buckeyes play. Fall is just my favorite time of year.



Stacey Gabriel, CEO

I wasn't sold that Urban Meyer was the person to lead the Buckeyes out of the darkness and into the good graces of Buckeye Nation.

I was wrong... kind of. So, I have learned from reading his book that he himself took time to do some soul-searching. He has admitted that he was not the man that he wanted to be or needed to be (for his family and the team). He was a different person when he coached in Florida. Over the years Urban had lost sight of his priorities. He wasn't involved with his family and he missed events that he should have never missed. It was all football all the time, no matter the cost. It took a significant health scare to get him to wake up and realize what he was doing to himself, his family, and the image of Florida football. I can honestly say that I was sad to hear that Urban was retiring. He held up that mirror and made significant life changes, and has become a much better person because of it.

So, what's this above the line stuff? It's Urban's new mantra:

**Above the Line-**  
(Intentional, on purpose, skillful)

**Below the Line-**  
(Impulsive, on autopilot, resistant)

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## School of Rock auction winner



Congratulations to Christina Wolf for placing the winning bid on the HVCH Foundation Broadway Theatre Weekend Package! She won an overnight stay at Kimpton Schofield Hotel, 2 Tickets to Andrew Lloyd Weber's "School of Rock: The Musical" and 2 Tickets to the Franki Kong Players "Flanagan's Wake." Congratulations Christina and thank you for your contribution to the HVCH Foundation!

## Happy National Hospitalist Day



Occurring the first Thursday in March annually, National Hospitalist Day serves to celebrate the fastest growing specialty in modern medicine and hospitalists' enduring contributions to the evolving healthcare landscape. A Hospitalist is a physician who specializes in caring for hospital patients. At HVCH, our Hospitalists are dedicated to your hospital care at all times, 24 hours a day, 7 days a week. Thank you to Dr. Mark Fratzczak and Dr. John Ireton.

### HVCH Cafeteria Menu March 11-March 15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti Casserole	Philly Steak & Cheese	Breaded Chicken Breast/Bun	Chicken Tator Casserole	Tortilla Tilapia
Chicken Fingers	Macaroni & Cheese	Italian Sausage/Bun	Salisbury Steak	Sweet & Sour Chicken
Potato Wedges	Onion Rings	French Fries	Mashed Potatoes	Rice Pilaf
Carrots	Baked Potato	Corn	Baked Beans	Glazed Carrots
Broccoli	Cauliflower	Green Beans	Grilled Cabbage	Brussels w/ Bacon
Breadstick	Spanish Chili	Blended Veggies	Parmesan Peas	Cauliflower Enchilada
Tomato Soup		Chicken Noodle Soup	Broccoli Soup	Soup

# COLONOSCOPY

the rectum. While they may cause pain, itching or bleeding (especially when they swell or “flare up”), they often cause no trouble at all and can be effectively treated.

- Diverticular disease – This term refers to the presence of outpouchings in the colon where a weakness in the muscular wall bulges outward. Although about half of adults have them, most cause no symptoms or problems. When they do cause trouble – bleeding or infection with inflammation – prompt treatment is usually effective. Perforation is the most serious complication; surgery may be necessary.

- Colonic polyps – These are outgrowth of tissue from the lining of the colon. There are two kinds of polyps:

- Benign – These do not become cancerous and include “hyperplastic” and “inflammatory” polyps that usually require no treatment.

- Neoplastic – These include adenocarcinoma (colon cancer) and adenomas, which are precancerous. The more adenomas you have and the larger they are, the higher the risk that one or more of them contains cancerous tissue or will develop into colon cancer.

While small polyps can often be removed during colonoscopy, larger ones may require surgery. Risk factors for colon polyps are similar to those for colon cancer, including ad-

vanced age, family history of polyps or cancer, a diet high in red meat, or a history of inflammatory bowel disease.

- Inflammation and ulceration – The lining of the colon can be irritated, inflamed and ulcerated for many reasons, including infection, medications, inflammatory bowel disease (such as Crohn’s disease and ulcerative colitis) and cancer.

- Bleeding – Sometimes there is blood in seen in the colon; a search for source may identify a tumor, an ulcer or an abnormal collection of blood vessels, but often a source cannot be identified during a colonoscopy and additional tests may be necessary.

Considering all of the information this test can provide and how it can actually prevent colon cancer (by removal of precancerous polyps), it’s among the very best screening tests we have.

**HVCH AND HVMG MAKE IT EASY FOR YOU TO RECEIVE YOUR COLONOSCOPY SCREENING:**

Visit [www.hvch.org/surgical/endoscopy/](http://www.hvch.org/surgical/endoscopy/) to download our colonoscopy self referral form. Complete the form and follow the directions for submission. One of our general surgeons will contact you about scheduling your procedure. Call 740-380-1300 for more information.

# DIRECT

I think of this in terms of healthcare and what we do. As a clinician, leader, employee of HVCH, do I want to demonstrate those “above the line” behaviors or am I ok with being “below the line?” It’s really easy to go through our daily routine being below the line. It’s comfortable, it’s familiar, and it doesn’t take much effort. But, is that the kind of behavior that will keep patients coming back to receive our services? Or, would they want to receive services from employees who push themselves to be the best, who have strong relationships with their co-workers and who trust and support one another in the job that they do? Being “Above the Line” is what will make us successful. And, it’s not just in work life - it’s in our personal lives as well. We CHOOSE how we treat people, we CHOOSE how we are going to learn and grow as individuals, and we CHOOSE our attitudes and how we react in situations. What choices will you make?

This is good stuff, and it just makes sense. I know I have learned so much from his book already and look forward to finishing it up. If you are looking for a good book to read, this would be it. Thanks to all of you for continuing to do what you do and for taking opportunities to be “Above the Line.”

## START YOUR CAREER WITH HVCH TODAY!

Apply @ [www.hvch.org](http://www.hvch.org)

- Environmental Services Associate/ Housekeeper - Full Time - Variable Hours
- Medical Laboratory Technician/Medical Technologist (MLT/MT) - Full Time
- Mental Health Tech (State Tested Nursing Assistant) - Behavioral Health Unit - Full Time
- Registered Nurse (RN) - Specialty Clinic - Part Time
- Registered Nurse (RN) - Behavioral Health - Contingent/PRN
- Registered Nurse (RN) - Full Time - Inpatient Services
- Registered Nurse (RN) - PRN/Contingent - Inpatient Services
- State Tested Nursing Assistant (STNA) - Full Time - Days - Inpatient Services
- Unit Secretary - Contingent/PRN - ED

## HVMG welcomes new RMA

The Hocking Valley Medical Group is pleased to welcome new Medical Assistant Chelsey McCarty-Emerson to the psychiatric office. Chelsey is from Jacksonville where she lives with her husband Nick and their five-year-old daughter Callie. Chelsey enjoys camping and fishing with her family. She said she "became an RMA because there is such a large variety of different ways you can help people. Medicine is so interesting and always changing. I find it a very rewarding career."



## HVCH TWIG IV WINE AND CRAFT NIGHT

**THURSDAY, MARCH 14, 2019**  
**5:00 p.m. – 8:00 p.m.**  
**Hocking Hills Winery**  
*(space is limited to 25)*

Two options available:



**\$35.00**



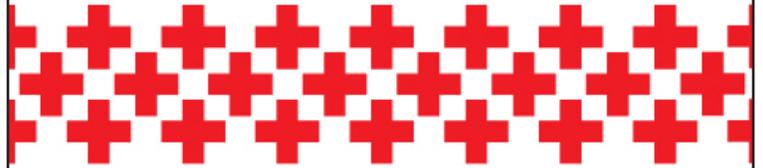
**\$25.00**

*Pre-payment and pre-registration is required by calling Ginger Johnson at 740-380-8207 or Julie Grow at 740-380-8389. HVCH employees do have the option of payroll deduction. Light snacks will be available.*

***Proceeds benefit Hocking Valley Community Hospital.***

**American Red Cross**

*Give blood.* Help save lives.



### **Blood Drive** **Hocking Valley Community Hospital**

Meeting Rooms A & B  
 601 St. Rt. 644 N  
 Logan, OH 43138

**Monday, March 25, 2019**  
**9:00 AM to 3:00 PM**

**Call the HVCH Lab at 740-380-8218 to schedule an appointment.**



The HVCH Foundation is holding a March Madness bracket fundraiser from Selection Sunday on March 17 until noon on Thursday, March 21. Complete as many brackets as you like to be entered. Each bracket is \$20. Forty percent of the proceeds will go to the winner, 10 percent to second place and the rest will be donated to the Hocking Valley Community Hospital Foundation. For more information or to get signed up, contact Roy Davis at 740-380-8125.



# HOCKING VALLEY Community Hospital

## OUR MISSION

*To provide our community an unparalleled patient experience through world class service that is both compassionate and professional.*

## OUR VISION

*To provide extraordinary care close to home now and into the future.*

HVCH is a critical-access hospital located in the city of Logan, Ohio, which serves residents in Hocking and surrounding counties. With more than 325 employees, our staff is here to serve the residents and visitors of our Hocking Valley community through various ancillary and emergency care services. HVCH is Joint Commission accredited, and we offer a wide range of primary, acute, and rehabilitative services. We are pleased to provide 24-hour emergency services to our patients through our ER and Urgent Care. Additionally, our surgical center, rehabilitation center, physical therapy clinic, pain control and wound clinic, imaging, laboratory, cardiovascular/cardiopulmonary, sleep clinic, geriatric psychiatric, and oncology services are also available. We are proud of our facility. HVCH is affiliated with OSUWMC, improving healthcare services to the Hocking and surrounding counties in the areas of general surgery and orthopaedics. HVCH also is a part of the Ohio State Health Network.