

WHOLE HEALTH at FALCON HEALTH CENTER



You're more than a set of bones, muscles and organs. In addition to your physical make-up, there are mental, emotional and spiritual aspects to who you are, and each one of those four components affects the others, as well as your overall health.

With the understanding that these "systems" are interconnected, the goal of whole health care is to address patients in their entirety. A headache, for instance, may have a physical cause, but it might also be related to stress or the recent loss of a loved one. By looking at all possible causes, whole health practitioners are more likely to identify the true source of problems.

The experts at Whole Health at Falcon Health Center work to encourage optimal health by caring for each patient's physical, mental, emotional and spiritual states.

Led by Medical Director Jeffery Swartz, M.D., Whole Health is located on the second floor of Falcon Health Center, 838 East Wooster Street at South College Drive, across the street from BGSU's Hanna Hall.

The foundational concept of whole health care is a working partnership between the doctor and the patient. Through clear communication, those involved can find the best approach to individualized care.

"Our goal is to create strong relationships between patients and our providers," said Dr. Swartz. "We work closely with patients to identify risks and help them achieve and maintain total health as they age."

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PRESIDENT'S Message



As I write this, we're in the middle of National Hospital Week, an annual event that recognizes America's hospitals and what we do for our communities. It's an opportunity to acknowledge the great work and compassionate care our staff provides each day for the people of this area. Every person at WCH is special because all jobs, no matter how different, support our mission of patient care. It's my privilege to salute our great team here at Wood County Hospital.

Our hospital carries out its mission in part by continuously looking at the health care needs of our community, and then developing programs and processes to address them. For example, Ohio, like the

rest of the country, is in a battle to combat a drug abuse and addiction problem of epidemic proportions.

In response, we recently opened New Vision, a medical withdrawal management program for patients suffering from substance abuse. The team stabilizes patients until they can receive outpatient care or hospital-based services for drug rehabilitation therapy. Our practitioners work with other community behavioral health programs to promote continuity and effective service.

Elsewhere at WCH, we're now offering robotic surgery for patients. The robotic technology has evolved to a point where there are many uses for it in Urology, Gynecology and General Surgery. Robotic surgery provides the benefits of reduced pain, less blood loss, and often faster recovery. We're tremendously excited to provide this capability to our community.

Also, we recently opened the second floor of our Falcon Health Center. In this area we offer our "Whole Health" integrative medicine service, physical therapy, acupuncture, pharmaceutical consulting, and chiropractic services. Whole Health will complement existing primary care services offered in our community.

Again, thank you for your interest in Wood County Hospital. We remain dedicated to offering services and care that make it easy to "Depend on Us."

Sincerely,

Stanley R. Korducki
President

WHOLE HEALTH at Falcon Health

Dr. Swartz and his team At Whole Health at Falcon Health Center begin the healing process with an in-depth patient interview that includes identifying health goals. If a chronic disease is diagnosed, the team works with the patient to put a personalized management plan into action. By involving patients from the start and encouraging them to take an active role in their own health, treatments can take hold quicker and are more likely to be effective.

Actions may consist of traditional medicine, evidence-based supplements, chiropractic care, physical therapy, acupuncture, exercise programs or relaxation techniques.

READY SET LEARN

For young children with autism, early intervention has proven to be crucial to their success in school. So, in January 2015, the Ready Program was founded to help area preschoolers.

Director Deb Butler said that the Ready Program is an intensive environment that's designed to meet the academic and medical needs of young children with autism.

The licensed intervention specialist and occupational and speech therapists are well-trained in helping with autism, and they work as a team to benefit students.



Aquatic therapy gives children a fun and soothing way to work toward their goals.



Vice President of Planning Deb Chatfield shares remarks during the Whole Health at Falcon Health Center ribbon cutting ceremony.

Whole Health at Falcon Health Center offers the following approaches:

Physical Medicine – Physical therapy and assessment, exercise prescriptions and physician-referred exercise programs, sports fitness assessments, chiropractic care, acupuncture, and massage.

Nutrition – Assessments and weight management programs, health supplements, and disease-specific therapies.

Comprehensive Medication Review – Includes pharmaceutical case management.

Mind and Body – Psychology, meditation

and mindfulness, relaxation, yoga, Tai Chi, and the use of essential oils.

The new Whole Health space features twelve patient exam rooms, a procedure room, a conference room, a consultation room, a rehab facility, and behavior health offices, all in a location that's convenient for BGSU students, faculty and staff, as well as members of the community.

A full-service pharmacy with a convenient drive-through is also available at Falcon Health Center. It, too, is open to the public.

To learn more, visit www.FalconHealth.org and click on "Whole Health" in the left column. To make an appointment with a provider, call (419)728-0601. ■

N: Program Prepares Autistic Children for Kindergarten

"We want to partner with each child's future kindergarten teacher and provide a smooth transition for them. We provide the teachers with all the insight we've gained about the children so that each child will continue to grow and learn," said Butler.

Speech Therapist Lauren Miller: "It's been amazing to see how much progress each child makes in a year. It's humbling to be part of such a wonderful team and program."

Lindsay Cribbs was surprised at how much progress her son, Marshall, has made with the Ready Program.

"As a teacher myself, I have high expectations for my son's education. I've been thrilled with the progress he's made in just a few months," she said. "The teachers at the Ready Program are fun, they're friendly, and most importantly, they're consistent. They understand the way a child's brain works and how crucial clear communication is - not just between teachers and students, but between teachers and parents as well."

Paul Buonpane and his wife Dana were initially stunned when their son John was diagnosed with autism and sensory processing disorder. But after one year with the Ready Program, John has made huge improvements in his motor skills, speech, and cognitive abilities.

"The Ready Program has truly changed John's life and our family's life for the better," said Buonpane. "An autism diagnosis is a scary thing to process, but with the Ready Program, we've learned how to turn fear of the unknown into success for the future."



Butler said that one family was so thrilled by the success their child enjoyed with the program that they donated money for scholarships so other families could benefit. "The program was so blessed by their kindness and support of our program," she said.

The Ready Program is based in Wood County Hospital's Rehabilitation Services and Medical Office Building, 1037 Conneaut Avenue, Suite 205 in Bowling Green. For more information, call (419) 373-7686. ■

The interaction and communication between the teacher and parents benefit the child's success.

FROM THE Foundation

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Building on a Strong Foundation

When you come to us for care, there's a chance that the Wood County Hospital Foundation helped our team deliver that care.

Guided by an independent volunteer board, the Foundation has made sure that the hospital has had the resources it needs for the last 30 years.

"We're here to help when the hospital has needs outside the scope of the capital budget. The board, employees, and community come together to really make a difference," said Cristy Walton, VP of Development at Wood County Hospital.

Over the past decade, the Foundation has contributed \$6.2 million for new equipment, technology and services, including \$1.6 million for a new MRI machine in 2016, and many contributions to the Maurer Family Cancer Care Center.

There are many ways you can contribute to the Foundation.

- Honor a loved one with a memorial or tribute paver, planter or bench.
- First Footprint tiles commemorate a birth at the hospital.
- The Grateful Patient Program lets you recognize an outstanding staff member.

The Foundation Board consists of eight members. Pictured: David Maurer, Chris Dalton, Jim Stainbrook, Becca Ferguson, Gordon Wenig, Diane Huffman and John Heffernan. Not pictured: Dean King.



- A planned gift through your estate planning.
- Annual gifts that support specific areas of the hospital.

Foundation contributions are tax deductible to the full extent allowed by law.

"The community is very supportive of the Hospital and Foundation," said Walton. "Our donors are educating their children about the importance of philanthropy and giving back. And what's really great is that, in some cases, we're now in our third generation of supporters." ■

New Heart Failure Clinic at Wood County Hospital Provides Hope



Patients may get a new lease on life with the opening of Wood County Hospital's new Heart Failure Clinic.

Led by board-certified cardiologist Brent DeVries, D.O., the Clinic provides specialized care and education for patients who have been diagnosed with congestive heart failure. The clinic's multidisciplinary team is comprised of a registered dietitian, nurse, occupational and physical therapists, social workers, and other medical professionals. Patients are first given a thorough assessment of their current health and then

work with the medical team to develop a comprehensive personalized care plan built around extending and enhancing their lives.

The Clinic opened to the public on April 9th, and is located at 950 W. Wooster Street in Bowling Green. It will be open Mondays from noon to 4 p.m. and Fridays 8 a.m. to noon.

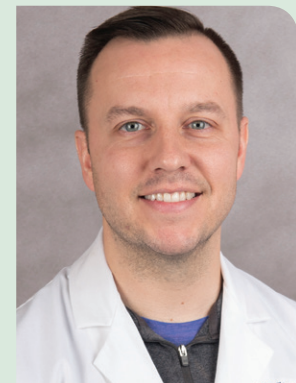
For more information, call (419) 354-8896 or visit WoodCountyHospital.org.

MEDICAL STAFF Update



Dr. Mickey Frame

Mickey Frame, D.C. is part of the team at Whole Health at Falcon Health Center. He specializes in acupuncture and chiropractic care and provides physiotherapy and treatment of sports, work, and motor vehicle injuries. Make an appointment with Dr. Frame by calling (419) 728-0601.



Rory Strugalski, M.D.

Rory Strugalski, M.D., is a new member of the Emergency Department team. He received a Bachelor of Science in Biology from The Ohio State University and his medical degree from Ross University School of Medicine in Roseau, Dominica. From there, Rory completed his emergency medicine residency training at St. Vincent Mercy Medical Center.

WHEN TO CALL YOUR DOCTOR

- Increasing shortness of breath
- Increasing swelling in ankles, feet or abdomen
- Gaining three pounds in one day or five pounds in one week
- Finding it harder to breathe while laying down or needing to sleep upright

WHEN TO SEEK EMERGENCY CARE

- Very difficult to breathe
- Chest pain or discomfort
- Confusion or difficulty concentrating
- Difficulty catching your breath

NEW VISION INPATIENT PROGRAM

Treats Drug and Alcohol Withdrawal

The agonizing—and sometimes dangerous—effects of withdrawal symptoms often force those addicted to drugs and alcohol to return to their vices. But New Vision™ is working to make a difference.



NEW VISION™

Now offered at Wood County Hospital, this inpatient program accepts adult patients who are withdrawing from alcohol or drugs such as cocaine, benzos (Xanax, Valium), opioids (heroin, OxyContin), or various addictive prescription medications.

New Vision's medically based treatment typically lasts three days and consists of a

five-part regimen: pre-screening, assessment, admission, medical stabilization, and discharge planning. Patients are overseen by a medical team consisting of an on-site intake coordinator, nursing personnel, and an attending physician.

Those who undergo the New Vision treatment begin by being admitted to the hospital for medical stabilization and physical evaluation. This thorough pre-screening process includes a medical examination, review of their history, a complete laboratory workup, and a nursing assessment. The treatment is covered by most insurance plans.

Based on the intake information, the team develops a personalized recovery plan and puts it into practice. Those under the influence, incapacitated, or experiencing acute withdrawal symptoms are closely observed and medically stabilized to ease their discomfort.

Following the medical portion of treatment, the teams work with the patient to develop a post-discharge treatment plan, including alcohol or drug abuse counseling.

For more information or a free consultation, call New Vision at Wood County Hospital at (419) 728-0604. ■



TAKE A *TOUR* OF WOOD COUNTY HOSPITAL

Community member groups are invited to take a tour of the hospital for an up-close look at what happens on a day-to-day basis. For more information or to arrange a tour, please contact Sara Meyer, Marketing and Business Development Director, at (419) 373-4164 or email Meyers@woodcountyhospital.org.





WOOD COUNTY
HOSPITAL

950 W. Wooster St. / Bowling Green, OH 43402



WOOD COUNTY
HOSPITAL

SUMMER 2018

HEALTHY Outlook

HEALTH NEWS AND HAPPENINGS FOR THE COMMUNITY FROM WOOD COUNTY HOSPITAL

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