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face of life's challenges

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and an advocate

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Keeping Grant County Healthy
Marion General Hospital to host Health & Wellness Expo in September.

MGH POSITIONS ITSELF FOR THE FUTURE



After the cold winter, and the wet spring, it is now that time of the year that so many of us in the Upper Midwest can't wait to arrive.

The crack of the bat, the sizzle on the grill and the purr of the lawn mowers, all surrounded by the sounds of happy children, make me smile.

As the seasons ebb and flow, the MGH vision of being the trusted healthcare provider—providing patient-centered, high-quality, affordable care—is ongoing. As president/CEO of MGH, I promise to continue to build from our solid foundation and meet the healthcare needs of our community.



Patient room renovations are now complete, and we thank you for your patience during our time of growth. We hope you are as pleased as we are with the changes that have been made for our patients and visitors.

As you'll discover in this issue of *Vim & Vigor*, at MGH, the focus is totally on you, our patient. Find out about MGH Obstetrics & Gynecology, which offers complete care for women from their teenage through senior years, in our feature article on page 49. Read about how one patient journeyed toward a bright future (page 52) by making some significant lifestyle changes. Our providers and staff continue to add stability to our foundation as we recruit new providers (page 3) and encourage staff certifications (page 5). With the quality, professional care at MGH, there comes the peace of mind of knowing there is little need to travel away from home, family and friends to a foreign, urban setting for healthcare.

My congratulations to the physicians and staff, as Marion General Hospital was named a Top 100 Rural & Community Hospital in the United States (page 4). This achievement validates our daily commitment to providing the best healthcare possible to our community. The accolades the hospital continues to receive would not be possible without the support of our patients, volunteers, employees, physicians, board members, community organizations and vendors. It takes everyone working together to make Marion General Hospital the exceptional facility it is.

I would like to take just a moment to thank all the residents of Grant County and our MGH family for their continued support, and to wish you all the best of the best summer has to offer.

Stephanie Hilton-Siebert
President/CEO
Marion General Hospital

VIM & VIGOR

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Stephanie Hilton-Siebert

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MANIFEST

MGH WELCOMES PRACTITIONERS

These three professionals are eager to help you get (and stay) healthy



Tamara Pylawka, MD, earned her medical degree from Rush Medical College, Chicago, Illinois. Her orthopaedic surgery residency was completed at the Pennsylvania State University College of Medicine, Hershey, Pennsylvania. She also completed a sports medicine fellowship at Brigham and Women's Hospital, Boston, Massachusetts.

Awards and honors include Doctors of Excellence/National Professionals of Excellence in 2016, The Leading Physicians of the World and Continental Who's Who in 2015.

Dr. Pylawka is board-certified by the American Board of Orthopaedic Surgery.

She joins the talented physicians and staff at Central Indiana Orthopedics, PC, located at 1389 N. Baldwin Ave. in Marion.



David Sedaghat, MD, is now seeing patients at Fairmount Medical Associates.

Dr. Sedaghat received his medical education and served his residency at NYU/Mount Sinai School of Medicine, New York, New York.

He joined the MGH Medical Group in 2010. He brings a wealth of experience and will continue to be an integral part of the MGH Hospitalist Program, as well as his private practice.

Fairmount Medical Associates is located at 157 W. Eighth St. in Fairmount. The phone number is **765-660-7880**.



Lora Marshall, NP-C, received her Master of Science in nursing (family nurse practitioner), bachelor's degree in nursing and bachelor's degree in business administration from Indiana Wesleyan University, Marion, Indiana.

She is certified by the American Association of Nurse Practitioners.

She joins the talented physicians and staff at Family Medicine Center-South in the South Marion Medical Building, located at 1406 W. Bella Drive in Marion. ■

APPOINTMENTS



Find a Doctor

Call the MGH Access referral line at **765-660-MGH4 (6444)**.



Tamra Edwards, exercise specialist, Doug Howard, cardiac patient, and Mary Jo Herring, exercise specialist in the cardiac rehabilitation department.

CARDIAC CARE CERTIFIED

Cardiac rehab department meets quality standards

Marion General Hospital's cardiac rehabilitation department has been awarded program certification by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR).

The AACVPR is a national multidisciplinary association dedicated to the improvement of clinical practice, promotion of scientific inquiry, and advancement of education for the benefit of cardiovascular and pulmonary rehabilitation professionals and the patients they serve. It is the only organization that certifies cardiac and pulmonary rehabilitation programs.

AACVPR-certified programs are recognized as leaders in the field of cardiovascular and pulmonary rehabilitation because they offer the most advanced practices available. Valid for three years, the program certification is a symbol of commitment to improving quality of life by enhancing standards of care.

MGH's cardiac rehabilitation department, which began in 1987, averages 300 patient visits a month.

MGH AMONG TOP 100 RURAL AND COMMUNITY HOSPITALS

Marion General Hospital was recently named one of the Top 100 Rural & Community Hospitals in the United States by iVantage Health Analytics and The Chartis Center for Rural Health.

"This achievement is very gratifying and validates our daily commitment to providing the best healthcare possible to our community, while maintaining an efficient and effective facility," says Stephanie Hilton-Siebert, MGH president/CEO.

The Top 100 Rural & Community Hospitals play a key role in providing a safety net to communities across America—and iVantage's INDEX measures them across eight pillars of hospital strength: inpatient share ranking, outpatient share ranking, cost, charge, quality, outcomes, patient perspectives and financial stability.

Learn more at iVantageHealth.com.

TOP PERFORMERS EXCEL IN:

- Managing risk
- Achieving higher quality
- Securing better outcomes
- Increasing patient satisfaction
- Operating at a lower cost than peers



STAFF CERTIFICATIONS

MGH employees advance knowledge to provide quality patient-centered care



Four Marion General Hospital employees have proven their dedication to providing our Healthcare Community with the highest level of quality healthcare. They chose to further their education and advance their knowledge within their chosen professions. This dedication is demonstrated by their commitment to study for and pass a professional examination to become certified.

In healthcare, professional certification helps ensure excellence. MGH staff members pursue this with enthusiasm.



Joy Reed, MSN, RN-BC, organizational development manager in Educational Services, is now board-certified in nursing professional development

from the American Nurses Credentialing Center. A 19-year MGH employee, Reed earned her master's degree in nursing from Indiana Wesleyan University.

Reed lives in Gas City with her husband, Jon, and has three daughters, Joni, Jewel and Jessica. Her hobbies and interests include her grandchildren, Cubs baseball, euchre, mystery books and vacations at the beach.

"MGH is a great organization to work for. It is like an extended family. It is a trusted healthcare partner for the community that provides quality patient-centered care," she says. "I am proud of the staff at MGH."



Kimberly Cox, BSN, RN, Critical Care Department, has earned her critical care registered nurse certification from the American Association of

Critical-Care Nurses (AACN).

A three-year MGH employee, Cox earned her bachelor's degree in nursing from Indiana University Kokomo.

She resides in Marion with her husband, Larry. They have two daughters, Larielle and Kyrielle, and a son, Larry Cox III. She enjoys reading books and watching her kids play sports.

"I love working at MGH because although we are a small hospital, we have some of the most knowledgeable nurses

in town, and I like knowing I am working with the best," she says.



Heidi Baldock, RN, OCN, medical oncology, is now a certified oncology nurse from the Oncology Nurses Credentialing Center. A seven-year MGH employee, Baldock

earned her associate's degree in nursing from the University of Saint Francis.

Baldock lives in Marion with her son, Josh, and daughter, Eryn. She enjoys spending time with her family and friends, shopping and hiking.

"I like that MGH is a small community hospital. I love that our staff at the Cancer Center is so close-knit and more like family," she says.



Sarah Hartvig, BSN, RN, CMSRN, medical/surgical, is now a certified medical-surgical registered nurse from the Academy of Medical-Surgical Nurses. A

three-year MGH employee, Hartvig earned her bachelor's degree in nursing from Ball State University, Muncie, Indiana.

Hartvig married her high school sweetheart, Aric James, and they have three daughters: Paige Vivian, age 10, Val Victoria, age 6, and Emmy Violet, age 4. The family lives in Upland.

"I like working at MGH because of the amazing co-workers that genuinely care and strive for positive patient outcomes. I am proud to be part of it," she says. ■



OUR VOLUNTEERS ARE STARS

A message from MGH Auxiliary President Karen Koontz



Karen Koontz

Last year at this time, I was preparing to serve as incoming president of the MGH Auxiliary Board. Over the year, we held several fundraisers, including T.J. Uniforms,

South Bend Chocolate Company, Shirt Set, Collective Goods and a new and very successful fundraiser, Rise'n Roll. Rise'n Roll is an Amish bakery ... need I say more? The public is always welcome to shop our fundraisers!

Volunteers participated in the Lights of Love ceremony in December and gave wonderful Christmas gifts to a family in need. We held a spring open house in our beautifully decorated gift

shop. I would like to recognize volunteer Janet Davis, whose creativity defines lovely displays in the gift shop. Sadly, she is leaving the auxiliary board after six years.

We celebrated Volunteer Appreciation Week from April 23-29. We appreciate our volunteers so much ... they are truly stars! Fittingly, the theme for the annual volunteer luncheon was "Our Volunteers Are Stars." The event was held May 8 at Roseburg Event Center. What a wonderful time was had by all!

I would also like to take this opportunity to recognize Janice Hanes and Susie Vermilion. Hanes served as secretary on the MGH Auxiliary Board. She was proficient with documenting all the information in the minutes and served six years on the board. Vermilion, who reported on behalf of the Family Birthing Center,

served as treasurer during her six years on the board.

I would like to welcome three new board members—Marie Rigdon, Lynn Nicholson and Dorinda Turner—who will begin their board service in September.

Volunteers are just ordinary people who reach out and take a hand, and together make a difference that lasts a lifetime. Our volunteers are stars.

GIVE



Join Our Team

Call Sheila Stewart at **765-660-6410** to learn more about the many volunteer opportunities available at MGH.

HUMBLE SERVANTS

More than 250 adult volunteers donate 25,000-plus hours a year at Marion General Hospital and help the hospital offer a wide variety of services to patients. Volunteers are retirees, former patients, homemakers, husband-and-wife teams, professionals and students. These caring individuals assist MGH in providing the highest quality of healthcare to our Healthcare Community.



Volunteers gather in the café every Friday morning before beginning their day.

MGH MEMORIAL GARDEN

Honoring former MGH employees, physicians and volunteers

► The Marion General Hospital Memorial Garden, in the courtyard west of the cafeteria, was built in memory of former Plant Engineering Supervisor Fred Gause and made possible by a generous donation and support from the MGH Auxiliary. The garden honors MGH employees, physicians and volunteers who have passed away by displaying their names and departments on engraved bricks set around the base of a tranquil fountain.

Honored as of press time are:

- **Joan Swain**, nursery
- **B Richard Goldberg, MD**
- **Elizabeth Barrett**,
pediatrics nurse manager
- **Theda Benjamin**, volunteer
- **Jay Lyon**, nursing
- **Janet Shawler, RN**,
operating room, and volunteer

GIVE 

Purchase a Memorial Brick

Bricks to honor MGH employees, physicians and volunteers who have passed away can be purchased for a minimum of \$50. Call Volunteer Services at **765-660-6410** for more information.



MARION GENERAL HOSPITAL ENDOWMENT FUND

In 1994, the Marion General Hospital Endowment Fund was started to accept donations to support the hospital's mission and vision for our Healthcare Community. Donations to the fund are sincerely appreciated. Call 765-662-0065 or mail to:

The Marion General Hospital Endowment Fund
Community Foundation of Grant County, Indiana Inc.
505 W. Third St.
Marion, IN 46952



Stephanie Hilton-Siebert, president/CEO, addresses Memorial Garden supporters during a ceremony held during National Hospital Week. In 2017, 137 people were honored.



Shawn T. Swan, MD

UNDERSTANDING CERVICAL CANCER SCREENING

Q **When should a person start getting Pap testing?**
Cervical cancer screening should begin at age 21 regardless of whether the person has had sex or at what age it was first initiated.

Q **I'm confused. Some of my friends get Paps every year, some every five years. Why?**
I understand your confusion. There have

been many changes in the last 10 years to our cervical cancer screening protocols. This is good news for most people. We used to think that every woman needed a Pap smear every year, but now screening intervals can range from one to five years depending on a woman's age and her Pap and HPV history. But each woman needs to ask her doctor what screening interval is right for her.

Q **If someone gets infected with the HPV virus, are they stuck with it for life?**

No. Most of the time our bodies will clear this infection in less than one or two years. However, persistence of this infection beyond two years is associated with an increased risk of eventual progression toward cervical cancer, especially high-risk HPV serotypes like HPV 16 and 18.

Q **Is there anything you can do to prevent getting HPV?**

Absolutely. In my opinion, the best advice is for everyone to receive the HPV vaccine after age 11. The Centers for Disease Control and Prevention suggests sexually active people use condoms and be in a "mutually monogamous relationship." First, understand that the human papillomavirus is spread by contact. Condom use is helpful in decreasing the risks of many STIs, or sexually transmitted infections, but it is certainly not dependable protection for skin-to-skin transmitted viruses such as HPV. I am not saying that you should not use condoms if you are sexually active, but know that up to 50 percent of men and women of college age test positive for HPV. The good news is, we are very good at screening for and treating the precancerous cervical lesions caused by HPV. ■

as fluid accumulation can be off-putting to partners; and even simple acts like choosing clothing, which doesn't fit properly because of disfigurement from the condition. Infection is a constant cause of concern, because the decreased flow of lymphatic fluid also compromises the immune system.

The condition prevents people from working and socializing and keeps them in constant pain, Repicci says.

Common **BUT UNKNOWN**

Lymphedema sufferers number between 5 million and 10 million in the United States, Rockson says.

The condition affects more people than multiple sclerosis, Lou Gehrig's disease (amyotrophic lateral sclerosis, or ALS), AIDS and Parkinson's disease combined, but it is largely unknown among the public, Repicci says.

"How could we have a disease that affects up to 10 million people in this country and yet has such a wall of silence around it?" he asks. "Even people who have it are unaware of the disease they have," because receiving an accurate diagnosis can be challenging.

Rockson says the disease is overlooked for several reasons. First, the condition is generally not life-threatening, and it often appears in the context of a life-threatening disease such as cancer.

"It can have a tendency to be under-recognized because, in the mind of the clinician, it becomes more background noise," he says.

He cited the reluctance of doctors and cancer surgeons to recognize lymphedema as a complication of cancer treatment because it seems like an implicit criticism of the treatment itself.

Finally, and importantly, the condition "historically hasn't had what I call 21st-century treatments," Rockson says. Available treatments are effective, but they are not as

simple as going to the pharmacy and picking up a prescription.

Recovery and **PREVENTION**

Most of the available treatments are physical ones, such as massage to move fluid from the tissues, compression techniques to further mobilize the fluid, and laser-based therapies.

"All are designed to physically stimulate the lymphatic system to be more active," Rockson says.

People who have been treated for cancer can be monitored and tested during the first year after treatment to detect early signs of lymphedema and possibly prevent the condition. If compression therapy is used at the optimal time, the condition can be prevented or reversed.

Telling **THE WORLD**

Sometimes doctors are unable to diagnose lymphedema because they receive little training related to the condition during medical school, Repicci says. LE&RN is pressing for physician certification programs and training related to lymphedema.

Bates wants to help LE&RN raise money for research. In an interview with the organization, she said her dream was to go to Congress "and have a chamber full of people who are suffering from lymphedema stand up in front of that committee and say, 'We have lymphedema. We are suffering. Please help us.'"

When that happens, Bates said, "I want to be there with them to add my name." ■

CANCER and GENETICS

Kathy Bates has been diagnosed with both ovarian and breast cancers, and the actress told *People* magazine that the latter "runs like a river through my family." She and her relatives are not alone; families with hereditary breast and ovarian cancer syndrome usually have several members with at least one of those types of cancer.

Some factors that can indicate genetic predisposition to the cancers include cases of premenopausal breast cancer in the family, multiple family members developing breast or ovarian cancer, and occurrences of male breast cancers, says Bobbie J. Rimel, MD, a member of the Society of Gynecologic Oncology.

Two genes, BRCA1 and BRCA2, account for the vast majority of cases of breast and ovarian cancers, Dr. Rimel says. When working correctly, those genes help repair DNA damage. But mutations in the genes can result in a lack of a repair mechanism for cells, which makes the cells more likely to develop genetic alterations that can lead to cancer. Those who have the BRCA1 and BRCA2 mutations have a much higher risk than the general population of developing breast and ovarian cancers.

Bates' mother and niece had breast cancer, and her aunt died from it. She told *People* that she tested negative for genetic mutations, but even in that situation, she said, "you can't assume you're OK."

CALL



Learn More About MGH's Cancer Program

For more information about treatment and services at Marion General Hospital's cancer program, call **765-660-7800**.

“Genetics certainly is part of what puts you at risk for heart disease,” says Martha Gulati, MD, a cardiologist and the editor-in-chief of the American College of Cardiology’s patient education and empowerment initiative, CardioSmart.org. “And there’s not one unique marker. There are 50 or so that seem to be the strongest indicators of heart disease. We have probably not even identified them all yet.”

Having some of those genetic markers makes it more likely for someone to have high cholesterol; other markers increase a person’s risk of high blood pressure, diabetes or obesity. All of them increase your risk for heart disease to some degree.

Heart disease also tends to run in families because of shared lifestyle habits. In other words, if your parents ate a high-sodium, high-fat, high-sugar diet, you’re more likely to eat the same.

“The foods that were cooked for you, the emphasis on physical activity—there’s more to familial heart disease than just your genetics,” Gulati says.

There’s also more to heart disease risk than just family history.

FITNESS OVER FAMILY HISTORY

Just because your family history puts you at greater risk for heart disease doesn’t mean you’ll develop it. In fact, a recent study published in the *New England Journal of Medicine* (NEJM) showed that lifestyle factors can overrule heredity. The study found that making even a relatively modest effort to live healthfully can cut your risk for heart disease by up to 50 percent.

The study looked at four factors and their effect on heart disease risk: not smoking, maintaining a body mass index (BMI) of less than 30, getting regular physical activity and eating a healthy diet.

“The study showed even people with the highest genetic risk could cut their risk in half by doing three out of the

four things,” says Nisha Jhalani, MD, the director of the Women’s Heart Health Initiative at the Cardiovascular Research Foundation. “It supports what doctors have been telling patients for years—that you can balance the things you can’t change with healthy behaviors you can change.”

And you don’t need to transform your whole life to benefit.

“When the study authors talked about healthy lifestyle, the way they diagnosed it was very liberal,” Gulati says. “Risk was reduced with weekly physical activity, a general healthy eating pattern, not smoking and not being obese. Being overweight [having a BMI between 25 and 29.9] was OK.”

OTHER WAYS TO REDUCE RISK

While the NEJM study didn’t look at the following factors, research suggests they, too, are beneficial in reducing risk of heart disease:

Get enough sleep. Poor-quality sleep increases blood pressure, an important risk factor for heart disease, according to the American Heart Association. Aim for six to eight hours per night of quality sleep.

Manage diabetes. Uncontrolled diabetes damages blood vessels, making you more susceptible to heart disease. You’re also more likely to have a heart attack without realizing it, as diabetes can damage nerves that signal pain. Keep your blood glucose levels under control.

Ask about medication. If diet and exercise aren’t enough to reduce your blood pressure or cholesterol, talk to your doctor about prescribing medication.

Reduce stress. Stress doesn’t directly cause heart disease, but it can increase the likelihood you’ll engage in other risk factors such as smoking, drinking, overeating and being inactive. Learn to alleviate stress in healthy ways, such as deep breathing, exercising or simply taking time to relax. ■

IF YOU DO ONE THING FOR YOUR HEART ...

There are plenty of ways to decrease your risk of heart disease. But one in particular is of utmost importance.

“The No. 1 thing to prevent a heart attack, despite all the medications and techniques we have, is not smoking,” says Nisha Jhalani, MD, the director of the Women’s Heart Health Initiative at the Cardiovascular Research Foundation. “There’s nothing as effective as stopping smoking at preventing heart disease.”

What exactly does smoking do to your heart? It:

- Damages the function of your heart and the lining of your arteries, leading to atherosclerosis (plaque buildup in the arteries)
- Reduces the amount of oxygen in your blood, making your heart work harder to get oxygen to the rest of the body
- Raises your blood pressure
- Increases your risk of blood clots

WEBSITE



Find a Cardiologist

Visit our new and improved website at www.mgh.net and click “Find a Doctor” at the top of the page. Or call the MGH physician referral line at **765-660-6444**.



➔ **NEW-PARENT PROBLEM:**
I'm not loving every moment of this like I thought I would. Could it be postpartum depression?

With the flood of hormonally induced emotions that come along with baby, it can be hard for new moms to tell the difference between normal baby blues and postpartum depression.

“Normal baby blues include weepiness and minor anxiety and typically resolve within a week or two after giving birth,” Moore Simas says. “Postpartum depression lasts longer and can cause feelings of hopelessness, guilt, sadness and sometimes suicidal thoughts. Some women may experience it differently, with things like anxiety or obsessive-compulsive disorder showing up.”

► **PRO TIP: Don't feel guilty if you're not thrilled with being a parent every second of the day.** That's normal—raising a baby is exhausting! But err on the safe side if you suspect you're dealing with something more serious, and tell your doctor. “Any significant change in behavior should be discussed with your physician,” Moore Simas says.

➔ **NEW-PARENT PROBLEM:**
I haven't done anything social in weeks. How can I find the time?

Parenthood is an all-encompassing endeavor, especially as you're just finding your footing. It's OK if you're a little behind on responding to text messages and happy-hour invites, but once you've started to get accustomed to the new you, try to reconnect with the old you, too. Schedule a date night with your spouse or a quick coffee catch-up with a friend.

► **PRO TIP: Craving company? Ask friends to come to you.** Most people will be delighted to cuddle a new baby, and you can get some much-needed adult interaction. ■

DON'T GO IT ALONE

It can be tempting as a new parent to strive to do it all. But if you're tag-teaming this whole parenthood thing, try to let your spouse share in the responsibilities.

Moms in particular often take on too much, says Christa Sanford, a certified nurse-midwife and a spokeswoman for the American College of Nurse-Midwives.

“We as women often try to do every task and eliminate our partner and eliminate their learning time with baby by taking over,” she says. “Sometimes we need to step aside and let our partners take charge.”

Not only will baby get to bond with each of you, but it also affords the primary caregiver a little much-needed “me time,” even if that's just a shower or a nap.

CALL



Our Pediatric Center Can Help

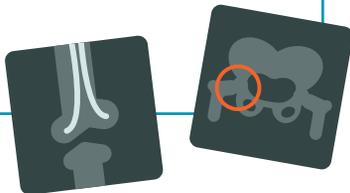
For more information or to schedule an appointment at the MGH Pediatric Center, please call **765-660-7660**.



JOINT IMPROVEMENTS

1 million

Americans have a hip or knee replaced each year.



More than 7 million

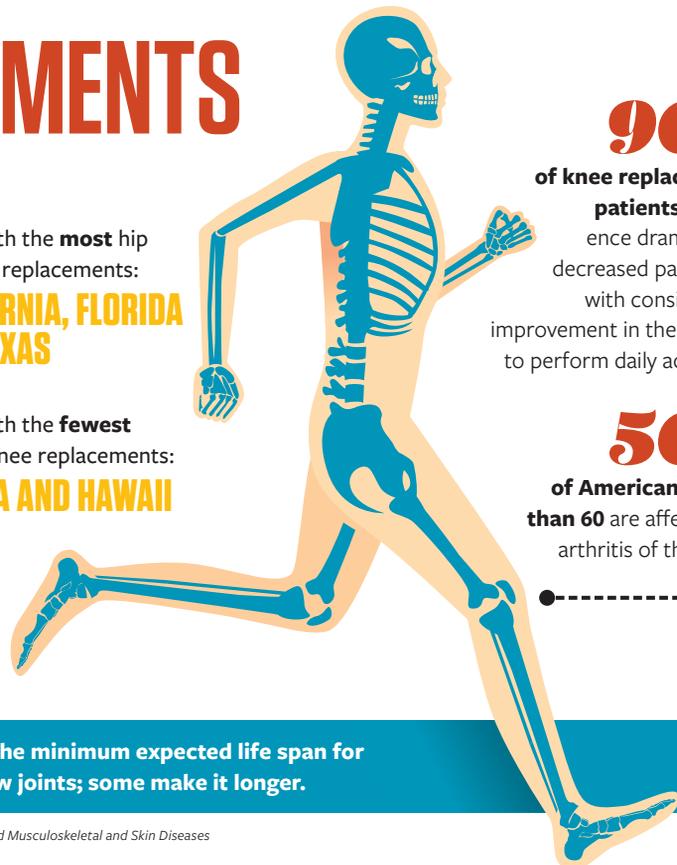
Americans have an artificial knee (4.7 million) or hip (2.5 million).

States with the **most** hip and knee replacements:

CALIFORNIA, FLORIDA AND TEXAS

States with the **fewest** hip and knee replacements:

ALASKA AND HAWAII



90%

of knee replacement patients experience dramatically decreased pain along with considerable improvement in their ability to perform daily activities.

50%

of Americans older than 60 are affected by arthritis of the knee.

10-15 YEARS

is the minimum expected life span for new joints; some make it longer.

Sources: American Academy of Orthopaedic Surgeons; National Institute of Arthritis and Musculoskeletal and Skin Diseases

NEWER METHODS FOR A BETTER RECOVERY

As newer pain management strategies help people decrease both pain and recovery time, knee replacement recovery has evolved. These new methods rely less on medications while facilitating a quicker return to activities, according to a literature review in the *Journal of the American Academy of Orthopaedic Surgeons*.

Traditional pain management has relied on a patient-controlled pump to deliver medications, sometimes with an epidural, which could cause side effects such as vomiting, urinary retention and constipation. Now, surgeons are focusing on a combination of pre- and postsurgery oral medications and nerve blocks, regional anesthesia with preoperative

nerve blocks and pain injections performed during surgery.

“One of the keys has been limiting narcotic use as much as possible, because we know that they lead to complications like nausea, constipation, respiratory distress and the inability to do rehabilitation postoperatively,” says Calin S. Moucha, MD, lead study author, orthopedic surgeon and spokesman for the American Academy of Orthopaedic Surgeons.

Addiction is another concern when administering narcotics. “We’re still giving them, but giving as little as we need to give,” Dr. Moucha says.

With this regimen, people are often able to go home the day of surgery or the day after, and begin rehabilitation just as quickly.

CALL



Learn About MGH's Orthopedic Services

For more information about orthopedic services at MGH, call Central Indiana Orthopedics at **765-664-2671**.

COMPREHENSIVE

Care for Women

*MGH Obstetrics
& Gynecology
helps women to
enjoy the very
best health*

BY **TERRI COUSE**



Every woman has unique preferences and needs for her health. At Marion General Hospital Obstetrics & Gynecology, we put you at the center of your care. Our aim is to help you make the best health decisions possible by listening carefully to your concerns and providing you with the most accurate and up-to-date health information and treatment options.

We provide medical and surgical obstetrical and gynecologic care for women from their teenage through senior years. That includes providing all types of birth control, as well as managing bleeding problems, infections, infertility services, cancer care, menopause and more.

We provide answers to women's most important health questions. From wellness checks to diagnostic services to advanced treatment options, MGH's Obstetrics & Gynecology practice gives you exactly the care you need.

Here's a closer look at some of the services we offer:

OB-GYN CARE AT MGH. MGH Obstetrics & Gynecology offers women the area's most personalized and comprehensive OB-GYN care. We provide the widest range of treatments in the area, including medical, surgical and nonsurgical approaches. Our obstetricians and gynecologists are trained in the most up-to-date clinical guidelines and surgical techniques.

BIRTH CONTROL COUNSELING AND MANAGEMENT. We can help you understand and choose the most appropriate form of birth control for you.

PREGNANCY AND CHILDBIRTH. We provide comprehensive obstetrical care for low-risk and high-risk pregnancies. For childbirth, we admit our patients to the Family Birthing Center at MGH, renowned for clinical excellence in a warm and compassionate environment. The Family Birthing Center provides women with state-of-the-art care for pregnancy and childbirth, and expert support for breastfeeding. MGH has an excellent success and safety record for women desiring a vaginal birth after cesarean section.

MENOPAUSE COUNSELING AND MANAGEMENT. The area's most knowledgeable and experienced staff of experts can help ease the transition into menopause.

OUR TEAM



Shawn T. Swan, MD
OB-GYN



Kristine Knapp, MD
OB-GYN



Vinodha Nagesh, MD
OB-GYN



Nagesh Anjinappa, MD
OB-GYN



Lisa Yarger, FNP-BC
OB-GYN



Connie Elliott, FNP-BC
OB-GYN

PELVIC SURGERY. Our OB-GYNs are talented surgeons specially trained in the latest minimally invasive surgery techniques. For our patients, this means less discomfort, faster recoveries and fewer complications.

WOMEN'S HEALTH EXAMS. MGH Obstetrics & Gynecology is prepared to help you stay healthy at any age. MGH offers the most advanced proactive wellness screenings, including annual exams and family planning help. We offer treatment of urinary incontinence, menstrual, pelvic organ and pelvic floor disorders, and menopause management.

MGH Obstetrics & Gynecology is dedicated to meeting the needs of women during every stage of their lives. Make MGH Obstetrics & Gynecology your trusted healthcare partner for life. ■

CALL



Find Out More

For more information or to schedule an appointment at Marion General Hospital Obstetrics & Gynecology, please call **765-660-7580**.



ONE PATIENT'S *Journey* TOWARD A BRIGHT FUTURE



Bernice Richards says losing weight changed her entire life

BY **TERRI COUSE**

Bernice Richards just wanted her life back. So, over the past couple of years, she has made some significant lifestyle changes and greatly improved her health. With diet and exercise alone, she has dropped from 298 pounds down to 149.

In 1985, Bernice was in a car accident and her leg and ankle were injured. Over time, her weight gradually increased and she had trouble walking. In 2011, she sought help from her family physician, Dr. Brenda Woods. Dr. Woods told her that losing weight would be one way to ease the pain in her ankle and get her strength back.



"I did not want to develop diabetes or other related health risks associated with being overweight," Bernice says.

Bernice, 61, is on blood pressure medication, but if she stays on the right track, she hopes to be able to stop taking it.

"I am so proud of her. I have the talk with so many patients day after day about the lifestyle changes they need to make, but she really did it," Dr. Woods says.

The Biggest Loser television show was one motivator for Bernice. The show features obese or overweight contestants competing to win a cash prize by losing the highest percentage of weight. Watching the contestants' transformations was inspirational. "I said, 'Lord, I am going to do this!'" Bernice says.

Her faith also helped. Bernice has attended Greater Light Apostolic Church in Anderson for 22 years. It is there that she learned of the Daniel fast.



Dr. Brenda Woods said she talks with patients every day about weight, but Bernice followed through.

A 10-day Daniel fast consists of vegetables and water only; a 21-day fast includes whole grains, beans, fruits, seeds and liquids, such as all-natural fruit juices. The Greater Light

Apostolic Church follows the 21-day fast every January. Bernice first did the fast in 2008 and has done it every year since. She says she typically loses 10 to 12 pounds.

The Change

When she started her journey, Bernice realized the difference between who she was and who she wanted to become would require finally doing something about her weight. She decided to find a plan that she could do forever, not just until she lost the weight. She knew it needed to be her future to enhance her quality of life.

Taking small steps has helped Bernice create long-term goals. She wanted to do something that set a healthy foundation for herself as well as her family. Her son, daughter and siblings have been supportive.

In June 2014, Bernice joined a health and wellness center. Logan Knox, wellness director at the facility, says the

center does an assessment with all new members to provide them with a workout routine to help them meet their goals.

"Bernice has been a blessing to work with. She comes six days a week and works hard each and every day. She is an inspiration to all those she comes in contact with," he says.

"Old habits die hard, so as I got older, I didn't have an exercise routine, really," Bernice says. "I can walk without pain now." Bernice walks on the track and does strength training with weights.

With Dr. Woods' help, Bernice also changed her diet. A typical breakfast includes cereal with almond milk or oatmeal. Lunch and dinner could include baked chicken, tuna, fish, vegetables, salad, low-fat dressing, nuts, beans, etc. She has cut out fast food, fried foods and sweets.

"I just try to be real with myself. It's OK to loosen the reins and fall off the wagon," she says. "If I start to feel down on myself, that's when I turn to my friends and family and focus on their successes. I get a lot of motivation from seeing people prosper and succeed. It makes me want to continue my own success."

Connecting with other people who are on the outside of your life looking in can give you a new perspective. To hold herself accountable and fuel her motivation, Bernice was willing to share her journey with others.

The Reward

Bernice says losing 150 pounds and getting in shape has given her the ability to try new things, be visible and conquer her goals.

Before, she didn't have the confidence. Now, she says, she knows she is worthy. At the gym, walking her son's dog or meeting new people, she is able to be a presence and feel strong. For Bernice, her weight-loss journey has not just been about the pounds; it has also been about her internal self.

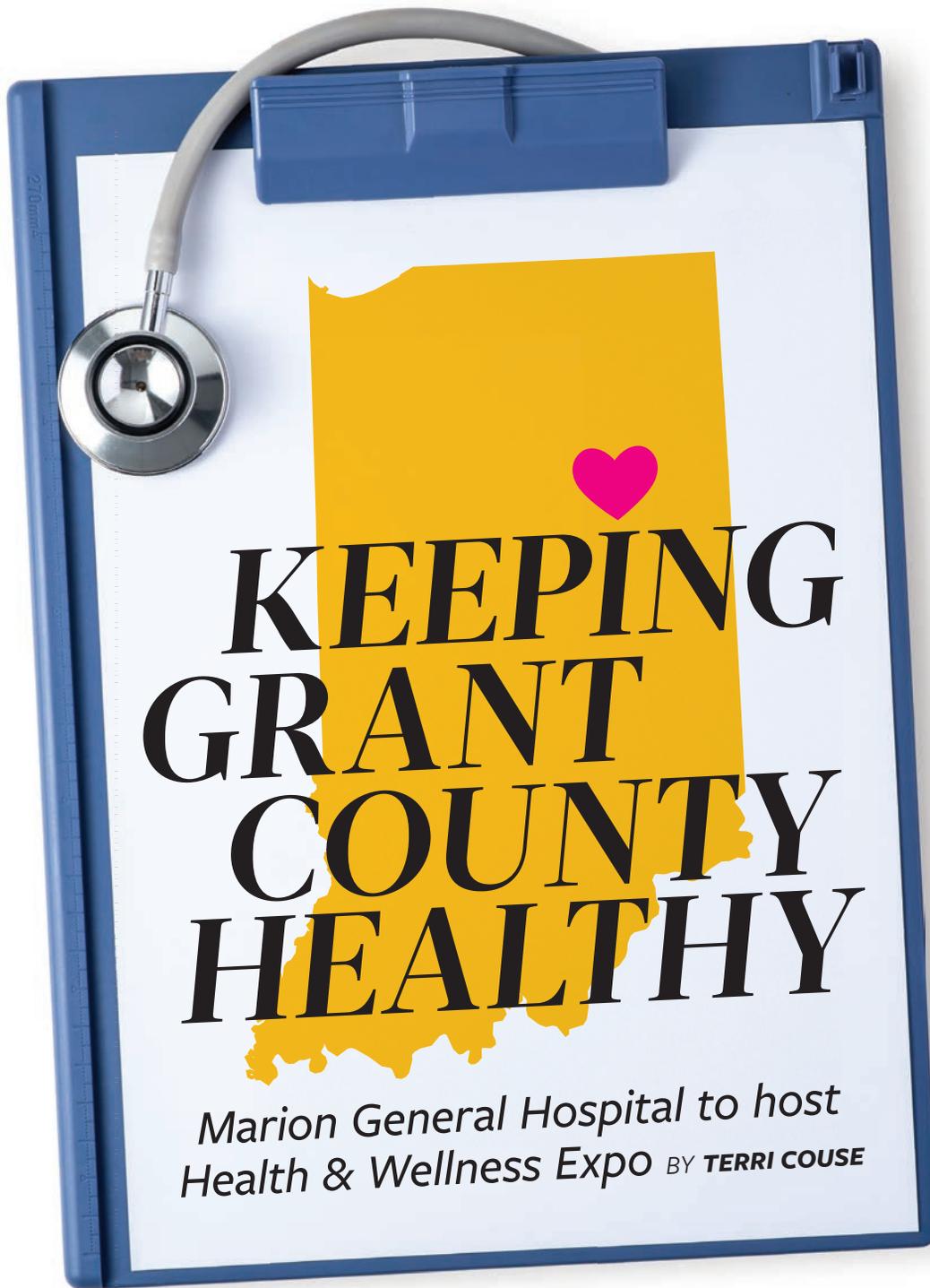
With her headphones and music, Bernice begins her daily walking regimen on the track, singing as she goes. She says she has much more energy.

"I'm human," she says. "I have days when I go overboard. I just look at each day as a fresh start." ■



Logan Knox, wellness director at a local health and wellness center, said Bernice is an inspiration to all those she comes in contact with.

The Daniel fast radically changes your food consumption for a specific number of days by restricting commonly enjoyed foods. The fast is a religious rite that is generally observed among Christians as an act of worship and consecration to God, as well as for enhancing personal prayer life.



KEEPING GRANT COUNTY HEALTHY

Marion General Hospital to host
Health & Wellness Expo **BY TERRI COUSE**

We are pleased, as a health and education community leader, to offer the first annual Marion General Hospital Health & Wellness Expo. The expo will be held from 8 a.m. to 1 p.m. Saturday, Sept. 9, at the MGH 330 Building, 330 N. Wabash Ave.

We understand the importance of collaborating with local community-based organizations and corporations to reduce health disparities and improve our community's access to relevant screenings and preventive care. As summer winds down and fall arrives, this will be a wonderful opportunity and time of the year to be healthier as individuals, as families and as a community.

At MGH, we appreciate community members entrusting their care to us and we look forward to sharing a day full of education, counseling, resources, screenings, fitness demonstrations, giveaways, excitement and entertainment.

This health expo promises to be a wonderful event for people of all ages and all levels of health and physical activity.

Free Advice, Health Talks for Families and Adults

Attendees will be able to receive free clinical advice at the MGH "Chat with a Doc" station. A multidisciplinary team of physicians from MGH and other leading health experts will be selected to present a series of health lectures on numerous topics.

Each year, thousands of Indiana residents die because they fail to seek preventive health screenings, lack understanding of their risks of major health problems, face access barriers to care, or do not make lifestyle changes to improve their health. Improving healthcare remains an important topic of discussion both nationally and locally. Better health is truly a journey that we must take together. Thus, Marion General Hospital has embarked on the challenge to keep the people of Grant County and surrounding counties healthy.



Health Screenings, Assessments and Training

When getting a community health screening, it is important for participants to know their results and discuss their impact with a health professional. Having that information can help participants take the right steps toward better health. The Health & Wellness Expo will offer numerous prevention and screening stations, such as:

- ▶ Blood pressure screening
- ▶ Blood sugar screening
- ▶ BMI assessment
- ▶ Cancer screenings (clinical breast exam, cervical and colorectal screenings)
- ▶ Cholesterol screening
- ▶ CPR training for adults and children
- ▶ Foot exams
- ▶ Lung function testing

Information will also be available on cardiovascular screening, cardiovascular screening plus, lung screening, heart screening and prostate screening plus.

Free Health Information, Networking Opportunities

MGH service lines and departments will be on hand to distribute outreach



MGH staff, exhibitors and volunteers will be on hand at the expo to offer information and screenings to attendees.

materials and educate the community about health and social issues affecting underserved populations. MGH is working on having professionals in advanced directives/healthcare proxy, advocacy, breast health, cardiac care, children's services, disease prevention and management, domestic violence, early intervention, healthy eating, orthopedic care, pediatric health, reproductive health, safety prevention, substance abuse and tobacco education. ■

CALL



Join Us for the Heart Walk

Also on Sept. 9, we will team up with the cardiac rehabilitation department for the annual Heart Walk. Registration begins at 8:30 a.m., and the walk begins at 9 a.m. For more information on the Heart Walk, call **765-660-6050**.

EVENTS & ACTIVITIES

Continuous education programs/support groups

Classes

Diabetes

Classes are offered monthly. Physician referral is required. For more information, call diabetes education at 765-660-6690.

Prenatal Education

Classes provided in conjunction with Family Service Society Inc. Classes are held at various times throughout each month. Please call 765-660-7893 or visit www.mgh.net for more information.

Community Service

Car Seat Safety

Free service for parents and caregivers for inspection, fitting and instructions on proper installation of a child car seat. (Both child and car seat must be at inspection.) Call 765-660-6860 for appointment.

Date/Time: By appointment only

Location: MGH Parking Garage, 441 N. Wabash Ave.

Support Groups

(All support groups are free)

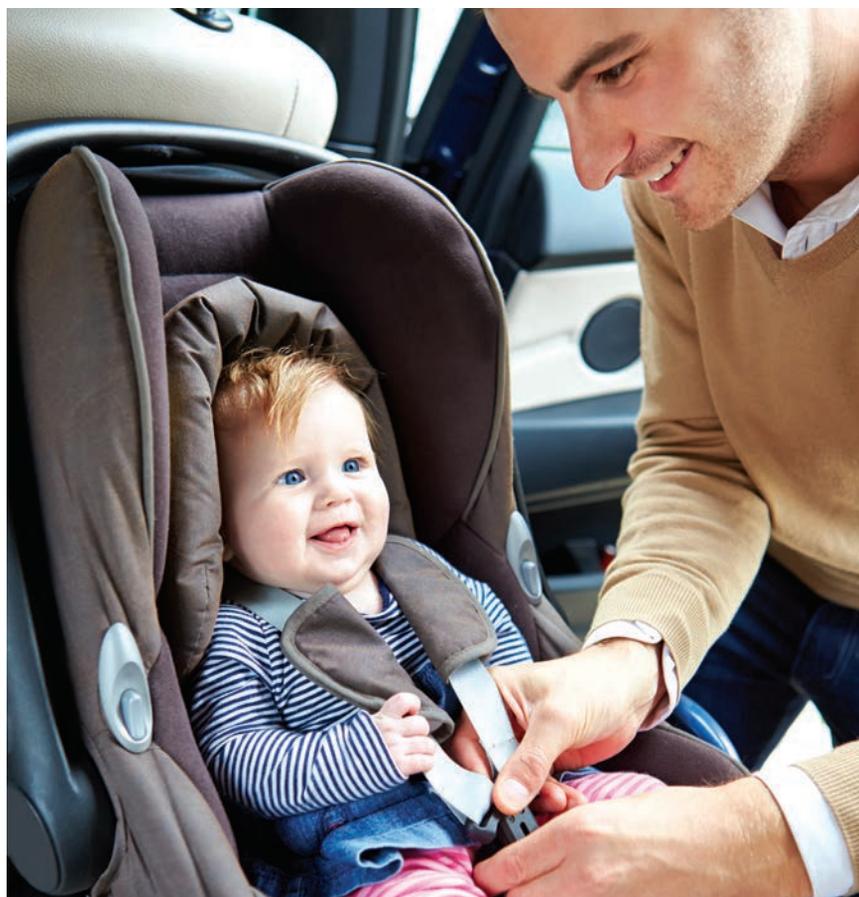
Bariatric Support Group

Support group for individuals who have had bariatric surgery or are interested in bariatric surgery, as well as those who are participating or wish to participate in medically supervised weight loss. Call 765-660-7133 for more information.

Dates: Meets the third Thursday of each month (does not meet in December)

Time: 6:30-8 p.m.

Location: MGH 330 Building, Conference Rooms 1-2, 330 N. Wabash Ave.



New Mom Group

A safe place to find support from other new and expectant mothers. Infant weight checks, feeding and nutrition, safety issues and postpartum depression are a few topics covered. Refreshments available. Call 765-660-6866.

Dates: Meets every Tuesday

Time: 1:30-3 p.m.

Location: MGH Fourth Floor, Lactation Office, 441 N. Wabash Ave.

Traumatic Brain Injury Support Group

Caregivers and survivors of all types of head injuries welcome. Discuss daily challenges of head-injured patients and their caregivers as they relate to independent living as well as returning to the workplace. The main focus is on

CLASS 

For More Information

To register or learn more about our programs, please call the numbers listed or visit our website at www.mgh.net (click "Events").

providing social support. Call Ann Miller at 765-660-6360 for more information.

Dates: Meets the second Tuesday of each month

Time: 6:30-8 p.m.

Location: MGH Fifth Floor, Conference Room B, 441 N. Wabash Ave. ■

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A NATIONAL AWARD WINNER 2016



Congratulations MGH for winning Most Wired hospital in the nation for the seventh time.

The award validates MGH's commitment to invest in technology to improve hospital operations and patient care.

It means:

- Quicker access to patient results,
- Increased accuracy on patient information shared between service areas,
- More data to validate diagnosis and treatment of patients.

One more way, MGH puts our **Healthcare Community first.**



Congratulations! **MGH** MARION GENERAL HOSPITAL

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