

ADENA HEALTH

FOCUS

Volume 2 Issue 2



Targeted treatment

Adena Cancer Center brings new precision technology to the fight against cancer.



Targeted treatment

Imagine having a precision-strike weapon in the war against cancer that better targets cancerous tumors without risking the healthy cells and tissue around them.

Stop imagining.

With the recent arrival of the second of two new linear accelerators added over the past couple years and the upcoming implementation of additional technology utilizing those accelerators, the Adena Cancer Center has a leg up in the fight.

A linear accelerator uses pinpoint accuracy to direct radiation beams at cancerous tumors, which helps prevent damage to surrounding healthy cells and tissue and limits some of the side effects of traditional radiation therapy. It also can utilize real-time imaging while treatment is taking place, allowing the machine to pause, realign, and then resume the session if it detects tumor movement beyond a pre-set level in order to ensure the tumor is being targeted.

“With the accelerators, sessions are faster for patients, so treatment times are less, and they are better for our staff and our therapists because they are part of a better integrated system,” says Gregory Thompson, MD, radiation oncologist.

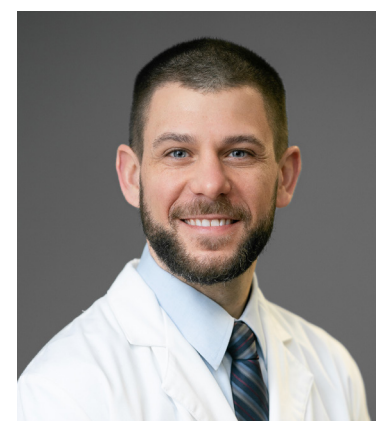
With both linear accelerators now in place, additional technology can now be integrated into the system to allow for a phased-in expansion of additional cancer-related services. Among them will be a procedure that can better protect the heart during radiation treatments for left-sided breast cancer patients and another that uses advanced software technology to precisely guide radiation to areas of the body that may see tumor movement during breathing.

The result is further enhancement of the safe, quality cancer treatment offered close to home that patients have come to expect from Adena Cancer Center. That’s important because the Ohio Department of Health’s 2023 annual cancer report reveals that several counties across south central Ohio rank among the highest in the state for incidences of cancer.

Adena Health is the only facility in southern Ohio to offer two linear accelerators and accompanying technology to combat those numbers, making the cancer center a destination for advanced radiotherapy care, says William “Alex” Wilson, MDF, medical director of oncology at Adena.



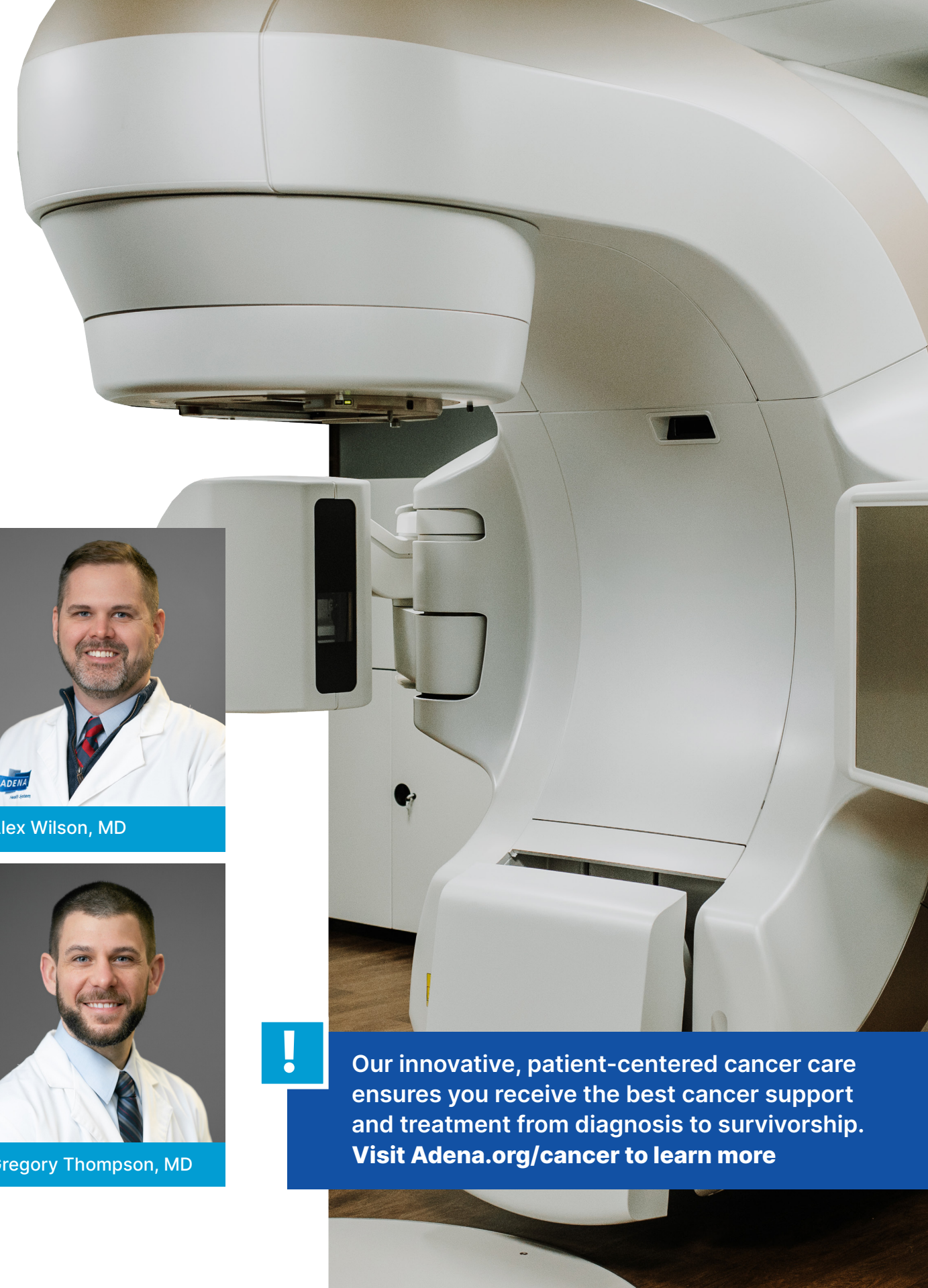
Alex Wilson, MD



Gregory Thompson, MD



Our innovative, patient-centered cancer care ensures you receive the best cancer support and treatment from diagnosis to survivorship. Visit Adena.org/cancer to learn more



Catching lung cancer early

Never smoking or quitting smoking have been proven to reduce the incidence of lung cancer, but the greatest chance to survive lung cancer is by catching it early. This can be accomplished with a simple lung cancer screening.

Adena Cancer Center began offering its free lung cancer screenings in 2013 and since has become a national model for excellence – and is saving lives.

“If we find it early enough, we could save your life,” says Felisha Hauswirth, BSN, RN, lung health specialist at Adena Health and head of Adena’s lung cancer screening program.

Many people may not experience symptoms linked to lung cancer, especially in the early stages. This is why a lung cancer screening is so important. The no-cost lung cancer screening is a simple, painless, low dose, non-invasive CT scan that can identify tumors or lesions potentially needing further medical attention.

“If we find something early enough, there is a high possibility that it can be removed with surgery before it spreads to other parts of the body—and there’s no need for further chemo or radiation treatments,” she says.

While other health care organizations offer lung cancer CT screenings as well, the majority of

them bill insurance or, at minimum, require a co-pay from patients. Adena decided at the onset of its lung cancer screening program to offer the screenings for free in order to better serve its patients regardless of insurance status.

Individuals eligible for the free lung cancer screening are:

- Between 50-80 years old
- Have a history of smoking at least one pack a day for 20 years, or at least two packs a day for 10 years
- Are a current smoker, or someone who has quit smoking in the past 15 years

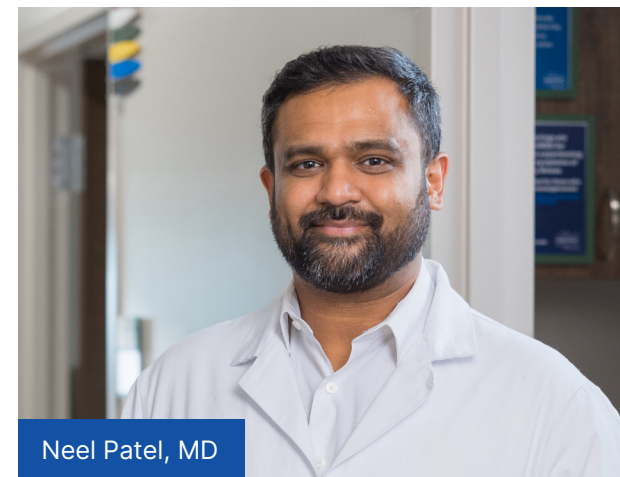
If you or a loved one meet these criteria, consider setting up a free lung cancer screening with Adena.

When patients join the lung cancer screening program at Adena, they receive one-on-one support from staff, helpful resources on preventing lung cancer, and annual screening reminders.



Schedule a free lung cancer screening by calling (740) 542-LUNG (5864)

Should you consider same-day joint replacement?



Neel Patel, MD

Cheryl Powell knew when the time was right for her to consider a hip replacement.

“I got to the point where I couldn’t walk without pain,” she says. “My quality of life was not there.”

Adena Health orthopedic surgeon Neel Patel, MD, who performed a successful same-day hip replacement on Cheryl, says that tipping point is different for everyone.

Dr. Patel answers some of the common questions he gets from patients suffering from joint pain.

When should I seek medical help?

“If you are experiencing significant joint pain for a week or longer, and over-the-counter medications aren’t taking care of the problem, it’s time for a physician consultation to examine the problem and start exploring solutions,” he says.



Is surgery the only solution?

Not necessarily. In some cases, prescription medication or injections may control the pain and address the problem without surgery,” Dr. Patel explains. “At Adena Health, prior to considering joint surgery, attempts are made to address other possible contributing health conditions such as weight, diabetes, heart, kidney and lung issues. This ensure patients are in good health before any surgery and also sees if addressing those issues reduces inflammation and eliminates the need for surgery.”

When is it time for surgery?

“The time for surgery is when patients tell me it’s time,” he says. “Often times, that ends up being the point that, like it was with Cheryl, when the patient can’t get through a day without thinking about the pain making even simple tasks difficult to complete.”

Schedule an appointment at Adena Orthopedic and Spine Institute by calling 740-779-4598 or visit Adena.org/AOSI.

Building the future of vascular care

Adena Health is shaping the future of vascular care in south central and southern Ohio.

How?

Through growth, innovation, expanded services, and an approach to patient-centered care.

At the forefront of this movement are a pair of new vascular surgeons Rahul Kar, MD, and Vikram Rao, MD.

Both highly trained physicians come to Adena's heart and vascular program wanting to use their skills to make a difference in what they see as a valuable opportunity for modern vascular care in this area of the state.

"Vascular surgery is one of those fields that's constantly growing in terms of new advances, and being able to provide the most current treatment available is something this community deserves," says Dr. Kar.

Dr. Rao serves as the new medical director for Adena's vascular surgery services, having practiced in the Cleveland area for nearly 20 years. Dr. Kar, meanwhile, worked as a vascular surgeon in the suburbs of Washington, D.C., and is making a return to Ohio, having earned his medical degree from The Ohio State University College of Medicine.

The pair said patients can feel confident in the experience and expertise of the care team that's been assembled.

"I always tell patients that you have the best team around here, and that we really care about you," Dr. Rao says. "It can be scary and emotionally draining for a patient to come to a specialist for any sort

of treatment, but with this program and team of providers, you are going to be offered quality, modern vascular care in this community."

The surgeons will play key roles in expanding Adena's services in vascular care, treating a variety of conditions. Much of that care will involve minimally invasive procedures that are easier on the patient and provide a smoother and shorter recovery than other traditional methods.

Patients will not only benefit from the doctors' expertise, but from Adena Regional Medical Center's new hybrid operating room.

The presence of an advanced hybrid operating room allows Adena providers to perform less-invasive operations that provide a faster transition between diagnosis and treatment for patients with faster recovery and with better patient outcomes.

Having a seamless integration between different members of the cardiovascular team in the new hybrid operating room saves patients the burden of undergoing separate procedures with separate recovery times. This means less time spent in recovery at the hospital.

For both surgeons, providing a high-quality patient experience is at the very center of their approach.

"The patient is like a family member," Dr. Rao says. "A successful day for me is when I can walk into the hospital and, by the time I walk out, know I've helped people and, most importantly, that I've provided good, healthy outcomes for my patients."

For more about Adena's heart and vascular care, visit Adena.org/heart.



Rahul Kar, MD

Medical School: Ohio State University College of Medicine, Columbus, Ohio

Residency: NYP/QUEENS, Flushing, NY

Fellowship: Loma Linda Medical Center, Loma Linda, CA

Specialty Areas

- Aortic disease
- Carotid disease
- Dialysis access
- Limb salvage
- Peripheral Arterial Disease (PAD)
- Treatment of renal and mesenteric artery
- Venous disease



Vikram Rao, MD

Medical School: Stanley Medical College, Madras, India

Residency: Morehouse School of Medicine, Atlanta, GA

Fellowship: Henry Ford Hospital and Wayne State University, Detroit, MI

Expertise meets compassion

Board-certified cardiothoracic surgeon Mark Tawil, MD, is no stranger to building an open heart program.

With more than 30 years of experience, Dr. Tawil comes to Adena as the program's new medical director, seeing an opportunity to further the development of high-quality, trusted cardiac care and services close to home for Adena patients.

It's a similar approach he took when starting the open heart program at Marietta (OH) Memorial Hospital in 2020.

"Patients don't need to look far to find the care they need and deserve," he says. "It's right here at Adena."

Touting the experience of both existing physicians and staff and a talented group of new additions to the team, Dr. Tawil is excited about the direction of the program and what it means for patients.

"We want to keep care local," he says. "Patients and their families shouldn't have to travel far when they need care that is critical or every time they have a follow-up appointment."

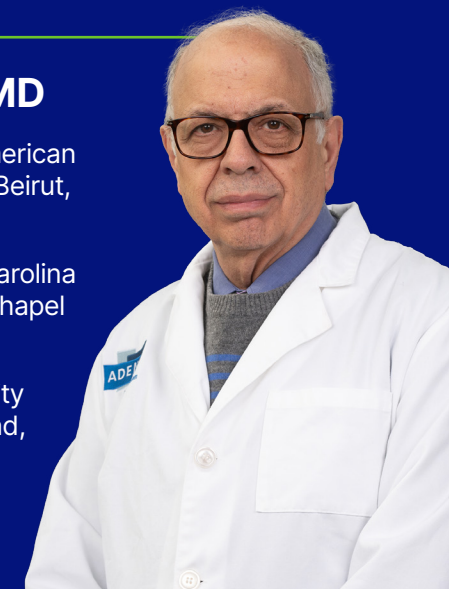
Our patients are truly at the center of what we do. As Dr. Tawil adds, "That is why this team is here."

Mark Tawil, MD

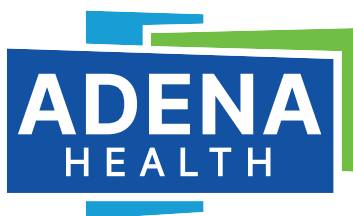
Medical School: American University of Beirut, Beirut, Lebanon

Residency: North Carolina Memorial Hospital, Chapel Hill, NC

Fellowship: University Hospitals of Cleveland, Cleveland, OH



Do you
have a
passion
for caring
for others?



Adena Health is looking for new and experienced nurses to join our team.

Apply today!
Adena.org/careers

