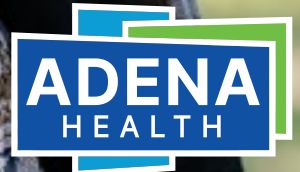


ADENA HEALTH

FOCUS

Volume 2 Issue 4

Comprehensive
heart care so
patients don't
skip a beat



Comprehensive heart care so patients don't skip a beat

When Chillicothe resident Angie Alexander learned she needed open-heart surgery, she didn't think twice about where she wanted to have the procedure.

"People asked me, 'Why don't you go to Columbus for the surgery?' I said, 'Why? I'm staying home. Adena is my hospital,'" Angie said.

It was only because of the vigilance and expertise of the Adena Health physicians she had come to trust that the danger with her heart was caught and treated in time.

Her journey began with an annual lung screening through which Adena radiation oncologist Gregory Thompson, MD, discovered something unusual that led to a diagnosis of major blockages in three arteries.

"I have a lung screening every year because my husband died of lung cancer and I'm a smoker," Angie said.

A condition most commonly called hardening of the arteries, which occurs when plaque from cholesterol, fat, and other matter builds up within the arterial walls, restricting blood flow to the heart is what caused blockages in Angie's heart. If left untreated, it can lead to a heart attack, stroke or death.

In Angie's case, this condition caused some of her arteries to be as much as 90% blocked. Even at that percentage, Angie didn't recognize any signs those blockages even existed or the serious risk

they posed to her health. While she had felt a burning pain in her back, she simply had chalked it up to issues with acid reflux.

Once diagnosed, her primary care physician, Ellis Frazier, MD, immediately referred Angie to the Adena Heart and Vascular Institute. There, interventional cardiologist Jerrod Betz, MD, performed a heart catheterization that determined an advanced open-heart procedure was needed.

Cardiothoracic surgeon Mark Tawil, MD, provided that care. Dr. Tawil performed a coronary artery bypass graft (CABG) to create new, clear pathways for the blood to pass around the areas of the arteries that were experiencing the blockages.

CABG is one of the several life-saving procedures performed by the experts at the Adena Heart and Vascular Institute. Adena's board-certified cardiothoracic surgeons also perform:

- aortic aneurysm repair
- carotid artery surgery
- heart valve repair'
- heart valve replacement
- non-invasive repair of chest aneurysms
- non-invasive repair of abdominal aneurysms
- non-invasive aortic valve replacement
- off-pump bypass surgery

Following her surgery, Angie felt she received exceptional care in the intensive care unit, where she took every opportunity to laugh and joke with her caregivers. Angie said she remained so upbeat because she knew a positive outlook would help her get home faster.

"Six days later, I got to go home," she said. "It's because of the good care – beyond good care – that I received at Adena. Everybody was so friendly."

As part of her recovery, a physical therapist paid Angie a house call shortly after her return home to provide cardiac rehab services and check on her progress and activity following the surgery.

Angie's family members echoed her praise for her Adena caregivers, saying the entire care team did an outstanding job of taking care of their loved one and making sure the family stayed informed every step of the way throughout her diagnosis, procedure, and recovery.

As part of a tight-knit family that loves to cook southern dishes together, Angie was excited about being able to get back in the kitchen, and is forever grateful for the Adena specialists that detected her condition before she suffered a major heart attack.

"I praise them to everybody who will listen to me," Angie said. "I love Adena."

For more about the Adena Heart and Vascular Institute, its providers and full range of services, visit Adena.org/heart.

Angie Alexander

Scan the QR code to see all the services with Adena Heart and Vascular Institute



Pain-free living

Chillicothe resident Joseph White knew he had to take action to improve his quality of life when a pinched nerve kept him from doing something he loved – playing catch with his grandsons.

“I couldn’t use my right arm,” Joseph said. “I wanted to be able to throw the baseball with my grandsons. I couldn’t even do that. That’s huge with me because I love those boys.”

Fortunately, neurosurgeon Blake Walker, MD, at Adena Orthopedic and Spine Institute, knew exactly what to do to get Joseph back in the game.

“His problem was in the cervical spine in his neck,” Dr. Walker said. “Following a single-level spinal fusion, he was able to go home two hours after surgery.”

Joseph was amazed at how well he felt after his surgery.

“He got my arm back,” Joseph exclaimed. “Right after the surgery I could feel my arm. The pain was gone.”

Dr. Walker specializes in spinal reconstruction, decompressions, and fusions.

“Often times the patients I see have been dealing with pain that has impacted their lives for years. Fortunately, we’re often able to help them get back to doing what they were doing 10 or 15 years prior,” Dr. Walker said.

He advises anyone experiencing arthritis pain, tingling, numbness, or weakness shouldn’t wait to make an appointment. Seeing a provider quickly not only can help relieve pain, it can also help prevent long-term impact or damage.

Joseph is thrilled to be able to play ball with his grandsons again.

“Dr. Walker said I’m cleared to do anything I want to,” Joseph said. “From the bottom of my heart, I want to thank Dr. Walker.”

To learn more about the providers and services available or to schedule an appointment at Adena Orthopedic and Spine Institute, visit Adena.org/AOSI or call 740-779-4598.

Blake Walker, MD
neurosurgeon



Express Clinic offers walk-in access to get you back to doing what you love

Whether or not you’re an athlete, a sudden injury or new pain does not have to be an inconvenience to your busy schedule.

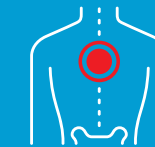
Fortunately, the specialists at Adena Orthopedic and Spine Institute’s Express Clinic stand ready to target common sports and musculoskeletal injuries with swift, specialized care. And the best part is, there’s no appointment or referral necessary.

The Express Clinic provides the same fellowship-trained sports medicine physicians who practice at Adena Orthopedic and Spine Institute, with convenient access and less wait time, helping patients get a faster diagnosis and treatment plan.

Walk-in services are available from 8 a.m. to 3 p.m. Monday through Friday at Adena Orthopedic and Spine Institute on the Adena Regional Medical Center campus in Chillicothe.

Get back to doing what you love. Call 740-779-4598 or visit Adena.org/express to learn more.

Express Clinic services:



Acute back and neck pain



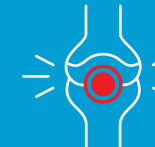
Broken bones (excluding hip/face)



Finger dislocations



Injured, painful, or swollen joints (including arthritis flare-up)



Recent bone, joint, or muscle injury



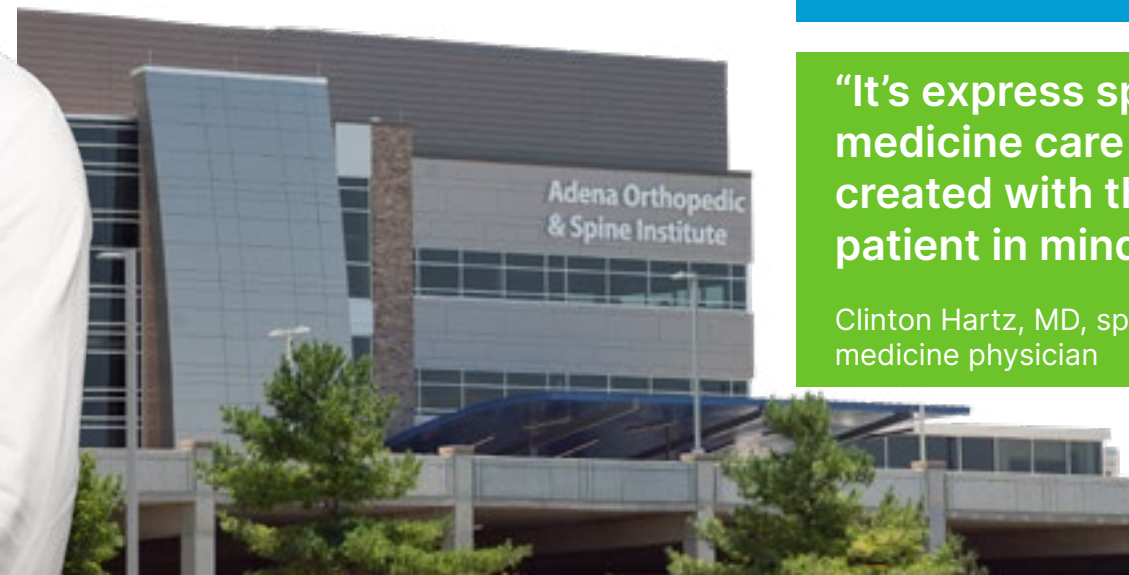
Sports-related injuries and concussions



Sprains and strains

“It’s express sports medicine care created with the patient in mind.”

Clinton Hartz, MD, sports medicine physician



Building a brighter future

Construction plans announced for new Fayette County hospital

When the former Fayette County Memorial Hospital joined the Adena Health family in 2021, Adena President and CEO Jeff Graham expressed a desire to make a significant investment in the future of health care in Fayette County. The future, he promised at the time, included plans for construction of a new critical access hospital.

That future is now.

Adena Health has announced its construction plans and design for the future Adena Fayette Medical Center this summer. The 65,000-square-foot hospital will be located on the site of the present facility in Washington Court House. The health system plans to break ground and begin construction on the two-year project in mid-2025.

“This is us seeing our commitment through,” said Josh McCoy, Adena west market vice president. “We know the community is set to grow significantly and it is our responsibility to be a partner in that growth, making sure residents have the quality health care this community deserves well into the future.”

Once completed, the new, modern facility will build upon the quality care already provided at Adena Fayette Medical Center.

“What this will do is improve patient access to services, create better efficiencies, and provide an environment that makes care for our patients and their families more convenient. It also will give us the opportunity to provide more advanced treatment options,” McCoy said.

The construction of a new hospital will also help contribute to the economic growth of the community. Access to high-quality health care for employees and their families is considered one of the key selling points for businesses and industries as they decide where to locate new facilities. In addition, the new hospital will help Adena’s ongoing recruitment work to bring even more highly skilled physicians and advanced practice providers to Fayette County and the health system as a whole.

The new hospital construction will take place directly behind the current hospital on Columbus Avenue and will not impact patients’ access to care throughout the project.

About 14 months went into the design of the new hospital, utilizing feedback from current Adena Fayette Medical Center caregivers to help determine the most efficient space configurations and upgrades to help enhance patient care. As a special

nod to Fayette County, the design also incorporates subtle elements that reflect the agricultural heritage of the community, its location, and the resilience of the hospital’s staff.

“This project aligns with our mission to be our region’s most trusted partner in health care. We’re very excited about the opportunity this new hospital presents for Washington Court House and all of Fayette County,” Graham said. “We are thrilled to be able to live up to our commitment to area residents and look forward to being an active partner in the exciting growth coming to this community.”

For all the latest updates and progress on the new Adena Fayette Medical Center, visit Adena.org/Fayette.

“It takes more than bricks and mortar to make a hospital. What makes Adena Fayette Medical Center special now and what will continue to make it special in the new facility are the dedicated physicians, advanced practice providers, and the entire caregiver team who put the well-being of their patients first.”

Josh McCoy, Adena west market vice president



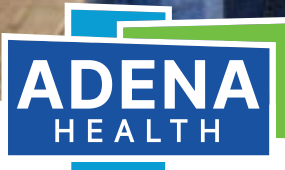
Patient experience and care benefits:

- Additional operating room space
- Convenient parking
- Dedicated trauma room
- Enhanced patient privacy
- Integrated telemetry units
- More patient care technology, like precision robotic-assisted surgical procedures
- New progressive care unit
- On-site retail pharmacy
- Continued services in, endoscopy, gastroenterology, OB/GYN, orthopedics, surgical services, and more



We put our hearts into it, so you can too.

KIM R.
Lung surgery patient



Kim had a feeling something wasn't right. At Adena Heart and Vascular Institute, she was diagnosed with a life-threatening bacterial lung infection. Yet Kim's positivity never wavered, knowing she had access to state-of-the-art, comprehensive care, close to home. An entire network of experienced specialists crafted a personalized care plan that included a successful lung resection surgery. Now, Kim is looking forward to getting back to gardening, walking her dog — and enjoying the life she loves.

Learn more at Adena.org/Thoracic.