

AVITA TODAY

APRIL 2025

NEW PHARMACY

Now Open in Crestline p3



John Diehl, MD
*Orthopedics &
Sports Medicine*



Megan Oberhauser, DO
Internal Medicine



Srikanth Yandrapalli, MD
Interventional Cardiology

CANCER CENTER

coming soon

Take a Sneak Peek at the
Construction Progress p8

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new PROVIDERS

Welcoming new providers to the Avita team!



John Diehl, MD
Orthopedics
& Sports Medicine
Bucyrus
419-562-5281



Megan Oberhauser, DO
Internal Medicine
Shelby
567-247-0881



Melissa Irwin, PA-C
Endocrinology
Ontario
567-247-0825



Srikanth Yandrapalli, MD
Interventional Cardiology
Galion & Ontario
419-462-4600

Looking for a new provider? Call our **Provider Referral Line** at **419-468-0961**.



Ontario Pharmacy Celebrating 10 years of Service to the Community

Avita Ontario Pharmacy has been providing personalized care to patients since 2015. Two years ago, we moved to a new location at 600 Richland Mall to expand our retail space and add a convenient drive-thru. We're excited to now have two pharmacies, Ontario and Crestline, open 7 days a week!



When Crestline's only retail pharmacy closed its doors in 2024, we knew we needed to do something to bring much-needed pharmacy services back to the community. After a few months of planning, Avita Crestline Pharmacy opened at 385 N. Seltzer Street on February 24th.

The Crestline community now has convenient, local access to a full line of over-the-counter and prescription medications. Our pharmacy is open to everyone, not just Avita patients. We welcome prescriptions from all medical providers and accept payment from all major insurance companies.

Curbside prescription pick-up is available as well as automatic refills, one-on-one pharmacist consultations, immunizations for adults and children, and FLAVORx custom flavoring for liquid medication.

Pharmacy Hours

Monday-Friday: 8:00am to 8:00pm
Saturday-Sunday: 8:30am to 5:00pm
(Closed Daily 12:30 -1:00 for lunch)

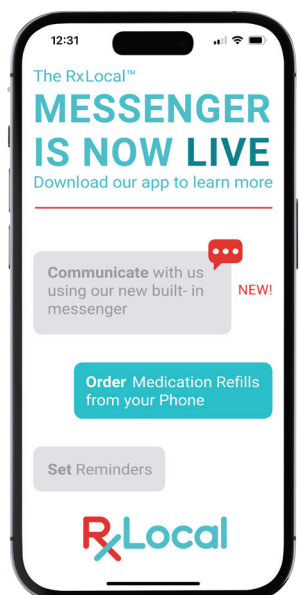
Our team can help you transfer prescriptions to our new location. We make it easy!
To get started, call 419-462-3806.



Did you know that we have an app?

The RxLocal mobile app allows patients to request refills, set reminders, and send secure messages to our pharmacy team.

To sign up, scan the QR code
or visit avitahealth.org/rxlocal/signup



95lbs. Lost and counting

Lindsay G. struggled with her weight for as long as she could remember. For years, she tried fad diets but never reached her weight-loss goals. After moving to the area from Oregon with her husband and two children, she knew she needed to focus on her health after routine lab work brought her face-to-face with a pre-diabetes diagnosis. Lindsay wanted to lose the weight once and for all, so she scheduled an appointment with bariatric surgeon Dr. Justin Eagleston. He walked into the exam room wearing a Cobra Kai scrub cap and she knew right away that she liked him. The trust only grew from there, and Lindsay knew that she was in good hands. "I know I have him and the team for life."

On March 25, 2024, Lindsay underwent bariatric surgery at Ontario Hospital. Since then, she has lost 95lbs and still counting! She hasn't reached her goal weight yet, but this journey has changed every aspect of her life. First of all, she is no longer pre-diabetic, her poly cystic ovary syndrome has resolved, and her blood pressure and lab work have all improved. Lindsay explained that bariatric surgery has positively impacted both her physical and mental health. She feels more confident and is willing to try new things. She gets to do more with her family, like ride the carousel in Mansfield with her children. In October, Lindsay completed her first 5K with her husband. She is able to go up stairs without getting short of breath. She can go to stores and find clothes that fit without having to special order online. Even crossing her legs while seated is a new feat. Best of all, Lindsay has room to hold her children on her lap.

Lindsay recommends bariatric surgery to those struggling to lose weight. She still gets to eat the things that she enjoys, just smaller portions. She no longer turns to food to de-stress or reduce anxiety. It's a new way of life, and she would 100% do it all over again. "It was worth moving over 2,000 miles. I was supposed to find Dr. Eagleston. I was supposed to take this journey."

I was supposed to find Dr. Eagleston. I was supposed to take this journey.
- Lindsay G.

Lose Weight. Gain Health.

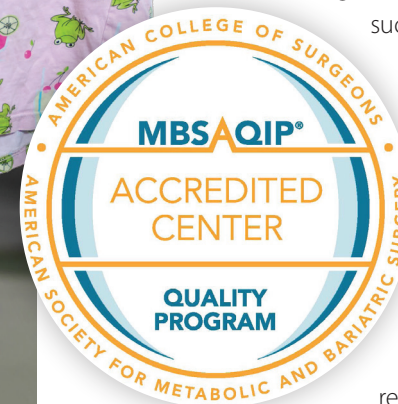
Medication and Surgical Options

Avita's comprehensive weight-loss program offers a variety of treatment options, including surgery, injections, and medications. Led by board-certified bariatric surgeons, we have the area's only comprehensive center for weight-loss accredited by The American College of Surgeons Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program.

If you haven't been able to lose weight through diet and exercise, then medication or surgical weight-loss could be the answer.

According to the American Medical Association, a year of taking anti-obesity medication could mean a loss of 3% to 12% more body weight than if you were doing lifestyle changes alone. Since 2012, several medications have been FDA approved for chronic weight management. Some are taken orally while others are self-administered injections with the goal of helping you feel less hungry or full sooner. Another choice is bariatric surgery, such as gastric bypass, which boasts an average weight loss of 70% of excess weight within the first two years.

Do I qualify for surgery? While requirements differ among health insurance companies, bariatric surgery patients are often required to be 18 years of age and have a BMI of 35 or higher with obesity-related health conditions, such as high blood pressure or type 2 diabetes. Other requirements may include documented efforts to lose weight and psychological testing. At Avita, our program has every expert you need to navigate this journey, including a clinical psychologist, nutritionists, and a medical team dedicated to providing the tools and support to help you reach your weight-loss goals.



OUR TEAM WANTS TO HELP YOU
BE THE HEALTHIEST, HAPPIEST
VERSION OF YOURSELF.

We schedule appointments locally, so you never have to leave the area for treatments or evaluations. All of our bariatric surgeries are performed at Bucyrus, Galion, and Ontario Hospitals. If you're a smoker, we have a pharmacist-led tobacco cessation program to help you stop smoking prior to surgery. If you have pre-existing heart conditions, we have a team of cardiologists available to provide testing and cardiac clearance. We help remove the barriers so you can focus on losing weight and gaining health.

Scan the QR code to request an appointment
or visit avitahealth.org/bariatric-docs.
We will explore your weight-loss options
and insurance coverages together.



Bariatric Team



Justin Eagleston, MD
Ontario
567-307-7854



Thomas Smith, DO
Galion, Ontario
419-462-3839



Raygan Ciballi, PA-C
Galion, Ontario
419-462-3839

RELIEVE ACHES AND PAINS

with Ultrasound-Guided Injections

By John Diehl, MD

Does this sound familiar? You didn't sleep well because of pain in your arm, leg, or back. You wake up tired from a restless night. Getting showered and dressed is more difficult than it should be. By the time breakfast and coffee are ready, the only thing you're ready for is a nap. Frequent pain can play a huge role in your daily life. Maybe you think it's something you have to live with forever. Not so!

First, let's figure out where your pain is coming from. Trigger points, arthritic joints, spastic muscles, and pinched nerves are just some of the causes of pain and limitation. Our experts will help discover why you're hurting and then create an individualized plan of care. While bracing, physical therapy, and medications are all part of our treatment plans, a common therapy that can provide significant relief is a local injection to the source of pain.

Depending on your specific condition and medical history, we can choose from a variety of injection options. Steroid (cortisone) has been used for decades and is a powerful anti-inflammatory that can be used

in a number of locations around the body. People with knee osteoarthritis may greatly benefit from viscosupplementation, a gel-like substance that can lubricate the joint and reduce pain. Platelet-Rich Plasma can be used to help stimulate healing in chronic tendon issues and some arthritis conditions. These treatments are performed in-office, often with ultrasound imaging to help guide the needle to the exact treatment site for ultra-targeted pain relief.

While injections are one option, there are numerous treatment plans that can be tailored to your needs. Our goal is to help you recover faster and get back to the activities you love, whether that's running marathons or simply moving with little or no pain in your daily life. Ignoring pain can lead to more serious injuries over time. By seeking treatment early, you can prevent long-term damage and maintain an active, healthy lifestyle.

Now just imagine how nice it would be to sit down at breakfast feeling rested, pain-free, and ready to tackle the day!



welcome
John Diehl, MD
Orthopedics
& Sports Medicine
Bucyrus
419-562-5281



YOU DON'T NEED TO BE AN ATHLETE TO SEE A SPORTS MEDICINE DOCTOR
If you're struggling with persistent aches and pains, whether from sports, exercise, or daily activities, seeking treatment from a sports medicine specialist can be a game-changer. Our team provides expert care designed to relieve pain, restore function, and prevent future injuries.



ORTHOPEDIC & SPORTS MEDICINE TEAM

Find an Avita Sports Medicine provider today. Scan the QR code or visit avitahealth.org/sports-med-docs



Samantha Bark, DPM
Foot and Ankle
Surgery
Galion
419-468-7059



Christopher Cannell, MD
Physical Medicine
& Rehab
Galion
419-468-7059



Robert Dawson, MD
Hand & Upper
Extremity Surgery
Galion, Ontario
419-468-7059



John Diehl, MD
Orthopedics
& Sports Medicine
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David Fitch, DO
Physical Medicine
& Rehab,
Avita Spine
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Joint Replacement
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Galion
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& Sports Medicine
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Jeremy Riehm, DO
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Joint Replacement
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Jordyn Hatcher, CNP
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Ontario
419-709-8645



Chad Miley, CNP
Joint Replacement
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Holli Pfeifer, CNP
Orthopedics
& Sports Medicine
Bucyrus
419-562-5281



Denver Russell, PA-C
Hand & Upper
Extremity Surgery
Galion, Ontario
419-468-7059

»»»COMING SOON CANCER CARE *close to home*



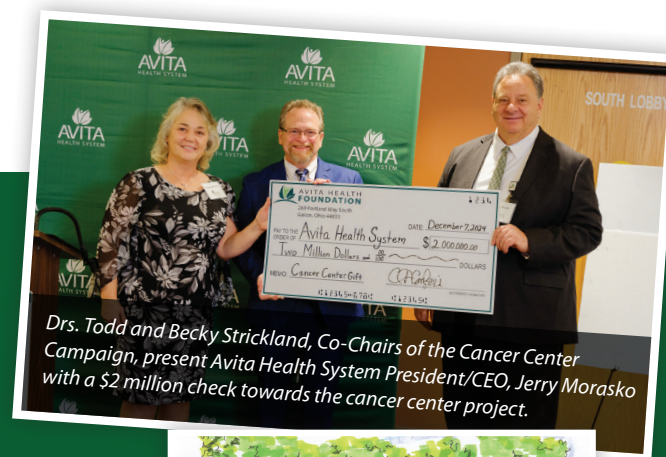
Construction is in full swing at Avita Health System's new \$15 million cancer center located at 600 Richland Mall in Ontario. Renovations started in January and the center is expected to open in late fall 2025. The cancer center will house a state-of-the-art TrueBeam® linear accelerator, offering the most precise and effective radiation therapy available, and a new PET/CT scanner, a machine that combines PET scan and CT scan to create detailed images of the body. The scanner will allow specialists to detect cancer at its earliest stages, assess the extent of the disease, and plan and monitor the effectiveness of treatment. Along with this technology, the cancer center will feature a medical oncology clinic, a radiation oncology clinic, 16 infusion bays, a lab, and comprehensive pharmacy services, providing patients with seamless access to their care teams.



"We are very excited to bring local comprehensive cancer services to the community so patients don't have to travel far to receive the care they need. In addition, we will continue to provide the same high quality medical oncology services at Galion and Bucyrus Hospitals," said Jerry Morasko, President/CEO of Avita Health System.

SHOW YOUR SUPPORT

Last year, the Avita Health Foundation launched a fundraising campaign for these much needed services. The Foundation invites you to support our cancer center by making a gift or creating a lasting legacy in memory or honor of a loved one, colleague, or someone who made a difference in your life by purchasing an engraved brick, paver, or garden bench in the healing and memorial gardens.



Drs. Todd and Becky Strickland, Co-Chairs of the Cancer Center Campaign, present Avita Health System President/CEO, Jerry Morasko with a \$2 million check towards the cancer center project.



Scan the QR code or use the provided envelope to make a gift or purchase a tax-deductible brick, paver, or bench.

Cutting-Edge PAIN RELIEF

Peripheral Nerve Stimulation:

A New Hope for Chronic Pain Patients

At Avita Pain Management, we are continuously exploring technologies that transform patient care. Peripheral nerve stimulation (PNS) represents a groundbreaking approach to managing chronic pain, offering hope to patients who have exhausted traditional treatment options.

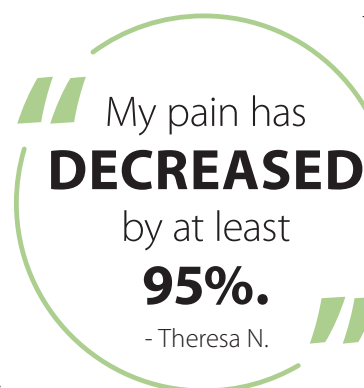
While traditional techniques rely on medications, PNS works by delivering precise electrical impulses aimed at disrupting specific pain signals before they reach the brain. The versatility of PNS makes it particularly promising, addressing chronic pain conditions including traumatic injuries, persistent post-surgical pain, neuropathic pain from amputation, diabetic pain, and complex regional pain syndrome.

"PNS is a major advancement for our field. This cutting-edge technology gives us minimally invasive treatment options for patients who can't or don't want to have surgery," explained Dr. Arjun Sharma, pain management physician at Avita Health System.

What sets PNS apart is its precision and adaptability. Tiny, flexible electrodes are strategically placed near specific pain-conducting nerves, interrupting unwanted pain signals for long-lasting pain relief.



Dr. Arjun Sharma



Theresa N. of Bucyrus experienced this transformation firsthand. "My pain began after I fell in 2018. I tried pain medications and shots but they only eased the pain temporarily. The stimulator procedure didn't take long, and I was able to go home that same day. It worked for me. My pain has decreased by at least 95%."

At Avita Pain Management, we create success stories like this every day. Our commitment to compassionate care, combined with the most advanced medical technologies, helps individuals throughout our community reclaim their lives from chronic pain.

Request an Appointment Today!



Arjun Sharma, MD



Anna Gantz, CNP



Miranda Johnson, CNP

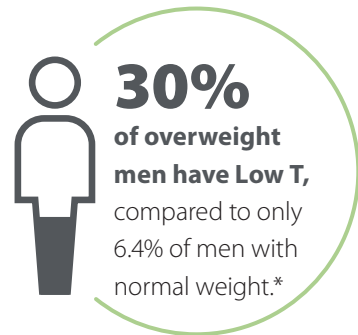
Bucyrus, Galion, and Ontario • 419-462-4547



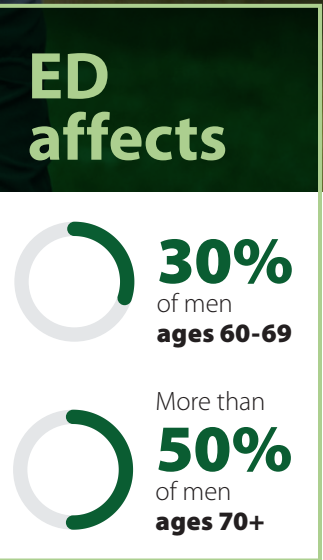
5 Common Reasons to See a Urologist

1 Erectile Dysfunction
Impotence or Erectile Dysfunction (ED) is the persistent inability to get and keep a penile erection long enough to have sexual intercourse. It could indicate an underlying health condition, from low testosterone to heart disease and more. Sexual arousal in men is a complex process that involves the brain, hormones, blood vessels, nerves, muscles, and emotions. Any problem in one of these areas can result in ED. Living with it can affect intimacy, self-esteem, and key relationships. While ED is common, affecting 18% of men in the United States, it's not something you have to accept. There are numerous treatment options available, including medication, lifestyle changes, penile injection, vacuum erection device, counseling, and penile implants.

2 Low Testosterone
Hypogonadism, often referred to as Low T, is a condition where the body produces lower than normal levels of testosterone. Some of the symptoms in men are reduced sex drive, erectile dysfunction, difficulty reaching orgasm, shrinking testicles, loss of body hair, decreased muscle mass/strength, fatigue, poor concentration or memory, and mood changes.



It is more common in older men, but can affect both men and women of all ages. Possible causes are conditions or injuries affecting the pituitary gland, hypothalamus, or testicles. In addition to the physical symptoms, Low T can lead to low or no sperm count, affecting your reproductive function, as well as decreased bone density, which can increase your risk of falls and bone fractures.



Sources: pmc.ncbi.nlm.nih.gov
urologyhealth.org

3 Bladder Control Issues
Issues related to bladder control are the most common reasons to see a urologist. Urinary incontinence refers to the involuntary loss of urine. You may experience small leaks of urine when coughing, laughing, exercising, and lifting heavy objects or complete loss of bladder function. There are many different types. Urge incontinence is the sudden urge to urinate that often leads to leakage before reaching the toilet. Some people have difficulty emptying their bladder completely, which is called overflow incontinence. Others experience overactive bladder, which is characterized by frequent urination – peeing more than 8 times a day and multiple times throughout the night. While bladder control issues are common as men and women age, they are treatable. It's important to seek care to rule out serious medical conditions and to prevent future complications, such as urinary tract infections.

4 Recurrent Urinary Tract Infections
A urinary tract infection (UTI) is an infection in any part of the urinary system. They can affect both men and women, although they are more common in women. Most UTIs are caused by bacteria and treated with antibiotics, but recurring UTIs could be caused by a number of underlying health issues, such as kidney stones, bladder or kidney abnormalities, and other conditions. Not seeking treatment for recurring UTIs can lead to permanent damage of the kidneys, as well as sepsis, a life-threatening complication. A UTI is considered "recurring" or "chronic" if you have two or more in a 6-month period or three or more in a year. Some common symptoms of UTI include pain or burning while urinating, increased frequency or urgency, urine that looks cloudy, blood in your urine, and pain in your lower stomach or back.

PELVIC FLOOR PHYSICAL THERAPY

Pelvic floor physical therapy can be effective for conditions such as urinary incontinence, pelvic pain, sexual dysfunction, difficulty urinating, or pelvic organ prolapse. If you are experiencing any of these symptoms, we encourage you to talk to your doctor to find out if therapy could be right for you.

Pelvic floor physical therapy focuses on strengthening the pelvic floor muscles to better support the bladder, uterus, prostate, and rectum. Both men and women of all ages and activity levels may benefit.

Treatment is provided in a safe, private room at our Bucyrus Therapy and Sports Medicine location. To schedule an appointment with a Pelvic Floor Physical Therapy Specialist, **call 419-562-1009.**

Jessica Bordner, PT, DPT
Physical Therapist
Specialized in Pelvic Floor Physical Therapy

Andrea Cooper, PT
Physical Therapist
Specialized in Pelvic Floor Physical Therapy

5 Blood in Urine
Hematuria, blood in your urine, should not be ignored. It could indicate a UTI, kidney stones or disease, injury to the urinary system, inflammation, enlarged prostate, or cancer of the bladder, kidney, or prostate. There are many other possible reasons for blood in your urine, and while it doesn't always mean you have a serious health condition, it can be an important warning sign that something is wrong with your body.

Scan the QR code to request an appointment or visit
avitahealth.org/urology-docs

UROLOGY TEAM

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Jeffrey Wilson, MD
Bucyrus, Ontario
419-468-0732

Tracy Fulton, CNP
Bucyrus, Galion, Ontario
419-468-0732

Sean Hart, CNP
Galion, Ontario, Shelby
419-468-0732

EARLY DETECTION

With Your Primary Care Provider

By Megan Oberhauser, DO

Colon Cancer: The "Silent Killer"

While colon cancer may be considered an “unglamorous” diagnosis, it certainly needs to be at the forefront of the healthcare stage as rates are continuing to rise both nationally and locally. Colon cancer is the 3rd most commonly diagnosed cancer in both men and women in the United States. Screening for colon cancer is completed by undergoing a procedure called a colonoscopy; where a small camera is inserted into the colon through the rectum in order to view all of the large intestine as well as biopsy or remove any polyps. An alternative to a colonoscopy for low risk individuals is a test called a Cologuard® which tests for blood and abnormal (cancer) DNA in a stool sample.

Across the state of Ohio, we have had an increasing number of younger people diagnosed with colon cancer. Since 2018, the recommended screening age is 45. Early stage colon cancer often has no symptoms, which is why it is difficult to diagnose without screening. Treatment can vary based on the stage of the disease at the time of diagnosis but can include surgery, chemotherapy, and radiation.

It's recommended that everyone have a primary care provider (PCP), even if you feel healthy. They are experts at providing preventative care that can lead to early detection and treatment of numerous health problems. With routine physicals and screenings, PCP's can help catch diseases before they become more serious.

welcome

Megan Oberhauser, DO

Board-certified in Internal Medicine, Dr. Oberhauser earned her Medical Doctorate from Lake Erie College of Osteopathic Medicine and completed an Internal Medicine residency at University Hospitals Parma Medical Center.

Her office is located at 24 E. Whitney Avenue in Shelby.
To request an appointment, call 567-247-0881.

Things you can do to lower your risk of colon cancer:

- Stay active and get regular physical exercise
- Avoid a sedentary lifestyle
- Maintain a healthy weight
- Eat a high fiber diet with lots of fruits, vegetables, and whole grains
- Avoid smoking and excessive alcohol consumption
- **The most important way to prevent colon cancer is to be screened!** If you have not, please talk to your doctor today!

Find a primary care provider on the next page or call our referral line at 419-468-0961 and our team will help you find a PCP that best fits your needs.

Our Primary Care Providers

Pediatrics



Family Medicine



Internal Medicine





PROVIDER REFERRAL LINE **419-468-0961**

Addiction Medicine

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Ann Cola-Schuh, Au.D.....419-468-0547
Emily Pickett, Au.D419-775-1091, opt. 3

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Sean Hart, CNP419-462-4600
Hannah McKee, CNP419-462-4600

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Amber Campbell, CNP.....419-529-6195
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Jacob Kessler, CNP419-462-3425
Jamie Ladd, CNP567-247-0872
Jenna Miller, CNP419-462-4558
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Natalie Roby, CNP419-522-0948
Beth Steinmetz, CNP.....419-529-6195
Rob Wisner, PA-C.....419-462-4560

Gastroenterology & Hepatology

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General Surgery

Justin Doble, MD419-468-7785
Justin Eagleston, MD567-307-7854
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Thomas Smith, DO.....419-462-3839
David Zaghlool, DO.....419-468-7785

Geriatrics, Hospice, & Palliative Care

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Rebecca L. Strickland, MD419-563-0300
Mark Wood, DO419-468-4220
Brandi Blanton, CNP419-563-0300
Lisa Mullins, CNP419-468-4200

Home Health & Hospice

Avita Home Health & Hospice
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Infectious Disease

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Internal Medicine

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Anil Paul, MD.....419-522-3751
R. Todd Strickland, MD.....419-563-0300
M. Ursachi, MD.....419-468-0596
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Joint Replacement

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Nephrology

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Brittani Atwood, CNP419-462-4630

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Michael Subit, MD*567-307-7869

Occupational Medicine

Trace Fleming, CNP419-563-9847
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Brooke Stamper, CNP.....419-709-8667

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Jeffrey VanDeusen, MD419-462-3470
Miriam Roggio, CNP419-462-3470

Ophthalmology

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Amit Tandon, MD*419-462-4537

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Terry Walker, OD419-462-4556

Orthopedics & Sports Medicine

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Denver Russell, PA-C419-468-7059

Pain Management

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Miranda Johnson, CNP*419-462-4547

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Psychology

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Pulmonary Medicine

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Physical Therapy & Occupational Therapy

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Avita Therapy & Sports Medicine
Bucyrus419-562-1009
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Galion Hospital Inpatient Rehab
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Avita Summit Therapy
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Workwell Occupational Health Services
.....419-468-0630

Adult Speech Therapy

Bucyrus419-468-0547
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Ontario419-775-1091, opt. 3

Pediatric Speech Therapy

Avita Pediatric Therapy Center
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Bucyrus Pediatrics419-468-0570
Ontario Pediatrics419-468-0570

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