Emergency Heart Attack Care
Ontario Hospital Opens Interventional Cardiac Cath Lab

3D Mammography
Now in Bucyrus, Galion, & Ontario Hospitals

3Tesla MRI
Revolutionary Technology at Ontario Hospital
If you are seeking a medical provider, call our Provider Referral Hotline at 419-468-0961.

Our courteous staff will help secure an appointment for you with a primary care provider or help find the right specialist to take care of your healthcare needs.

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An otolaryngologist, also known as an ENT doctor, is a medical specialist who diagnoses and treats disorders of the ears, nose, and throat, as well as conditions affecting the head and neck. At Avita Health System, we have two ENT doctors that provide comprehensive, patient-centered care for individuals of all ages. From ear aches to complex head and neck surgeries, our ENT team has the specialized training and expertise to provide the best possible outcomes for your ear, nose, and throat problems.

**PEDIATRIC AND ADULT Ear, Nose, and Throat Care**

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To schedule an appointment with an Avita ENT, call 419-775-1091.

715 Richland Mall, Ontario, OH

**DID YOU KNOW?**

Otolaryngology is the oldest medical specialty in the United States.

**REASONS TO SEE AN ENT DOCTOR:**

1. Tonsil problems
2. Ear ache or ear infection
3. Nasal congestion, pain, or drainage
4. Sinus infection
5. Injury to the ears, nose, or throat
6. Oral sores or lesions
7. Balance problems or dizziness
8. Voice and swallowing disorders
9. Hearing impairment
10. Head and neck tumors
11. Hoarseness
12. Deviated septum

*Source: American Academy of Otolaryngology*
10 REASONS TO SEE A UROLOGIST

1. Kidney Stones
2. Enlarged Prostate
3. Overactive Bladder
4. Vasectomy
5. Blood in Your Urine
6. Prostate Cancer
7. Kidney Cancer
8. Bladder Cancer
9. Erectile Dysfunction
10. Urinary Incontinence

ADVANCED UROLOGY CARE
FOR MEN AND WOMEN

WELCOME ADAM CLEMENS, MD

NOW ACCEPTING PATIENTS AT BUCYRUS HOSPITAL

Certified by the American Board of Urology, Dr. Clemens joins Avita with 10 years of medical experience. He earned his Medical Doctorate from the University of Toledo College of Medicine and completed his urology residency at the Mayo Clinic in Jacksonville, FL. Dr. Clemens specializes in minimally-invasive robotic surgery and is accepting patients 18 years of age and older.

To schedule an appointment, call 419-468-0732
629 N. Sandusky Ave, Bucyrus, OH

WHAT IS A UROLOGIST?

A doctor that diagnoses and treats problems involving the male and female urinary tract and the male reproductive organs.

ADVANCED UROLOGY CARE
FOR MEN AND WOMEN

MORE THAN A PATIENT

On June 4, 2018, Nikki Davis, LPN, Avita Health System’s Bariatric Coordinator, went to Bucyrus Hospital to have bariatric surgery. After working in Avita’s Bariatric program for over a year, Nikki decided to participate in it herself. She struggled with weight most of her adult life, and being obese was hard on her mind and body. After working closely with bariatric patients and witnessing their health improve, she became confident this was the path she wanted to take.

“I watched my patients get happier and healthier. I knew if they could do it, so could I.”

NIKKI’S TRANSFORMATION

Nikki worked with her colleague, Dr. Linden Karas, Bariatric Surgeon, to make a plan and pick a surgery that best fit her needs. She also had to see a psychologist, pulmonologist, and worked closely with a dietitian.

“I chose the Roux en Y gastric bypass surgery. This is a procedure where the stomach is divided into a small upper pouch and a much lower “remnant” pouch and then the small intestine is rearranged to connect both.”

Now Nikki’s acid reflux has been cured, whereas prior to surgery she was taking two anti-reflux medications and eating antacids throughout the day, every day.

“Nikki delayed her own surgery, so she could be here for our patients,” Dr. Karas remarked.

“She is the go-to authority for patients having pre-op or post-op questions. I cannot say enough wonderful things about her dedication to patient care,” said Dr. Karas.

Nikki also suffered from migraine headaches and sleep apnea, all of which have been cured. Before surgery, Nikki had so much pain in her back and feet that she could not exercise, let alone walk or stand for long periods of time. Exercising is now a part of her daily life.

As the leader of the Bariatric Support Group, Nikki helps organize and participates in group exercise, coordinates discounts with various recreational facilities, and does yoga or POUND™ classes on the weekends.

Linden Karas, MD - Bariatric Surgeon
567-307-7854 | 710 Richland Mall, Ontario

Have questions about bariatric surgery?

From the comfort of your home, find answers by watching our free weight loss surgery webinar hosted by bariatric surgeon, Linden Karas, MD on our website, avitahealth.org. You will also find a patient questionnaire for additional information.

Before bariatric surgery.
Nikki Davis was in too much pain to join her family on walks outside.
Now, 85 pounds lighter, Nikki exercises everyday!
**Experience 3T MRI**

**ADVANCED IMAGING AT AVITA ONTARIO HOSPITAL**

Patients coming to Avita Ontario Hospital for routine Magnetic Resonance Imaging (MRI) scans have a new reason to feel confident. With the MAGNETOM® Verio 3T MRI scanner from Siemens, Avita Health System can offer some of the most advanced MR imaging services in a magnet that is designed for maximum patient comfort.

3T MRI offers excellent image quality, superb diagnostic capabilities, and exceptional patient comfort with a large, patient-friendly 70-cm opening. With one foot of spacious headroom, patients won’t feel like they are nose-to-nose with the top of the magnet. This means the tight confines of older MRIs are a thing of the past. The system’s opening is wide enough to accommodate a diverse array of patients including individuals who have traditionally been hard to image, such as patients that weigh up to 550 lbs. and those who are claustrophobic.

3T MRI boasts the strongest magnet field strength used clinically today and gives Avita physicians access to many applications, including functional neurology evaluation. This advanced system delivers the highest resolution brain imaging to identify tumors, strokes, as well as brain malfunctions and injuries.

**SCHEDULE AN APPOINTMENT WITH A NEUROLOGIST**

Aaron Cochran, DO
R. Theodore Woodruff, MD
Galion & Ontario
419-462-4630

**THE EXCLUSIVE, LOCAL AVAILABILITY OF A 3T MRI UNIT WILL ENHANCE THE ABILITY TO DIAGNOSE AND MANAGE MANY NEUROLOGICAL AND NON-NEUROLOGICAL CONDITIONS WITHOUT THE PATIENT HAVING TO TRAVEL LONG DISTANCES FOR CARE.**

- DR. R. THEODORE WOODRUFF NEUROLOGIST

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**TIME IS MUSCLE**

A heart attack occurs when blood flow is restricted or reduced in the heart muscle by a buildup of plaque in the arteries. When the heart muscle is starved for oxygen and nutrients, it becomes damaged and dies. The longer it takes to restore blood flow to the heart, the more irreversible death the heart muscle endures. The prolonged lack of oxygen that causes death to heart muscle is called necrosis. To prevent necrosis, it’s important to seek emergency medical attention at the first sign of a heart attack. The more time that passes without treatment to restore blood flow, the greater the damage to the heart.

**COMMON RISK FACTORS FOR HEART DISEASE**

**Key Risk Factors:**
- High blood pressure
- High cholesterol
- Smoking

**Other Risk Factors:**
- Diabetes
- Obesity
- Poor diet
- Physical inactivity
- Excessive alcohol use

**Actual patient images from Galion Hospital’s Cardiac Cath Lab**

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**HEART DISEASE STATISTICS**

- 48% of Americans have at least one of the key risk factors for heart disease.
- 70-89% of heart attacks occur in men.
- Between 70% and 89% of heart attacks occur in men.
- About 1 in 16 women, ages 20 and older have coronary heart disease.
- Every 40 seconds someone in the United States has a heart attack.

**HEART ATTACK?**

**KNOW THE SIGNS**

- Chest discomfort or pain
- Lightheadedness, nausea, or vomiting
- Shortness of breath
- Cold sweats
- Jaw, neck, or back pain

If you are experiencing these symptoms, you should seek emergency medical care as quickly as possible. **DON’T WAIT - CALL 911!!**

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**Sources:** American Heart Association, Centers for Disease Control and Prevention
On June 5, Avita Health System opened a level II cardiac catheterization (cath) lab at Ontario Hospital. The community now has access to emergency heart attack care, 24 hours a day, 7 days a week at Avita Ontario Hospital. Services include cardiac catheterization, angioplasty, stent placement, intravascular ultrasound, and coronary angiography.

Avita opened its first level II cath lab at Galion Hospital in August of 2018. For patients who need emergency heart catheterizations, the heart attack alert team at Galion Hospital has produced an average door-to-balloon time of 42 minutes, almost 50 minutes below the performance standards established by the American Heart Association. Door-to-balloon is a term that describes the length of time between when a patient arrives at the hospital with a heart attack and when the patient receives angioplasty. The longer the wait, the more heart tissue dies.

“When experiencing a heart attack, a delay in restoring blood flow to the heart muscle can result in greater damage and a higher likelihood of death,” explained Dr. Michael Davis, Interventional Cardiologist and Medical Director of Cath Lab Services at Avita. "With the level II cath lab at Ontario Hospital, we are able to diagnose and treat acute blockages in the coronary arteries on-site, which gives the community increased access to potentially life-saving care."

“AVITA TREATS HEART ATTACK PATIENTS IN HALF THE TIME RECOMMENDED BY THE NATIONAL GUIDELINES. THIS TIMELY CARE SAVES LIVES, IMPROVES OUTCOMES, AND HAS MADE AVITA A LEADER IN EMERGENCY HEART ATTACK CARE.”

DR. MICHAEL DAVIS

“MEET YOUR AVITA HEART TEAM

To schedule an appointment with a cardiologist near you, call Avita Heart at 419-462-4600.

From left to right: Dr. Michael Davis, Dr. Joseph Mayo, Dr. Moe Saab, Dr. Viren Patel, Dr. William Polinski, Dr. Enrol Williams, Dr. Ali Saab

AVITA OPENS INTERVENTIONAL CARDIAC CATH LAB AT ONTARIO HOSPITAL

“We recognized a need for quicker access to heart attack care in Ontario,” noted Jerome Morasko, President/CEO of Avita Health System. “With the high volume of walk-in heart attack patients in our emergency department, we knew we needed to go from a level I to a level II cath lab at Avita Ontario Hospital. This enables our cardiologists to place stents and perform other cardiac interventions without having to transport patients to Avita Galion Hospital. Time is muscle, so the faster patients can be treated, the greater the potential to save lives.”

“According to Bob White, Director of Cardiovascular Services at Avita, “Our staff of experienced Avita cardiologists, from renowned medical centers, will provide emergent heart care within minutes of home. In a heart attack, every minute matters to save heart muscle. That is why our cardiologists, as well as our trained interventional staff of nurses and technologists, are available 24 hours a day, 7 days a week.”

From left to right: Kim Winkle, Vice President of Corporate Relations, Jerome Morasko, Avita Health System CEO, Michael Davis, MD, Medical Director of Cath Lab Services, Joseph J. Shadeed, DDS, MS, Avita Board of Directors Chair, Jodi A. Perry, Richland Area Chamber of Commerce President
Avita’s orthopedic team provides local care with years of experience and dedication. As the most specialized team in the region, our experts offer quality care and exceptional patient outcomes. From strains and sprains to total joint replacement and revision, our team has the passion, experience, and expertise to treat a full spectrum of orthopedic issues right here in our community.
Innovative, unique and full of opportunity. Join Us.
richlandleasing@richlandmallshopping.com
This publication in no way seeks to serve as a substitute for professional medical care. Consult your doctor before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

Why Wait Longer?

See an Emergency Doctor Faster at Avita

Access our ER Wait Times at avitahealth.org

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ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-419-468-4841 (TTY: 1-419-468-4841).


注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-419-468-4841（TTY：1-419-468-4841）

Avita Health System is an equal opportunity provider and employer.