



health

Connections

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To Our Valued Community



In this edition of Health Connections, I am excited to share some news about recent accreditations and achievements that Fisher-Titus has recently earned and the status of our new Willard Health Center construction project. As we

embark on the month of October, we would also like to highlight mammography services during Breast Cancer Awareness Month and share information about our walk-in appointment times for screening mammograms. See page 5-6 for more information.

Enhancing Quality Care Through National Accreditations

Earlier this summer, Newsweek shared its results for America's Best Maternity Hospitals. I am pleased to share that Fisher-Titus was one of 384 hospitals across the country to earn this distinction, and it is our fourth consecutive year for achieving this recognition! I am extremely proud of our dedicated birthing center staff who go above and beyond to ensure laboring women and their newborns experience the best care possible.

Our Emergency Room staff and other clinical teams across the hospital earned American Heart Association's Get With the Guidelines® Stroke Gold Plus quality achievement award. We were recognized for our commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines, ultimately leading to more lives saved and reduced disability.

The Intersocietal Accreditation Commission also awarded Fisher-Titus a three-year term of accreditation in vascular testing for providing quality testing for the diagnosis of vascular disease and compliance with national standards for patient and personnel safety.

Last, but not least, Becker's Health Care Review awarded Fisher-Titus as a Top Community Hospital across the U.S. — one of 153 hospitals nationwide and one of only eight in Ohio. We are proud to be named amongst some exceptional facilities throughout the country also recognized in this year's review.

These accomplishments are just a few examples of how our staff works hard every day to provide access to high-quality care and enhance the patient care experience in our community. I cannot express enough gratitude to our staff for their hard work to make these accomplishments happen. So much work goes into these efforts, and I greatly appreciate their contributions.

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Building On Our Legacy of Care in Willard

Below and on the right you will see a collage of pictures taken the past several months of our Willard Health Center construction. This new facility will house physical therapy, radiology, cardiovascular testing, and lab services to Fisher-Titus' already established foundation of Family Medicine and outpatient cardiology in Willard. I would also like to thank Janotta & Herner for their continued hard work! We can't wait for the Willard community and beyond to see the completed building in early 2024!

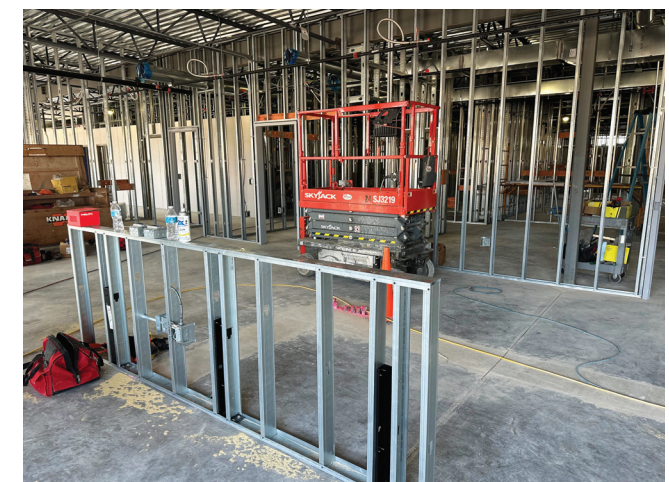
These accomplishments – expanding services and earning accreditations – mean we are saving lives and helping more individuals who need access to high-quality, comprehensive health care locally. As we head into the season of gratitude, I would like to wish you and your family a very joyous holiday season that is rich in health and wellness. And as always, thank you for entrusting Fisher-Titus with your care.

In Good Health,

Brent Burkey, MD
President and CEO, Fisher-Titus Health



Fisher-Titus Emergency Room staff and other clinical teams earn the American Heart Association's Get With the Guidelines® Stroke Gold Plus quality achievement award.



Interior view of the construction of our new Willard Health Center.

Exterior construction of our new Willard Health Center.

Birthing Services: Nurturing Excellence



Fisher-Titus OB-GYN staff.

Having a child is one of the most special and challenging moments of anyone's life. That's why families who are delivering should be able to trust that their care is prioritized and of the highest quality. At Fisher-Titus, you will find an experienced and compassionate staff that are ready to give you that care.

Barb Cannon, a lifelong resident of Norwalk, knows this better than anyone. All of her children and grandchildren have been delivered at Fisher-Titus.

"Everything has always been phenomenal," Barb remarks. "For all six of my children and the now thirteen grandchildren that have been born here, it has always been a great experience."

- Barb Cannon



"Fisher-Titus is a great facility that has top-notch care, both in the Birthing Center and across the whole organization."

On top of being a mother and grandmother, Barb has also been a nurse at the Fisher-Titus Birthing Center for 37 years.

"The staff and doctors here are all so knowledgeable and compassionate," Barb explains. "After the many great experiences of me and my family delivering here, it is an honor to be a part of making everyone else's experiences special."

With Barb's vast personal and professional experience with the Fisher-Titus Birthing Center, she recognizes how special it is to have a hospital like Fisher-Titus in the area.

"Fisher-Titus is a great facility that has top-notch care, both in the Birthing Center and across the whole organization," Barb says. "If I was a family having a baby, I would want to be delivering here for sure."

Delivering Award-Winning Care

Fisher-Titus has been recognized by Newsweek four years in a row as a Best Maternity Hospital. We are one of 384 facilities recognized nationally and the only one in the region to receive this designation. With this award, what can families who are delivering expect from Fisher-Titus?

"This award recognizes the Maternity Department among America's Best Maternity Hospitals by Newsweek, putting Fisher-Titus' labor and



delivery services among the ranks of medical centers like Duke and Johns Hopkins," states Dr. James Kasten, Chief of Obstetrics at Fisher-Titus.

This award is given to facilities who meet a variety of criteria regarding clinical outcomes related to maternity care, stats and metrics, and even patient feedback.

"The Newsweek ranking system is a really good measure for families and physicians," explains Dr. Karen La Salle, Chief of Pediatrics at Fisher-Titus. "Our ranking places us in the top 400 birthing centers in

the entire country, which is rare for an independent community hospital to achieve. As a pediatrician and a mom, I'm extremely proud to be a part of Fisher-Titus."

The Fisher-Titus Birthing Center also offers safe-sleeping swaddle sacks for newborns funded by the Fisher-Titus Auxiliary, which supports patients and residents at Fisher-Titus, Norwalk Memorial Home, and The Carriage House.

"We have an amazing Maternity Department here at Fisher-Titus, from prenatal to post-partum, our staff continues to provide exceptional care," says Katie Chieda, Chief of Nursing at Fisher-Titus. "We have many talented nurses, physicians, and supporting roles that make our Birthing Center special."

For more information on the Fisher-Titus Birthing Center, visit fishertitus.org/birthing.

Q&A Breast Cancer: Saving Lives with Knowledge

Commonly Asked Questions and Answers About Detecting Breast Cancer Through Screening Mammography

While the month of October is designated as Breast Cancer Awareness Month by the American Cancer Society, health care providers urge women to place an importance on their breast health year-round. This includes staying current with regular self-breast exams and an annual screening.

What is breast cancer?

According to the CDC, breast cancer is when the cells in the breast grow uncontrollably, creating a tumor. The most common breast cancers are invasive ductal carcinoma, which is cell overgrowth in the breast ducts, and invasive lobular carcinoma, which involves cell overgrowth in the glandular tissue of the breast. With both types, invasive cancer cells can spread to other parts of the body.

What are the symptoms?

Breast cancer symptoms can vary with some people experiencing no symptoms. Symptoms may include lumps, thickening, pain, nipple discharge, swelling, and dimpling or puckering of the skin.

If you have any signs that worry you, be sure to see your doctor right away.

How is breast cancer detected?

The gold standard for detecting breast cancer is a screening mammogram, in which a low-dose X-ray captures images of breast tissue to be examined by a physician for masses and other abnormalities. Regular screening mammograms provide patients and their physicians with the best chance to

detect breast cancer at an early stage, when it is smaller, not yet spread, and is more responsive to treatment.

Other imaging, including breast ultrasounds and breast MRIs are performed at Fisher-Titus if abnormalities are detected on the screening.

How often should I get a mammogram?

Most women should begin scheduling their annual mammograms at the age of 40. Those who have a family history of breast cancer should start having annual screenings sooner. Women should talk with their physician about what age is appropriate to schedule their first mammogram.

Where should I get a mammogram?

For comprehensive detection, choose an accredited facility with 3-D mammograms, such as Fisher-Titus, an ACR Gold Standard accredited facility. Advanced 3-D imaging reduces false positives up to 40%.

Why go to an accredited facility?

ACR Gold Standard of Accreditation signifies meeting rigorous qualifications, overseen by certified radiologists. The gold seal ensures top imaging quality and safety in tests, granted by the American College of Radiology. ACR, a prestigious organization of 34,000 physicians, upholds the highest imaging standards in the U.S.

Detecting breast cancer at its earliest stage is crucial. Having an annual mammogram is an important first step in diagnosing breast cancer. Schedule your appointment today!

How do I make an appointment?

Fisher-Titus accepts referrals (with or without a physician order) and walk-in screening mammograms are available Monday—Friday from 8:30 a.m. to 4 p.m. Or schedule an appointment by calling (419) 660-2646. Learn more at www.fishertitus.org/breast-health.





New Rehab Equipment

Changing Lives...

One Patient at a Time

At Fisher-Titus, your care is our top priority. That's why we are proud to be on the cutting edge of patient care with new equipment in all our departments. This rings especially true with the newest piece of equipment in our Rehabilitation department, the Lite Gait.

The Fisher-Titus Auxiliary recently funded a piece of equipment known as Lite Gait, which is used in the outpatient Rehabilitation department, as well as the Transitional Care Unit (TCU) at Fisher-Titus. Lite Gait allows for patients suffering from neurological or orthopedic impairments to "stand" within it and begin facilitation of walking, otherwise known as ambulation, early in the rehabilitation process.

"I haven't been able to walk in over 10 years," said Jane Hibbard, a patient at Fisher-Titus who has Multiple Sclerosis (MS). "With Lite Gait, I can actually walk a few steps by myself with help from my physical therapist."

There are many proven health benefits to

ambulation that the Lite Gait helps achieve. Additionally, early increased ambulation time can improve the quality of walking and lead to quicker discharge for the patient.

"Lite Gait can help patients regain some movement, ease pain, and improve balance," said Lisa Myatt, a Physical Therapist at Fisher-Titus. "Anyone with restricted movement, or neurological issues such as strokes, MS, Amyotrophic Lateral Sclerosis (ALS), Cerebral Palsy, or brain injuries are just a few examples of who can benefit from Lite Gait."

Lite Gait can be brought bedside and allow patients to walk within their rooms, the hallways, the gym, or even on a treadmill. This allows for a safer way for patients to stand without the risk of unnecessary injury or additional staff on standby to help.

The Lite Gait was funded through proceeds from the Fisher-Titus Auxiliary Gift Shop, which supports patients and residents at Fisher-Titus, Norwalk Memorial Home, and The Carriage House.

Jane Hibbard, a patient with multiple sclerosis, is able to walk on her own accord using Lite Gait with the supervision and guidance of physical therapists.

Learn more about the Lite Gait and other Rehabilitation services at fishertitus.org/rehab.



Kelly Berry, MFN, RD, LD, reviews educational material about nutrition and portion sizes with Dr. Christina Canfield, MD, as part of the Diabetes Education Program.

Diabetes Education Program Caters to Patients' Unique Needs

Diabetes is a health issue that impacts a significant number of people both in the United States as a whole and within Huron County. Among those affected by this condition is Dr. Christina Canfield, MD. Despite her medical expertise, she has encountered firsthand the challenges posed by diabetes, highlighting the widespread nature of its influence.

"During my routine wellness check last summer, my bloodwork revealed diabetic sugar levels, indicating that I

had been in a prediabetic state for a significant period," said Dr. Canfield, a Family Medicine Physician at Fisher-Titus' Wakeman Office. "It was rather sobering for me. I knew I needed to make some changes."

The Centers for Disease Control and Prevention (CDC) defines diabetes as a chronic health condition that affects how your body turns food into energy. As of 2022, around 37 million Americans, roughly 11% of the population, have diabetes according to



Christina Canfield is shown before and after she lost more than 65 pounds in just over a year with the Fisher-Titus Diabetes Education Program.

the CDC. Additionally, a 2020 study by Huron County Public Health showed an 11% diabetes diagnosis rate among Huron County residents.

Reflecting on her patients, Dr. Canfield noted, "A lot of my patients either have diabetes or show signs of it. The need for Diabetes Education surprised me as a physician, yet it proved very helpful for me. I tell my patients to try it because it made a huge difference for me."

By participating in Fisher-Titus' Diabetes Education Program, Dr. Canfield effectively managed her diabetes, shedding over 65 pounds since July 2022.

"We treat each person uniquely, considering their current habits, past attempts, successes, and failures," said Kelly Berry, MFN, RD, LD, a Registered Dietitian and Diabetic Educator at Fisher-Titus. "Our goal is to integrate healthy eating into their lifestyle, empowering them to take charge of their well-being."

If you're struggling with diabetes, Fisher-Titus can help. Call 419-660-2700 for more information or ask your provider about a referral to the Fisher-Titus Diabetes Education Program.

Welcome Our New Providers



ALEX TUCKER, DO
Hospitalist
Fisher-Titus
Medical Center
272 Benedict Ave,
Norwalk, OH 44857



MUHAMMAD TALAL SARMINI, MD
Gastroenterologist
Fisher-Titus
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272 Benedict Ave,
Norwalk, OH 44857
419-663-8061



VENUS WITTENAUER, DO
Primary Care Physician
Fisher-Titus
Family Medicine –
New London
187 W Main St,
New London, OH 44851
419-929-4357



FRANCISCO ORTIZ, PA-C
Physician Assistant
Fisher-Titus
Convenient Care
368 Milan Ave,
Norwalk, OH 44857
419-663-6464



ALEX SPASIC, PA
Physician Assistant
Fisher-Titus
Convenient Care
368 Milan Ave,
Norwalk, OH 44857
419-663-6464



ELIZABETH CLARK, RN, MSN, FNP-C
Family Nurse Practitioner
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Norwalk Primary Care
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Norwalk, OH 44857
419-668-8110



DEAN PARSONS, PA-C
Physician Assistant
Fisher-Titus
Convenient Care
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Norwalk, OH 44857
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WILLIAM PASTER, DO
Hospitalist
Fisher-Titus
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Norwalk, OH 44857



BETH LOGAN, M.ED., LPCC, HO
Clinical Counselor
Fisher-Titus
Norwalk Primary Care
419-668-8110
Fisher-Titus
Family Medicine – Willard
419-935-0196



SHELLY LEHMANN, CNP
Family Nurse Practitioner
Fisher-Titus
Family Medicine – Milan
2114 State Rte 113 E,
Milan, OH 44846
419-499-7600

Welcome Our New Providers to Fisher-Titus

Schedule an Appointment Today!

Walk-in X-Rays!
Available with a physician order.

X-RAY NOW AVAILABLE

At Fisher-Titus Convenient Care

Life is busy, and sometimes medical treatment can't wait. That is why we offer convenient hours, including evenings and weekends, with walk-in services and no appointments necessary.

Fisher-Titus Convenient Care offers treatment for:
Cold & Flu · Cuts & Abrasions · Earaches · Laboratory Services · Simple Burns · Sports · Physicals
Sprains · STD Checks · Sutures · Rashes · Upper Respiratory Infections · Urinary · Tract Infections · X-Rays

368 Milan Avenue, Norwalk, Ohio 44857
Learn more at FisherTitus.org/ConvenientCare

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MCI and ALICE training held at Janotta & Herner in Monroeville.

Kennedy, a graduate of ALICE Training through Norwalk High School, was on-campus at Michigan State University in February 2023, when a mass shooting took place. ALICE Training helped her remain calm and prepared during the situation, ultimately helping keep her and her friends safe.

"While we pray this type of situation never happens locally, we cannot ignore the fact that it is possible. Education and preparedness are key to saving lives," says Burkey.

Education and Preparedness are Key to Saving Lives

Hospitals have long stood as beacons of hope and healing. The unimaginable idea of a healthcare facility becoming a scene of catastrophic crime is unsettling. With the increasing frequency of gun violence, local first responders and hospitals are joining forces to ready themselves for the unexpected. Routine drills bring together hospital staff to train for active shooter incidents and a surge of patients from mass casualties, an unfortunate reality in today's world.

"For decades, Fisher-Titus Medical Center has conducted drills to prepare for unplanned crises related to natural and chemical disasters, such as inclement weather, fires or explosions," says Brent Burkey, MD, President and CEO, Fisher-Titus Medical Center. "Now, many hospitals and health systems,

including Fisher-Titus, conduct drills to help employees prepare and react specifically for treating victims of a firearms attack."

In collaboration with local emergency responders, Fisher-Titus recently simulated responses to an armed attack at Janotta & Herner, a local commercial construction firm in Monroeville.

Fisher-Titus also conducts active shooter drills at the hospital and its satellite offices. On top of this, all employees are offered ALICE Training, a civilian active shooter response training program.

"I never thought I would have to use the training, but it was very helpful when I needed it," said Kennedy Friend, a native of Norwalk and employee at Fisher-Titus. "You feel so much more prepared if the time ever comes where you have to use it."

PEDIATRIC PROGRAMS: FALL 2023

Sensory-Friendly Santa at Light up Norwalk

Saturday, November 25, 2023; 4-7 p.m.
W. Main Street, Norwalk
For more information, follow "Light Up Norwalk" on Facebook.

COMMUNITY SCREENINGS

Fall Community Health Screening

Saturday, October 21; 7 a.m. - 10 a.m.
Blood screenings – registration required.
Walk-in screening mammograms and physical breast exams – no registration needed. Please bring insurance information for billing purposes.
Fisher-Titus Patient Pavilion Main Lobby, Parking Lot C
272 Benedict Avenue, Norwalk

Wakeman Community Health Screening

Wednesday, December 6; 7 a.m. - 9 a.m.
Fisher-Titus Family Medicine – Wakeman
24 Hyde Street, Wakeman

Register by calling 419-660-2646.

CPR TRAINING

Heartsaver CPR & AED

Thursday, October 12; 4-8 p.m.
Cost is \$40.00

Heartsaver First Aid & CPR

Thursday, November 16; 4-9 p.m.
Cost is \$60.00

Pediatric First Aid/CPR

Wednesday, December 6; 4-10 p.m.
Cost is \$60.00

All classes are held in the Fisher-Titus Technology Room. Register by calling 419-660-2713.

FOR YOUR HEALTH

Diabetes Self-Management Education Program

Physician referral required. This program is designed for individuals interested in learning more about diabetes management. Individuals will receive a one-on-one visit with a registered nurse and dietitian, and they are encouraged to join group classes. Fees apply. Call 419-660-2596 for more information.

Free Blood Pressure Screenings

(Based on staff availability)

Monday - Friday, 9 a.m. - 3 p.m.

Fisher-Titus Home Health Center
54 Executive Drive, Norwalk

Wednesdays, 9 a.m. - 4 p.m.

Fisher-Titus Family Medicine – Milan
2114 State Route 113 East, Milan

Monday-Friday, 9:30 a.m. - 12 p.m.

Fisher-Titus Family Medicine – New London
187 W. Main Street, New London



For more information visit fishertitus.org/upcoming-events.

Strengthening Health Care Services

Fisher-Titus Foundation

The Fisher-Titus Foundation raises funds to strengthen the health care services available to our community through philanthropy from valued donors in the community. Each year, the Fisher-Titus Foundation hosts numerous events to raise money to support a variety of efforts that aim to improve and expand inpatient and outpatient services for residents in the communities we serve. This year's main events were able to raise a substantial amount of funds to place four Zoll AutoPulse CPR devices and a Zoll ventilator in North Central EMS ambulances.



Corks & Kegs

With 126 guests in attendance, the Fisher-Titus Foundation's 3rd Annual Corks & Kegs event, presented by NOMS Healthcare, was a massive success in raising funds for North Central EMS. A night full of food and fun at Sandy Ridge Vineyards & Mercantile led to nearly \$13,000 being raised for North Central EMS equipment.

Golf Outing

The 34th Annual Fisher-Titus Foundation Golf Outing, presented by Janotta & Herner, was held at Eagle Creek Golf Course. The golf outing included 132 golfers on 33 foursomes, with 80 sponsors and over 60 volunteers helping to make this the most successful in the history of the event.

"We are so grateful for the outpouring of support for the Fisher-Titus Foundation golf outing and of local care," said Angie Smith, director, Fisher-Titus Foundation. "It is always a great time for a great cause. This year's outing broke another record and will place roughly \$75,000 in life-saving equipment in service on North Central EMS ambulances—4 CPR devices and a ventilator."



Newborn bassinets were funded by generous donor gifts made to the Fisher-Titus Foundation.

Introducing Circle of Care and Fundraising Efforts for the New Cuddles Infant Security System

"The Circle of Care Annual Fund is our effort to build on our legacy and grow community support of Fisher-Titus. It's led by a committee of local leaders who see Fisher-Titus as central to our health, healing, quality of life, and economy. The Circle of Care will allow us to add important projects and enhancements that otherwise might not be possible," says Angie Smith, Foundation Director.

The first project adopted by Circle of Care is the Cuddles Infant Security System. This new system will provide enhanced security of our newborns in the OB department. Dr. Trippe, Pediatrician and Vice Chair of the Foundation Board, shared why this project is so important, "I am proud of Fisher-Titus; we already provide a very safe environment for our newborns, but the Cuddles Infant Security System is next generation and will be a great enhancement."

Alisha Nims, OB Manager, expresses appreciation for the project, "This improvement will give our patients, families, and staff an extra level of protection. We are grateful to anyone investing in the safety and security of our tiniest patients."

To learn more about this important cause and how you can help, call 419-660-2920 or visit www.fisher-titus.org/foundation. To donate to the Cuddles Infant Security System, return the pledge form or give online with the QR code below.

We Appreciate Your Support!



2023 Circle of Care Annual Support / Pledge Form

The Cuddles Infant Security System for the OB department

- Designate my gift to the Cuddles Infant Security System.
- Designate my gift to the area of greatest need.
- Enclosed is my gift of \$1,000 \$500 \$250 \$100 \$50 \$25 Other \$_____
- I will make my gift in 2 4 12 payments of \$_____ ea.

Name: _____

Address: _____

Phone: _____

Email: _____

Gift in memory or honor of loved one or provider:

(Honoree's Name): _____

Please remit payment and completed pledge card to:
Fisher-Titus Foundation, 272 Benedict Avenue, Norwalk, OH 44857



If you have questions or would like more information, please call the Fisher-Titus Foundation at 419-660-2920. To donate electronically, scan the QR code using your smartphone.

- Including my check made payable to Fisher-Titus Foundation
- Please charge my credit card for my gift:

Credit Card Number _____

(Exp. Date) _____ (Security Code) _____

Gift amount: \$_____ One-time Monthly

Cardholder: _____

Address: _____

Signature: _____

To donate a gift online, please visit
www.fishertitus.org/foundation

To learn how you can make a difference with a charitable donation, visit fishertitus.org/foundation.



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272 Benedict Ave.
Norwalk, OH 44857

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We value and respect your privacy – if you wish to be removed from the mailing list, please visit fishertitus.org/optout and complete the form.

myFisherTitus Patient Portal

Check out the NEW
myFisherTitus Patient Portal!

Fisher-Titus has many options for you to be engaged in your care, including the *myFisherTitus* Patient Portal, accessible 24/7! The new and improved *myFisherTitus* patient portal allows you to view:

- ✓ Full Health History
- ✓ Medications, Prescriptions, Diagnosis, & Future Appointments all in one place
- ✓ Test Results Sooner
- ✓ Schedule Appointments
- ✓ Message Providers
- ✓ Pay Bills Online

In addition, you can now proactively submit your registration, allergies, medications, and immunizations information prior to your visit, improving the time spent in the physician office!



Signing up for your patient portal is easy! Scan the QR code and click on "Self-enroll to Access Portal" and then "Enroll Now."



Have your medical information at your fingertips!



Download the NEW free *myFisherTitus* app on your phone or tablet today!