



FISHER | TITUS

SPRING
2024

health

Connections



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A MESSAGE FROM OUR PRESIDENT

Celebrating Our People

If you ask anyone in health care what they love most about their work, they will likely say it's all about helping others by improving the health and well-being of their friends, family, and neighbors. At Fisher-Titus, our team's passion for caring for the communities we love is evident in their everyday work.

Health care professionals, whether clinical or non-clinical, work tirelessly to make a difference in the lives of others. This spring, we are recognizing several annual observances to celebrate the work of our dedicated staff, including:

- National Doctors' Day
- National Nurses Week
- National Hospital Week
- National EMS Week
- National Skilled Nursing Care Week

Just as our recent health center expansion efforts in Willard demonstrate our commitment to serving Huron County, it takes our entire team of housekeepers, food service and support personnel,

therapists, technicians, nurses, physicians, and many other professions to continue to deliver high-quality care at all our facilities. Earning various accreditations, awards, and the loyalty of our patients are also testaments to that dedication.

Without our employees, none of these achievements would be possible. Their dedication, sacrifice, and commitment to excellence are the reasons Huron County residents look to Fisher-Titus for quality medical care and treatment.

The executive leadership, our Board of Directors, and the entire management team take great pride in our people – our AMAZING workforce – and value their devotion to our patients, day and night. During these annual observances and every day, I would like to personally thank our staff for their dedication to our people, patients, and the communities we proudly serve.

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

Stroke Awareness: Every Second Counts

According to the American Stroke Association, stroke is the fifth highest cause of death and a leading cause of disability in the United States. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain bursts or is blocked by a clot. When that happens, part of the brain cannot get the blood and oxygen it needs, leading to potential brain damage, disability, or even death. Early stroke detection and treatment are key to improving survival, minimizing disability, and accelerating recovery times.

Karen Daniel, RN, Stroke Care Coordinator at Fisher-Titus, outlined various aspects that can increase the risk of stroke, such as an unhealthy diet, lack of exercise, smoking, excessive alcohol consumption, poor stress management, lack of sleep, and health conditions such as diabetes, obesity, high blood pressure, or high cholesterol.

"These issues can all play a significant role in influencing the risk of stroke," said Daniel. "Adopting a healthy lifestyle and effectively managing these factors through lifestyle modifications, medication, and regular medical care can reduce risk of stroke."

Throughout 2023, Fisher-Titus saw 123 patients diagnosed with stroke and an additional 61 patients treated for Transient Ischemic Attack (TIA), otherwise known as a mini-stroke. That's why Fisher-Titus is devoted to providing

high-quality care to those affected by all forms of stroke in Huron County.

Superior Stroke Solutions

Fisher-Titus earned the "Get With The Guidelines® - Stroke Gold Plus" award from the American Heart and Stroke Associations in 2023 for its commitment to high-quality stroke care. This recognition is based on nationally recognized, research-based guidelines that save lives and reduce disability. We also received the American Heart Association's Target: StrokeSM Honor Roll Elite and Target: Type 2 DiabetesSM Honor Roll awards.

"Fisher-Titus is dedicated to enhancing patient care by following the latest guidelines," said Dr. Brent Burkey, President & CEO of Fisher-Titus. "Get With The Guidelines allows our teams to apply proven knowledge daily, leading to better patient recovery. Our ultimate aim is to promote longer, healthier lives in Huron County."

Fisher-Titus is also certified as a primary stroke center through the Accreditation Commission for Healthcare (ACHC), which underscores our ability to effectively stabilize and treat acute stroke patients, administer thrombolytics, and provide other acute therapies with safety and efficiency.







After a stroke occurs, comprehensive rehabilitation through physical, occupational, and speech therapists is available at Fisher-Titus, as well as monthly Stroke Support Group meetings (see page 6 for more information on our Stroke Support Group).



KNOW THE SIGNS OF A **STROKE**

The acronym "BE FAST" is a useful tool to remember the signs of stroke and what to do if someone around you is showing signs.

B.E. F.A.S.T

 <p>BALANCE</p> <p style="font-size: x-small;">Is the person suddenly having trouble with balance or coordination? Watch for signs of dizziness, stumbling, difficulty grabbing/handling items, etc.</p>	 <p>EYES</p> <p style="font-size: x-small;">Is the person experiencing suddenly blurred or double vision or a sudden loss of vision in one or both eyes without pain?</p>	 <p>FACE DROOPING</p> <p style="font-size: x-small;">Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?</p>	 <p>ARM WEAKNESS</p> <p style="font-size: x-small;">Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?</p>	 <p>SPEECH DIFFICULTY</p> <p style="font-size: x-small;">Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence like, "The sky is blue." Is the sentence repeated correctly?</p>	 <p>TIME TO CALL 911</p> <p style="font-size: x-small;">If someone shows any of these symptoms, even if they go away, call 911 immediately.</p>
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EVERY MINUTE COUNTS. FOR ANY SIGN OF STROKE, CALL 911 AND B.E. F.A.S.T.

Spring Into Self-Care

Spring has sprung and we are finally able to emerge from our hibernation caves to enjoy the great outdoors! There are some things to keep in mind as we tackle garden projects, get the yard in shape, and get ourselves in shape as we return to exercising more regularly.



"Once warmer weather and spring arrive, it is important to perform warm up activities or stretching prior to more strenuous tasks like yard work, gardening, or exercise," says Jen Oakley-Swartz, PT, Manager of Rehabilitation at Fisher-Titus. "We see all sorts of injuries occurring more often as it gets warmer, including sprains and strains, low back pain, and overuse injuries such as knee pain or shin splints."

There are ways to help prevent these types of injuries from occurring. "Do your spring cleaning a little bit at a time, slowly build up endurance to better tolerate activities, take frequent rest breaks to allow your body to recover, and listen to your body when you start to feel discomfort or pain," Oakley-Swartz advises.

If you do find yourself with a minor injury, there are ways you can help resolve or lessen pain after an injury at home. If you overdo an activity, try to treat yourself with the RICE approach – **R**est, **I**ce, **C**ompression, **E**levation – on the affected body part. If you are in pain over several days and it is not resolving, the injured area feels unstable, or is worsening, it's time to see a doctor.

There are a variety of benefits to regular exercise and/or stretching year-round. "Improved brain health, weight management, reduced risk of heart disease, stronger bones and muscles, better sleep, and the overall improved ability to do everyday tasks are some of the many benefits to staying active and maintaining your body," Oakley-Swartz shares. "We are

happy to help you get on track with your goals, so you start seeing these benefits."

Fisher-Titus Rehabilitation Services offer a comprehensive range of physical, occupational, and speech therapy services to help patients of all ages and conditions achieve their optimal level of function and wellness. Whether you need rehabilitation after an everyday injury, sports injury, surgery, stroke, or chronic illness, our experienced team of therapists are there to work with you to design a personalized treatment plan that meets your goals and needs.

Injured from overdoing it? Fisher-Titus Rehabilitation has several convenient locations to get you back to doing activities you love, including at the brand-new Willard Health Center. To make an appointment, call **419-660-2700** or visit **fishertitus.org/rehab**.

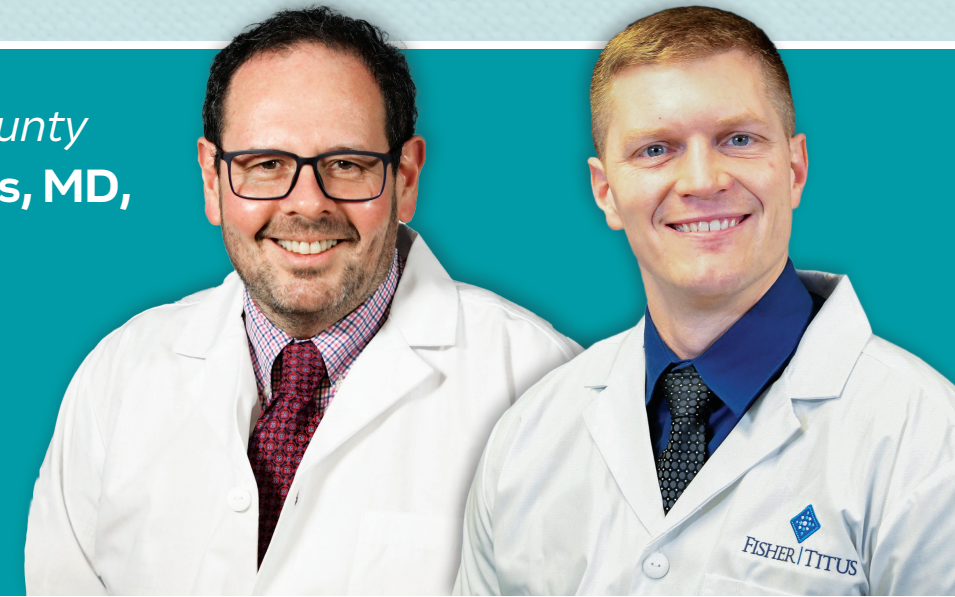
When starting any new exercise program or starting your old routine back up, keep these in mind:

1. Warm up for a few minutes prior to starting your outdoor project or exercise.
2. Break up your project into more manageable time frames. For example, you may feel that you must spread all of the mulch in one day; however, if you can do one area over several weeks, your body has time to recover.
3. Stretch after your activity – take your time and listen to your body.

Welcome Our New Providers

Please give a warm Huron County welcome to **Dr. Mikhail Kirnus, MD,** and **Thomas Stein, PA-C,** who bring their expertise and dedication to the Fisher-Titus Heart and Vascular team!

Left to right: Dr. Mikhail Kirnus, Thomas Stein



Dr. Mikhail Kirnus: Joining us from prestigious institutions like University Hospitals and the Cleveland Clinic Foundation, Dr. Kirnus is a highly respected cardiologist with over 25 years of experience. He excels in performing complex interventional procedures, offering Huron County residents advanced care close to home. Dr. Kirnus earned his medical degree from the Moscow Medical Stomatology Institute in Moscow, Russia, followed by fellowship training in the U.S.

Thomas Stein: Passionate about preventative care and building strong patient relationships, Thomas brings a wealth of experience in delivering compassionate primary care, especially in rural settings. He earned his master's degree in physician assistant studies from Baldwin Wallace University in 2017 and holds certification from the National Commission on Certification of Physician Assistants.

Together, they join a dedicated team of cardiovascular experts at Fisher-Titus, to strengthen the hearts of Huron County. Both Dr. Kirnus and Thomas Stein will see patients at Fisher-Titus Heart and Vascular, and Dr. Kirnus will perform cardiac procedures at the Snyder/White Heart and Vascular Center, equipped with the latest technology, including a level II adult cardiac catheterization lab. This state-of-the-art facility enables comprehensive care, from preventive screenings and personalized treatments to emergency services and specialized procedures.

Dr. Kirnus and Thomas Stein's arrival inspires confidence in our community to receive reliable cardiac care close to home. Whether you're concerned about your heart health or seeking a second opinion, our team is here to guide you on your journey to optimal well-being. Schedule an appointment today by calling 419-660-4707.

For more information about heart and vascular care at Fisher-Titus, visit **fishertitus.org/heart**.

Fisher-Titus Foundation: Cuddles for Mother's Day

This Mother's Day, the Circle of Care Annual Fund and Founders Circle committee members are working to give the gift of "Cuddles" to area moms and their newborns. The Cuddles Infant Security System replaces the outgoing HUGS system in the Fisher-Titus OB Department, bringing in the next generation in security to our tiniest patients. Through business partnerships, signature gifts, and donations to the Circle of Care Annual Fund, our donors will help us raise \$112,000 in

support of this vital improvement.

"I am so proud of the great care and the safe environment provided for our newborns and moms in the OB Department," said Dr. Glenn Trippe, Fisher-Titus Foundation Board Chair, past Chief Medical Information Officer at Fisher-Titus Medical Center. "The HUGS system was a good one, but the Cuddles system will bring increased security to our newborns and peace of mind to our new parents."



YOU CAN HELP!
Please consider donating to the Cuddles project this Mother's Day in honor or memory of your mom at fishertitus.org/donate or by scanning this QR code.



Why We Care "The great thing about a community hospital is that the 'shareholders' are us...every patient, business, and community member. Any revenue left after paying expenses gets reinvested in our care and health." - Perry Dryden, Fisher-Titus Board chairman, and Fisher-Titus Foundation Board member.



The Fisher-Titus Foundation's 35th Annual Golf Tournament Goes Pink

Help us turn this year's Fisher-Titus Foundation Golf Tournament pink to support breast cancer diagnosis. Your participation as a golfer or sponsor will help fund the latest in stereotactic breast biopsy equipment, which will bring our patients a less invasive, higher resolution, more targeted, and more comfortable breast biopsy experience.

"An abnormality on a mammogram is scary; this new equipment and technology will help our outstanding team take even better care of our patients, providing them with a more accurate diagnosis in less time during the procedure," said Karla Meisner, director of Imaging Services. "On behalf of our staff and patients, thank you to our past supporters and all those who will participate in or support the golf outing this year."



Register at fishertitus.org/golf or scan the QR code.

SAVE THE DATE
Presented by:
Janotta & Kerner

Wednesday, August 21, 2024
10 a.m. Shotgun Start
Eagle Creek Golf Course
Norwalk, Ohio

CPR TRAINING

Pediatric First Aid/CPR
Thursday, May 23; 4-10 p.m. - Cost is \$60.00

Heartsaver CPR & AED
Thursday, June 6; 4-8 p.m. - Cost is \$40.00

Heartsaver First Aid & CPR
Thursday, June 13; 4-9 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)

Wednesdays, 9 a.m.-4 p.m.
Fisher-Titus Family Medicine - Milan
2114 State Route 113 East

Monday - Friday, 9:30 a.m.-12 p.m.
Fisher-Titus Family Medicine - New London
187 West Main Street

American Red Cross Blood Drives for 2024
Fri., May 31, 2024 Fri., July 26, 2024
Fri., Sept., 27, 2024 Fri., Nov., 22, 2024
Fri., Dec., 27, 2024

Blood Drives at Fisher-Titus Medical Center are from 12-4:30 p.m.

To schedule an appointment, call 1-800-RED-CROSS or visit www.RedCrossBlood.org and enter sponsor code: FTMC.

FOUNDATION HEALTH FOR LIFE SERIES

Middle Age, Mammograms, and Menopause
Friday, June 28, 2024, 11:30 a.m.-12:30 p.m.
(Doors open at 11)
Fisher-Titus Medical Center - Jennings Auditorium

FISHER-TITUS AUXILIARY SALES

Nutman Snack Sale
Monday, April 22 and Tuesday, April 23
Fisher-Titus Medical Center - Ghrist Room

Books Are Fun Sale
Monday, April 29 and Tuesday, April 30
Fisher-Titus Medical Center - Ghrist Room

Mother's Day Fundraiser
Thursday, May 9, 11 a.m.-7 p.m.
Friday, May 10, 7 a.m.-1 p.m.
Fisher-Titus Medical Center - Ghrist Room

STROKE SUPPORT GROUP

Have you or a loved one experienced a stroke? Join our monthly Fisher-Titus Stroke Support Group, led by Jason Strong and Karen Daniel. We connect stroke and traumatic brain injury survivors, their families, and caregivers. These sessions provide education, inspiration, and support through discussing topics like stress management, post-stroke mood, yoga, and more. The group meets in the Ghrist Room on the 4th Wednesday of every month from 3-4 p.m.
Next meetings: April 24, May 22, June 26, July 24.

Join Our Private Fisher-Titus Stroke Support Facebook Group

Only members can post and view content. To join, scan the QR code with your phone or search "Fisher-Titus Stroke Support Group" on Facebook.



2024 LAB SCREENINGS

Lab screenings provide an opportunity for you to access inexpensive health evaluations to help determine your risk of developing a medical condition such as diabetes. Appointments are required. Cash, credit cards, and checks accepted. Call 419-660-2646 to schedule your appointment.

Health Screenings Include:

Blood Analysis* Includes complete blood count (with differential), basic metabolic panel, lipid panel, hepatic profile.....	\$45
Prostate Specific Antigen (PSA) Test	\$30
Hemoglobin A1c	\$30
Thyroid Test (TSH)	\$25
Vitamin D	\$35

*12-hour fasting required. You may drink water and take regular medications.

Upcoming Screenings

Tuesday, April 16, 7-10 a.m.
Willard Health Center
230 East Walton Street, Willard

Tuesday, May 21, 7-10 a.m.
Fisher-Titus Medical Center - Ghrist Room
(Use the Patient Pavilion Entrance, Parking Lot C)
272 Benedict Avenue, Norwalk

Tuesday, June 18, 7-10 a.m.
Fisher-Titus Family Medicine - Milan
2114 State Route 113 East

Tuesday, July 16, 7-10 a.m.
Fisher-Titus Family Medicine - Bellevue
521 North Sandusky Street



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272 Benedict Ave.
Norwalk, OH 44857

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Fisher-Titus does not discriminate against any person on the basis of race, color, national origin, disability, or age in admission, treatment, or participation in its programs, services and activities, or in employment, or on the basis of sex in its health programs and activities. For further information about this policy, contact: Suzanne Farmer, 419-668-2270



Here for You – Through Every Stage of Life.

Visiting your physician for routine care or treating a chronic health condition can lead to follow-up appointments for bloodwork, imaging, and physical therapy. Count on Fisher-Titus for all your lab, imaging, and physical therapy needs.

Lab, Imaging, & Physical Therapy Services:

- **Many Locations to Serve You!**

Save time! Have your bloodwork drawn at your Fisher-Titus physician's office. Or visit two additional locations in Norwalk and our new health center in Willard.

Fisher-Titus now offers two great locations for physical therapy. Visit our new health center in Willard or the Ralph and Alice Walcher Rehabilitation Center at Fisher-Titus Medical Center.

- **Ditch the Wait!**

Fisher-Titus Imaging offers same-day options for some tests! Plus, late afternoon appointments and walk-in X-rays mean flexibility.

- **Easily access the results on the myFisherTitus patient portal.**



Find the nearest Fisher-Titus location by scanning the QR code or visiting FisherTitus.org/LabRadPT.



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