



# health

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A MESSAGE FROM OUR PRESIDENT

## To Our Valued Community

On behalf of Fisher-Titus Health, I would like to wish you a happy and healthy New Year! As we say goodbye to 2023, I am excited to share some of our accomplishments over the past year.

First, we kicked off 2023 with a construction project to build a new health center in Willard, which will ultimately provide patients in surrounding communities with greater access to care by offering physical therapy, radiology, and lab services in addition to family medicine and outpatient cardiology testing already provided locally. The new Fisher-Titus Willard Health Center will be opening in early 2024. A community open house is being planned for Saturday, March 9. See page 11 for more information about the grand opening event.

In addition to expanding our footprint, our employees and physicians focused on new accreditations to enhance and strengthen quality and access to care. A few notable distinctions in 2023 include:

- Being named one of 384 hospitals across the country to earn the distinction of America's Best Maternity Hospitals by Newsweek, and it's the fourth consecutive year for achieving this recognition. Fisher-Titus' dedicated birthing center staff go above and beyond to ensure laboring patients and their newborns experience the best care possible.
- Achieving the American Heart Association's Get With the Guidelines® Stroke Gold Plus quality award. The Emergency Room staff and other clinical teams across the hospital were recognized for their 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.
- Earning 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 by the Intersocietal Accreditation Commission.
- Being recognized by Becker's Health Care Review as a Top Community Hospital across the U.S. – one of 153 hospitals nationwide and one of only eight in Ohio.

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For patients, this work means we remain committed to serving you and your family. We have also listened to feedback about more convenience for scheduling appointments, so we added call-ahead scheduling at our Convenient Care location. We also continue to offer many online appointment scheduling options at our primary care and specialty care offices.

Next month is American Heart Month, so we have dedicated an article in this issue about our comprehensive cardiac services offered at Fisher-Titus. Fisher-Titus' Heart and Vascular Center is a regional leader in the diagnosis, prevention and treatment of heart disease in Norwalk and surrounding communities.

As we turn our calendars to 2024, we look forward to expanding more services and earning new accreditations to help all individuals access high quality, comprehensive health care locally. Additionally, we will continue to give back to the communities we serve in many ways. As a not-for-profit, independent health system, we are dedicated to addressing the broader health needs of the community. See a recap of our total community support for 2022 on the next page.

As always, thank you for choosing Fisher-Titus for your health care needs, and best wishes for the coming year.

In Good Health,

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

## Supporting Our Community - 2022

### Total Community Support in 2022: \$9,744,950



\$291,399  
CHARITY CARE & FINANCIAL ASSISTANCE



\$198,764  
COMMUNITY HEALTH IMPROVEMENT SERVICES



\$25,397  
HEALTH PROFESSIONS EDUCATION



\$40,839  
SUBSIDIZED HEALTH SERVICES



\$412,210  
CASH & IN-KIND CONTRIBUTIONS



\$3,787,495  
BAD DEBT



\$4,988,846  
UNPAID COST OF MEDICARE

## Huron County's Largest Employer: Economic Impact on Our Community

With more than 1,350 area residents employed by the Fisher-Titus health system, salaries generated **\$357,520** to support local school taxes; **\$1,050,737** in city taxes; and **\$2,104,735** to the State of Ohio.

## Services Provided: 2022



3,035  
INPATIENT ADMISSIONS



11,164  
DAYS OF INPATIENT CARE



26,964  
EMERGENCY DEPARTMENT VISITS



131,149  
OUTPATIENT VISITS



57,669  
IMAGING TESTS



994,283  
CLINICAL LAB TESTS



12,501  
HOME HEALTH VISITS



339  
NORWALK MEMORIAL HOME RESIDENTS SERVED

For more information, visit [fishertitus.org/community-services](https://fishertitus.org/community-services)

Exterior view of the Fisher-Titus Emergency Department, located at Fisher-Titus Medical Center.

EMERGENCY



Each year, more than **26,000** visits are made to Fisher-Titus' ER.

Kevin Lewis, DO

# When Should I Go to the ER?

**I**njuries and illnesses happen every day throughout the year. In the winter, however, the likelihood of injuries and illness increases with variables such as ice on the ground, flu season, and more. That's why it is important to know when you should seek treatment at the emergency room.

When someone has symptoms of trauma, heart attack or stroke, it is important to realize that these are life-threatening, so time is of the essence. Calling 9-1-1 right away is crucial so emergency responders can initiate medical treatment immediately.

## Illnesses and injuries that may require a visit to the ER

Most people have been there – it's the weekend or a holiday, and a loved one is experiencing pain, an injury, or an illness. What should be done? Is it appropriate to go to the ER?

Kevin Lewis, DO, an ER Doctor with Fisher-Titus, provided some insight on various symptoms that may constitute a life-threatening situation and visit to the ER. These symptoms include chest pain or pressure, difficulty breathing, signs of stroke, trauma or injury, uncontrolled bleeding, and mental health crises.

"While these are clear examples of when to seek emergency care, some situations might not be as obvious. If you're uncertain about the severity of a medical issue or an emergency, it's always better to err on the side of caution and seek medical advice," Dr. Lewis said. "Consulting with a primary care physician or utilizing telemedicine services can provide guidance on whether a visit to the ER is necessary. We are always here in the Fisher-Titus Emergency Department to evaluate and treat you should there be any questions."

## For Major Emergencies

Fisher-Titus is a certified Primary Stroke Center; a Level III Trauma Center partnering with MetroHealth in Cleveland; and a Level 2 Adult Cardiac Cath Lab.

**Call 9-1-1 for life-threatening conditions.**

**LOCATED: 272 Benedict Avenue, Norwalk, OH 44857**

**HOURS: Open 24/7/365**

## Need Non-Urgent Medical Attention Quickly?

The next time you need expert care for non-life-threatening medical conditions, call Fisher-Titus Convenient Care, where the waiting room can be your living room!

**Call-Ahead Scheduling is now available to minimize wait times. Call 419-663-6464 to schedule.**

**LOCATED: 368 Milan Avenue, Norwalk, OH 44857**

**HOURS: Monday – Friday, 9 a.m. – 7 p.m.**

**Saturday/Sunday: 9 a.m. – 3 p.m.**

For more information about emergency services at Fisher-Titus, visit [fishertitus.org/emergency](https://fishertitus.org/emergency).

# Back to the Basics:

## A Balanced Approach to Pain Management

In the world of modern medicine, where cutting-edge technology and innovative treatments often take center stage, it's easy to overlook the fundamental principles of healthcare. At Fisher-Titus Pain Management, we believe in the power of returning to the basics, where the foundations of compassionate care, thorough patient examinations, and patient education play an important role in patients overcoming their chronic pain.

### The Healing Touch: The Art of Physical Examination

One of the core principles of our approach is the value of the physical examination. During every patient visit, our providers take the time with each patient to do hands-on assessments. These methods are crucial in diagnosing common spine conditions and offering a window into the patient's physical state.

Dr. William Zucker

For years, Dr. William Zucker suffered from pain that hindered his daily lifestyle. With the help of the Fisher-Titus Pain Management, Dr. Zucker has returned to doing what he loves.



Scan the QR code with your smartphone to learn more about Dr. Zucker's Story.

### Some of the common physical examinations include:

- **Range of Motion Assessment:** By evaluating how well a patient can move their spine, we learn about their condition's impact on how well they can move.
- **Palpation:** This method involves gentle probing of the spine to detect tenderness, muscle tension, or anomalies.
- **Neurological Testing:** Assessing reflexes, muscle strength, and sensory perception helps diagnose nerve-related issues.
- **Straight Leg Raise Test:** A classic test for sciatica, which can help find the source of leg pain.
- **Provocative Tests:** These movements can reproduce the patient's pain symptoms, providing important clues for diagnosis.

### The Power of Listening: Understanding Your Pain

While physical examinations are an essential part of our diagnostic process, we equally recognize the importance of listening. Pain is a deeply personal experience, and no one knows it better than the person enduring it. Our providers take the time to listen carefully to our patients, understanding their unique pain experiences and how it impacts their lives. This approach enables us to tailor treatments to each individual patient's specific needs.

### Patient Education: Empowering Informed Decisions

At Fisher-Titus Pain Management, we know that educated patients make engaged patients and engaged patients often overcome their pain. Our team dedicates time to patient education, making sure that patients have a clear understanding of their condition and the available treatment options. Our providers commonly use a spine model to explain treatments visually, making it easier to see and understand many causes and treatments for specific types of pain.

At Fisher-Titus Pain Management, we understand that thorough examinations, clear communication, and patient education are key to effective pain management. Our dedicated team is here to support the people of our community on their journey to overcome chronic pain.

If you or a loved one is living with chronic pain, we encourage you to take a step back to the basics. Talk to your doctor about a referral to Fisher-Titus Pain Management, or call us directly to schedule your new patient visit at 419-660-6901. Our dedicated team is here, ready to help.

*Our Pain Management staff is dedicated to assisting with and educating our patients on their pain.*



# Be Heart Smart

Many Americans may be unaware that they are living with an increased risk for heart disease, yet it is possible for both men and women to assess their risk of heart attack and stroke. Knowing and understanding the signs and symptoms of these conditions can help prevent them from occurring.

Ryan Christofferson, MD, a cardiologist with Fisher-Titus Heart & Vascular, noted that there are ways to prevent heart disease and stroke from happening, such as maintaining a healthy diet, not smoking, controlling cholesterol and blood pressure and not leaving chronic conditions, such as diabetes, untreated. He also gave information on when to seek cardiac or emergency treatment for various heart issues.

"If you are experiencing chest pain, shortness of breath, swelling or palpitations you may need to see a cardiologist. If you are having significant or severe chest pain or shortness of breath you may need to seek emergency care," said Dr. Christofferson. "The Fisher-Titus cardiovascular services team is always prepared to care for your cardiac needs – 24/7."

## Cutting-Edge Cardiac Care

The Snyder/White Heart and Vascular Center at Fisher-Titus is equipped

with the latest technology to provide state-of-the-art cardiovascular and endovascular diagnostic and interventional procedures for area patients.

The Ohio Department of Health has certified Fisher-Titus as a Level II adult cardiac catheterization lab, enabling diagnostic and interventional procedures. This allows for immediate treatment of severe heart attacks, known as ST-Elevation Myocardial Infarction (STEMI), which can lead to death or disability if not treated quickly.

The Fisher-Titus Heart & Vascular Center offers a variety of procedures and services such as angioplasty and stenting, diagnostic heart catheterization, echocardiograms, pacemaker/defibrillator implantation, and more. For recovery and management, cardiac rehabilitation, vein treatment, and blood thinner & blood clot management are also available.

"The Fisher-Titus Heart and Vascular team is prepared to offer you specialized, personal and professional cardiac care right here locally in Huron County," said Dr. Christofferson. "Most cardiac and vascular procedures that can be performed at major medical centers are successfully performed here every day, close to home."

**If you are experiencing a cardiac emergency, do not drive yourself to the hospital, call 9-1-1 immediately. First responders and EMS can begin treatment for a cardiac emergency or perform resuscitation while enroute to the ER. Time is muscle, and every second counts when someone is experiencing a life-threatening cardiac crisis.**

## HEART HEALTH: The Numbers You Need to Know Monday, Feb. 19, 2024; 5-6:30 p.m.

Location: Fisher-Titus Jennings Auditorium  
Join Dr. Ryan Christofferson and other medical experts to discuss how blood glucose, BMI, blood pressure, cholesterol and kidney function play a significant role in your heart's health. No cost to attend. Light refreshments will be served. RSVP required: Please call 419-660-2822.

**MARK YOUR CALENDAR**

Ryan Christofferson, MD



## Catch the Signs Early

Don't wait to get help if you experience any heart attack warning signs. Some heart attacks are sudden and intense, but others start slowly, with mild pain or discomfort. Pay attention to your body and call 9-1-1 if you experience:

- CHEST DISCOMFORT**  
Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes – or it may go away and then return. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- DISCOMFORT IN OTHER AREAS OF THE UPPER BODY**  
Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- SHORTNESS OF BREATH**  
This can occur with or without chest discomfort.
- OTHER SIGNS**  
Other possible signs include breaking out in a cold sweat, nausea or lightheadedness.

To learn more about Heart & Vascular Care at Fisher-Titus, visit [fishertitus.org/heart](http://fishertitus.org/heart).

# Welcome Our New Providers



## JACLYN CIERSEZWSKI, APRN

Nurse Practitioner

Fisher-Titus Family Medicine – Milan  
2114 State Route 113 East  
Milan, OH 44846  
(419) 499-7600



## BRADFORD JONES, DO

Interventional Pain Specialist

Fisher-Titus Pain Management Center  
272 Benedict Ave  
Norwalk, OH 44857  
(419) 660-6901



## EMILY KRIKKE, MSN, CNP-PC

Pediatric Nurse Practitioner

Fisher-Titus Pediatrics – Norwalk  
282 Benedict Ave, Medical Park 2, Suite B  
Norwalk, OH 44857  
(419) 668-9409



## MICHAEL CLINGMAN, MSN, FNP-BC

Nurse Practitioner

Norwalk Memorial Home  
272 Benedict Ave  
Norwalk, OH 44857  
(419) 668-5162



## ADAM LINK, DO

Primary Care Physician

Fisher-Titus Family Medicine – Milan  
2114 State Route 113 East  
Milan, OH 44846  
(419) 499-7600



## BLAIR MAYFIELD, CPNP-PC

Pediatric Nurse Practitioner

Fisher-Titus Pediatrics – Bellevue  
1400 West Main Street  
Bellevue, OH 44811  
(419) 483-4122  
Fisher-Titus Pediatrics – Norwalk  
282 Benedict Ave, Medical Park 2, Suite B  
Norwalk, OH 44857  
(419) 668-9409



## LAURA BUTLER, LISW

Clinical Social Worker

Fisher-Titus Family Medicine – Bellevue  
521 North Sandusky Street  
Bellevue, OH 44811  
(419) 483-6267  
Fisher-Titus Family Medicine – Milan  
2114 State Route 113 East  
Milan, OH 44846  
(419) 499-7600  
Fisher-Titus Norwalk Primary Care  
280 Benedict Ave  
Norwalk, OH 44857  
(419) 668-8110



## MONA NATAPRAWIRA, DO

Obstetrics & Gynecology

Fisher-Titus Medical Center  
272 Benedict Ave  
Norwalk, OH 44857  
(419) 668-8101  
NOMS Obstetrics & Gynecology – Norwalk  
272 Benedict Ave  
Norwalk, OH 44857  
(419) 625-2841  
NOMS Obstetrics & Gynecology – Sandusky  
2500 West Strub Road, Suite 210  
Sandusky, OH 44870  
(419) 625-1299

Welcome Our New Providers to Fisher-Titus

Schedule an Appointment Today!



## Fisher-Titus Foundation: Strengthening Healthcare Services

### Community Thanksgiving Event Gets Creative – Thanks to Caring Committee Members!



Nothing gets in the way of the Fisher-Titus Circle of Care Committee and their mission! When inclement weather canceled the Circle of Care's Community Thanksgiving event two weeks in a row, the committee got creative

and continued their quest to thank the incredible caregivers and staff at Fisher-Titus and to celebrate the gift of outstanding local care! The Circle of Care committee brought the celebration inside out of the cold, delivering treats

to departments throughout the Medical Center. Circle of Care is a volunteer committee of the Fisher-Titus Foundation, committed to supporting local health care.

There was no better place to kick off their annual fundraising campaign than at the center of our local Circle of Care...with the people of Fisher-Titus! Circle of Care is so grateful for every department and each member of the Fisher-Titus team. The Circle of Care's next mission—to raise \$112,000 to purchase the Cuddles Infant Security System, bringing the next generation in safety and security to our newest neighbors in the Obstetrics Department.



## Cuddles Infant Security System: Improved Safety & Security for Our Tiniest Patients

- Tracks infants in OB Department
- Alarms if babies go outside their designated area. Disables doors & elevators to secure them in their location
- Improved accuracy, sensitivity & timeliness of alarming
- Combination of wired & wireless technology
- Softer & more adjustable for improved infant comfort
- Greater peace of mind for parents

### Fisher-Titus Foundation "Caring for the Community We Love" Campaign 2023-2024

**CUDDLES INFANT SECURITY SYSTEM FOR OB**  
**\$112,000**

- Circle of Care Annual Fund

**LAB AUTOMATION**  
**\$900,000**

- Founders Circle Signature Gifts

**IT ADVANCEMENTS**  
**\$190,000**

- Founders Circle Signature Gifts

**CERNER ONCOLOGY POWERCHART**  
**\$500,000**

- Cares Link Employee Project
- Founders Circle Signature Gifts

**CERNER SOCIAL DETERMINANTS  
OF HEALTH MODULE**  
**\$75,000**

- Founders Circle Signature Gifts

**TOTAL  
FUNDRAISING GOAL:  
\$1.8 Million**



**FISHER | TITUS  
FOUNDATION**

### 2024 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](http://www.fishertitus.org/foundation)



Exterior construction of our new Willard Health Center.

## The Wait is Finally Over! New 13,000 Square-Foot Health Center Opening in Willard Soon!

After many months of construction, Fisher-Titus' new Willard Health Center will open in early 2024. This new facility will offer comprehensive health care services, including physical therapy, cardiovascular testing, and lab services to Fisher-Titus' already established foundation of Family Medicine and outpatient cardiology in Willard. X-ray services will also be available later this year.

"We cannot express enough gratitude to Janotta & Herner for their hard work and dedication to the construction of the Willard Health Center, which will bring a variety of health services previously unavailable to the Willard community and beyond for many

years to come," said Brent Burkey, MD, and president and CEO, Fisher-Titus Health.

The Willard Health Center is the newest investment in the long history of Fisher-Titus, supporting the Willard community, following the contributions designated to the walking path around the Willard Reservoir opening in 2022.

"We look forward to continuing our commitment to the health and wellness of the Willard community well into the future," Dr. Burkey added.

Follow Fisher-Titus on Facebook and Instagram at 'fishertitushealth' to stay up to date on information about the Willard Health Center and any future events.

# YOU'RE INVITED!

# GRAND OPENING Celebration!

PLEASE JOIN US ON

## Saturday, March 9 9 a.m. – 1 p.m.

230 East Walton Street, Willard, OH 44890

Individuals are invited to tour the building and learn about the services offered. **Ask the Doc:** Physicians who practice at the Willard Health Center will be available to ask questions about various health conditions.

Sensory-friendly activities for children and families are planned for the event, such as **Easter egg hunts, arts & crafts, a photo with the Easter Bunny, and more!** Light refreshments and snacks will also be provided.



## Community Calendar and Events

### 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 West Main Street, New London

#### Fisher-Titus Gift Shop

Shop for unique decorations, gifts, & more! All proceeds benefit patient care enhancements.

**Hours: Monday - Friday 9 a.m. to 4 p.m.**

272 Benedict Ave, Norwalk, OH 44857  
Enter through the Patient Pavilion Entrance. Phone orders for flower deliveries to patients in the medical center, transitional care unit and Norwalk Memorial Home are available. Please call 419-660-2800 for more information.

#### American Red Cross Blood Drives for 2024

**Jan. 26, 2024      March 29, 2024**

**July 26, 2024      May 31, 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](http://www.RedCrossBlood.org) and enter sponsor code: FTMC.

#### 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 Gabryell Keller. 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: Jan. 24, Feb. 28, March 27, April 24.**

### COMMUNITY OPEN HOUSE

#### Willard Health Center – Grand Opening Event!

**Saturday, March 9 from 9 a.m. to 1 p.m.**

230 East Walton Street, Willard, OH 44890

**No cost to attend. No registration required.**

Building tours, Easter egg hunt, photos with the Easter bunny, crafts for kids. Food trucks, refreshments and more!

### CPR TRAINING

#### Pediatric First Aid/CPR

**Wednesday, Jan. 25; 4-10 p.m. - Cost is \$60.00**

#### Heartsaver CPR & AED

**Thursday, Feb. 1; 4-10 p.m. - Cost is \$40.00**

#### Heartsaver First Aid & CPR

**Thursday, March 20; 4-9 p.m. - Cost is \$60.00**

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

### VOLUNTEER OPENINGS!

**Want to spend a few hours a week helping others? We are looking for new volunteers! Volunteer opportunities include:**

- **Norwalk Memorial Home:** Assist with special occasions, water, and nourishment routines, and monthly events such as bingo, service day, and birthday parties.
- **Gift Shop:** Staff the Fisher-Titus Auxiliary Gift Shop at Fisher-Titus Medical Center.
- **Greeter & Visitor Assistance:** Greet patients and visitors as they enter the Medical Center and help them find their way around the facility.
- **Admitting Department:** Help with transporting patients to various departments of the hospital.
- **Business Office:** Assist with filing and sorting information for mailings.

Visit [fishertitus.org/volunteer](http://fishertitus.org/volunteer) for more information and to apply.

### 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.





## Q&A Routine & Preventative Women's Healthcare

# Ask the Doctor: Mona Nataprawira, DO

Countless lives are saved every year when women schedule and attend their annual exam, which can include a pap smear check for cervical cancer, a pelvic/physical examination of a woman's reproductive organs, and a breast exam, among other procedures. Mona Nataprawira, DO, an obstetrician-gynecologist with NOMS OB/GYN in Norwalk, said that it is essential that women get back on track if they have missed any preventative care. We have asked Dr. Nataprawira to share her recommendations regarding the most important preventive medical procedures women should be sure are up to date.

### Does a wellness exam change as women age and move through the various stages of their lives?

Yes, it does. What is discussed during the gynecological visit varies based on the woman's age, sexual activities, menstrual cycle, menopausal status, and family planning. Younger women are often concerned about their reproductive health in the event that they choose to have children at some point in their lives, while middle-aged women have a lot of questions regarding perimenopause and the menopausal years and how that impacts their reproductive organs and their overall health. Discussion at an annual visit by age includes:

- 13-19 years old – menstrual cycle, contraception, safe sex, depression, and self-image.
- 20-30 years old – menstrual cycle, family planning, safe sex, pre-conception counseling, pregnancy care, post-partum course, family history of malignancy.
- 31-50 years old – menstrual cycle, family planning/long-acting contraception, pregnancy care, other medical co-morbidities, breast/colon cancer screening, bladder/pelvic floor health.

- Greater than 50 years old – peri-menopausal/menopausal symptoms, bone health, and bladder/pelvic floor health.

### Should my teenage daughter see an OB/GYN?

I always recommend female teenagers establish care with a gynecologist by age 15. Even when they don't have any menstrual issues, it's still worthwhile to establish care and discuss sexual health, family planning, and safe sex. With any menstrual abnormality, I encourage them to be seen for evaluation and further management.

### Pap smears are an important part of most annual exams. What does a pap smear screen, and when should a woman begin having them?

A cytology (pap smear) is a screening test for any abnormal cells in the cervix, which may indicate a precancerous or a cancerous process in the cervix. It is done by using a vaginal speculum which will retract the vaginal walls so that the cervix can be visualized. A cell sample is obtained from the cervix with a brush when a pap smear is done.

A pap smear should be obtained beginning at age 21, regardless of sexual activity. According to the CDC, the frequency in which a pap smear is recommended varies by age:

- 21-30 years old – every three years
- 31-65 years old – pap smear and co-testing for high-risk HPV every three to five years
- Older than 65 years – as appropriate (post-menopausal bleeding, abnormal vaginal discharge, history of abnormal pap-smear/pre-cancerous or cancerous cells)

Visit [fishertitus.org](https://fishertitus.org) to learn more about our OB/GYN services.

### Do I really need a mammogram every year?

While there has been some debate regarding the frequency in which a woman should receive a mammogram, the American College of Radiology continues to recommend an annual mammogram for women beginning at age 40, noting that early detection is critical, as it helps produce the most successful patient outcomes. If you have an immediate family – a mother, father, or sister – who has been diagnosed with breast cancer, then your first screening is recommended five years prior to their age at diagnosis.

Regular screenings through mammograms provide the patient and their physician 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. Additionally, performing self-breast exams once a month is very important so that you get to know your breasts and can be comfortable with your body.

### I've heard ovarian cancer is hard to detect. When should I be concerned, and is there a screening I can schedule?

There is no screening test for ovarian cancer. However, routine gynecological exams and knowing your body will help you recognize abnormal signs and symptoms of your gynecological health earlier so we can address them appropriately.

If a woman experiences any symptoms of ovarian cancer, such as bloating, pelvic pain, feeling full quickly, or urinary urgency, her physician might order a transvaginal ultrasound and/or a CA-125 blood test, which measures levels of a protein in the body. Women with ovarian cancer often have elevated levels of this protein.

Other symptoms of ovarian cancer can include pain during sex, back pain, upset stomach, abdominal swelling accompanied by weight loss, fatigue, changes in a woman's period, and constipation. If you are experiencing these symptoms, please make sure you discuss them with your physician as soon as possible.

*Dr. Mona Nataprawira is now practicing in Norwalk with NOMS OB/GYN. She will also be delivering babies and performing gynecological procedures at Fisher-Titus Medical Center.*

*Dr. Nataprawira is board certified in obstetrics and gynecology and specializes in all aspects of women's healthcare. She's been practicing for 10 years and is dedicated to providing top-notch comprehensive care to her patients.*



## Now Accepting New Patients!

To schedule an appointment with Dr. Nataprawira or any of the NOMS OB/GYN providers, call (419) 625-2841.

**NOMS OB/GYN**  
282 Benedict Ave. Norwalk, OH 44857





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272 Benedict Ave.  
Norwalk, OH 44857

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## When life's unexpected happens, skip the waiting room.

If a minor injury or illness has you down, the waiting room is the last place you want to be.

That's why we offer call-ahead scheduling for non-life-threatening medical care, so you can check in to Fisher-Titus Convenient Care from home and minimize the wait when you arrive.

**Call 419-663-6464** to schedule an appointment.

The next time you need expert care for non-life-threatening medical conditions, call us so the waiting room can be your living room!

### Fisher-Titus Convenient Care

368 Milan Avenue  
Norwalk, OH 44857  
419-663-6464

#### Hours:

Monday - Friday: 9 a.m. - 7 p.m.  
Saturday & Sunday: 9 a.m. - 3 p.m.



Learn more about Convenient Care by visiting [fishertitus.org/convenientcare](http://fishertitus.org/convenientcare) or by scanning the QR code.

## Skip the Waiting Room

Call for an appointment at 419-663-6464.