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 Premier Health



feel good

PREMIER HEALTH MAGAZINE



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Cover photo: Jonathan Cain, seated, owner of City Stars Unlimited Barber and Salon in Dayton, and his father, Gregory Cain, have experienced first-hand the benefits of Premier Health's Barbershop Health Initiative. See page 10 for the story.



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PARTNERSHIPS AND SERVICES

An organization's mission statement is a concise explanation of why it exists. The mission defines the goals of the organization and guides its decisions and actions. I like to emphasize two words

in Premier Health's mission statement as a reminder of our interdependence: to improve the health of the communities we serve *with others*.

Premier Health has always had a strong commitment to Southwest Ohio, and I have made it a priority to meet and have open discussions with area residents, city officials, county officials, the governor, and even the senators who represent this region. I have listened intently and recognize and respect the depth of history here.

In many of my conversations, the former Good Samaritan Hospital site has come up. And I understand why. This is where "with others" comes into play. With input from Northwest Dayton communities and other stakeholders, we have partnered with organizations to advance a redevelopment plan for this site that will benefit all area residents. The community-inspired vision will result in a new destination offering much-needed and much-requested services and opportunities.

Another common thread in my conversations has been how Premier Health shows up every time the community is in need. That will not change. We continue to meet our communities where they are with programs such as the Barbershop Health Initiative, bridging the gap between the need for health care and access to care.

We will keep strengthening our existing partnerships and exploring new partnerships, leveraging resources, and providing services and opportunities that are in the best interest of our communities. As always, it is our privilege to serve you.

Michael C. Riordan
President and CEO

Relief from Intense Back Pain

LARRY'S STORY

For the past 40 years, Larry Hansgen has been one of the region's most popular radio personalities in his dual roles as the voice of the Dayton Flyers and host of WHIO's morning news program. It seemed that nothing could slow him down – until his back pain became unbearable.

Luckily, Hansgen knew where to seek help: the spine specialists at Premier Health. "I've seen what Premier has done for Dayton athletes through the years, so when I needed help, that was the first place I turned," he says.

Living with Constant Pain

For most of his life, Hansgen has been physically active – running, weightlifting, playing softball and volleyball. As his back pain intensified, however, walking became his main form of exercise. "And then one day it hurt to walk," he recalls.

The pain affected every aspect of his life – his quality of sleep, the taste of food, even his ability to focus during his fast-paced workday. "I would be OK during the course of

the broadcast, and then I'd have to get up out of that chair and oh boy, was that tough," he says.

Spine surgeon Norah Foster, MD, presented Hansgen with two surgical options: spinal fusion or a decompression procedure. With spinal fusion, two or more vertebrae are fused together so they become one solid bone. Localized decompression surgery, known as a laminectomy, takes away bone, soft tissue, or arthritis with the goal of alleviating pressure on the spinal cord or nerves. Spinal fusion surgery can result in greater stiffness of the spine and more limited range of motion. Knowing that Hansgen is highly active, Dr. Foster wanted to explore a non-fusion option.

"Larry had compression around his nerves, contained within a canal," explains Dr. Foster, orthopedic spine medical director for Premier Health Spine, a service of Premier Physician Network. "We take pressure off the nerves by opening up and making the nerves nice and free."

Communication is Key

Dr. Foster talked openly with Hansgen about the benefits and

risks of both options. After careful consideration, Hansgen opted for the decompression surgery. "The benefits outweighed the risks for me," he says.

Communication was the key to his decision, Hansgen says. "They listened to me, and that was the most important thing. Nobody looks forward to surgery, but I actually embraced the opportunity to feel better because of everything that had been explained to me."

Hansgen's rapid recovery from the successful surgery is due in part to excellent health habits and a high level of motivation, Dr. Foster says. He was back to work 10 days post-surgery, and back on the golf course within six weeks.

"Surgery feels like a long time ago now, but it really was less than a year – what a change," Hansgen says. "I'm looking forward to another spring out on the golf course. I'm able to walk again, to run a little bit, and even to resume weightlifting. These are things I thought I simply was not going to be able to do again."

Pay Attention to Symptoms

Neck and back pain can be



Are You Suffering From Back Pain?

Premier Health Spine can help. Scan the QR code with your phone to find a spine specialist and schedule an appointment or visit PremierHealth.com/SpineSpecialists.

You also can call (866) 935-5934 for an evaluation to be placed with a specialist who can address your needs.



normal as people age, Dr. Foster says, but patients should be attuned to pain that affects daily living. "When pain radiates from the neck to the arms or from the lower back to the legs, that could be a sign of nerve compression," she says. Dr. Foster also recommended looking out for spinal cord symptoms, such as dropping objects, sloppy handwriting, and problems with balance and walking.

Hansgen urges anyone experiencing such symptoms to reach out to the spine specialists at Premier Health. "They did a great job for me, and I have confidence in what they can do for others," he says. ■



NORAH FOSTER, MD

Larry Hansgen, the voice of the Dayton Flyers and host of WHIO's morning news program, turned to Premier Health's spine specialists for relief from severe back pain.

**DAYTON
FLYERS**

New Campus Offers Health, Wellness, and More



Renderings by Ferguson Construction Co.



ELOISE BRONER

A community-inspired vision for transforming the former Good Samaritan Hospital site in Dayton is nearing reality. Construction is set to begin this fall on a new destination offering residents health and wellness services, educational opportunities, job training, and assistance for prospective and current homeowners.

The new Northwest Health and Wellness Campus “is going to be a true amenity for the area,” says Eloise Broner, Premier Health’s chief of shared services and chair of the Phoenix Next board.

Meeting Community Needs

After Good Samaritan Hospital closed in 2018, Premier Health hired a consultant to partner with the community and help reimagine the site on Salem Avenue at Philadelphia Drive. That effort, called Phoenix Next, builds on the Phoenix Project, a 15-year community redevelopment initiative. More than 600 stakeholders and residents offered ideas during meetings, workshops, interviews, and through online surveys. The community’s desire for an anchor promoting healthy living and next-generation learning was loud and clear, Broner says.

“The community is driving what we do,” she says. “This is an opportunity to thank them for the

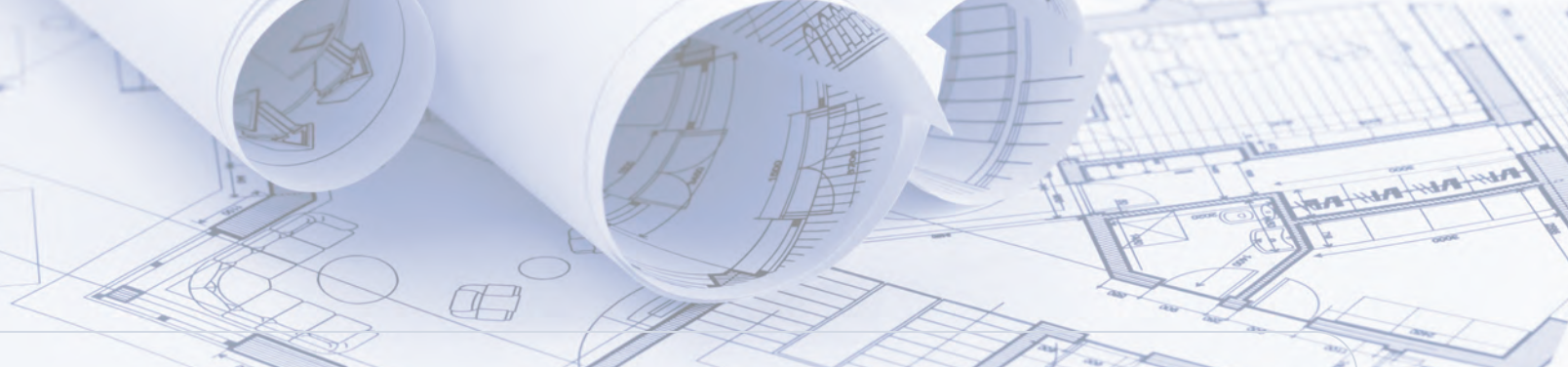
input they provided and to make sure we are repurposing the 13 acres to the highest and best needs of the community.”

Partners and Services

The centerpiece of the new redevelopment will be a 52,000-square-foot facility shared by community partners Broner affectionately calls “The Magnificent Seven.”

The YMCA of Greater Dayton, together with Premier Health, will occupy a majority of the space in the new facility. Premier Health will provide urgent care services at the campus, as well as physical therapy, lab services, and medical imaging alongside physician offices. The YMCA of Greater Dayton’s space – nearly half the proposed facility – will have a fitness center, full basketball court, four-lane pool, aerobics area, and multipurpose rooms.

The building will also house services and programming for five other partners: CareSource Life Services, County Corp’s HomeOwnership Center of Greater Dayton, Goodwill Easterseals Miami Valley, United Way of the Greater Dayton Area, and Wright State University. Altogether, the partners are expected to employ about 80 people at the new site when completed in 2023.



The inclusion of multiple partners greatly leverages the facility as a community asset, says Dale Brunner, president and CEO of the YMCA of Greater Dayton. “This facility will be a one-stop shop for the community,” he says. “Most importantly, we looked at what the community surveys asked for and then we secured partners to provide the services.”

Meeting People Where They Are

While some YMCAs already partner with Premier Health and other organizations, the Northwest Health and Wellness Campus will be the first where they share a front door, Brunner says.

The HomeOwnership Center and its parent, County Corp, hope to have a big impact on nearby residents. A majority of the roughly 1,600 families the center serves each year live in the region surrounding the project site, says Steve Naas, County Corp president.

“What I really envision happening within the Northwest Health and Wellness Campus is being able to actually meet our clients where they are – in a better position, really, for them,” Naas said. All HomeOwnership Center programs will be offered at the new site, including financial counseling. The location is perfectly situated to help residents eligible for the Northwest Dayton Homebuyer Assistance Program, Naas says.

“People in need do not always have the information they need,” he says. “Where you go first is not always where you need to go. So being in this grouping, in this network, is going to be helpful.”

Premier Health committed \$15 million toward redevelopment of the campus and surrounding neighborhoods, according to Broner.

“When I go back over 20 years and think of all the work that Premier Health and other partners have done in the community, it’s pretty astonishing,” Broner says. “Development breeds development, so we believe that there will be future development on the site as well. And we’ve already started thinking about what some of that future development could look like.” ■



Find Out More

Scan the QR code with your phone to learn about the most up-to-date plans for the new campus or visit DaytonPhoenixProject.org.



NEW WAYS to Prevent HEARTBURN and REFLUX



Gastroesophageal reflux disease, or GERD, may not sound like a big deal for those who have not been introduced to it, but to those who have, it is more than an inconvenience.

GERD occurs when the gastric acid in the stomach flows back up into the esophagus, causing uncomfortable heartburn. It also can become life-threatening, at times leading to esophageal cancer, ulcers, chronic cancers, and other conditions.

Heartburn and Reflux Institute

To help those dealing with GERD, Premier Health has launched a system-wide Heartburn and Reflux Institute. The institute consists of a program that includes physicians from across the health system in collaboration with radiology, gastroenterology, primary care, and other specialties, says William “BJ” Krech III, MHA, system director of orthopedic and surgery services.

“From a patient perspective, GERD is something that a lot of people struggle with,” Krech says. He pointed to a 2020 study conducted by Cedars-Sinai Center for Outcomes Research and Education and the Division of Gastroenterology at Michigan Medicine in Ann Arbor, Michigan, in which more than 44% of Americans reported suffering from heartburn and reflux symptoms.

The Heartburn and Reflux Institute has a centralized phone number so patients can access it easily. Kelli Schumacher, APRN, the program coordinator, assists patients in navigating the process while also helping identify the best treatment solutions for their reflux.

Minimally Invasive Procedure

Upper Valley Medical Center now is offering a procedure called LINX, a minimally invasive surgical option for treating GERD. The procedure “involves placing a ‘necklace’ of magnetic beads around the lower esophagus to help restore the one-way-valve effect,” says L. Stewart Lowry, MD, a surgeon with Miami County Surgeons.

Other ways of dealing with the condition include lifestyle changes, medications, and the Nissen fundoplication procedure that has been available for a number of years. Nissen fundoplication involves wrapping the upper part of the stomach around the lower esophagus with the resulting pressure making reflux less likely.

“Compared to that surgery, LINX patients have significantly less side effects, like difficulty swallowing, bloating, and inability to belch,” Dr. Lowry says. Any patient being considered for the LINX will be tested to make sure they have GERD and that they have normal esophageal functioning. ■



L. STEWART
LOWRY, MD



WILLIAM “BJ”
KRECH III, MHA



Are you a candidate for the LINX procedure?

Scan the QR code with your phone or visit PremierHealth.com/Heartburn to find a provider and schedule an appointment. To contact the Heartburn and Reflux Program Coordinator, call (844) 914-4065.



Comprehensive Women's Center Makes Life Easier



Women often put off health care needs due to the demands of home and work. The Comprehensive Women's Center at Atrium Medical Center, a unique, coordinated program, aims to make potentially lifesaving tests and visits to a doctor less of a burden on already hectic lives.



call to a team dedicated to scheduling appointments quickly and in as compact a time as possible.

Patients are guided by a nurse navigator who helps set up the necessary appointments, lets patients know what they need for appointments, and communicates about ongoing care, says Beth Blank, director of business development and service line strategy for Heart, Vascular, and Women's Services. "There's a trusted relationship a navigator builds with a patient to make it comfortable to call and have those conversations," she says.



WILLIAM ANDREW, MD

The primary obstacle for busy women is simply finding the time to make and keep appointments, says William Andrew, MD, of Hilltop Obstetrics and Gynecology, who helped develop the center.

"We put together all the components to try to make women's lives easier and make it possible for them to get the health care they need, including all the preventive care and interventions required to stay healthy for themselves and their families," Dr. Andrew says.



BETH BLANK, MBA

One Phone Call

Kara Froehlich, the new center's program manager and nurse navigator, says while some of these services are also offered at other Premier Health locations, Atrium Medical Center's program is unique because patients can receive comprehensive care with just one phone

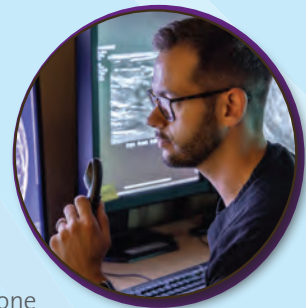


KARA FROELICH, BSN, RN

Current and Future Services

Froehlich says the program is being developed in phases, each designed to increase services available to patients. The first, and current, phase, offers streamlined access to maternity services, gynecological care, menopause care, hormone and incontinence therapies, breast imaging, and breast surgery by calling one number: **(513) 466-1891**. Primary care providers can also refer patients to the center.

More services should be in place by the end of the year. A second phase is expected to help patients without a primary care physician connect to a conveniently located provider. Additional phases are expected to incorporate mental health services in partnership with an area provider, headache medicine, care specific to LGBTQ patients, and specialized care for younger women approaching adulthood. ■



The Care You Need with Just one Call

Contact a nurse navigator at the Comprehensive Women's Center at Atrium Medical Center at **(513) 466-1891**. Scan the QR code with your phone or visit PremierHealth.com/OneCall to find out more about the center.



Beating Lung Cancer: SCOTT'S STORY

On his way to work one day, Scott Hawk of Tipp City noticed an American Lung Association billboard, "Saved by the Scan," touting the benefits of low-dose CT screening in detecting early signs of lung cancer. A lifelong smoker, Hawk checked out the savedbythescan.org website – a decision he now says saved his life.



**MURTHY
GOLLAMUDI, MD**

"God put that billboard there and made me see it," Hawk says. He's also thankful for Premier Health's comprehensive lung cancer program, with its sophisticated diagnostic and surgical techniques, newly created lung nodule evaluation program, and fast turnaround from diagnosis to treatment.



SOUMITRA SEN, MD

No Time to Lose

Just six weeks elapsed between Hawk's initial suspicious scan and subsequent surgery to remove cancerous lymph nodes. "They were on it like right now," he recalls.



KELLI HOKE, NP

Pulmonologist Murthy Gollamudi, MD, confirms: "Our goal is to get patients diagnosed within a week or two, so they can have surgery within six weeks of diagnosis."

New federal screening guidelines have expanded eligibility for low dose computed tomography (LDCT) scans. The Centers for Medicare & Medicaid Services now recommends the procedure

for eligible adults aged 50 to 77 years rather than 55. "This is casting the net wider so more patients will get screened, and we find the cancer earlier," Dr. Gollamudi says.

Testing with Precision

Pulmonologist Soumitra Sen, MD, performed the biopsy using an innovative robotic assisted bronchoscopy platform called MONARCH® that utilizes a telescoping design, reaching deeper into the lung than conventional methods and allowing for expanded access with greater precision. Premier Health was the first health system in Ohio to use this technology.

"It's like an Xbox controller operated by very fine movements," explains Dr. Sen, section chair of pulmonary critical care medicine at Miami Valley Hospital. "Scott was an excellent candidate for MONARCH bronchoscopy because his lesion was accessible. We saved him an extra procedure by biopsying his lung mass and performing lymph node surveillance in a single procedure."

Hawk's lung cancer was staged at IIA, or early-stage lung cancer; by the time of his surgery only a month later, the cancer had advanced to stage IIIA. "Had he not sought medical care when

he did, he might have been diagnosed when it was too late," Dr. Sen says.

Lung cancer is the leading cause of cancer deaths among both men and women, Dr. Sen notes, but with early-stage detection patients have upward of a 90% five-year survival rate. "People routinely get screened for breast cancer and colon cancer, but only 9% of eligible patients get screened for lung cancer," he says. "We need to change that."

If diagnosis is delayed until stage IV, survival rates drop markedly to 10 to 15%. "Lung cancer is frustrating," Dr. Gollamudi says. "It doesn't exhibit acute symptoms unless it's fairly advanced."

New Program Aids Early Detection

As medical director of Premier Health's lung nodule evaluation program, the first of its kind in the Dayton region, Dr. Gollamudi is working to improve rates of early detection. All imaging that comes through Premier Health's facilities – for any kind of condition – is examined by a nurse navigator for possible abnormalities or lung nodules. Program manager Kelli Hoke, nurse practitioner, said that while 95% of lung nodules are benign, they should be monitored carefully to make sure there is no growth or change.

Scott Hawk, with his wife, Robin, and Ollie, got his life back thanks to a screening and prompt treatment through Premier Health's comprehensive lung cancer program.

Lung cancer screening is advised for people who are 50 to 77 years old and:

- Do not have any signs or symptoms of lung cancer
- Have not had lung cancer before
- Currently smoke or quit less than 15 years ago
- Are or were heavy smokers (1 pack per day for 20 years or 2 packs per day for 15 years)

“The new program will catch cancers at an earlier stage, so patients can get their treatments started earlier and lead a long and healthy life,” Hoke says.

Hawk, a CNC machinist, is now cancer-free and back to boating and four-wheeling. “I didn’t think that was ever going to happen again,” he says. “I am telling all my friends to get their butts in there and get scanned. All the staff and doctors have been great, and they made me feel like somebody actually cared.” ■



Don't Wait – Ask Your Doctor Now

If you think you may be a candidate for a lung cancer screening, ask your doctor today. If you need a provider, scan the QR code with your phone or visit PremierHealth.com/MyDoctor. For more information on low-dose lung CT, visit PremierHealth.com/LowDoseCT.





Initiative **BRIDGES** a Gap

In 2019, when a barber in a local shop suffered a heart attack and passed away, the shop owner reached out to Premier Health for better health resources in his community.

The health system responded by joining forces with three barbershops in Montgomery County, and the Barbershop Health Initiative (BHI) was launched.

The BHI is a community-based program designed to increase awareness of chronic health conditions and promote healthy lifestyle choices within African American communities. It emphasizes the importance of prevention, early detection, disease self-management, and the benefits of healthy living, offering health screenings and education at area barbershops.

“To have a notable health partner come into the place sacred to our culture and provide health services that many shy away from speaks volumes about the impact they want to have on our community,” says Jonathan Cain, owner of City Stars Unlimited Barber and Salon in Dayton. “The BHI has been a game changer.”

Greater Access to Care

Since 2019, the program has provided more than 370 preventive screenings to shop customers and the local community. The number of participating shops has increased to five, with plans to add barbershops

in Butler, Warren, and Miami counties this summer.

“The BHI is about reaching people where they live and interact, which supports Premier Health’s commitment to diversity, inclusion, equity, and belonging,” says Sumayyah Shermadou, program coordinator for Premier Community Health. “BHI helps bridge the gap in access to health care, especially for those who may not have access or a physician. Learning about their health at the screenings often leads to scheduling an appointment to learn more.”

Life-Saving Support

Automatic external defibrillators (AED), medical devices that send an electric pulse to the heart to restore normal heartbeat in the event of an emergency, recently were placed in the program’s five partnering barbershops. Each barber received CPR, AED, and first aid training and was certified by the American Heart Association. “Being trained and having an AED can play a large role in saving someone’s life while waiting for help to arrive,” Shermadou says.

Cain says that he sees the effect the program has had on his own father, co-owner of his barbershop. “As far as I can remember, he never went to the doctor’s office,” Cain recalls. “Since the BHI, he took control of his health... he depends on that mobile health unit to pull up so he can see the positive progress he’s made.” ■



**SUMAYYAH
SHERMADOU, MPH,
CHES**



Health Care Where You Live

Call (866) 935-6319 to find out when the Mobile Clinic will be closest to you and to make an appointment.

insect stings



INSECTS THAT MOST COMMONLY CAUSE ALLERGIC REACTIONS INCLUDE:

- Bees
- Wasps
- Hornets
- Yellow jackets
- Fire ants

PREVENTING STINGS

Preventive measures include:

- Keep food covered when eating outdoors
- Be careful with open drink bottles or cans; insects can fly or crawl inside them
- Avoid perfumes, hair products, and deodorants
- Avoid wearing bright, flowered clothing
- Avoid wearing sandals or going barefoot in grassy areas
- When gardening, watch for nests in trees, shrubs, and flower beds
- Be careful near swimming pools, woodpiles, under eaves of houses, and trash containers

SEEK IMMEDIATE MEDICAL ATTENTION

For some people, allergic reactions to insect stings can be life-threatening. The reaction can include severe symptoms:

- Itching and hives over most of the body
- Swelling of the throat and tongue
- Difficulty breathing and tightness in the chest
- Dizziness
- Headache
- Stomach cramps, nausea, or diarrhea
- Rapid fall in blood pressure
- Shock
- Loss of consciousness

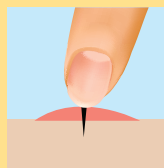


Sources: *Allergen: Insect Stings*, Staywell Krames, 5/18/2014

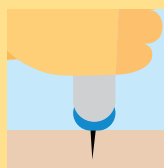
HOW TO TREAT INSECT STINGS



REACTIONS TO THE STING are usually at the site of the sting, with redness, swelling, pain, and itching. Generally, the reaction lasts only a few hours, although some may last longer.



SUGGESTIONS FOR TREATMENT include immediately removing the stinger by scraping it with a fingernail. Do not squeeze the stinger, which may force the venom into the body.



TREATMENT FOR THOSE HIGHLY ALLERGIC can include always carrying epinephrine self-injections called EpiPens[®]. Talk with your health care provider about getting an epinephrine self-injector if you don't already have one. Ask about whether you need immunotherapy or allergy shots.

Notable News

Premier Health is improving the health of the communities we serve with specialized trauma care, new facilities and services, and continuing guidance on COVID-19 and vaccinations.



CareFlight Helicopters Carry Whole Blood

Premier Health's CareFlight helicopters are now equipped to carry whole blood, the first and only air service in Ohio to do so. Specialized equipment designed for the transport environment has been added to each of CareFlight's four Dauphin helicopters to meet blood storage and temperature control requirements. Lifesaving, emergent blood transfusions can now be provided on-scene to severely injured trauma patients, potentially improving outcomes. PremierHealth.com/WholeBlood



New Freestanding Emergency Center in Beavercreek

Premier Health is expanding access to emergency services for Beavercreek and the surrounding communities. Miami Valley Hospital Beavercreek Emergency Center, 2400 Lakeview Dr. in Beavercreek, offers 24-hour, full-service emergency care, CareFlight Air and Mobile Services for fast transport if hospitalization is needed, plus a community room that can be reserved for meetings and trainings. PremierHealth.com/NewEmergencyCenter



Premier Health's Newest Urgent Care Open in Kettering

The Premier Health Urgent Care at Dorothy Lane, located near Far Hills Avenue at 135 W. Dorothy Lane, opened to patients in April. Providers at the new location treat minor illnesses and injuries, conduct school and sports physicals, and administer vaccinations. On-site diagnostic testing is also available. All ages are welcome. PremierHealth.com/UrgentCareSites



Premier Health Urgent Care Offers Orthopedic Care

Get orthopedic care fast when a sprain, strain, or other bone or muscle injury slows you down. At the Premier Health Urgent Care locations in Beavercreek, Englewood, Huber Heights, Piqua, and Troy, an urgent care provider will evaluate your injury and schedule an appointment for you with an orthopedic physician assistant (PA) if needed on the next business day between 1 and 5 p.m. The orthopedic PA appointment will be virtual for all locations except Troy, which will be an in-person appointment. Reserve your spot at PremierHealth.com/UrgentCareOrtho



Reliable Guidance on COVID-19 and Vaccinations

Premier Health continues to provide reliable guidance from our physicians and other trusted sources to keep you informed about COVID-19 and vaccinations. Stay up to date on the latest information at PremierHealth.com/COVID19Hub and schedule your first dose, second or third dose, or booster shots at PremierHealth.com/GetVaccinated.

THE MOST

EXPERIENCED

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ADULT LEVEL I TRAUMA CENTER (MVH) • COMPREHENSIVE STROKE CENTER (MVH)

THE BEST 100 HOSPITALS IN 2020 BY HEALTHGRADES FOR QUALITY & SPEED

OF CARE IN TRAUMA CENTERS (MVH & ATRIUM)

IN THE REGION

BECAUSE WHEN SPLIT SECONDS MATTER, EXPERIENCE MATTERS MOST.



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SUMMER 2022

IN THIS ISSUE

RELIEF FROM INTENSE BACK PAIN: LARRY'S STORY



A COMMUNITY-INSPIRED DESTINATION FOR HEALTH, WELLNESS, AND MORE



BEATING LUNG CANCER: SCOTT'S STORY

