

A publication of Fulton County Health Center

Health Centering

Interventional
Cardiology
Comes to FCHC



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 **Fulton County
Health Center**
Completing the circle of care



Dr. Gbur implants a pacemaker in a patient in the FCHC Heart & Vascular Center. He is assisted by Heather Green, RT(R), Cardiovascular Services Coordinator.



“Patient outcomes have improved significantly, and the success rate of the stent is typically 95 to 99% in appropriately selected patients.”
—Charles Gbur, Jr., MD, FCHC Interventional Cardiologist

Interventional Cardiology Comes to FCHC

When FCHC first opened its Heart & Vascular Center in 2008, the cath lab was used for diagnostic services. The long-term plan was to ramp up the lab’s capabilities to include interventional cardiology so patients could be diagnosed and treated at the same time for heart issues. Now, with the addition of board-certified interventional cardiologist Charles Gbur, Jr., MD, that plan will soon come to fruition.

Dr. Gbur brings over 35 years of medical experience to FCHC, with the last 20 years spent as an interventional cardiologist at McLaren St. Luke’s Hospital in Maumee. He received his medical degree from The Ohio State University College of Medicine in 1987. He completed his internship and internal medicine residency at The Ohio State University Hospital. He completed his cardiology fellowship at the Medical College of Virginia in Richmond. He also did graduate work in molecular physiology at Virginia Commonwealth University in the Department of Physiology and Biophysics. There, he did Advanced studies in vascular physiology and molecular cloning techniques. Dr. Gbur retired from the US Navy (res) after 25 years of service as a Commander in the Medical Corps. He was a graduate of the United States Naval War College (Distance Learning Program) as well as the Joint Forces Staff College.

What is Interventional Cardiology?

Interventional cardiology is a minimally invasive, non-surgical treatment that uses a small, flexible tube called a catheter to allow narrowed or blocked arteries to be treated with balloons, stents, and other devices. Patients benefit from the fact it is much less invasive than traditional open-heart surgeries with faster recovery times.

There are a variety of procedures that Dr. Gbur currently performs in the FCHC Heart and Vascular Center. These procedures include pacemakers, implantable cardioverter defibrillators (ICD), implantable cardiac monitoring (loop recorders), holter and event monitors, cardioversions, transesophageal echocardiograms as well as peripheral vascular procedures such as balloons and stents. Our cath lab will begin to treat coronary cases later this fall, and we will begin treating all cardiac emergencies early next spring.

Technology Has Advanced

“If you go back 20 years, the typical coronary intervention was to use balloon angioplasty to open blocked arteries,” says Dr. Gbur. “We would insert a small balloon through a catheter in the artery in the groin leading to the heart to stretch the blockage. The problem was that it could fail. As a result, the procedure required a surgeon to be on standby when angioplasty was used in case it failed. When that happened, the patient would need immediate open-heart surgery to correct the blockage.”

Dr. Gbur says today, heart stents are used almost exclusively compared to balloon angioplasty. Heart stents are tiny, lattice-shaped metal tubes that are inserted through the artery in the groin or wrist and serve as scaffolding to keep the artery open.

“With the use of stents and the advancement in the techniques we use, a surgical backup is no longer needed,” says Dr. Gbur. “Patient outcomes have improved significantly, and the success rate of the stent is typically 95 to 99% in appropriately selected patients.” He adds that recovery from the use of a stent is also better now than it was in the past. “I’ve had patients return to work within 24 hours of having an interventional procedure.”

We have a strong team of doctors and nurses at FCHC, who have been caring for emergency situations for many years.” — Lisa Cheney, BSN, RN, Director of Cardiovascular Services

Time is of the Essence

Patients that have a heart attack need to be seen and cared for quickly. “We have the ability to diagnose and stabilize our patients through our Emergency Department and CCU,” says Lisa Cheney, BSN, RN, Director of Cardiovascular Services.

“Once we determine that a patient is having a heart attack, we have a 90-minute window of opportunity to treat a patient’s heart attack



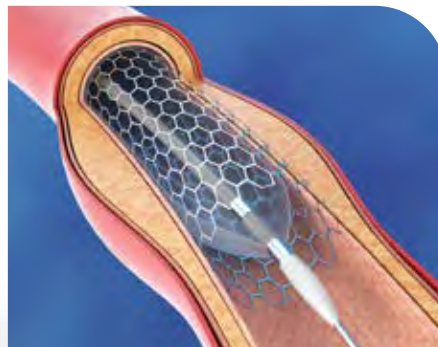
Dr. Gbur reviews an x-ray image of a patient’s pacemaker implant with FCHC staff member Laura Rodriguez, RN, Cardiovascular Services Educator.

with a stent to get the best possible outcome for the patient,” says Dr. Gbur. “Our goal is to have a door to balloon time of 40 to 45 minutes to diagnose and treat with a stent. Transportation time must be accounted for, so having the ability to perform these procedures locally will improve patient outcomes. It’s critical to get the patient treated quickly. We have the capability to do all of that here at FCHC without delaying care and having the patient transferred to another hospital for the intervention.”

Advice from the Cardiologist

Dr. Gbur is well-known by patients in the area who he treated before coming to FCHC. In fact, many of his Toledo area patients have continued with him and visit him at FCHC. “I tell all my patients that I may be able to fix their blockage with a stent, but it will not cure their heart disease,” says Dr. Gbur. “We have to determine what the underlying problem is that caused the blockage in the first place and then address it. That may mean the patient has to give up smoking, lose

The ability to handle high acuity patients with heart issues has changed the landscape of capabilities at FCHC,” adds Dr. Gbur.



weight, improve their diet, and begin an exercise program. But it’s important for patients to know there are solutions for heart disease.”

The Vascular Side of Things

“In addition to the interventional cardiology procedures performed in the Heart & Vascular Center, we also do diagnostic and interventional vascular procedures as well,” says Cheney. The vascular cases that we do perform in the cath lab are: carotid angiography and stents, pulmonary angiogram, arterial and venous thrombectomy, inferior vena caval filter placement, fistulograms, and fistula and draft de-clotting for hemodialysis patients. We are also part of the Pulmonary Embolism Response Team (PERT) Consortium and have a team in place to treat pulmonary embolisms and deep vein thrombosis as well.

Teamwork & Experience

“We have a strong team of doctors and nurses at FCHC, who have been caring for emergency situations for many years,” says Cheney. “We recently added Laura Rodriguez, RN, as our Cardiovascular Services Educator to assist patients. She is a Wauseon native and has worked at FCHC in the past. In fact, she assisted in the opening of the original catheterization lab in 2008.”

After working at FCHC, Rodriguez moved to the former McLaren St. Luke’s hospital in Maumee as a nurse in their Interventional Services (IVS) recovery area and cardiac catheterization lab. She was promoted to Nurse Manager of

the cardiac catheterization lab, interventional radiology (IR), electrocardiography, echocardiography, stress lab, and IVS/IR recovery. “I’m excited to come back to FCHC where I can share my knowledge and experience

with the team while serving my own community,” says Rodriguez. “I’m looking forward to the growth of the cardiovascular program at FCHC.”

Improving Patient Outcomes

“With the addition of an interventional cardiologist on staff, we can improve patient outcomes by decreasing the time for treatment of many cardiovascular emergencies,” says Cheney.

“The ability to handle high acuity patients with heart issues has changed the landscape of capabilities at FCHC,” adds Dr. Gbur. “Patients benefit since they can stay in town for both diagnosis and treatment. This will also benefit patients presenting with non-cardiac problems who also have heart disease. In the past, these patients needed to be transferred to another facility for care. Family members benefit as well since they can stay close to their loved ones and provide emotional support.” *(Continued on page 4.)*

Front Cover Photo: *Interventional Cardiologist Charles Gbur, Jr., MD is joined by FCHC Heart & Vascular Center staff members (L-R): Kayla King, RN; Patricia Tester, RN; Laura Rodriguez, RN, Cardiovascular Services Educator; Heather Green, RT(R), Cardiovascular Services Coordinator; Emily Schaufele, RN; Stephanie Klopfenstein, RN; Lisa Cheney, RN, Director of Cardiovascular Services; and Georgia Schnitkey, RN.*

MORE ABOUT OUR NEW INTERVENTIONAL CARDIOLOGIST

Charles J. Gbur Jr., MD, FACC, FSCAI, our new Interventional Cardiologist, is now seeing new patients at his office. His office is located in the North Medical Office Building at Fulton County Health Center, 725 S. Shoop Avenue, Suite G02, Wauseon. Appointments can be made by calling 419-893-7700.



Dr. Gbur brings over 35 years of medical experience to FCHC, with the last 20 years spent as an interventional cardiologist at McLaren St. Luke's Hospital in Maumee. His educational background is as follows:

Medical Degree

The Ohio State University College of Medicine

Internship & Internal Medicine Residency

The Ohio State University Hospital

Cardiology Fellowship

Medical College of Virginia in Richmond

Graduate work

Molecular physiology, Virginia Commonwealth University, Department of Physiology and Biophysics; Advanced studies in vascular physiology and molecular cloning techniques.

Dr. Gbur retired from the US Navy (res) after 25 years of service as a Commander in the Medical Corps. He was a graduate of the United States Naval War College (Distance Learning Program) as well as the Joint Forces Staff College.

Board Certifications - Internal Medicine, Subspecialty Certification Cardiovascular Disease and Interventional Cardiology, and Undersea and Hyperbaric Medicine, National Board of Physicians and Surgeons (NBPAS)

In his off time, Dr. Gbur enjoys woodworking, gardening, and amateur radio (AC8VS). He is an avid outdoorsman and enjoys shooting, camping, hunting, fishing, boating and most outdoor activities. Dr. Gbur is also a SCUBA diver and SCUBA instructor. He recently took up horseback riding and just competed in his first local cutting competition.



Podiatrist Joins FCHC Medical Group

Imad Attar, DPM, has joined the FCHC Medical Group and the FCHC Medical Staff as an Active Staff member. Dr. Attar is accepting patients of all ages in his FCHC Podiatry office, located in the North Medical Office Building, Suite G-04, 725 South Shoop Ave., Wauseon. To schedule an appointment, call his office at 419-330-2638. **For more information, visit fchcpodiatry.org.**



Imad Attar, DPM, Podiatrist

Dr. Attar received his Medical Degree from Midwestern University, Arizona College of Podiatric Medicine, Glendale, Arizona. His post graduate Podiatric Medicine and Surgery Residency was performed at Henry Ford Wyandotte Hospital, Wyandotte, Michigan.

"I'm originally from Michigan, and I trained at both a community hospital as well as in a large academic, tertiary care hospital," says Dr. Attar. "I am very comfortable with the rural setting of Fulton County Health Center and feel quite fortunate to be joining the community here."



Imad Attar, DPM, examines a patient's foot.

"My first exposure to podiatry was when my mother had bunion surgery," says Dr. Attar. "I became very interested in the field and shadowed a podiatrist when I was in college." He says he played recreational sports when he was younger, so he is able to relate to athletes and their sports injuries.



"My philosophy is to improve the quality of life of my patients through preventative measures first, followed by early detection and conservative strategies," says Dr. Attar. "As a last resort I will use surgery if and when it is necessary."

He says the most common type of patients who visit a podiatrist are those individuals who are middle aged to elderly and have developed foot problems over the years. "There are also ankle problems that I manage and treat such as sprains, heel pain from Achilles tendonitis, or even bone spurs on the back of the heel. Sprains and fractures are common with young athletes and weekend warriors."

Expanded Services With New Providers

The FCHC administration and board of directors has worked diligently over the past year to attract more physicians and other providers to our Health Center, and we are pleased to feature several of them here. Each of these new providers helps to fill a health care need in the community.

FCHC Podiatry offers a variety of services in the office which include diabetic foot care, wound care, removal of ingrown toenails, steroid injections, prescription for diabetic shoes, and fracture management. In addition, Dr. Attar performs other surgical options in FCHC's Surgery Department. These include correction of bunions, hammertoes, flat feet, heel spurs, fusion of arthritic joints, and fracture management.

On a personal note, Dr. Attar has performed a variety of volunteer community service projects relating to Podiatry. These include providing podiatric medical care to individuals in homeless shelters, fit screenings for Special Olympic athletes, and podiatric medical care to individuals in a running store. He enjoys traveling to new destinations and spending time with family and friends. Dr. Attar is also an avid sports fan and loves to watch and follow the Detroit Lions, Pistons and Arsenal.

Common Medical Conditions Treated at FCHC Podiatry

- ▶ Ankle Pain
- ▶ Arthritic Conditions
- ▶ Bunions and Hammertoes
- ▶ Corns and Calluses
- ▶ Wound Care Including Diabetic Foot Care (including Foot Ulcers/Wounds)
- ▶ Flat Feet
- ▶ Heel Pain and Plantar Fasciitis
- ▶ Ingrown and Fungus Nails
- ▶ Sprains and Fractures
- ▶ Gait and Balance Issues Related to Feet
- ▶ Tendonitis Foot and Ankle
- ▶ Warts and Neuromas
- ▶ Surgical Interventions
- ▶ Sports Injuries
- ▶ Orthotic Inserts

FCHC Opens Neurology Office



Ted Barber, MD, MBA,
Neurologist

Ted Barber, MD, MBA, Neurologist, has joined FCHC Medical Group and the office of FCHC Neurology. The new office is located in the North Medical Office Building, Suite 104 on the Fulton County

Health Center campus. Dr. Barber is well known to Fulton County residents as he had been coming to the FCHC Multispecialty Clinic one day a week for more than 30 years. Now that Dr. Barber has joined the FCHC Medical Group, he can now offer full-time neurology care locally on our campus. Dr. Barber is accepting new patients and will hold office hours four days a week. To schedule an appointment, call (419) 330-3301. **For more information, visit fchcneurology.org.**

Dr. Barber received his medical degree in 1980 from the Medical College of Ohio (now UTMC). He completed his Neurology Residency at the Wilford Hall USAF Medical Center, Lackland AFB, San Antonio, TX. Dr. Barber has over 43 years in the medical field, which includes three years as the Chief of the Department of Neurology for the 48th Tactical Fighter Wing of the United States Air Force at RAF Lakenheath, U.K. Dr. Barber has been a Neurologist both at FCHC and in Toledo for more than 30 years.

What is Neurology?

"Neurologists diagnose and treat diseases of the nervous system and muscles," says Dr. Barber. "Our treatments are nonsurgical in nature and focus on using

medications, injections, physical therapy, and referrals to other specialties that have the necessary expertise." He says Neurologists might be thought of as being to Neurosurgeons what Cardiologists are to Heart Surgeons. "Neurologists are specialists in certain types of diagnostic procedures -- chiefly EMG and EEG. EMG is a diagnostic procedure where the nerve is tested by giving the nerve a tiny electrical signal (shock) and measuring how well the nerve transmits the signal. It also involves placing a needle in the muscles that feels like a flu shot and recording the muscle's response to a nerve command originated by the patient."

Dr. Barber's Medical Philosophy

"My approach to patients is that physicians are trained and sworn to help people who have



unique and significant health problems which threaten their lives or well-being. We are sworn to care for persons in need regardless of race, creed, social strata, or nationality. If the patient is in front of the doctor, it is the doctor's duty to treat them to the best of their ability."

Areas of Interest

Dr. Barber treats patients with a variety of neurological diseases such as Epilepsy, Parkinson's, ALS, dementia, migraines,

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Expanded Services With New Providers

FCHC Opens Neurology Office

(Continued from page 5.)

and headaches. “Many people suffer from recurring headaches, which can be caused by a variety of factors. In my 40 years in medicine, I have seen multiple significant advances in the diagnosis and treatment of migraines and other forms of recurring headaches. While I may not be able to ‘cure’ headaches entirely in every patient I see, I am confident I can provide relief, to some degree, for everyone who suffers from this malady.”

Hometown Boy Returns

“I am happy and eager to work in a rural setting,” says Dr. Barber. “I grew up in Wauseon and like to think I am in touch with the traditions and values of the rural community. I am a fan of the Indians and have followed them over the years. It should be easier now that I’ll be here on a nearly daily basis.”

Outside of medicine, Dr. Barber’s wife is also from Wauseon. The Barber family includes a daughter, son-in-law, and nine-month-old grand-daughter, whom Dr. Barber “absolutely adores.” “And then there are the four-legged furry members of our family including 2 1/2 poodles. Two of them are standard poodles named Jip and Mackinac Island. Neither of them has a ‘fou-fou’ haircut since we wanted them to look like dogs! Then there is Bob, a poodle Cavalier spaniel mix.” In his spare time, Dr. Barber likes to work on his old cars.

The FCHC Neurology Office

FCHC Neurology specializes in the diagnosis and treatment of neurological medical conditions using the latest screening, treatment and education for neurological conditions and disease.



In-Office Services

Comprehensive EEG and EMG services
Botox injections for conditions such as spasticity, migraine, spasmodic torticollis, hyperhidrosis, and other conditions

Common Conditions Treated

- ▶ Epilepsy
- ▶ Migraines and headaches
- ▶ Neurodegenerative Disorders including:
 - Parkinson’s Disease
 - Amyotrophic Lateral Sclerosis (ALS)
 - Lewy Body Disease
 - Huntington’s Disease
- ▶ Multiple Sclerosis
- ▶ Myasthenia Gravis
- ▶ Neuropathy
- ▶ Dementia
- ▶ Peripheral Nerve Disorders
- ▶ Neuromuscular Disease
- ▶ Peripheral Nerve Entrapment
- ▶ Restless Leg Syndrome
- ▶ Seizure Disorders
- ▶ Sleep Disorders
- ▶ Tremors



A New Family Practice Physician

Fulton County Health Center and FCHC Medical Group are pleased to welcome **Elizabeth Barga, DO** to FCHC Primary Care of Delta. FCHC Primary Care Delta is located at 6696 US Highway 20A, Delta. In addition, Dr. Barga joins the medical staff at Fulton County Health Center as an Active Staff member. Dr. Barga is accepting patients of all ages. To schedule an appointment, call her office at 419-822-3242.

For more information, visit fchcprimarycaredelta.org



Elizabeth Barga, DO

Dr. Barga received her Medical Degree from Lincoln Memorial University, DeBusk College of Osteopathic Medicine, Harrogate, TN. She received her undergraduate degree from The Ohio State University.

“My medical school and school rotations were in rural Tennessee and had a focus on rural primary care,” says Dr. Barga. “I really enjoyed those experiences and relationships, so I’m excited to go back to a more rural setting here at FCHC.”

“In family practice, I think looking at the whole picture is important, especially meeting people where they are in terms of what they can or are willing to do,” says Dr. Barga. “I feel it’s vital that we are there to help people make their own health care decisions and help them understand there are always alternate pathways to reach similar treatment goals. I’m an osteopathic physician (DO), and our philosophy incorporates a lot of looking at the whole picture, as well as incorporating non-pharmacological modalities such as OMT.” Dr. Barga describes OMT (osteopathic manipulative therapy) as

(Continued on page 7.)

Message from the CEO

Heart and vascular problems are health issues faced by many Americans, including those in Fulton County. Our lead story in this issue of Health Centering focuses on our Heart and Vascular Center and the addition of Charles Gbur, MD, a well-known and experienced Interventional Cardiologist in Northwest Ohio. Dr. Gbur brings over 35 years of medical experience to our campus.



The addition of Dr. Gbur allows us to offer Interventional Cardiology at FCHC in the near future. With Dr. Gbur on staff, along with our Heart and Vascular Center, we will offer cardiac catheterizations that are able to diagnose heart issues and, in many cases, treat them at the same time. The procedures may include placing stents and pacemakers as well as performing other cardiac interventions. This new service will allow patients to stay close to home and eliminates the need to travel to a larger hospital for treatment.

We have been working hard over the past six months to attract more physicians to our Health Center, and Dr. Gbur is just one of several new physicians and providers to join our medical staff. I am pleased to report that we have added the following three new physicians: Imad Attar, DPM, Podiatrist; and Elizabeth Barga, MD, Family Practice Delta. In addition, Ted Barber, MD, Neurologist who has been coming to FCHC through our Multispecialty Clinic for years is now joining FCHC full time with a new office, FCHC Neurology. His office will be in Suite 104 in the North Medical Office building. Each of these providers helps to fill a health care need in the community.

In addition, we have also added three new Hospitalists to our staff: Brian Perkins, MD; Amber Araiz, APRN-CNP; and Nicole McLennan, FNP. These Hospitalists care for patients who are admitted to FCHC and who do not have a primary care provider or whose primary care provider does not see inpatients. Each of them functions as the quarterback of the team of providers who become involved in your care. This newsletter includes articles on all six of these providers mentioned here. Please take time to learn about them.

On another note, we think one of the best kept secrets at FCHC is our Bone Health Clinic. The clinic has been in existence for about 10 years, and we are bringing attention to it because our providers in the clinic are instrumental in helping patients with osteoporosis and to prevent or reduce bone loss in individuals. Our senior community should pay particular attention to this article.

This newsletter also includes other articles relating to our services as well as a listing of the many health, wellness and fitness classes we continue to offer you. Check them out!

As always, FCHC Proud!

Patti Finn

Patti Finn
Fulton County Health Center
Chief Executive Officer



Elizabeth Barga, DO, examines a patient at the FCHC Primary Care of Delta office.



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a mix of physical therapy/massage that focuses mostly on musculoskeletal concerns. “I do use OMT in my practice as part of the treatment plan,” she adds. “OMT can be a great adjunctive treatment to many different issues, but it can be especially helpful with musculoskeletal concerns.”

“Within family medicine, I’m also interested in a patient’s mental health. Our mental health is vital to our overall well-being and is often an overlooked factor in chronic pain and disease. In addition, I focus on a patient’s overall preventative health, including women’s health.”

Outside of medicine, Dr. Barga says she loves anything involving animals or plants. “I have a large backyard garden, and we added watermelon and grapevines this year in addition to having flowerbeds, sunflowers and too many houseplants. We also just got a third cat (my husband tells me three is the limit, though), but I love all animals and plan to adopt a dog again at some point in the future as well.”



FCHC Hospitalist Brian Perkins, MD, discusses a patient's medical condition with Nedra Nolander, RN, BSN.

New Hospitalists Join FCHC

Three new providers have joined the FCHC Medical staff as Hospitalists for the Health Center. The Hospitalists provide medical management to inpatients that do not have a primary care provider or who have a provider who does not treat hospitalized patients.

The Lead Physician

Brian Perkins, MD, serves as the lead physician in the new Hospitalist group and cares for inpatients Monday through Friday during the day. Amber Araiz, APRN-CNP and Nicole McLennan, FNP, a Family Practice Nurse Practitioner, provide Hospitalist coverage on the weekends.

“Patients can be admitted to the hospital for a variety of illnesses such as COPD, pneumonia, heart attack, or an infectious disease like COVID,” says Dr. Perkins. “As Hospitalists, we function like your family doctor in the hospital setting. Our role is to serve as the quarterback of the team of providers, and we’ll take care of you from the time you are admitted to when you are released. So, we’ll determine which physician specialists to call in if needed. We’ll also order the necessary lab and radiology tests. What’s more, our holistic approach means we’ll consider both your medical condition and the social aspect of how and when you are discharged from the hospital and what you and your caregiver we’ll need to do when you go home.”

Dr. Perkins says he uses a very personalized approach with each patient. “I was trained as a family medicine physician, so my philosophy is to sit down with each patient and their family to discuss their disease or medical condition. I want to know their concerns and to make sure they fully understand the treatment options we’ll provide. I also communicate in person or on the phone with any physician specialists who may get involved.” Dr. Perkins says if a patient has a primary care provider, the Hospitalists make sure to email the discharge summary to that provider for follow up care.

Dr. Perkins is a Board-Certified American Board of Family Medicine physician with a variety of medical experiences to offer patients. His experience includes Lead Hospitalist Physician at Toledo Flower Hospital and Wildwood Orthopedic and Spine Hospital in Toledo; ProMedica Physician Hospitalist Medical Director; and Vice President of Medical Operations for ProMedica Acute Care at Home. Dr. Perkins received his medical degree from the American University of the Caribbean School of Medicine. He holds a Master’s degree in Biology from Purdue University and a Bachelor of Science degree in Biology from Indiana University.

“I was born and raised in Indianapolis, so I am a Hoosier through and through,” says Dr. Perkins. “But despite being from a large city, I feel I really fit in better in a smaller community. This was a great career move for me to come to FCHC.”

On a personal note, Dr. Perkins is a huge sports fan, particularly Indiana basketball but also the Indianapolis Colts (season ticket holder). Dr. Perkins has two children in college. He and his wife love to travel (they’re going to watch the Colts play in Germany this fall), as well as hike, ride ATVs, and kayak.

Two Additional Hospitalists

Amber Araiz, APRN-CNP, has provided patient care across the lifespan of patients in both the hospital and outpatient setting as a Nurse Practitioner and Registered Nurse. She holds a Master’s of Science Nursing FNP degree as well as a Bachelor of Science in Nursing degree. She cares for FCHC inpatients on weekends.

Nicole McLennan, FNP, a Family Practice Nurse Practitioner, has 18 years of nursing experience. This includes eight years of practice within the Hospitalist field. Prior to joining FCHC, McLennan worked in a variety of nursing capacities at The Toledo Hospital and Flower Hospital and served as a Hospitalist Nurse Practitioner, Acute Care Practitioner, and Charge Nurse. She holds a Master of Science in Nursing Family Practice Practitioner and a Bachelor of Science Degree in Nursing. She also sees FCHC inpatients on weekends.

The History of Hospitalists in Health Care:

FCHC has had hospitalists on staff since 2012, but the field is relatively new. Twenty years ago, the term Hospitalist didn’t even exist. In 1996, the New England Journal of Medicine first identified the role of the Hospitalist. The Hospitalist specialty grew out of a need for family practice physicians to spend more time with patients on an outpatient basis. This made it increasingly difficult for them to manage both outpatient and inpatient responsibilities. The Hospitalist practice has grown across the nation to include physicians, nurse practitioners and physicians’ assistants dedicated to the care of hospitalized patients.

THE BONE HEALTH CLINIC: KEEPING BONES HEALTHY

Imagine this scenario. Your elderly mother falls and fractures her hip. An FCHC Orthopedic Surgeon operates to treat the immediate problem of the fracture, but the surgeon wants to learn if there are any underlying health conditions which may have caused the bone to fracture so easily. Your primary care provider or surgeon refers your mother to the Bone Health Clinic, which is a service at FCHC Orthopedics.

“A recent fall from a standing position that resulted in a fracture is often the presenting symptom of poor bone health,” says Kristen Hug, PA-C, Physician Assistant. She is one of three providers at the Bone Health Clinic at FCHC Orthopedics, located at 735 S. Shoop Ave., Wauseon. The other providers are Certified Nurse Practitioners Carrienne Baden, NP-C, and Lindsey Short, FNP-BC.



Bone Health Clinic providers include Certified Nurse Practitioners Carrienne Baden, NP-C and Lindsey Short, FNP-BC as well as Kristen Hug, PA-C, Physician Assistant.

WHAT IS OSTEOPOROSIS?

Osteoporosis is a bone disease that occurs when the body loses too much bone, makes too little bone, or both. This causes bones to become weak and at a higher risk of breaking. It's often referred as the “silent disease” because there are no symptoms of bone weakening until a fracture occurs. Post-menopausal women ages 65 and older and men ages 70 and older with low testosterone levels have an increased risk for osteoporosis. Osteoporosis affects both men and women, and millions of Americans over the age of 50 are at risk of fracture due to decreased bone strength.

THE BONE HEALTH CLINIC PROVIDES HELP

Hug says the first thing a provider at the Bone Health Clinic will do is spend about 45 minutes conducting a comprehensive evaluation of the patient and discussing their health history. This detailed health history will include questions relating to smoking, diabetes, alcohol consumption, and prescription medications being taken. Any of these contributing factors can affect your bone health.

The providers will then likely order a DEXA scan (Dual Energy X-ray Absorptiometry) and a TBS scan (Trabecular Bone Scoring) to determine the quantity and quality of their bone mass. The scans take an x-ray image of bones in several different areas, usually the spine, hip and wrist. There is very low radiation exposure with the scans. The x-ray image is then compared to normal bone mineral density based on the patient's age, gender, and ethnicity to determine if they have high, normal or low bone density. This information is combined with additional risk factors and previous fractures to determine the overall risk of future fractures. In addition, lab work may be ordered to determine if there is an underlying health condition that is causing bone loss. The providers will review these tests and formulate a custom comprehensive course of treatment.

PROVIDING TREATMENT

There are several steps the Bone Health Clinic providers take to help their patients. “One of the first things we focus on is the prevention of falls in the future,” says Hug.

OSTEOPOROSIS



Normal Bone



Bone with Osteoporosis

“We evaluate the patient's gait and balance to determine potential fall risks.” The providers will also review the patient's lifestyle to determine if there are potential pitfalls, such as throw rugs in the home, that could cause a fall.

“We recommend that our patient population get at least three hours a week of a weight bearing exercise,” says Hug. “This means you should be upright, standing on your feet to provide weight-bearing to your bones. This will also help to maintain a patient's strength, balance and bone health. Riding a bike or doing water aerobics in a pool does not constitute as being a weight-bearing exercise.”

Calcium and Vitamin D supplements are often recommended to improve a patient's bone health. There are also prescription medications which can be ordered to slow bone loss or help make bone. After a full evaluation of the patient, a proper course of treatment is decided.

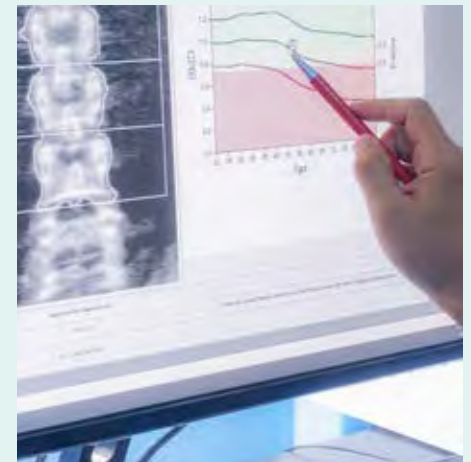
A UNIQUE CLINIC

The Bone Health Clinic providers have been trained and have certification from the Bone Health & Osteoporosis Foundation to provide Fracture Liaison Services. Clinic hours are Monday - Thursday, 8:00 a.m. - 4:30 p.m. and Fridays, 8:00 a.m. - 3:30 p.m. For more information about the Bone Health Clinic, call (419) 335-2663.

A New Tool to Determine Bone Health



FCHC Radiology Technologist Katie Rettig, CT(R)(CT) performs a DEXA scan on a patient to determine bone density.



In January of this year, the FCHC Radiology Department installed a new, state-of-the-art DEXA scanner for the benefit of patients. . The new scanner provides more detailed images while minimizing the amount of radiation exposure. In addition, the system is now able to offer Trabecular Bone Scoring (TBS) along with the standard DEXA scan (Dual-Energy X-ray Absorptiometry). Both radiology tests are used to determine the health of an individual's bones.

“Health care providers have historically used the DEXA scan to determine the quantity of bone that a patient has and see if there is bone loss. With the addition of the TBS bone scoring software, we're able to determine the quality of the bone as well.”

—Lynette Shepard RT(R)(M), Radiology Coordinator/Assistant PACS Administrator

How it Works

When the FCHC Bone Health Clinic (see related article) orders Trabecular Bone Scoring along with a DEXA scan, TBS software is applied to the lumbar spine images taken by the DEXA scan. No additional images need to be taken for TBS. The DEXA scan looks at the density (quantity) of bone by comparing a patient's results to normal bone mineral density values based on your age, gender, and ethnicity. This determines if you have high, normal, or low bone density. TBS, on the other hand, looks at the quality of the bone. A physician or health care provider must order the DEXA scan as well as the Trabecular Bone Scoring. This information is combined with risk factors and previous fractures to determine the patient's risk of future fractures. It is then used by the health care providers at the FCHC Bone Health Clinic to plan a course of treatment for the patient.

How to Prepare

Patients can eat normally on the day of the exam but should avoid taking calcium supplements for at least 24 hours prior to the appointment. Wear loose, comfortable clothing without zippers, buttons, or metal if possible.

What to Expect

The patient will lie comfortably on a padded table while the DEXA system scans several areas, usually the spine, hip and wrist. Radiation exposure is extremely low, and the entire process takes only a few minutes to complete. No injections or invasive procedures are required.

Benefits to the Patient

“The research we've seen shows there is greater accuracy with bone analysis when we understand both the quantity and the quality scores of the patient's bones,” says Shepard. “As a result, the treatment plan we recommend for a patient could change with the added benefit of knowing the TBS score.”

For more information about the new DEXA system or Trabecular Bone Scoring, contact the FCHC Bone Health Clinic at (419) 335-2663.

Report to the Community

In 2022, COVID-19 continued to have an impact on Fulton County Health Center and throughout the country. For FCHC, during the winter of 2022, we saw a dramatic increase in inpatient activity due to residents having COVID-19 which brought unique challenges with staffing, causing delays at times with elective surgeries, certain diagnostic procedures and community wellness programs.

This 2022 Report to the Community continues to show the health impact of COVID-19 in our area and at FCHC.

GENERAL CATEGORY

	2022
Admissions	1,181
Inpatient Days.....	2,202
Observation Days	1,393
Outpatient Visits.....	102,976
Emergency Room Visits	14,068
FCHC Urgent Care.....	12,037
Inpatient Surgeries.....	282
Outpatient Surgeries including Endoscopy	3,263
OB Deliveries.....	201
Oncology Visits.....	2,663
Laboratory Visits	22,664
Radiology Visits.....	18,378
Occupational, Speech, and Physical Therapy Visits	12,727
Diabetes Education Outpatient Visits (Includes both individual and group patients).....	279
Nutrition Education Outpatient Visits	376
Cardiac Rehab Visits (Includes both Phase II and Phase III).....	2,591
FCHC Behavioral Health Patient Days	672
FCHC Behavioral Health Outpatient Visits (Therapist Only)	3,645
FCHC Behavioral Health Intensive Outpatient Visits (both Adult and Senior Adult)	703
Fulton Manor Residents Days	15,556
CORPORATE AND COMMUNITY HEALTH PROMOTION/FCHC FITNESS	
FCHC Fitness Class Visits	10,497
Senior Fitness Visits	11,837
Other Member Visits	31,630
Total Visits.....	53,964
Fitness Classes.....	2,074
FCHC Fitness Memberships (Monthly Average).....	796
Screenings Community	286
Screenings Corporate	11
Trainings/Certifications	74

AUXILIARY

2022 was a busy year for the Auxiliary as we moved forward from COVID-19. In 2022 we saw increase volunteer hours, more participation in fund-raising events and increased traffic in our Gift Shop. This past year we hosted 5 FCHC Health Care Camps for students to learn more about healthcare careers. Since 2015 we have had 35 camps and engaged with 192 students. Our 2022 Golf Tournament earned nearly \$50,000. The volunteers of the FCHC Auxiliary continue to provide a vital service to our area residents with their assistance and smiling faces as residents access our many services.

	2022
Active Volunteers	70
Volunteer's Service Hours	4,200
Money Donated/Pledged.....	\$23,600

2022 AUXILIARY DONATIONS INCLUDED:

- ▶ Donation for FCHC Signage Project (\$23,600, The FCHC Auxiliary has committed \$45,000 to this ongoing project)
- ▶ \$5,000 in scholarships (thanks to our benefactors Dr. Galani and the Perrico family).

NEW SERVICES/TECHNOLOGY:

NEW

- ▶ Opened FCHC Ear, Nose and Throat Office, March 2022 Diala Almardeeni, MD, ENT
- ▶ OB Central Monitoring Project - (\$129,575)

REPLACED:

- ▶ Hologic® DXA Scan - (\$86,290)
- ▶ 2 Zimmer Rosa Surgical Assistant Robots
- ▶ Surgical Boom/ Surgical Light Replacement - (\$365,945)
- ▶ Endoscopic Equipment Purchase -(\$1,562,311)
- ▶ Laboratory Vitek 2 Analyzer - (\$72,250)
- ▶ 2 New Cardiac Rehab Treadmills - (\$13,050)

NEW ACTIVE STAFF PHYSICIANS:

Diala Almardeeni, MD Ears, Nose and Throat
Leslie Clemenson, MD Family Practice

AWARDS:

- ▶ Recipient of the 2022 Healthy Worksite Platinum Level Award through Healthy Business Council of Ohio
- ▶ State of Ohio 2022 Cancer Screening Excellence Award

UNCOMPENSATED CARE	2022
	\$2,768,527



FLU & COVID VACCINES

As the fall season approaches, so does the potential for seasonal influenza to circulate. The Centers for Disease Control and Prevention (CDC) states that annual vaccination is the most important measure to prevent seasonal influenza infection. According to current national guidelines, vaccination is recommended for people aged 6 months and older, unless contraindicated. It is best to be vaccinated before the virus begins to circulate in your community.

As soon as the influenza vaccine arrives, we will begin offering influenza vaccinations to the public at the FCHC Outpatient Pharmacy on the Ground Floor of the South Medical Office Building, 725 S. Shoop Avenue. As usual, all Fulton County Health Center employees are offered the influenza vaccine through the Occupational Medicine department. Beginning this October, unvaccinated hospitalized patients will be offered the seasonal influenza vaccination, unless contraindicated.

It is difficult to predict if there will be high levels of community transmission of the virus which causes COVID-19 this fall. What is known is that the CDC continues to recommend everyone 6 months of age and older to stay up to date with COVID-19 vaccination.

The recommendations are based on your age and if you are immune compromised. An advisory committee for the Food and Drug Administration (FDA) met in June of this year and have recommended that COVID-19 vaccines should be updated for use this fall. At the time of this writing, the CDC has not yet updated the vaccination recommendations.

FCHC has no official plans for COVID-19 vaccination, pending CDC recommendations. Most people get their COVID-19 vaccine through their primary care provider or the health department.

The flu vaccine is not the same as the COVID-19 vaccine, and the COVID-19 vaccine is not a replacement for the flu vaccine. By law, anyone who receives a vaccination is provided a Vaccine Information Statement (VIS) with a description of the vaccine being given.

The influenza and COVID-19 vaccines can be administered on the same day. If you have an acute illness, it is best to defer vaccination until your illness has resolved.

Road to Wellness Conference

The 14th Annual Road to Wellness Health Care Conference for Mature Adults will be held Tuesday, October 3, 9:30 a.m. - 1:00 p.m. The event will be held at Pettisville Missionary Church, 19055 Co. Rd. D, Pettisville. The event will include screenings, vendors, food, and presentations from the following:

- ▶ Fulton County Health Center Dietitians – Proper Nutrition
 - ▶ FCHC Fitness – Senior Fitness
 - ▶ Fulton County Health Department - CarFit
- Please contact the Fulton County Senior Center at 419-337-9299 ext. 1626 to register.

Health Day at Sauder Village

FCHC is sponsoring the Community Health Day and Fulton County Appreciation Day at Sauder Village in Archbold on Saturday, October 21 from 10:00 a.m. - 4:00 p.m. Fulton County residents will receive a special discounted \$10 admission price into the Historic Village (Normally \$24 for adults and \$18 for kids ages 4-16). FCHC staff members and other health and wellness professionals will provide health screenings and information. Follow our Facebook page for more details.

Free Clinic

The Free Clinic of Fulton County is a collaborative effort of the Fulton County Health Center, the Fulton County Health Department and Fulton County Physicians' offices. Governed by a board of local leaders and Medical Director, Dr. Anthony Uribes, our mission is to provide free medical care to uninsured people in Fulton County using volunteer health care professionals. To be eligible, you must be a resident of Fulton County between 18 and 64 years of age, and you cannot be covered by Medicare, Medicaid or private health insurance. An appointment is required. Call 419-337-0915 (Health Department) to schedule. Our appointments are always free, and financial aid for referrals is available for those who qualify according to income.

(Continued on page 16.)



MEMBERSHIP OPTIONS & PRICING

GYM PLAN:	BASE	GET FIT	AQUATIC	ELITE
Monthly Individual Rate	\$29	\$39	\$39	\$49
Monthly Family Rate	\$45	\$60	\$60	\$75
24/7 Gym Access	✓	✓	✓	✓
Unlimited Fitness Classes		✓		✓
Open Swim			✓	✓

All memberships include 24/7 gym access with upgrades available for unlimited fitness classes and open swim. Annual memberships can be paid-in-full or by recurring monthly payments. Call today to join and ask about our discounts available for Seniors, First Responders, Clergy, Military, and Full-Time Students.

FITNESS Classes

Classes offered in Archbold, Wauseon, and Swanton.



WHY TRY ONE OF OUR FITNESS CLASSES?

- ▶ Led by a certified instructor who is trained in proper exercise form, exercise planning, and exercise modifications
- ▶ Build a community to help you stay motivated and committed
- ▶ Take the stress off yourself and let the professionals do the planning
- ▶ Try something new in a safe but challenging environment
- ▶ So much fun!

3 Payment Options!

1. **GET FIT Membership** - unlimited classes at all locations \$39/month
2. **Fitness Class Package** - take any 10 classes for \$50
3. **Drop In** - one class for \$10

First Class is **FREE!**



To view the class schedule & sign up, create a free account at: fchcfitness.antis.us

WHAT'S NEW AT THE GYM

WORKOUT FOR A CURE



Saturday, October 14, 9:00 - 11:00 a.m.

Join us for a morning of fitness, fun, and sweat as we support all the fighters, survivors, and those we remember. We will provide a mash-up of our popular fitness classes while raising funds to benefit the FCHC Oncology Department.

Don't forget to wear your PINK!

Open to the public - no membership required!

DELAY THE DISEASE

\$25 a month

Tuesdays & Thursdays at 10:30 a.m.

An evidence-based fitness program designed to optimize physical function and help delay the progression of symptoms associated with Parkinson's disease. Symptom-specific exercises adapted to all levels of the disease target: Altered balance, bradykinesia, depression, rigidity, freezing, walking/gait, masked facial expressions, diminished voice volume, and stooped posture.

SWIM CLASSES

Parent and Child Water Wonders (6 months - 5 years)

Parent/Guardian must be in the water. Swimmers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences. All classes are held at FCHC Fitness, Wauseon. Call 419-330-2724 to register.

Saturdays, October 14 - December 9, \$50

Swim Lessons

Independent swimmers learn basic swimming competency and self-rescue skills.

Group Lessons (3 - 6 years)

Saturdays, October 14 - December 9, \$80

Private Lessons (All ages)

4-sessions - Times TBD by instructor and parent, \$100

All lessons are held at FCHC Fitness, Wauseon.

Call 419-330-2724 to register.

Health & Wellness Programs

SAFETY

American Heart Association Heartsaver® CPR & First Aid

Learn how to handle emergencies through this American Heart Association class. Participants will receive a 2-year certification in adult, child, infant CPR; obstructed airways; and first aid; meets most childcare requirements. Registration and payment due 1 week prior to class. Sat., Nov. 18. Sign-in starts at 8:30 a.m., class goes from 9:00 a.m. - 2:00 p.m., \$75, FCHC Fitness, 138 E. Elm St., Wauseon. Call 419-330-2724 to register.

Parent and Child Water Wonders (6 months - 5 years)

Parent/Guardian must be in the water. Swimmers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences. All classes are 30 minutes and held at FCHC Fitness, Wauseon. Call 419-330-2724 to register.

Saturdays, Oct. 14 - Dec. 9 (no class on Nov. 25), \$50

6-24 months old - Sat., 9:00 a.m.
2-3 years old - Sat., 9:30 a.m.
3-5 years old - Sat., 10:00 a.m.



Swim Lessons

Independent swimmers learn basic swimming competency and self-rescue skills. All lessons are 30 minutes and held at FCHC Fitness, Wauseon. Call 419-330-2724 to register.

Group Lessons (3 - 6 years)

Saturdays, Oct. 14 - Dec. 9 (no class on Nov. 25), \$80
11:00 a.m. & 11:30 a.m.

Private Lessons (All ages)

4-sessions – Times TBD by instructor and parent. \$100. Discount for siblings.

Babysitting

Learn to handle emergencies such as choking, burns and more. Become an effective and competent babysitter. Class covers growth and development and safety for the sitter as well as the children, plus much more. Please bring a sack lunch. Beverages/snacks provided.

Sat., Sept. 23, 9:00 a.m. - 3:00 p.m., \$10
(\$40 subsidized by Liberty Center Library), Liberty Center Public Library,
Call 419-533-5721 to register.

Sat., Oct. 7, 9:00 a.m. - 3:00 p.m., \$50, FCHC Fitness,
Call 419-330-2735 to register.

Sat., Oct. 14, 9:00 a.m. - 3:00 p.m., \$50, Delta Public Library,
Call 419-822-3110 to register.

Sat., Oct. 21, 9:30 a.m. - 2:00 p.m., \$50, Swanton Public Library,
Call 419-826-2760 to register.

ONCOLOGY PROGRAMS

FCHC Cancer Care provides treatment and support

Counseling

Counseling for nutrition, emotional and coping concerns, as well as end of treatment concerns.

Patient Navigation

On-site case management, financial counseling and facilitation with community resources.

Rehabilitation Services

On-site physical & occupational therapy and wound care.

Lymphedema Therapy

Includes specialists from nursing, physical therapy, and massage therapy who are trained to work together in treating patients with lymphedema.

Prosthesis and Wig Bank

Available for patients who cannot afford to purchase their own.

Please contact Patricia Franz Pahl, LSW, LCDC III, H.O.P.E. & H.E.L.P. Group Coordinator at 419-330-2757 (FCHC OB Unit) or 419-335-2015, Ext. 2385 (Office).

H.O.P.E.

Helping Other Parents Experiencing Grief (H.O.P.E.) is a support group that meets the third Monday of every month at 7:30 p.m. in the FCHC Surgical Conference Room on second floor. H.O.P.E. offers support for parents who have experienced miscarriage; stillbirth; or the death of infants, young children, teenagers, and adults due to illness or accident. If you are suffering from the death of a child at any age, you are welcome to attend.

H.E.L.P.

Helping Each other Live Past a suicide is a new support group offered at FCHC that meets the third Monday of month at 6:00 p.m. Surgical Conference second floor. If you someone to

suicide, you are welcome to attend the meetings. We cannot take your grief from you, but it does help to talk with someone who knows your despair and isolation. We give supportive listening through these grieving times. We educate participants on the causes of suicide in order to prevent more loss.



GRIEF SUPPORT

Register on-line at fultoncountyhealthcenter.org (click on Health and Wellness Programs in the Quick Links section) or call 419-330-2772 unless noted. **Please Note: Classes subject to change based on any changes to the COVID-19 situation.**

DIABETES & NUTRITION EDUCATION

Contact the Diabetes and Nutrition Education office at 419-330-2772 for information, scheduling group presentations, and or to register for classes. Check out the Diabetes Education website page at: fultoncountyhealthcenter.org/services/diabetes-education/

Lifestyles for Better Health

Work with a health professional (dietitian and/or nurse) to create a specialized plan that includes dietary and lifestyle upgrades to feel empowered, enhance wellness, and manage blood sugars and address other potential health concerns. One visit \$50, series of 5 visits \$150.

Diabetes Support Group

A Diabetes Care and Education Specialist will be available to discuss any diabetes related requests. Blood pressure and blood sugar testing offered Oct. 17, Nov. 21, and Dec. 19, 10:00 a.m. FREE.

Diabetes Prevention Program

The Diabetes Prevention Program has been approved by the Centers for Disease Control and Prevention (CDC). It will be held for an entire year, with meetings most weeks for the first 4-6 months and bimonthly meetings for the next 5 months. The curriculum will incorporate healthy eating, physical activity, stress management and more. Statistics have shown that those who have completed the program have reduced their risk of diabetes by 58%. In addition, they have experienced weight loss, increased energy and activity and an overall physical and mental wellbeing that comes with a healthy lifestyle. This program is for you if you are age 18 or older, have a BMI greater than 25, have been clinically diagnosed with pre-diabetes or gestational diabetes, and have no previous diagnosis of Type 1 or Type 2 diabetes. For more information or to participate in the program, please call to register. A new cohort will start in late September.

Low Cholesterol Living

Focus will be on risk factors for heart disease, cholesterol numbers and their significance, type of fat and cholesterol in the diet, and more! Tues., Sept. 26 or Nov. 28, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

Salt Sense

Whether it's for high blood pressure, heart disease or to maintain a healthy diet, learn how and where to reduce sodium. Includes label reading, commercial product choices, recipes and shopping tips. Tues., Sept. 19 and Nov. 14, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

Holiday Treats in Various Styles

Discover the joy of healthy holiday favorites! Who knew how quick and simple treats for the whole family could be! Tues., Dec. 5, 5:00 p.m. - 6:00 p.m., \$5, Diabetes and Nutrition Education Center Classroom. Please call to register.

NEW! Shop Well, Eat Well

Come and learn from our FCHC registered dietitians on how to find healthy and budget-friendly food options when grocery shopping. Tues., Oct. 24, 6:30 p.m. - 7:30 pm, \$5.

Cooking Lighter With Your Fryer

If an air fryer isn't on your Christmas list, it may be because you don't know what it can do for you yet. Once you start to air fry your food, you may never go back—from making your favorite products to cooking your favorite dinners, you'll be surprised at what your air fryer can do for you. Thurs., Sept. 21, 12:00 - 1:00 p.m., \$5, Diabetes & Nutrition Education Center classroom.

WEIGHT LOSS

Introduction to Weight Loss Surgery: Sleeve Gastrectomy

Learn how bariatric surgery can treat chronic health conditions related to obesity, such as: Type 2 Diabetes, High Cholesterol, Sleep Apnea, and Hypertension.

Online Video Presentation

Weight Loss is hard to do on your own. If you have struggled with obesity and do not know where to turn, weight loss surgery may be for you. To learn more about obesity and weight loss treatment options at FCHC through bariatric surgery, sign up for a free video presentation by General Surgeon Timothy Duckett, MD. To register for the video presentation, visit <https://www.fultoncountyhealthcenter.org/health-and-wellness-programs/?program=bariatric>



Register for an online bariatric video presentation by General Surgeon Timothy Duckett, MD. You will receive a link to the video on the FCHC website.

Bariatric Support Group

Meetings on the 4th Tuesday of each month 5:00 - 6:00 p.m., South Medical Office Building, 2nd Floor Conference Room.

OB PROGRAMS

If you are a patient planning to deliver at the FCHC OB Unit and are interested in Childbirth and Breastfeeding education, please call the OB Department at 419-330-2757.





FCHC News & Notes (Continued from page 12.)

FCHC HR Recruitment Event

The FCHC Human Resources Department will be having an Employment Networking Event on Wednesday, October 25 from 10:00 a.m. - 2:30 pm. The event will be held in the FCHC Beck Meeting Room, on the ground floor of the hospital. This will be a time to talk to HR Recruiters as well as Directors or Managers from a variety of departments to learn more about our open positions. Please bring a resume with you and be ready to hear about your possible new career at Fulton County Health Center. Applicants can view our open positions and apply at www.fchcjobs.com.

Golf Tournament a Success

The 24th annual FCHC Auxiliary golf tournament was held on June 8 at Ironwood Golf Course with 36 teams participating. The golf tournament brought in nearly \$50,000. Funds raised this year will be used to do a mini makeover of the FCHC cashiers' office as well as to purchase eight bassinets for our nursery.



Auxiliary Volunteer Opportunities

FCHC is welcoming back its volunteers and engaging new ones as our community health stabilizes. For more information, please contact our Volunteer Coordinator: Mary Gautz, FCHC main campus, at 419-330-2695.

Be Prepared for Flu Season

Patients over the age of 7 can now get their flu shot at the FCHC Outpatient Retail Pharmacy at 725 South Shoop Avenue, Wauseon. Our Pharmacy is located on the ground floor of the South Medical Office Building.

Hours:

Monday-Friday,
8:00 a.m. - 7:00 p.m.
Saturday, 9:00 a.m. - 2:00 p.m.
Sunday, closed

No appointment is needed, and flu shots are covered by most health insurance plans.

Need another vaccine? Here's a short list of the immunization options we offer:

- ▶ Influenza (regular quadrivalent & flud for over 65 years old)
- ▶ Pneumococcal
- ▶ Zoster (Shingles vaccine)
- ▶ Tetanus, diphtheria, and pertussis
- ▶ Meningococcal
- ▶ HPV
- ▶ Hepatitis A & B

The main immunizations for the fall are the flu, pneumonia, and shingles vaccines.

Be Prepared!
Flu Season is Coming
Get Your Flu Shot Here

FCHC Outpatient Pharmacy
725 South Shoop Avenue - Wauseon
Ground Floor on the South Medical Office Building

Hours:
▶ Monday - Friday 8:00 AM - 7:00 PM
▶ Saturday 9:00 AM - 2:00 PM
▶ Closed on Sunday

No Appointment Needed!

Covered by most insurance plans

For more information call us at 419-335-3715

Health Centering is published four times a year by Fulton County Health Center for area residents.

Patti Finn, Chief Executive Officer | **Sandy Barber**, Chair, Board of Directors | **Steve McCoy**, Director of Marketing and Planning

For address changes or information about articles or programs in this issue, contact the FCHC Marketing and Planning Department at 419-330-2717.