

A publication of Fulton County Health Center

Health Centering

INTERVENTIONAL RADIOLOGY: CHANGING HOW WE DIAGNOSE & TREAT DISEASES

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(L-R): FCHC Interventional Radiologists Michael Pole, MD,
and Donald Cox, MD.

Volume 41, No.3 Fall, 2025

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



Dr. Pole uses Radiology Imaging to guide the probe he is using for a hip injection.

Radiology vs. Interventional Radiology

You are probably familiar with Radiology that uses medical imaging like X-rays, CT scans, MRIs, and ultrasounds to diagnose conditions. Interventional Radiology uses the same medical imaging but takes it a step further and uses the imaging devices to guide tiny instruments inside the body. This allows the Interventional Radiologist to better diagnose a disease and, in some cases, to treat the disease at the same time.

“Interventional Radiology lets us target specific areas of the body using small incisions and guidance from fluoroscopy (live x-ray imaging), a CT Scan, Mammography, and Ultrasound.”— Michelle Andrews, BS, RT(R)(M), FCHC Director of Radiology

“This precise targeting can minimize the impact on the patient when performing procedures to diagnose pathology, deliver medication to the affected area, improve vascular well-being, and offer patient comfort. IR procedures will lower the patient’s recovery time when compared to a surgical intervention.”

Andrews says FCHC Interventional Radiologists treat a wide range of

INTERVENTIONAL RADIOLOGY:

CHANGING HOW WE DIAGNOSE & TREAT DISEASES

The field of medicine has witnessed remarkable advances in how we diagnose and treat illness. One of the most exciting developments is in the field of Interventional Radiology (IR), which is helping patients get faster diagnoses, less invasive treatments, and shorter recovery times.



Donald Cox, MD, Interventional Radiologist, performs a liver biopsy with guidance from Radiology images.

patient conditions including cancer, pain management, spinal compression fractures, vascular access procedures, image guided biopsies, and drainages.

FCHC’s IR Staff

FCHC has two Interventional Radiologists on staff: Donald Cox, MD and Michael Pole, MD. The two have a combined 55 years of experience. They work closely with other specialists or family practice providers to provide comprehensive patient care.

“Both Dr. Cox and I are Radiologists who have had extensive training in our Residencies with Interventional Radiology. Before he and I joined the medical staff, the hospital did not offer Interventional Radiology. We are both well-trained and experienced to use image guidance while conducting biopsies and, in some cases, using image guidance to offer treatment.”— Michael Pole, MD, Radiologist

“Dr. Pole and I probably review 20,000-30,000 images a year,” says Dr. Cox. “Based on the sheer number of images we review and our years of experience doing so, we know what looks normal in an image and what does not. But I always welcome

input from other providers if they have questions about something they see on an image. Extra eyes on the image are always welcomed. That's how medicine should work – where we're working together as a team to help the patient."

Diagnosing Disease with Precision

"We have some of the best imaging technology available in our Radiology Department and Interventional Lab located in the FCHC Heart and Vascular Center," says Andrews. "This means we can be more precise when doing an intervention."

Dr. Cox says he and Dr. Pole perform a lot more Interventional Procedures at FCHC than people realize. "Imaging guided biopsies can often prevent the need for more invasive open surgical biopsies," says Dr. Cox. "If we can get to the mass in question, we'll pinpoint its location using the Radiology Imaging systems we

have and then use a needle to get a biopsy. It's much less invasive and offers fewer complications than the traditional surgery, and advances in ultrasound, fluoroscopy and CT scans just keep getting better with the image quality we see."

"Many of the breast cancer cases in Fulton County have had their biopsies done at FCHC with Interventional Radiology," adds Dr. Pole. "Before offering Interventional Radiology here, patients would have to go to a larger out-of-town hospital to get the biopsy. Now, they can get it done right here in town. And patients with liver disease who need fluid drained from their abdomens once or twice a week can have it performed here with Interventional Radiology providing the image guidance. It is quite convenient for them to be able to stay in town for that procedure."



Relief of Back Pain

Chronic back pain can be debilitating and difficult to treat, but there is a procedure that can help. Balloon Kyphoplasty is a minimally invasive treatment performed by Dr. Cox for patients with spinal fractures caused by Osteoporosis or cancer. Left untreated, one fracture can lead to subsequent fractures, often resulting in a condition called kyphosis, or rounded back. Kyphosis can compress the chest and abdominal cavity, which may result in negative health consequences.

"I make one or two tiny incisions in the back – that won't require stitches – to create a small pathway into the fractured bone, then I insert a small, orthopedic balloon through the instrument into the vertebra, inflate the balloon to raise the collapsed vertebra and create a cavity. Once the vertebra is in the correct position, I deflate the balloon and remove it. The final step is to fill the new cavity with bone cement to form an internal cast to support the surrounding bone and prevent further collapse."

— Donald Cox, MD, Interventional Radiologist

Dr. Cox says the procedure takes about 20-30 minutes to perform for each vertebra. "Many patients experience immediate relief of their back pain, or it could take up to two weeks to notice a difference. In my experience, 90% of patients get some type of relief. The cement will last a lifetime, so they won't have to have the same area redone."

Treating Bone Tumors

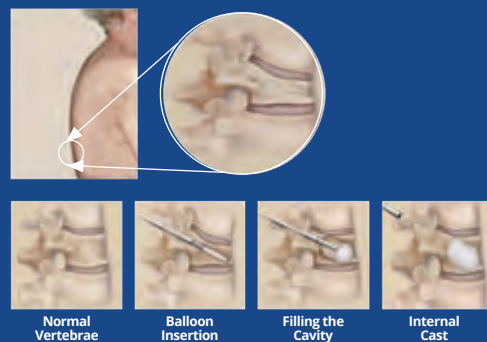
OsteoCool is a radiofrequency ablation (RFA) system that uses radiofrequency energy to heat and destroy tumor cells in bone tissue. It's a minimally invasive option for pain relief and stabilization of the affected area. The procedure can be performed on spinal and peripheral bone tumors.

The procedure is typically performed under local or moderate anesthesia. Dr. Cox will use Radiology imaging to pinpoint the exact location of the tumor and guide the probe. One or two small incisions are made, and the probe is inserted. The radiofrequency energy is applied for a set amount of time to destroy the tumor. In some cases, kyphoplasty may be performed at the same time to further stabilize the bone.



Michael Pole, MD, Interventional Radiologist consults with a patient about her breast biopsy.

Balloon Kyphoplasty Procedure



(Continued on page 4)

(Continued from page 3)

INTERVENTIONAL RADIOLOGY:

CHANGING HOW WE DIAGNOSE & TREAT DISEASES

A Wide Range of Procedures

Interventional Radiologists can perform highly targeted procedures to help pinpoint disease. Here are some of the procedures performed by Dr. Pole and Dr. Cox:

BIOPSIES - inserting a thin needle directly into an area of concern

ANGIOGRAPHY - seeing inside blood vessels to detect blockages or abnormalities in the arteries or veins

KYPHOPLASTY - treating compression fractures of the spine

RENAL ABLATIONS - removing large cysts in the kidneys using heat or cold

CHEST OR ABDOMEN DRAINS - using a thin tube inserted through the skin

VASCULAR - inserting catheters to deliver clot-busting medication directly to the blockage or remove the clot mechanically

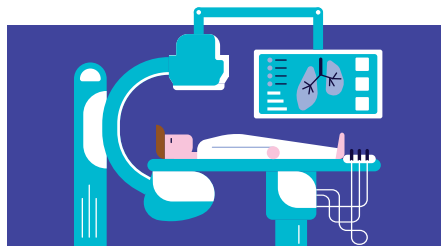
FEEDING TUBES & PORTS - placing them for repeated chemotherapy treatments or nutritional support

Convenient, Patient-Centered Care

"Our amazing team provides a patient centered care plan,"

says Andrews. "From our scheduling specialists, nurses, imaging technologists and doctors, you will recognize that our focus is on the patient's comfort, safety and needs. You can also count on both the patient and their family staying informed from the time the procedure is scheduled to the time the procedure is completed."

"There is also the convenience of having these specialized procedures close to home, without having to go to a large city," says Andrews. "We are able to diagnosis, treat and care for many conditions right here at FCHC."



The Takeaway

Interventional Radiology is revolutionizing medicine by combining cutting-edge technology with pinpoint accuracy to help diagnose and treat patients without the need for traditional surgery.

For many patients, Interventional Radiology means:

- ▶ Less pain
- ▶ Lower risk of complications
- ▶ Shorter recovery times
- ▶ Often no need for general anesthesia

If you or a loved one are facing a complex health issue, it's worth asking your provider if Interventional Radiology might be part of the solution.



FCHC MOVES TO PROVIDER-BASED BILLING FOR MEDICARE/MEDICAID VISITS

FCHC provider offices **are becoming Provider-Based Clinics**. There will be no change in how patients visit and interact with their provider, but what will change is the billing method, called provider-based billing, for patients on Medicare, Medicare Advantage, Medicaid, and Medicaid Advantage Plans. This designation of provider-based clinics for provider offices is primarily a Medicare billing status, meaning that services provided in these clinics are billed as a hospital outpatient department. Patients will see very little, if any, increase to their out-of-pocket expenses. This is determined by how your insurance benefits assign copayments. Patients who have commercial based insurance will not be affected by this change.

HOSPITAL OWNERSHIP AND INTEGRATION

FCHC's provider-based clinics are legally and financially integrated with the hospital. They operate under the hospital's license and are subject to the same regulatory and accreditation standards as the main hospital.

When patients see a provider or receive services in a provider-based clinic, they are technically being treated within the hospital rather than the provider's office, as these offices are considered departments of the hospital.



DUAL BILLING STRUCTURE

Patients typically will receive two charges for a single visit to their provider. For services, the existing charges were split into the following, but the total amount of charges is the same.

Facility Fee (Hospital Charge): Covers the operational costs of the clinic, such as nursing staff, equipment, supplies, and the use of the facility itself.

Professional Fee (Provider Charge):

Covers the services provided by the physician or other health care professional.

ENHANCED QUALITY AND SAFETY STANDARDS

Because they are part of the FCHC system, these provider offices are subject to stricter federal regulations and accreditation standards (e.g., by The Joint Commission) than independent physician offices. This often translates to higher quality of care, more rigorous safety protocols, and continuous monitoring.

INTEGRATED & COORDINATED CARE

Being part of a larger hospital allows for seamless coordination of care. Patient medical records are integrated, making it easier for different specialists within the system to access information and collaborate on a patient's treatment plan. This can be particularly beneficial for patients with complex or chronic conditions requiring multiple services.

For more information about provider-based billing, contact our main hospital number at (419) 335-2015, then ask for the Billing Department, or email us at info@fulhealth.org

LEARN WHAT YOU'RE MADE OF

Have you ever wondered if your exercising and conditioning is making a difference? Are you currently involved in athletic training, a weight management program or trying to lose weight on your own? You may see your weight on the scale, but what does it really mean? At FCHC, we can now offer a way to find out by having an advanced body composition scan. This advanced scan offers a quick way to measure the three main tissues of the human body: fat and lean muscle mass and bone. This scan utilizes our state-of-the-art Hologic Horizon-A DEXA scanner. The scans are suitable for individuals interested in personal wellness and especially individuals in weight management programs, athletics, and fitness.



FCHC Radiology Technologist Katie Rettig, RT(R)(CT) performs a DEXA scan on a patient to determine body composition.

HOW IT WORKS

The DEXA Advanced Body Composition scan images from the head to the toe. This leads to a detailed breakdown of your body's composition, which reveals the percentage of fat mass and lean mass.

HOW TO PREPARE

There are a few instructions that go along with the Advance Composition Scan, allowing for accurate results:

Nothing to eat 4-6 hours prior to the scan

No vigorous exercising the day of your scan

Wear loose, comfortable clothing without zippers, buttons, or metal if possible

WHAT TO EXPECT

The client will lie comfortably on a padded table while the DEXA system images the body. Radiation exposure is extremely low, and the entire scan takes only a few minutes to complete. No injections or invasive procedures are required.

PRICING AND PACKAGES

The Advanced Body Composition Scan is an out-of-pocket service. Discounts are available for clients currently enrolled in one of the following FCHC programs:

- FCHC Fitness Gym Membership
- FCHC Medical Weight Management

INDIVIDUAL SCAN

- Non-Member cost per Body Composition Scan - \$129.00
- Member* cost per Body Composition Scan - \$99.00

BUNDLE AND SAVE SCAN PACKAGES

(Scans purchased must be completed within one year of purchase date)

- Non-Member cost, bundle of 3 Body Composition Scans - \$299.00
- Member* cost, bundle of 3 Body Composition Scans - \$259.00

CONTACT US NOW TO SCHEDULE

We are happy to schedule via email or phone.

Email: fchcbodycomp@fulhealth.org

Phone: FCHC Radiology Department at 419-330-2651, option 5.

PROVIDER SPOTLIGHT:

New Physicians Join FCHC Provider Offices

Provider Spotlight is a new series of articles that highlights the various specialties of our providers, who are a part of our FCHC Medical Staff. This segment of Provider Spotlight focuses on two new physicians who recently joined our FCHC Provider Offices. Let's meet George T. Maly, MD, a cardiologist who joined FCHC Heart and Vascular in June and Scott J. Deering, MD, an orthopedic surgeon who joined FCHC Orthopedics in July.

George T. Maly, MD, FACC **Cardiologist**

Dr. Maly specializes in cardiology and cardiovascular disease.

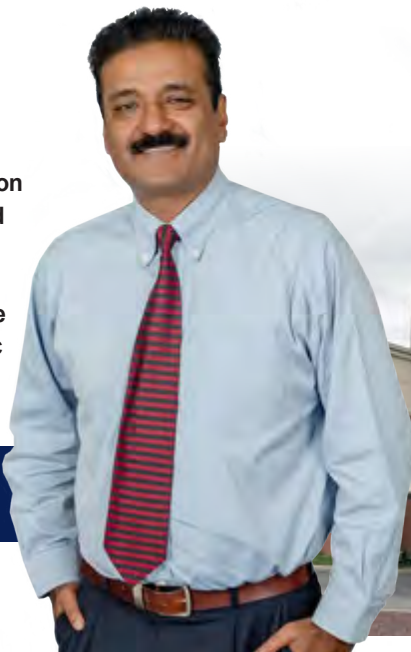
Dr. Maly joins the practice of Charles Gbur, Jr., MD, Interventional Cardiologist and the team at FCHC Heart & Vascular. The team at FCHC Heart and Vascular specializes in the diagnosis and treatment of medical conditions and diseases of the heart. Our cardiology practice offers the latest screening, treatment and education for heart and vascular disease. Through the use of advanced technologies, procedures, cardiac interventions along with patient education, we provide complete heart care you can trust.

Education & Training

- ▶ Medical School: Ross University School of Medicine
- ▶ Residency: University of Toledo Medical Center – Internal Medicine
- ▶ Fellowship: University of Toledo Medical Center – Cardiovascular

Board Certifications

- ▶ American Board of Internal Medicine (ABIM). Additional certificate in Cardiovascular Disease (ABIM).



Scott J. Deering, MD **Orthopedic Surgeon**

Dr. Deering specializes in orthopedics and sports medicine.

Orthopedic Surgeons Daniel McKernan, MD; Christopher Spieles, MD; Kirk Davis, DO and the team at FCHC Orthopedics welcomes Scott J. Deering, MD, Orthopedic Surgeon.

Education & Training

- ▶ Undergraduate Degree: Bachelor of Science, The Ohio State University, Molecular Genetics
- ▶ Medical School: Case Western Reserve University School of Medicine
- ▶ Residency: Orthopaedic Surgery Residency, Michigan State University/ Kalamazoo Center for Medical Studies (now Western Michigan University)
- ▶ Fellowship: Orthopaedic Sports Medicine Fellowship, University of Kentucky

Board Certifications

- ▶ American Board of Orthopaedic Surgeons

Welcome to FCHC Dr. Maly!
Now accepting new patients!

To schedule an appointment call:

419-330-2653

725 South Shoop Avenue, Suite G-02
Wauseon, OH 43567

www.fchcheartandvascular.org



Welcome to FCHC Dr. Deering!
Now accepting new patients!

To schedule an appointment call:

419-335-2663

735 South Shoop Avenue
Wauseon, OH 43567

www.fchcorthopedics.org

FCHC Foundation: Investing in a Healthier Future

The Fulton County Health Center (FCHC) Foundation is a nonprofit organization committed to advancing healthcare in our community. Donations support a wide range of initiatives - from facility enhancements to provider education and patient care - helping ensure quality healthcare for every stage of life.

Recent efforts have focused on heart and vascular care, building on the success of the newly renovated Heart & Vascular Center. Contributions of all sizes make a difference, and the Foundation proudly honors donors through meaningful recognition opportunities.

One of those ways is through the "Tree of Life," a beautiful, permanent installation at the Health Center that recognizes donors at various giving levels—starting at \$5,000 and up. To learn more or to give, visit fchcfoundation.org



A Gift with Purpose: Dr. Jayantilal & Prafulla Galani

We're thrilled to announce a generous donation from **Dr. Jayantilal** and **Prafulla Galani** in support of FCHC Foundation's mission. This special gift arrives at a perfect time, and we're excited to reveal how it will be invested in an upcoming project. Stay tuned - this partnership promises innovative enhancements to care, and we can't wait to share details soon!



Successful Golf Outing Will Benefit the Foundation



FCHC Foundation Board Members enjoyed a day of golf in the Foundation's annual golf outing fundraiser. (L-R): Dave Gerken, Brian Stuckey, Bill Simpkins.

On June 5, the 26th Annual FCHC Golf Outing at Ironwood Golf Course once again brought community, fun, and philanthropy together. Thanks to our sponsors and outing participants, the event raised tens of thousands to further the Foundation's healthcare mission. A heartfelt thank you goes to our "Champion Team Sponsors": Alpha Imaging, Earl Mechanical, Huntington National Bank, iTX, Lupo Nero Ranch, and Woolace Electric. Your support not only energizes this cherished event but also helps maintain high-quality care close to home.

JOIN THE MOVEMENT

By donating, sponsoring, or volunteering, you become part of a legacy - uplifting lives and strengthening local healthcare for generations to come. **Our next event, Tunes and Touchdowns, will be held at Sullivan's Restaurant in Wauseon on Saturday, September 27th from 4:00 - 11:00 pm.** To learn more or get involved, please visit fchcfoundation.org or contact Jana Raabe, Foundation Director, at 419-337-7318.



Message from the CEO



It's amazing how medical technology just keeps getting better to help our providers. For example, improved technology now assists our two Interventional

Radiologists – Michael Pole, MD and Donald Cox, MD. Our lead story in this newsletter describes how they use that technology to perform minimally invasive biopsies and procedures to treat patients.

With regards to technology, we offer Advanced Body Composition Scans utilizing our state-of-the-art Hologic Horizon-A DEXA scanner. If you are training for an athletic event or trying to lose weight, this scan will provide important information for you and our providers.

We are changing your billing method for those of you covered by Medicare/Medicaid. Our provider offices, owned and operated by FCHC, are now considered provider-based clinics for Medicare/Medicaid billing. This will not affect how you interact with your provider, but it will mean your billing statements will have a different breakdown of charges than in the past. This new billing method will not affect those of you covered by commercial insurance carriers. Please read the article in this issue for more details.

We welcome our three newest providers: Scott Deering, MD, Orthopedic Surgeon, FCHC Orthopedics; George Maly, MD, FACC, Cardiologist, FCHC Heart & Vascular; and Shaikh Fawwad, MD, our new Hospitalist. They are featured in this newsletter.

The FCHC Foundation continues to receive donations, which are used to further improve our Health Center. The Foundation also organized our annual golf outing fundraiser earlier this summer. Please read the Foundation article to learn more.

Finally, our staff will be at the Fulton County Fair every day to provide health screenings and answer your questions.

Come visit us at the Fair!

Patti Finn

Patti Finn

Fulton County Health Center
Chief Executive Officer

FCHC News & Notes

New Hospitalist Joins FCHC

Meet **Shaikh Fawwad, MD**, Hospitalist who joins our current group of Hospitalists, including Brian Perkins, MD and Nurse Practitioners Amber Araiz, APRN, CNP; Nicole McLennan, APRN, CNP; and Bobbi Schelkun, NP. The Hospitalists provide medical management to FCHC inpatients that do not have a primary care provider or their primary care physician does not treat hospitalized patients.

Dr. Fawwad received his Bachelor of Medicine and Bachelor of Surgery (M.B.B.S.) from Dow Medical College, Pakistan. He completed his Medical Residency at Saint Francis Medical Center, Trenton, New Jersey. Dr. Fawwad brings a great deal of experience to FCHC as he previously worked as a Hospitalist at Blanchard Valley Hospital and Bellevue Hospital. He also worked as an Internal Medicine Hospitalist at Vidant Medical Center, a 900-bed Level 1 tertiary care center in Greenville, North Carolina that has a special emphasis on the rural health population.

ROAD TO WELLNESS CONFERENCE

The 16th Annual Road to

Wellness Health Care Conference

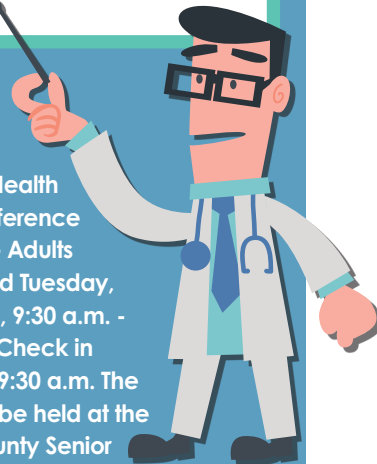
for Mature Adults will be held Tuesday, October 7, 9:30 a.m. - 1:00 p.m. Check in begins at 9:30 a.m. The

event will be held at the Fulton County Senior Center, 695 S. Shoop Ave.,

Wauseon. The event will include health screenings, vendors, food, and presentations from the following:

Dakota Stone, Alzheimer's Association - Intro to Alzheimer's
Julie Burke, Heartland Hospice - Hospice Services

Please contact the Fulton County Senior Center at 419-337-9299 to register.



Coming Soon: Updated Patient Portal

This fall, FCHC will update our online Patient Portal. The new updates will give patients easier maneuverability and a more enhanced experience as they look up their health information. The log-in will remain the same as before. As we get closer to the launch, we will post information on our website and Facebook page. To view your Patient Portal, visit fultoncountyhealthcenter.org and click on Patient Portal at the top.





MEMBERSHIP OPTIONS & PRICING

GYM PLAN:	BASE	GET FIT	AQUATIC	ELITE
Monthly Individual Rate	\$32	\$42	\$42	\$52
Monthly Family Rate	\$50	\$65	\$65	\$80
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 \$42/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:
<https://fchcfitness.antaris.us>

WHAT'S NEW AT THE GYM

Check out our Facebook page for details and updates!

WORKOUT FOR A CURE

SATURDAY | OCTOBER 18TH - 9:00-10:30AM

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.



TURKEY BURN

FRIDAY | NOVEMBER 28TH - 9:00-10:30AM

Burn off that Thanksgiving feast at this class mash-up designed to get you back on track and feeling great to kickstart the holiday season!



HOLIDAY SALE

SALE RUNS FROM DECEMBER 1 - JANUARY 3

BUY any 12-month membership **GET** an additional month **FREE!** Pay membership in full **GET** a **FREE** t-shirt or 24/7 key fob!



SWIM CLASSES

Call 419.330.2724 opt 1 to register

PARENT & 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.

Saturdays, October 4 - November 22 | \$60

GROUP LESSONS (3 - 6 YEARS)

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

Saturdays, October 4 - November 22 | \$80

PRIVATE LESSONS (ALL AGES)

4-Sessions – Times TBD by instructor and parent | \$100

Health & Wellness Programs

Register on-line at fultoncountyhealthcenter.org (click on Health and Wellness Programs in the Quick Links section) or call 419-330-3304 unless noted.

SAFETY

American Heart Association Heartsaver® CPR, First Aid & AED

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. 15. Sign-in starts at 8:30 a.m., class goes from 9:00 a.m. - 1:00 p.m., \$75, FCHC Fitness, 138 E. Elm St., Wauseon. Call 419-330-2724 to register.

American Heart Association Healthcare Provider CPR

CPR Certification by the American Heart Association for health professionals and health professional students. Registration and payment due 1 week prior to class. Sat., Sept. 27. Sign-in starts at 8:30 a.m., class goes from 9:00 a.m. - 12:00 p.m., \$50, FCHC Fitness, 138 E. Elm St., Wauseon. Call 419-330-2724 to register.

Parent and Child Water Wonders

(6 months - 5 years old) 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. 4 – Nov. 22, \$60

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.

Group Lessons

(3 - 6 years old) 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.

Saturdays, Oct. 4 – Nov. 22, \$80

3-6 years old - Sat., 11:00 a.m.
3-6 years old - Sat., 11:30 a.m.

Private Lessons

(All ages) One-on-one instruction aimed towards the needs of each individual. 4-session package – Times TBD by instructor and parent. \$100. Discount for siblings. Call 419-330-2724 to register.

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. 6, 9:00 a.m. - 3:00 p.m., \$50, FCHC Fitness Center, Call 419-330-2724 to register.

ONCOLOGY PROGRAMS

FCHC Cancer Care provides cancer 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.

GRIEF SUPPORT

Please contact Patricia Franz Pahl, LSW, LCDC III, H.O.P.E. 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.

DIABETES & NUTRITION EDUCATION

Contact the Diabetes and Nutrition Education office at 419-330-3304 for information, scheduling group presentations, and/or to register for classes. Check out the website page at: fultoncountyhealthcenter.org/health-and-wellness-programs/

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 bimonthly meetings for the remaining 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. New session starting in September. Call in to reserve your spot.

Mediterranean Meals & the Countertop Pressure Cooker

Learn the health benefits of Mediterranean-style eating while you experience a simple meal with quick preparation ideas and tips. Explore the benefits of cooking with a counter top pressure cooker. Wed., Oct. 8, 12:00 pm – 1:00 p.m., Diabetes and Nutrition Education Center Classroom, Free. Please call 419-330-3304 to register.



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! Fri., Dec. 12, 12:00-1:00 p.m., Free, Diabetes & Nutrition Education Center Classroom. Please call 419-330-3304 to register.

Lifestyles for Health!

Gives you the opportunity to work one on one with a healthcare professional (dietitian and/or nurse) to create an individual and specialized plan to upgrade your health. Elements of your plan may include nutrition, weight goals, fitness, blood sugar management, heart health, etc. One visit \$50, series of 5 visits \$150.

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.

Medical Weight Management

At FCHC Medical Weight Management, we specialize in the treatment of obesity and other weight management conditions by offering individualized treatments to help you achieve long-term weight loss success. Our approach includes: monthly visits with provider & dietitian, weight loss medication options, a free FCHC Fitness membership, and classes to address diet, physical activity, sleep, stress & well-being. Our commitment is to provide services and support that enhance physical, mental and emotional well-being to help patients live their fullest lives. The FCHC Medical Weight Management Center is located on the ground floor of Fulton County Health Center, just off of the North Medical Office Building.



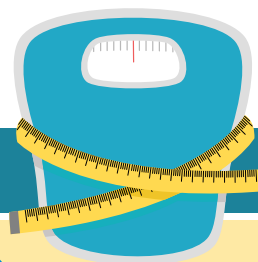
Bariatric Surgery

Those interested in Bariatric surgery will now be seen in the Medical Weight Management program before and after surgery. To learn more about bariatric surgery options at FCHC, 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>

Bariatric Support Group

Meetings on the 3rd Wednesday of each month, 5:00 - 6:00 p.m., and the 3rd Thursday of each month from 12:00 – 1:00 p.m. Medical Weight Management Center.

10,000 Pounds Lost!



In August, the Medical Weight Management team celebrated a huge milestone when their clients collectively reached 10,000 pounds lost! The Medical Weight Management program was established in the fall of 2023 and is led by Victor Cherfan, DO, Medical Director, and Britney Ward, Program Director alongside certified nurse practitioners, Rebecca Shirley and Dawn Marsh.

The program is geared for adults 18 years or older who have a BMI (Body Mass Index) of 27 or higher and a comorbidity such as high blood pressure. Patients can refer themselves to the program without the need for a provider's referral.

The program includes:

- ▶ Monthly visits to meet with an FCHC provider and dietitian
- ▶ Group classes to address diet, physical activity, sleep, stress and well-being
- ▶ Weight loss medication options
- ▶ Updated lab work
- ▶ Progress updates to other health care providers when needed
- ▶ Free FCHC Fitness gym membership

For more information about the FCHC Medical Weight Management program, call 419-330-3304, or visit fchcweightmanagement.org



FCHC News & Notes

Health Centering on the Radio

Looking for more information on health care topics? Tune in to Health Centering on the Radio, FCHC's 15-minute weekend radio show on WMTR 96.1 FM. The program is broadcast every Saturday at 7:00 a.m. and Sunday at 8:00 a.m. Hear from FCHC physicians and other health care providers about health topics of interest and happenings at FCHC!



Auxiliary Volunteer Opportunities

FCHC is welcoming volunteers to join us. For more information, please contact our Volunteer Coordinator: Mary Gautz, FCHC main campus, at 419-330-2695.



FCHC staff members will once again be at the Fulton County Fair, Aug. 29 – Sept 3. Our booth is in the same location as previous years in Merchant Building 1, west of the grandstand and next to the Pork Producers' Stand. Throughout the week we will provide screenings and answer your health questions. Be sure to stop by and see us! Here is a list of departments, screenings and providers we will be having at our location:

See You At the Fair!

2025 FULTON COUNTY FAIR SCHEDULE



Located in Merchant Building 1
Next to the Pork Producers' Stand

AUGUST	29 FRI	1:00PM-4:00PM	Games & Give-a-ways
		4:00PM-7:00PM	Blood Pressure Screening
AUGUST	30 SAT	9:30AM-12:00PM	FCHC Fitness
		12:00PM-2:00PM	Blood Pressure Screening
		2:00PM-4:30PM	Human Resources
AUGUST	31 SUN	4:30PM-7:00PM	Medical Weight Management
		12:00PM-2:00PM	Oncology
		2:00PM-4:30PM	Blood Glucose Screening
SEPTEMBER	1 MON	4:30PM-7:00PM	Provider Meet & Greet
		9:30AM-12:00PM	Blood Pressure Screening
		12:00PM-2:00PM	Administration Meet & Greet
SEPTEMBER	2 TUES	2:00PM-4:30PM	Carotid Screening
		4:30PM-7:00PM	Wound Care
SEPTEMBER	3 WED	12:00PM-2:00PM	Scavenger Hunt and Games
		2:00PM-4:30PM	Support Groups & Obstetrics
		4:30PM-7:00PM	Provider Meet & Greet
SEPTEMBER		12:00PM-2:00PM	Blood Glucose Screening
		2:00PM-4:30PM	Behavioral Health
		4:30PM-7:00PM	Fulton Manor