

IN GOOD HEALTH

FALL 2022

2022



1972



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DOING WHAT'S BEST.®

MESSAGE FROM THE PRESIDENT

PARAMOUNT AND McLAREN ST. LUKE'S ANNOUNCE SETTLEMENT

I am pleased to share the good news that effective immediately, Paramount Elite subscribers (Paramount's Medicare Advantage health plan) will once again be able to receive in-network care from McLaren St. Luke's and WellCare Physicians Group.

It is our privilege to provide Maumee, Perrysburg, and the surrounding communities with outstanding health care. McLaren St. Luke's offers a comprehensive range of specialties and services to meet medical and surgical needs, along with an exceptional team of medical professionals who provide high-quality, expert care.

We offer care when you need it at our convenient, easy-to-access medical campus, including:

- A 24-hour emergency center with online check-in for non-life-threatening emergencies from home
- A certified Primary Stroke Center by the Joint Commission
- Specialized cardiology, orthopedic, and general surgery services
- Women's services, including gynecological care and mammography
- Neurology and neurosurgery programs
- Rehabilitation, wound care, and pain management services
- State-of-the-art True Open MRI and specialized MRI services for prostate and breast
- Several convenient PT, lab, and imaging locations

“We are excited to invite Paramount Elite members back to the McLaren St. Luke's and WellCare Physicians Group health care providers. We look forward to the opportunity to serve Paramount Elite members once again.”



*Jennifer Montgomery, MSA, RN, FACHE
President & CEO
McLaren St. Luke's*



ST. LUKE'S

DOING WHAT'S BEST.®

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 419-893-5911

McLAREN ST. LUKE'S NEWS

New Physical Therapy Office To Open In Perrysburg

McLaren St. Luke's announces the opening of a new physical therapy clinic at 7015 Lighthouse Way, Suite 100, in Perrysburg, Ohio.

"We are excited to continue providing high-quality physical therapy in a new location," said Kristy Kohlman, Rehabilitation Services Manager for McLaren St. Luke's. "This brand-new, expansive space is conveniently located in the Harbor Town development adjacent to McLaren St. Luke's Family Medicine Residency and will offer a variety of treatment options including the Solo-Step fall prevention system designed to assist with vestibular disorders, balance, weakness, and amputee treatments. The therapy team will create a customized plan to meet the needs of each individual patient."



McLaren St. Luke's Outpatient Rehabilitation offers four other convenient locations. The hospital outpatient clinic (offering physical, occupational, and speech therapies) and physical therapy in the McLaren St. Luke's Medical Office Building on campus, as well as community locations in Waterville and Swanton.

Specialty services include hand therapy, lymphedema, aquatics, vestibular rehab, incontinence/pelvic pain management, and swallow motility assessments.

To book an appointment at any of the locations, call 419-893-5957.

A FULL SCOPE OF BREAST CARE

Breast cancer is the number one type of cancer in women in the United States. Each year, about 255,000 women are diagnosed with breast cancer, about 1 in 8, throughout their lifetime. In 2022, around 43,250 women in the U.S. are expected to die from breast cancer. Death rates have been steady in women under 50 but have continued to drop in women over 50. These decreases are thought to be the result of treatment advances and earlier detection through screening.

McLaren St. Luke's provides state-of-the-art mammography systems, which are saving lives by detecting breast abnormalities earlier than ever, as small as the size of a grain of salt. McLaren St. Luke's performs image-guided biopsies using a needle instead of surgery and has board-certified radiologists specializing in breast imaging. McLaren St. Luke's skilled team of surgeons, pathologists, and radiologic technologists will work with you to ensure you receive the very best care.

Breast Self-Examinations (BSE)

Breast Self-Examination is a tool that may help you learn what is normal for you. BSE is a check-up at home that includes self-examining your breast by looking and feeling for any changes. If you notice any changes in your breasts, see your healthcare provider right away.



3D Mammography

McLaren St. Luke's offers the latest technology to detect breast cancer earlier, allowing for more effective treatment.

Tomosynthesis 3D imaging, also known as 3D digital mammography, is a screening or diagnostic tool producing images as small as one millimeter thick. 3D technology is an imaging test that combines multiple breast X-rays to create a 3D picture of the breast. McLaren St. Luke's offers both 3D and standard 2D images, which combined, reduces the need to take additional imaging and slightly increases the number of cancers

detected. Using 3D imaging allows our board-certified radiologists to detect breast cancer earlier.

On average, the 3D mammogram finds 20-65% more invasive cancers than conventional mammography alone.

People with dense breast tissue, a history of cancer, and are between the ages of 40 and 60, can benefit most from 3D mammography.

If the mammogram indicates a potential health issue, additional imaging may be required.

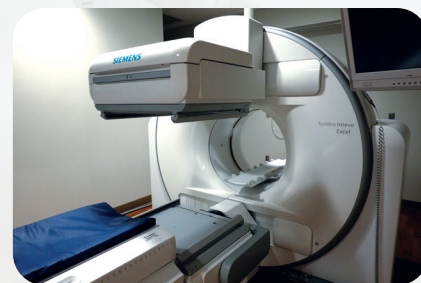
Ultrasound

Doctors use a breast ultrasound to help diagnose breast abnormalities, such as a lump, detected during a physical exam or on a recent mammogram. Ultrasound produces detailed images of the breast tissue that is used to characterize potential abnormalities seen on a mammogram or breast Magnetic Resonance Imaging (MRI). Ultrasound is an imaging test that uses high-frequency sound waves to look at the inside of your breasts, which gives a more detailed look at breast tissue. A breast ultrasound can give more information about small areas of interest within the breast that may be hard to visualize on a mammogram. Breast ultrasound

is often used when a change has been seen on a mammogram or when there is a palpable lump felt but is not visualized on a mammogram.

Breast ultrasound is not used as a screening tool, it is used in addition to a mammogram or if there is a targeted area of interest in the breast that needs further examination.

Ultrasound is safe to have during pregnancy because it does not use radiation. It is also safe for people who are allergic to the contrast dye used in an MRI.



MRI

For certain women at high risk for breast cancer, a screening breast MRI is recommended in addition to a yearly mammogram. MRI is not recommended as a screening test by itself, because it can miss some cancers that a mammogram would find.

A breast MRI requires special equipment and dedicated breast coils used to image the breast tissue. Not all hospitals and

imaging centers have dedicated breast MRI equipment. If you are having a breast MRI, it's important to have it at a facility that has dedicated equipment and can do an MRI-guided breast biopsy.

MRI uses strong magnets instead of radiation to make very detailed, cross-sectional pictures of the body. MRI creates pictures of soft tissue parts of the body that would sometimes be hard to see using other imaging tests. MRI is a common screening tool for women with dense breasts and is used in coordination with a recent mammogram. A breast MRI can be used to rule out abnormalities that appear suspicious on a mammogram.

Unlike mammograms or breast ultrasounds, a breast MRI requires that you have a contrast dye injected into your vein (through an IV line) before the pictures are taken. This helps make any abnormal areas in your breasts easier to be seen.



Biopsy

A biopsy may be ordered when a mammogram or other breast imaging such as an ultrasound, reveals an abnormality or when a physician notices something suspicious such as dimpling or a change in skin texture during a clinical exam. A biopsy is only recommended if there's an abnormal finding on a mammogram, ultrasound, or MRI, or if there is a concerning clinical finding.

McLaren St. Luke's is proud to offer advanced breast biopsy technology from Hologic® to aid

in the diagnosis of breast cancer. During the biopsy, small samples of tissue will be sent to a pathologist. This outpatient procedure requires minimal preparation and recovery time. Typically, the total time for a biopsy is 45-60 minutes from the time you enter the exam room until the time you leave. This includes the time it takes for the doctor to remove tissue samples, which is usually less than one minute. The pathologist will provide the biopsy results to your physician, who will review them with you.

Just because you need a breast biopsy doesn't mean you have cancer. Most breast biopsies turn out to be non-cancerous.

Nuclear

Sentinel node mapping is a technique that may be performed in conjunction with breast cancer surgery, such as a mastectomy, to assess the lymph nodes in the underarm area for evidence of cancer. A surgeon injects a radioactive substance near the tumor. The surgeon then uses a device to detect lymph nodes that contain the radioactive substance. If cancer cells are present, then the surgeon may remove the remaining lymph nodes from the area and further testing is necessary to determine whether the cancer has spread beyond the lymph nodes.

Breast Cancer Facts

- About 85% of breast cancers occur in women who have no family history of breast cancer
- A woman's risk of breast cancer nearly doubles if she has a first-degree relative (mother, sister, daughter) who has been diagnosed with breast cancer
- In women under 45, breast cancer is more common in Black women
- There are 3.8 million women with a history of breast cancer in the U.S.

McLaren St. Luke's offers the convenience of online scheduling for your annual mammogram. If you have a doctor's order for a screening mammogram, you can schedule an appointment online at: mclaren.org/StLukesMammo or call central scheduling: 419-897-8328.

Mammogram Locations

McLaren St. Luke's
5901 Monclova Rd.
Maumee, OH

McLaren St. Luke's
Fallen Timbers Medical Center
5757 Monclova Rd., Suite 31
Maumee, OH



Pictured: Sara Leifheit, a Senior MRI Technologist at McLaren St. Luke's, assists a patient during a breast biopsy.

The McLaren St. Luke's Foundation granted the funds for the biopsy equipment.

"This equipment provides comprehensive care for patients with breast cancer or those who are being screened for breast cancer. When it comes to treating a patient for cancer, it is more conducive and effective to have every test and procedure done in one place, to provide optimal care for our patients," explained Sara Leifheit.

NEW THERAPY RESTORES QUALITY OF LIFE

McLaren St. Luke's is among the first hospitals in the area to use CCM[®] therapy, delivered by the Optimizer[®] system, to treat patients suffering from heart failure.

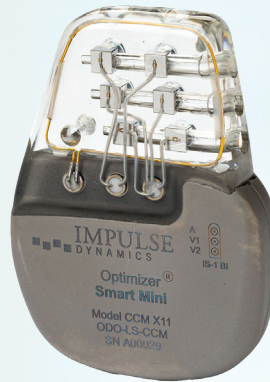
CCM[®] therapy, also known as Cardiac Contractility Modulation, is a new, FDA-approved heart failure treatment proven to improve the quality of life for patients that are no longer adequately responding to medications to manage symptoms or slow the progression of heart failure. CCM[®] therapy is delivered by the Optimizer[®] implant, through a minimally invasive procedure, and delivers pulses of energy to the heart, bringing more oxygen-rich blood to the body with each beat.

"CCM[®] therapy is a breakthrough therapy option for heart failure patients to improve their condition beyond what other therapies used to treat, such as medications," said Charles Gbur, MD, a cardiologist at McLaren St. Luke's Heart and Vascular. "Medications are not always enough to help slow the progression of heart failure, and CCM[®] therapy brings hope by improving the often-debilitating symptoms of heart failure."

Heart failure, a condition in which the heart slowly weakens and is not able to adequately supply oxygen-rich blood, affects an estimated 6.2 million Americans and nearly 26 million people worldwide.

Heart failure patients experience debilitating symptoms, including breathlessness, fatigue, confusion, and swelling in the legs that make everyday activities challenging. Most heart failure patients are prescribed medications intended to slow the progression of the disease and manage their symptoms. As the condition progresses, these treatments lose their effectiveness, and the quality of life for heart failure patients continues to decline.

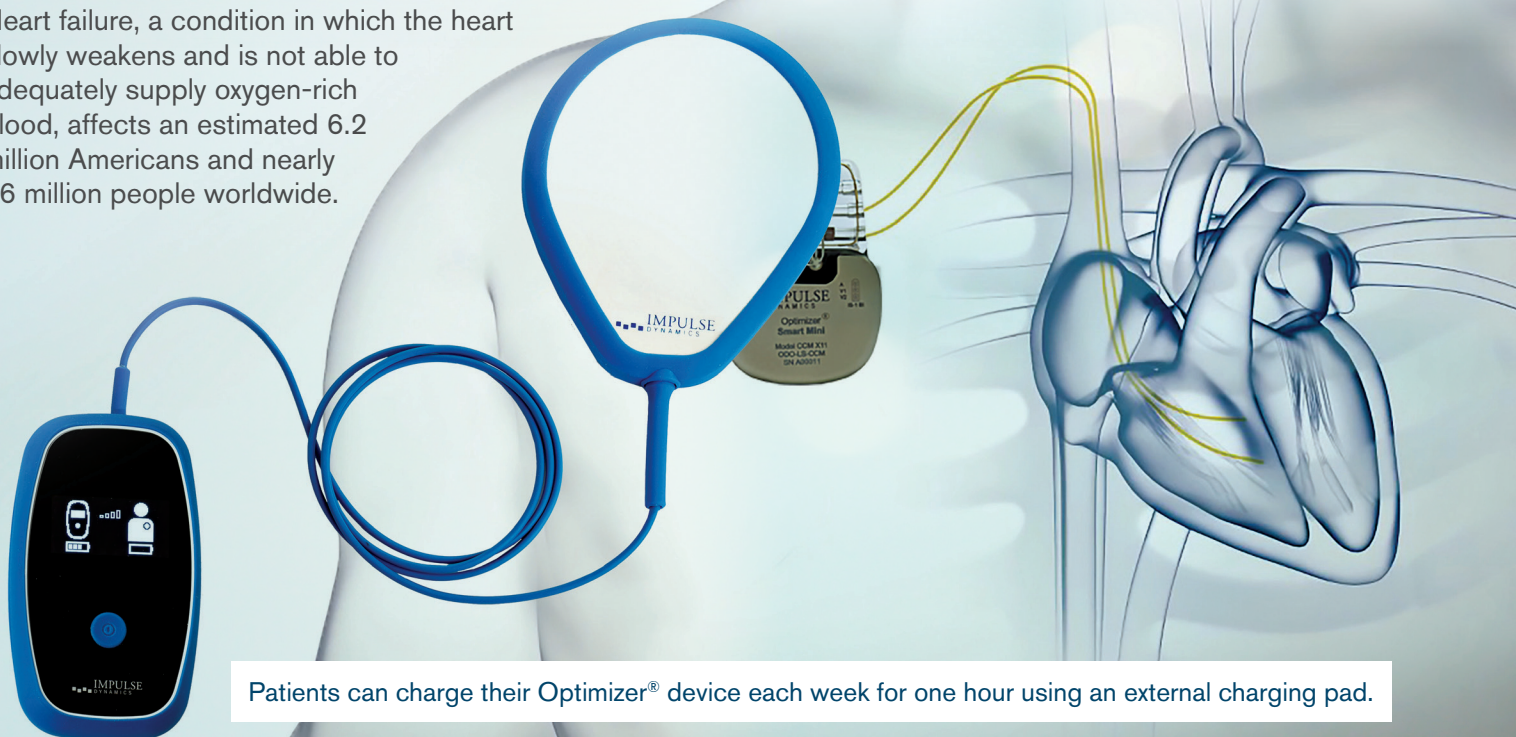
In contrast to a pacemaker or defibrillator device, the CCM[®] system is designed to modulate the strength of the cardiac muscle contraction rather than its rhythm.



"I'm excited for the potential of this device to treat patients suffering from heart failure to get them back to doing the things they love and our ability to bring cutting-edge treatments to the community," said Dr. Gbur.

CCM[®] therapy may be an appropriate option for heart failure patients who continue to experience symptoms despite taking the optimal heart failure medications for their condition.

For more information about CCM[®] therapy at McLaren St. Luke's, visit mclaren.org/StLukesHeart.



Patients can charge their Optimizer[®] device each week for one hour using an external charging pad.



DR. CHARLES GBUR

*McLaren St. Luke's Heart and Vascular
6005 Monclova Road - Suite 230
Maumee, OH 43537*

419-893-7700

A PATIENT'S JOURNEY : FROM A TRIPLE BYPASS SURGERY TO REGAINED QUALITY OF LIFE.



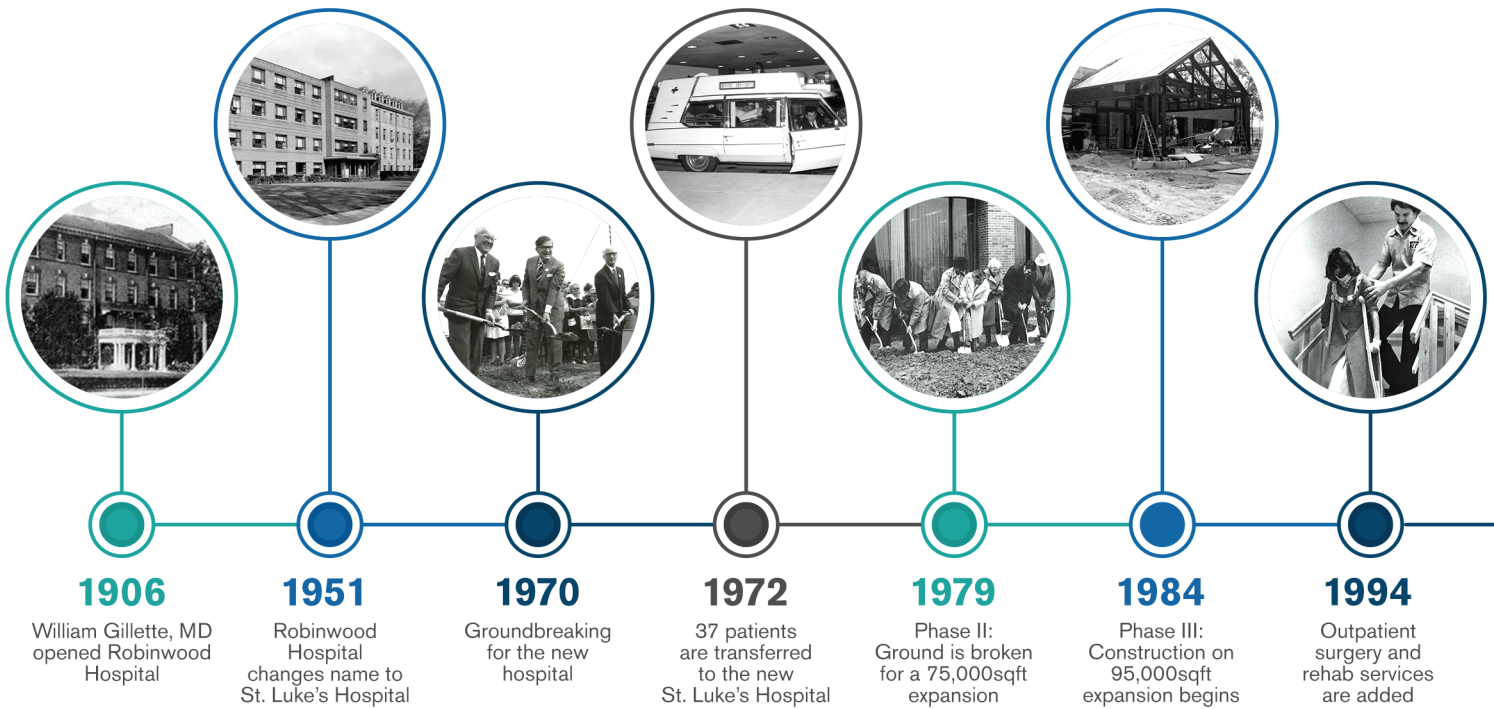
In 2016, Noreen Graves had triple bypass surgery with only 35 percent of her heart functioning. After still not feeling well, a stent was placed in an artery of her heart. Two years later, an implantable cardioverter defibrillator was connected to her heart to monitor and regulate life-threatening problems with the heart.

Noreen would still find herself out of breath by just picking something up. Noreen and her husband came to McLaren St. Luke's after wanting a more personalized relationship with their cardiologist. Noreen's sister was a patient of Dr. Gbur's and recommended they come to see him for a consultation.

After examining both, Dr. Gbur told Noreen he was concerned about her. In the next few weeks, a CCM[®] therapy procedure was scheduled.

"The procedure took only about an hour and I was awake during it," said Noreen.

"It's been great. I am not out of breath anymore. I have stamina and I feel better all around. I am now able to walk the dog to the corner," said Noreen.



A LEGACY OF CARING

In 1968, forty-six acres of land was purchased for the construction of a new, modernized St. Luke's Hospital. Community leaders and friends raised \$12 million to finance the construction. The new facility was to have 206 beds, the most modern, cutting-edge medical technology, and air conditioning!

On October 29, 1972, St. Luke's Hospital moved from Robinwood Avenue in the Old West End to Monclova Road in Maumee. Thirty-seven patients were served breakfast at the "old" St. Luke's Hospital, then driven in a parade of ambulances to the area's newest hospital for lunch, accompanied by their nurses and physicians.

I became aware of this outstanding community hospital in 1977, when I began my practice in south Toledo. The hospital developed an excellent reputation. I remember seeing newly

admitted patients in "alcoves" in the hallways, nooks that were just covered with a drape because there were not enough beds for those requiring admission.

Jack Bartell was the CEO at the time, and we became Maumee's only hospital...still true today.

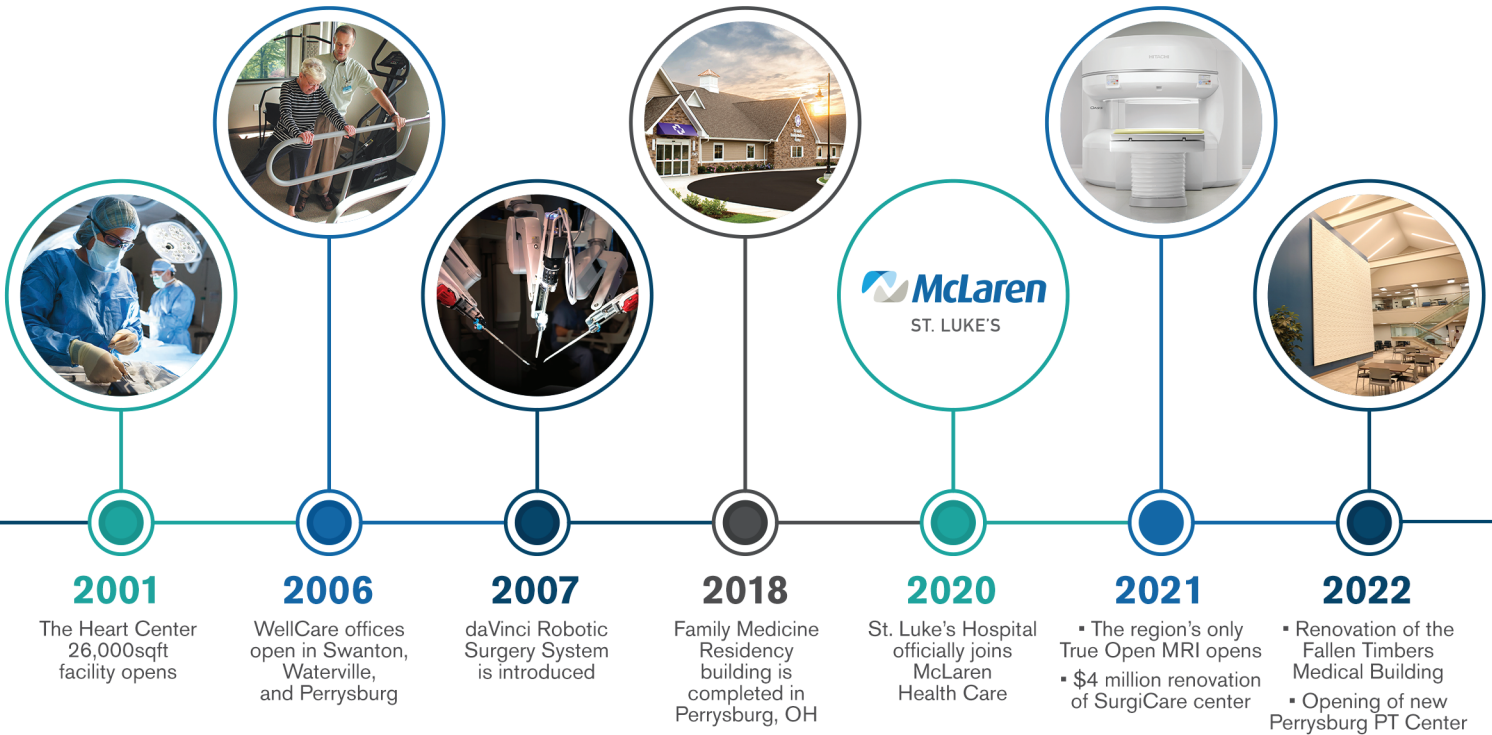
In those days, we utilized paper charts and wrote notes by hand. Family physicians delivered babies at that time, and all nurses wore caps. A new game-changing surgical technique called laparoscopy was performed for the first time. The one thing that always remained the same was patient care; it has always been exceptional!

Fast forward to today, we now have robots in the operating room, an electronic health record system, and cardiologists can diagnose heart attacks on their cellphone. Reference books have been replaced with apps, admission orders are completed electronically, and I can view an X-ray on my laptop in my living room.

As we celebrate 50 years in Maumee, we are grateful to our patients. There are many choices in health care, and we are privileged to be your provider of choice. We have been truly blessed by the time, talents, and treasures of those amazing individuals who have been part of our story.



Stephen P. Bazeley, MD
Chief Medical Officer



COMMUNITY CORNER

This past summer brought back a long-standing tradition of Safety City. The program teaches children the basics of pedestrian, bicycle, and bus safety. Over 600 children received a bicycle helmet compliments of the McLaren St. Luke's Auxiliary. *Pictured is Ginger Schwyn, RN, Community Outreach Coordinator, who spoke on head injuries from bicycle accidents.*



Lourdes University, with the help of McLaren St. Luke's, integrated a simulation lab into their classroom education. The new state-of-the-art technology allows students to experience medical scenarios that are common in clinical settings or hospitals.

McLaren St. Luke's Family Medicine Residency attended the Maumee Senior Center Health Fair. Screenings were conducted for balance, glucose, and blood pressure. *Pictured are resident physician Dr. Salah Awadalla and a health fair attendee.*



McLaren St. Luke's Family Medicine Residency welcomed six new resident physicians during the White Coat Ceremony. *Pictured (L-R) are Taylor Amburgy, DO, Nicholas Weber, MD, Marisa Hur, DO, Claire Wong, MD, Salah Awadalla, MD, and Joshua Greenberg, MD.*

McLAREN ST. LUKE'S FOUNDATION NEWS

Foundation Golf Outing Raises Over \$40,000

The McLaren St. Luke's Foundation Golf Outing, held August 1 at the Toledo Country Club, raised over \$40,000 to purchase new stretchers for the Emergency Room. It was a full outing with 124 golfers and beautiful weather! Be sure to save the date for next year's outing – August 7, 2023.

At this year's outing, former Chair of the McLaren St. Luke's Board of Trustees, Bill Carroll, was presented with the Clair F. Martig Award. The Martig Award was created in 1987 to honor and recognize individuals who have made significant contributions to McLaren St. Luke's.

Bill's nominator said, "Bill's tireless effort during the search process coupled with his depth of knowledge makes him deserving of this honor. His positioning of the McLaren relationship will serve northwest Ohio for years to come." Congratulations, Bill!



GIVING TUESDAY

GivingTuesday

November 29, 2022, is the 10th year anniversary of GivingTuesday. Created in 2012 as an experiment to harness the generosity of people worldwide – right after the biggest commercial weekend of the year, GivingTuesday has been more successful than anyone could have imagined.

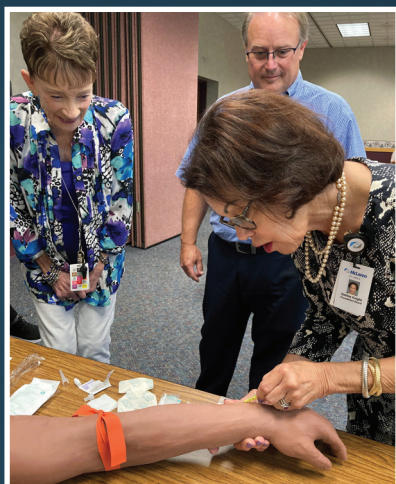
Our community still has many needs. This year we are focusing on women's health for the McLaren St. Luke's GivingTuesday campaign. We are asking for your help. You can play a vital role in our care here. Your gift will be used to support services including mammograms, breast MRIs, and biopsies.

For more information, and to make your gift, go to mclaren.org/stlukesGT or use the enclosed envelope and note the donation is for GivingTuesday.

Meet the McLaren St. Luke's Foundation Board



(back row) Rebecca Siders, DO, Jared Kalb, Nazarene Tubman, Rhonda Wise, and Jackie Stalter
 (front row) Kevin Carmony - Chairperson, Sheila Wineman-Krieger, Mary Anne Steinbaugh, Debbie Knight, Sylvia Washburn, and JR Toland
 Not pictured: Brooke Brown, Megan Bruss, Tim Goligoski, Katherine Lonsbrough, and Jennifer Montgomery



The McLaren St. Luke's Foundation Board of Trustees recently approved funding for Venipuncture Arms. During a recent board meeting, the arms were on display and a demonstration was conducted.

Pictured: Debbie Knight starts an intravenous line while Shelia Wineman-Krieger and Kevin Carmony observe.



The MSL Foundation Board also approved funds for a Solo-Step. The apparatus is a high-performance overhead track system that attaches to a harness protecting the patient from falling during physical therapy.

Pictured: Chad Yaney, a Physical Therapist at McLaren St. Luke's, assists a patient with balance training while the Solo-Step eliminates the fear of falling.



The 5th Annual Purse Bingo presented by the McLaren St. Luke's Auxiliary will take place on Friday, November 11, with doors opening at 6 p.m. Tickets include entry to the event, bingo, and appetizers. A cash bar will be available.

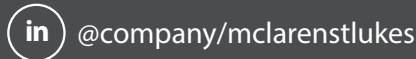
Proceeds from this event will support projects such as Safety City helmets. Register online at: mclaren.org/StLukesBingo.

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PARAMOUNT ELITE MEMBERS

YOU HAVE ANOTHER LOCAL CHOICE...AGAIN!

Paramount Elite subscribers (ProMedica's Medicare Advantage health plan) are once again able to receive in-network care at McLaren St. Luke's and WellCare Physicians Group.

McLaren St. Luke's, celebrating 50 years of serving northwest Ohio, offers compassionate and personalized care, convenient parking, and a wide range of health care services, including cardiovascular, stroke, spine and neurological, robotic surgery, orthopedic, and emergency services.

Welcome back! We look forward to serving you...again!

