

# IN GOOD HEALTH

SPRING 2022



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# MESSAGE FROM THE PRESIDENT

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For decades, the northwest Ohio community has entrusted the medical professionals of McLaren St. Luke's to provide compassionate, quality medical care. As we continue to add more services and enhance care, I am excited to share a few recent updates about our progress.



Earlier this year, McLaren St. Luke's earned The Joint Commission's Gold Seal of Approval® for hospital accreditation by demonstrating continuous compliance with

its performance standards. The Gold Seal is a symbol of national quality approval that reflects a health care organization's commitment to providing safe and quality patient care.

We are also in the process of pursuing national verification as a trauma center by the American College of Surgeons. This designation means McLaren St. Luke's has a team of medical experts available 24 hours a day who are specially trained to treat patients who sustain traumatic injuries, such as a hip or knee fracture related to a fall, or those resulting from a car, motorcycle or bicycle accident, animal bite or assault.

The most exceptional clinical outcomes require a committed team of emergency professionals. McLaren St. Luke's continuously explores new accreditations and trains staff to offer advanced care and treatment to residents in northwest Ohio.

When serious injury occurs, the availability of a medical facility that can respond quickly and effectively can sometimes mean the difference between life and death. For serious and life-threatening conditions, individuals should always call 911 and request that EMS transports them to McLaren St. Luke's Emergency Department – Maumee's only full-service ER, equipped with state-of-the-art imaging equipment, lab services, and other testing onsite. Additionally, McLaren St. Luke's can expedite emergent surgical procedures, or if necessary, admit patients directly from the ER for observation or to an inpatient unit.

In addition to enhancing safe, quality care, the hospital will be undergoing a major revitalization effort that promises to secure access to first-class care in our community. We have nearly completed the renovation efforts at our Fallen Timbers Medical Center, 5757 Monclova Rd., in Maumee, and will soon begin construction inside the hospital. This \$100 million investment represents the next step in providing our community with the very latest clinical services and technology, while offering greater comfort for our patients and their families.

As health care continues to evolve in northwest Ohio, I am excited to lead our hospital and serve our community. Thank you for your continued support of McLaren St. Luke's.



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



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5901 Monclova Rd., Maumee, OH 43537  
[www.mclaren.org/stlukes](http://www.mclaren.org/stlukes)

## BOARD OF DIRECTORS

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 419-893-5911

## McLAREN ST. LUKE'S BOARD NEWS

### Thanks and Well Wishes Extended to Former Board Chairman



We would like to thank the outgoing Board Chairman Bill Carroll, who served on the Board since 2014. He provided strong leadership and direction through the acquisition and was instrumental in ensuring the organization's long-term sustainability.

"Joining McLaren Health Care is an incredible milestone," said Chairman of the Board, Bill Carroll. "At the end of the day, the community benefits by continuing to receive high-quality, accessible health care close to home."

He retired from Dana Corporation after 34 years of service as the President and Chief Operating Officer. We thank you for your dedication and wish you all the best in your future endeavors.

### New Board Chair Appointed

Tim Goligoski has been appointed by the McLaren St. Luke's Board of Directors to the role of Board Chair, effective February 2022. Tim, who served as President of Kuhlman Corporation, is now retired and has served on the Board since 1996.

### McLaren St. Luke's Welcomes New Board Member



Janet Eaton-Smith has been newly appointed to McLaren St. Luke's Board of Directors. Ms. Eaton-Smith brings a wealth of knowledge and an impressive background in working in the collegiate setting. McLaren St. Luke's is extremely thankful and proud to welcome her voice to our Board.

Janet Eaton-Smith was named Lourdes University's first full-time Athletics Director in July of 2018. In the summer of 2021, she was promoted to Vice President of Athletics.

A 1994 graduate of Dillard University with a Bachelor of Arts in health and physical education, Eaton-Smith received her Master of Education from The University of Phoenix in 2001 in education administration with an emphasis in diversity.

Welcome, and thank you for serving McLaren St. Luke's.

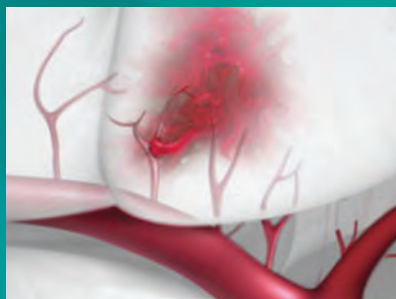
# B.E. F.A.S.T. IN SPOTTING A STROKE

Strokes are the fifth-leading cause of death in Ohio and a leading cause of serious long-term disabilities. A stroke occurs when one of the arteries to the brain is blocked or bursts. Without oxygen, blood flow, or nutrients, brain cells start dying within minutes, and brain function is lost. Knowing how to spot the signs of a stroke can help save a life.

## TYPES OF STROKES



An **Ischemic Stroke** occurs when a blood clot travels to the brain and creates a blockage of blood flow. Reestablishing blood flow can be accomplished through the administration of the IV clot-busting medication to dissolve the clot or by manually removing the blood clot, known as a thrombectomy.



A **Hemorrhagic Stroke** occurs when a blood vessel within the brain ruptures, leaking blood into the brain and depriving surrounding areas of oxygenated blood. These often result from a brain ruptured aneurysm or arteriovenous malformation (AVM) and require a surgical procedure.



A **TIA** or **Transient Ischemic Attack** produces stroke-like symptoms. A TIA is caused by a clot, but unlike a stroke, the blockage is temporary and with no permanent injury to the brain. TIAs are often referred to a mini-strokes with symptoms lasting 1 minute to 24 hours. TIAs are a warning sign for a future stroke that may be to come.

## IDENTIFYING STROKE SYMPTOMS

Delayed diagnosis and treatment can result in permanent disability or death. That's why it is important to recognize the signs of a stroke and know what to do in an emergency.

The American Stroke Association recommends the **B.E. F.A.S.T. Warning Signs** to spot a stroke.



**B Balance:** Sudden loss of balance or coordination.



**E Eyes:** Sudden blurred, doubled, or loss of vision in one or both eyes.



**F Face Drooping:** Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?



**A Arm Weakness:** Is one arm weaker or numb? Ask the person to raise both arms. Does one arm drift downward?



**S Speech Difficulty:** Is speech slurred, garbled, incomprehensible, or does not make sense?



**T Time to call 911:** If you or a loved one is experiencing B.E. F.A.S.T. symptoms, **call 9-1-1.**

## LIFESTYLE-RELATED FACTORS

Knowing your risk factors is the first step in preventing a stroke. Some stroke risk factors are pre-determined and cannot be controlled, such as gender, age, race, or family history.

By having regular medical checkups and making small changes in your daily routine, you can lower your risk of stroke.

- High Cholesterol
- Diabetes
- Diet high in salt and fat
- Heaving drinking
- High blood pressure
- Heart disease
- Obesity/Physical inactivity
- Smoking



McLaren St. Luke's is one of the few institutions awarded certification as a certified Primary Plus Stroke Center by DNV Healthcare. Having an experienced team with access to the latest treatment options is important in a stroke emergency. It certifies that participating hospitals have the personnel, infrastructure, and expertise to diagnose, treat and support stroke patients who require intensive medical and surgical care.

*“Our staff is thoroughly committed to providing our patients with exceptional stroke care founded on evidence-based research to ensure continuous improvement, and this elite certification illustrates just that.”*

– Jennifer Montgomery, President and CEO, McLaren St. Luke's



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## PUTTING YOUR BEST FOOT FORWARD

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April is National Foot Health Awareness Month. If you are diabetic, inspecting your feet regularly for scrapes, blisters and calluses is an important part of protecting yourself and preventing serious wounds. Diabetes can lead to a weakened immune system, so a simple cut can get infected easier than someone who is not diabetic and lead to serious complications.

“Daily foot inspections are key to prevention, particularly for individuals with diabetic neuropathy,” said Dr. Munier Nazzal, Medical Director of the Wound Care Center at McLaren St. Luke’s.

In the meantime, there are everyday measures you can take to protect yourself against developing wounds.

- Always wear good-fitting shoes with socks, never go barefoot.
- Don't remove calluses or warts yourself.
- Feet should be washed and thoroughly dried every day.
- Apply lotion and moisturizer to prevent skin from getting dry.
- Cut toenails straight across (not into the corners) and smooth any sharp edges.
- Physical activity can help increase circulation in your feet.
- Good nutrition for the body to heal the wound. Foods rich in protein, vitamin A, vitamin C, and zinc promote healing.
- Ask for help if you physically cannot check your feet every day.

It is important not to wait on seeing a specialist. Allow a wound care specialist to treat and care for wounds to ensure an optimal outcome.

If your wound is not healing on its own,  
call **419-897-8376** to schedule a consultation.  
No physician referral is necessary.  
Visit [www.mclaren.org/stlukeswound](http://www.mclaren.org/stlukeswound)  
for more information.

# TYPES OF WOUNDS

## Diabetic Foot Ulcer

May occur due to diabetes and complications of diabetic neuropathy. These sores can appear anywhere on the foot, but are most common on the big toes, balls of the feet or heels.

## Venous Stasis Ulcer

Caused by damaged veins. Most likely to occur on the ankle or leg area.

## Arterial Ulcer

Due to arterial insufficiency. These sores may occur between, or on the tips of, toes or on the outer ankle.

## Pressure Ulcer

Caused by lack of movement in the feet or improper shoes. Most commonly observed in the heels or ankle area of the foot.



# HYPERBARIC OXYGEN THERAPY (HBOT)

If your wound has not begun to heal in two weeks or is not completely healed in six weeks, you may benefit from the Wound Care and Hyperbaric Center at McLaren St. Luke's. Our specialized team of doctors and nurses is solely dedicated to treating wounds, including many that have resisted healing after months and even years of traditional treatment.

McLaren St. Luke's was the first area hospital to offer hyperbaric oxygen therapy (HBOT). This safe and natural alternative therapy uses the power of pressurized oxygen to stimulate your body's innate healing process and address the different ways that diabetes automatically suppresses your immune system.



"It provides oxygen at high pressure and keeps the tissues alive while the antibiotics work to guarantee that the patient has a better outcome," said Dr. Munier Nazzal, Medical Director of the Wound Care Center at McLaren St. Luke's.

The use of HBOT, in combination with advanced wound care, has been proven to prevent amputations. It's a thoroughly tested, FDA-approved, completely safe, and painless therapy that has helped thousands of patients heal faster and better than ever before.

## YOU SHOULD KNOW...



**34 million Americans live with diabetes**



**40% of foot ulcers recur within one year**



**25% of diabetics will experience a foot ulcer**



**80% of foot ulcers heal in 12 weeks**

Source: Center for Disease Control and Prevention



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## OUTPATIENT SERVICES

When your doctor prescribes lab tests, X-rays, physical therapy or more, *you can choose where to go.*

These services are available at McLaren St. Luke's or at any of the following convenient locations.

**Radiology services can be scheduled by calling 419-897-8328.**

**Please call 419-893-5957 to schedule physical, occupational or speech therapy services.**

### MAUMEE

- 1 McLaren St. Luke's Outpatient Center**  
5901 Monclova Road (driveway 3)  
Maumee, OH 43537

#### Laboratory Services

O: 419-893-5984

F: 419-891-8033

Hours: M – F, 6 a.m. – 7 p.m.

Sat., 6 a.m. – 3 p.m.

#### Physical, Occupational and Speech Therapy

O: 419-893-5957

F: 419-891-8043

#### Radiology/Medical Imaging

O: 419-897-8328

F: 419-891-8017

Hours: M – Sat., times vary by procedure ▪ Diagnostic Radiology and CT Scans available 24/7

- 2 Fallen Timbers Medical Center**  
5757 Monclova Road  
Maumee, OH 43537

#### Laboratory Services

Suite 16

O: 419-897-9396

F: 419-897-9386

Hours: M – F, 7 a.m. – 5 p.m.

#### Radiology/Medical Imaging

Suite 31

O: 419-893-4856

F: 419-893-8978

Hours: M – F, 7 a.m. – 5 p.m.

- 3 Maumee Valley Medical Building**  
6005 Monclova Road (driveway 5)  
Maumee, OH 43537

#### Laboratory Services

Suite 210

O: 419-931-0275

F: 419-931-0276

Hours: M – F, 7:30 a.m. – 4 p.m.

Closed 12:30 – 1 p.m.

#### Physical Therapy

Suite 225

O: 419-874-8187

F: 419-874-9462

### SWANTON

- 4 Physical Therapy**  
22 Turtle Creek Cr., Suite G  
Swanton, OH 43558

O: 419-825-5323

F: 419-825-2811

### WATERVILLE

- 5 Waterville Medical Center**  
900 Waterville-Monclova Rd.  
Waterville, OH 43566

#### Laboratory Services

Suite B

O: 419-441-1000

F: 419-441-1001

Hours: M – F, 7 a.m. – 5 p.m.

Closed Noon – 1 p.m.

#### Physical Therapy

Suite C

O: 419-441-1002

F: 419-441-1003

### PERRYSBURG

- 6 McLaren St. Luke's Family Medicine Center**  
7045 Lighthouse Way  
Perrysburg, OH 43551

#### Laboratory Services

O: 419-874-8421

F: 419-874-9462

Hours: M – F, 7:30 a.m. – 4 p.m.

Closed 12:30 – 1 p.m.

### TOLEDO

- 7 Radiology/Medical Imaging**  
3000 Regency Court, Suite 105  
Toledo, OH 43623

O: 419-841-2166

F: 419-841-2711

Hours: M – TH, 8 a.m. – 5 p.m.

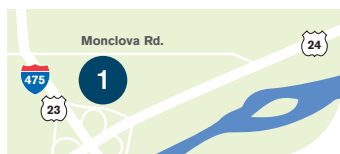
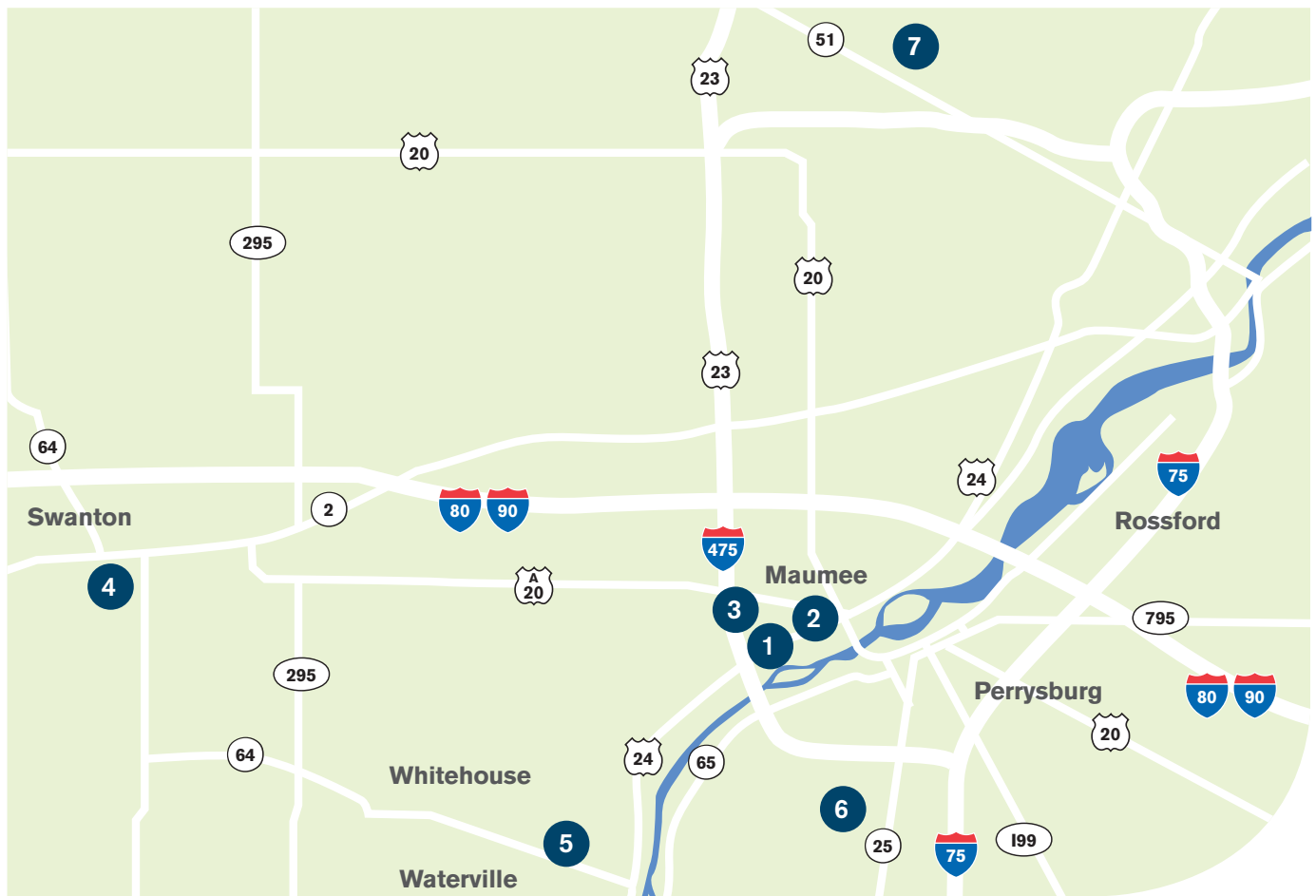
F, 8 a.m. – Noon

Evening hours available -

call for appointment information

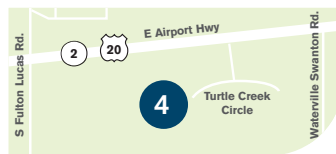






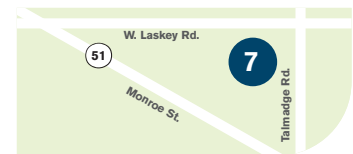
**1 McLaren St. Luke's Outpatient Center**

5901 Monclova Road  
Maumee, OH 43537



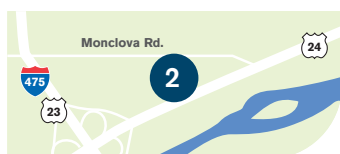
**4 Swanton**

22 Turtle Creek Circle  
Swanton, OH 43558



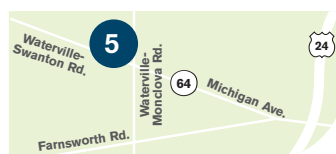
**7 Regency Court**

3000 Regency Court | Suite 105  
Toledo, OH 43623



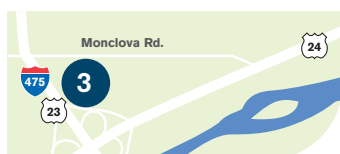
**2 Fallen Timbers Medical Center**

5757 Monclova Road  
Maumee, OH 43537



**5 Waterville Medical Center**

900 Waterville-Monclova Road  
Waterville, OH 43566



**3 Maumee Valley Medical Building**

6005 Monclova Road | Suite 210  
Maumee, OH 43537



**6 McLaren St. Luke's Family Medicine Center**

7045 Lighthouse Way  
Perrysburg, OH 43551

# McLAREN ST. LUKE'S FOUNDATION NEWS

## FOUNDATION FUNDS HOSPITAL EQUIPMENT AND PROGRAM NEEDS

Since 2007, the Foundation has granted over \$10 million to support hospital programs, equipment, and initiatives. The McLaren St. Luke's Foundation voted to fund the following programs and equipment:

- Renewal of the C.A.R.E. Channel, relaxing television programming for patients
- Rescue inhalers, spacers, and peak flow meters as well as asthma education for students in Maumee City Schools
- High flow nasal cannulas
- New CAPR carts and CAPR helmets
- Solo-Step harness system protects patients from falling during rehabilitation
- Venipuncture arm simulator to help nurses and ancillary staff practice IV insertions
- New stretchers for radiology
- Upgraded mammography monitor
- MRI metal detector for Regency MRI
- New breast biopsy systems



All of these and more were made possible by generous donations to the McLaren St. Luke's Foundation. You may donate to the Foundation by using the enclosed postage-paid envelope. For information on the Foundation, contact Kelle Pack, Foundation President, at [kelle.pack@stlukeshospital.com](mailto:kelle.pack@stlukeshospital.com).



### SAVE THE DATE: AUGUST 1, 2022

The McLaren St. Luke's Golf Outing will be held at the Toledo Country Club. Proceeds will be used to purchase stretchers for patients in the Emergency Room.

For more information regarding participation and sponsorship opportunities, contact the McLaren St. Luke's Foundation at 419-893-5961.

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## McLAREN ST. LUKE'S FOUNDATION WELCOMES NEW BOARD MEMBERS

The McLaren St. Luke's Foundation added three new members to its Board of Directors at its February 3 meeting.



Jared is a financial advisor with Edward Jones and a graduate of John Brown University. He says that his favorite part of his job is developing new clients, building relationships, and making a positive impact in the community. Jared is the current President-Elect for the Monclova Community Center, President of the National Exchange Club of Maumee, and member of the Maumee Chamber of Commerce. He previously served in student government while in college, on the Board of Trustees and as a youth sponsor at his church.

Jared, his wife Alyssa, three children and six pets reside in Holland, OH.



Jackie has been in banking for 27 years and is currently a Commercial Lender with Genoa Bank. She enjoys community involvement in all communities throughout Genoa Bank's nine offices and has volunteered for the Toledo House and Home Show, The Maumee Summer Fair, Waterville's Roche De Boeuf Festival, and was a board member of Waterville's Economic Development Committee.

She has been married to her husband Michael for 24 years. They live in Whitehouse, OH, and have two daughters, Mariah and Jordan.



Nazarene is a first-generation Liberian American. Her family sought refuge in the U.S., and grew up in Gaithersburg, MD. She holds her degree in Public Policy Analysis with a concentration in Health Policy from the University of North Carolina at Chapel Hill. Nazarene is currently pursuing her Master of Public Health at UNC-Chapel Hill.

Her passion for public service continues with her 8-year-old daughter, Leila, who founded the non-profit *Leila's Promise* to empower and encourage youth voices in service.

# A SMALL FALL CAN BE A BIG DEAL



**Douglas Olson, MD,**  
is an Orthopedic  
Surgeon with McLaren  
St. Luke's West Side  
Orthopedics in Maumee.

**Appointments:  
419-893-2663**

Preventing accidents in the home, including falls, is important for helping seniors stay independent. Falls are common in adults 65 years of age and older. In the U.S., about a third of older adults who live at home and about half of the people living in nursing homes fall at least once a year. Fractures, head trauma, and other injuries can cause long-term mobility issues and have lasting physical effects. Once an injury occurs, it can be debilitating to the individual's quality of life.

Many factors increase the risk of falling in older adults including:

- Failure to exercise results in decreased bone mass and poor muscle tone
- Vision diseases or not wearing eyeglasses
- Medications for blood pressure or sedatives
- Hazards at home such as loose carpets, clutter, and poor lighting
- Diseases that impair balance and cause weakness to extremities
- Risks around the house such as an icy driveway or broken sidewalks

Yearly check-ups and tests to determine bone density can lower the risk for injury. The most important intervention is having conversations with your primary care provider to discuss fall prevention. When a fall does occur, it is very important to discuss it with your doctor. Many falls go unreported, and the painful incident may lead to reduced activity, increasing the chances of falling again. Your doctor can evaluate the cause of the fall and evaluate the next steps.

McLaren St. Luke's Orthopedic Surgeon, Dr. Douglas Olson, says that falls for a senior citizen can result in a range of injuries, anywhere from wrist and hip fractures to head injuries. Falls are the most common cause of traumatic brain injury.

"A fall that could be very minor to someone who is younger could be very significant to someone 65 and older," says Dr. Olson.

McLaren St. Luke's is pursuing a Level III Trauma Center national accreditation. What does that mean for you? As an American College of Surgeons verified center, it means that 24 hours a day, surgeons, emergency medicine physicians, and other vital personnel have the capabilities to care for a wider range of serious emergencies, and it means exceeding national standards for trauma care staffing, injury prevention, and quality improvement.



Mary Carr came to McLaren St. Luke's West Side Orthopedics after experiencing pain following a sudden twist, resulting in unbearable pain. Having a total knee replacement along with physical therapy has allowed her to return to normal activities. Typically, 12-15 visits of physical therapy are recommended after a total knee replacement.


5901 Monclova Rd.  
Maumee, OH 43537

419-893-5911 | [mclaren.org/stlukes](http://mclaren.org/stlukes)

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# DOING WHAT'S BEST IN ORTHOPEDIC CARE

## FALL RISK PREVENTION SEMINAR

**Wednesday, May 11  
11:15 a.m.**

To help raise awareness about the dangers of falls, Dr. Douglas Olson of McLaren St. Luke's is offering a free Fall Risk Prevention Seminar to educate the community on ways to manage and prevent them from happening.

The seminar will take place at the Maumee Senior Center, 2430 Detroit Ave., Maumee, Ohio.

It takes a lot to be the best in orthopedic care. It takes an unwavering commitment from every member of our team to work together to provide the highest level of care before, during and after surgery.

That commitment to collaboration is why the orthopedic program helps get patients moving sooner and shorten their recovery times. That's orthopedic care at McLaren St. Luke's.

**Call to schedule a consult with an orthopedic surgeon.  
419-893-2663 | [mclaren.org/stlukesortho](http://mclaren.org/stlukesortho)**