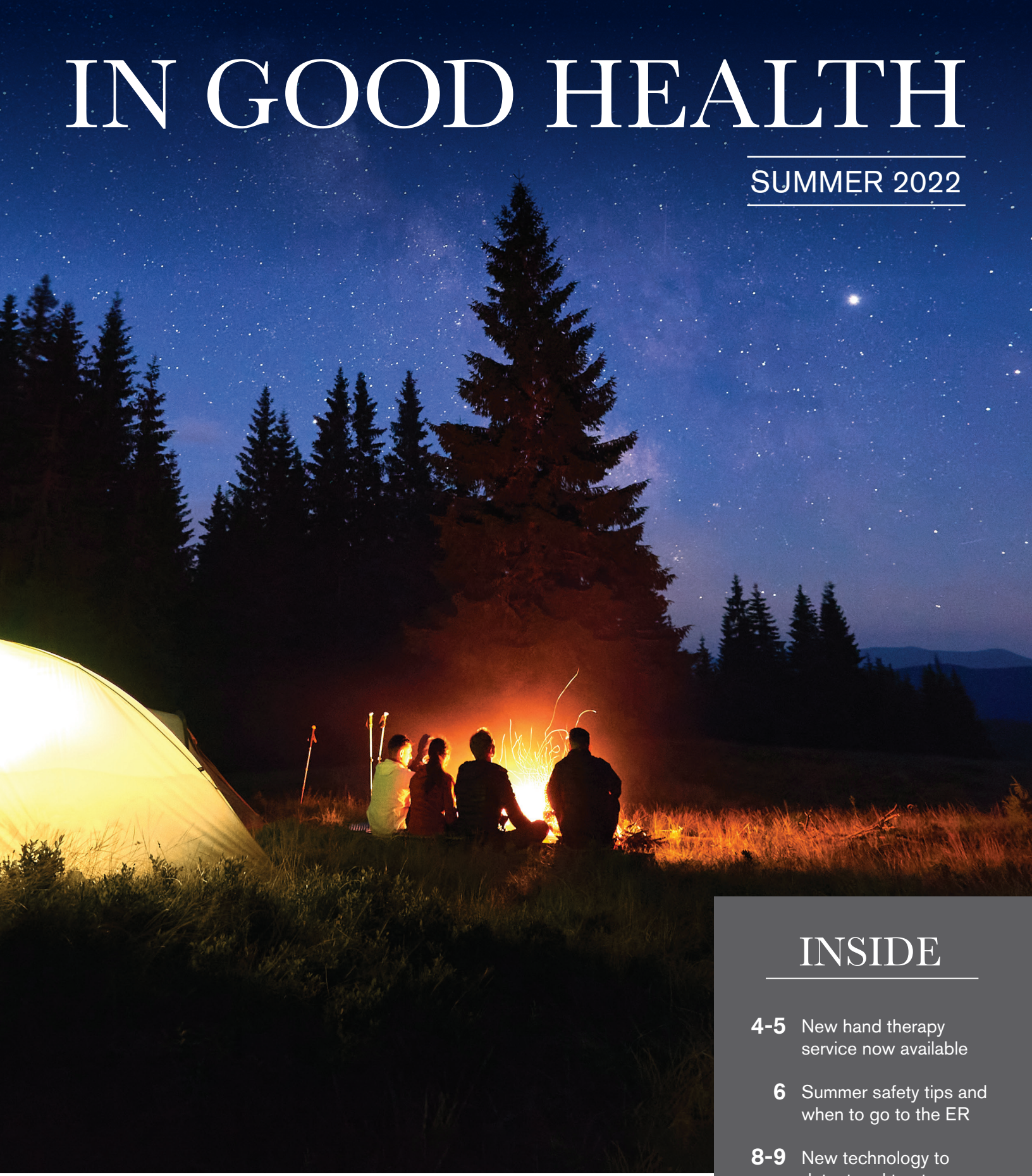


IN GOOD HEALTH

SUMMER 2022



INSIDE

- 4-5** New hand therapy service now available
- 6** Summer safety tips and when to go to the ER
- 8-9** New technology to detect and treat cancer
- 10** Foundation funds new equipment
- 11** Community Corner

MESSAGE FROM THE PRESIDENT

TO A HEALTHY AND MEMORABLE SUMMER

To Our Valued Community,

After two summers of canceled festivals, concerts, and other fun-filled summer events due to the pandemic, all signs this year point to a summer fully abuzz in northwest Ohio. While it is great to see so many activities return, please consider some summer safety tips in this edition of In Good Health, so you will be sure to have a safe and healthy season.

At McLaren St. Luke's, we often see many more patients in the ER with injuries and other emergencies from being outdoors in the heat and enjoying all summer has to offer. Whether you are gearing up for your regular fitness routine, camping, or having a summer picnic with family, being aware of your surroundings (for tripping hazards, threatening insects, boating, and fireworks safety, etc.), applying sunscreen, and staying hydrated are key to enjoying festivities safely.

Also, always be aware of the signs of a stroke, heart attack, heat exhaustion, and heat stroke. Always call 911 for any of these medical emergencies. McLaren St. Luke's is ready and equipped to handle all of these conditions. In fact, we were recently voted as a Readers' Choice Finalist for the Best Heart Care



Facility in northwest Ohio and the American Heart Association has recognized McLaren St. Luke's nationally for the Get With The Guidelines – Gold Plus Quality Achievement Award. Additionally, the hospital was recognized with Stroke Elite and Type 2 Diabetes Honor Roll Awards.

McLaren St. Luke's is also designated as a Primary Stroke Center by DNV Healthcare Accreditation Services.

On a final note, I would like to share an update about the impact COVID-19 has had on the health care industry. While very strict precautions and CDC guidance are followed, patients continue to delay their health care. Postponing routine care now could possibly turn into a more serious condition later. Please make an appointment with your physician if you are not feeling well, schedule preventive screenings and well care appointments. If you do not have a primary care physician, you can find one on our website. We have family medicine offices in Maumee, Perrysburg, and Waterville.

Have a safe and healthy summer and thank you for choosing McLaren St. Luke's. We appreciate your loyalty.

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



DOING WHAT'S BEST IN CARDIAC CARE

When it comes to your heart, your care should not be anything short of exceptional. When you choose McLaren St. Luke's Heart and Vascular Center for your heart health, you'll receive comprehensive care from a team of medical experts. And if cardiac surgery is necessary, McLaren St. Luke's offers the latest surgical procedures to lower the risk of complications and help you recover more quickly. For more information, visit www.mclaren.org/StLukesHeart.



ST. LUKE'S

DOING WHAT'S BEST.®

5901 Monclova Rd., Maumee, OH 43537
www.mclaren.org/stlukes

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McLAREN ST. LUKE'S NEWS

McLaren St. Luke's Opens a Multi-Specialty Practice

In June, a multi-specialty practice opened in Suite 320 of the McLaren St. Luke's Medical Office Building located at 6005 Monclova Road. The new office has specialists in pulmonology, colon, rectal, and urology. The new office offers a broad range of medical specialties for patients in one convenient location.



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Meet the McLaren St. Luke's Board



The 2022-2023 McLaren St. Luke's
Board Members pictured here are:

(l to r, front row)

Stephen Bauerle, Janet Eaton-Smith, Mary Arquette,
Lalaine Mattison, MD, Cindy Smith, Salvador Peron, MD

(l to r, back row)

Dale Seymour, Jennifer Montgomery, John Bachey,
Tim Goligoski, Gregory Lane, Philip Incarnati,
Mohammad El Sayyad, MD, and Barb Machin

GETTING A GRIP ON A HAND INJURY

In December 2021, Mary fell in her bedroom and landed on her wrist. After an X-ray and consultation with an orthopedic physician, Mary learned she had a distal radius fracture in addition to an ulnar styloid fracture. The ulnar styloid fracture is most often in conjunction with a distal radius fracture and is commonly associated with a fall on an outstretched hand (FOOSH). These fractures are often found in younger men and older women.* Her physician in Napoleon, Ohio, referred her to occupational therapy after removing the cast.

Mary chose to come to McLaren St. Luke's for her therapy after learning the hospital recently added a hand therapist. She had also volunteered as part of the hospital's Auxiliary for five years and was familiar with the hospital. Unlike physical therapy, which treats the feet, ankles, knees, hips, back, neck, and shoulders, hand therapy focuses specifically on the shoulder to the hand, every joint, and the muscles. It can help individuals complete everyday tasks with their impairment or work on the impairment directly by improving mobility and lessening pain.

The hands are the body part with the most bones. Each hand has 27 bones, and together they have 54 bones. That represents over 25% of the total amount of bones in the human body.

"The hand has a very different structure than any other part of our body. It has a complex system of bones, nerves, ligaments, tendons, and blood vessels," said Bree Bauerschmidt, McLaren St. Luke's hand therapist.



Dry heat therapy relieves pain and swelling

"In Mary's case, her bones healed but she still has pain," said Ms. Bauerschmidt. After an MRI, a Triangular Fibrocartilage Complex (TFCC) tear was detected. During her therapy session, Mary had fluidotherapy, a dry heat therapy, to relieve her pain and swelling. She also worked on her fine motor skills, promoting strength and mobility in her wrist. This exercise was designed to increase her ability to grasp objects in her everyday function. Her expected duration of treatment is 6-8 weeks, however, the pain from a TFCC injury can last 6-8 months.

"This is a common injury. Many gymnasts have this injury due to the stress from hyperextension on their wrists," added Ms. Bauerschmidt.

Occupational therapists play a vital role in helping people return to their daily tasks, such as work activities or properly caring for themselves. Mary is very active and wants to return to doing the things that bring her joy like sewing, volunteering, and Bible study.

"I was always on the go. I keep busy," said Mary.



Mary (left) with her McLaren St. Luke's hand therapist, Bree Bauerschmidt

WHEN DO YOU NEED A HAND THERAPIST?

If you are having pain or difficulty with the following:

- Buttoning a shirt
- Opening a jar
- Using a can opener
- Reaching for an item in the cupboard
- Manipulating small objects at work or home
- Typing on the keyboard of your computer

If these or any daily activities have become difficult or painful, you may benefit from an occupational therapist who specializes in restoring function to the wrist, elbow, and hand.

A physician referral for occupational therapy is required to initiate treatment.



This exercise was designed to increase Mary's ability to grasp objects in her everyday function

Speak with your primary care or orthopedic physician today for a referral for occupational therapy at McLaren St. Luke's Rehabilitation Services.

For more information, visit www.mclaren.org/StLukesHandTherapy



Bree Bauerschmidt

*McLaren St. Luke's
Occupational Therapist*

DID YOU KNOW...

Hand therapy can be used to treat many common conditions:

- Fracture management
- Trigger finger
- Tendon repair
- Carpal tunnel syndrome
- Tennis elbow
- Dupuytren's contracture releases
- De Quervain's tenosynovitis

Ways occupational therapists assist:

- Reducing swelling
- Pain management
- Range of motion
- Sensory re-education
- Splinting
- Preventive education

**Source: American Society of Hand Therapists*



SUMMER MONTHS BRING RISE IN EMERGENCY ROOM VISITS

Summer is synonymous with barbecues, boating, and fireworks displays. However, along with these activities are increased visits to the emergency room.

There is a spike in emergency room visits during the warm summer months. A study by the American College of Emergency Physicians shows a 15 to 27 percent increase in visits to emergency rooms from Memorial Day to Labor Day.

Children make up a significant portion of the increase in accidents. The longer days and increase in popular activities throughout the summer also put children at higher risk of injury.

This summer, Ohioans will be able to shoot off commercial-grade fireworks legally. Fireworks burn at extremely high temperatures and can rapidly burn through clothing and skin. Every year, young children can be found along parade routes with sparklers in hand, but they are a lot more dangerous than most people think. Sparklers burn at about 2,000

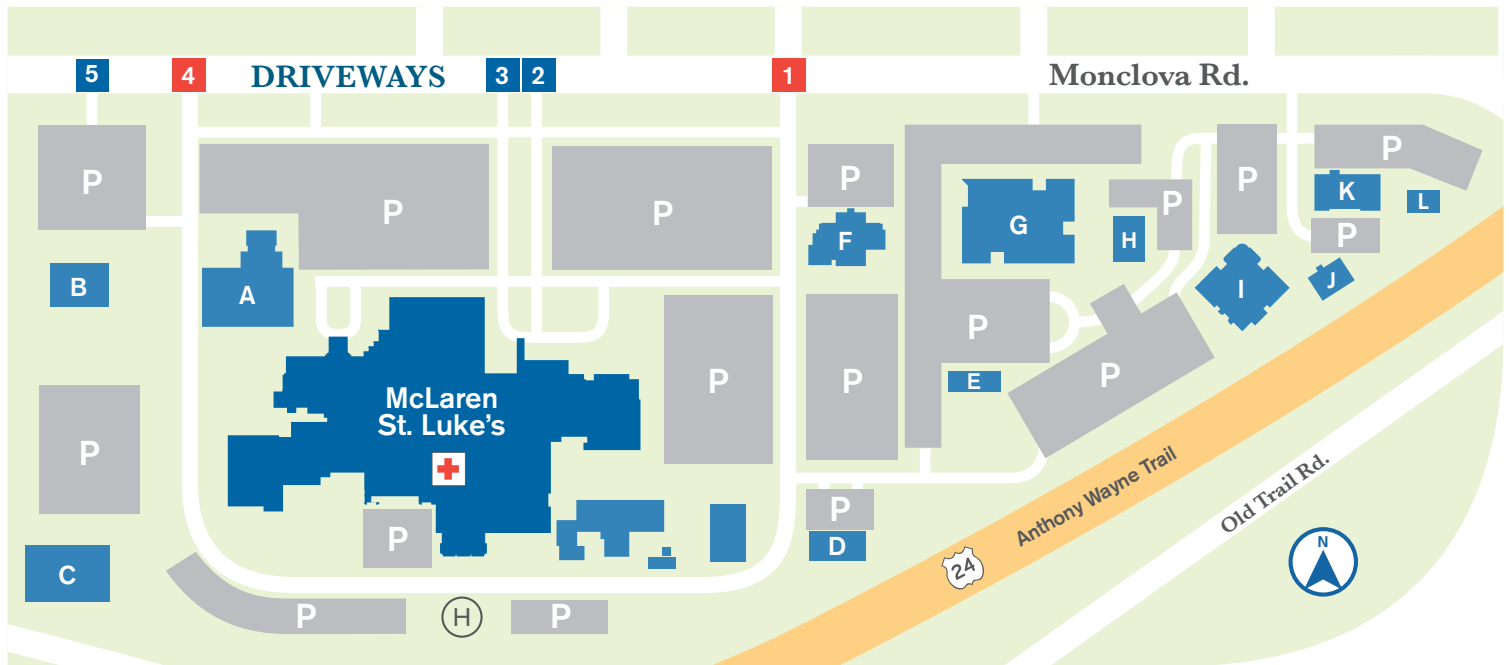
degrees, hot enough to melt some metals. They can quickly ignite clothing, and children have received severe burns from dropping them on their feet. According to the National Fire Protection Association, sparklers alone account for more than 25 percent of emergency room visits for fireworks injuries. For children under five years of age, they accounted for nearly half of the total estimated injuries. Families may consider using safer alternatives, such as glow sticks.

With more boats on the water, there are approximately 100 reportable boating accidents in Ohio, and one-fifth of these result in death. More deaths occur from people falling off boats that are 16 feet long or less, and most individuals involved in fatal boating accidents were not wearing life jackets. Alcohol is frequently involved in boating accidents, and people who hunt or fish from boats have one of the highest fatality rates of all boaters.

**ER check-in from home –
For non-life-threatening emergencies.**
McLaren St. Luke's Emergency Department wants to keep you and your entire family healthy and safe by offering online check-in. This allows you to hold your place in line and wait from home.

For more information visit:
www.mclaren.org/stlukesER

McLAREN ST. LUKE'S CAMPUS MAP



MAP KEY

- McLaren St. Luke's
- + Emergency Center
- P Parking
- H Helipad

BUILDINGS

- A** SurgiCare
- B** McLaren St. Luke's Medical Office Building
6005 Monclova Rd.
- C** Business Center
- D** Wound Care Center
5871 Monclova Rd.
- E** Pain Clinic
5757 Monclova Rd.
- F** 5805 Monclova Rd.
- G** Fallen Timbers Medical Center
5757 Monclova Rd.
- H** McLaren St. Luke's Internal Medicine
5755 Monclova Rd.
- I** Fort Miami Building
5705 Monclova Rd.
- J** Kay & Paulus Orthodontics
5665 Monclova Rd.
- K** Maumee Eye Clinic
5655 Monclova Rd.
- L** Drs. Glinka and Voss DDS
Pediatric Dentistry
5635 Monclova Rd.

DRIVEWAYS

- 1** Driveway #1
 - Emergency
 - Visitor Entrance
(Sat. 3 p.m. to Mon. 5:45 a.m.)
- 2** Driveway #2
- 3** Driveway #3
 - Visitor Entrance
 - Outpatient Center
 - SurgiCare
 - Rehab Services
- 4** Driveway #4
 - Emergency
 - Visitor Entrance
(Sat. 3 p.m. to Mon. 5:45 a.m.)
 - Business Center
 - Medical Records
- 5** Driveway #5
 - McLaren St. Luke's
Medical Office Building -
6005 Monclova Road

TECHNOLOGY CAN TRANSFORM PREVENTATIVE MEDICINE

McLaren St. Luke's is equipped with a Digital Positron Emission Tomography (PET-T) scanner. PET/CT scanning utilizes two major medical technologies (Positron Emission Tomography and Computed Tomography) to produce a combined image of both how the body is functioning and its anatomy. PET/CT can greatly enhance how cancer is diagnosed and treated.

A PET scan produces images of your organs and tissues at work. The test uses a safe injectable radioactive chemical called a radiotracer. The scanner detects diseased cells that absorb large amounts of the radiotracer, which indicates a potential health problem. A PET scan can often detect the abnormal metabolism of the tracer in diseases before the disease shows up on other imaging tests, such as computerized tomography (CT) and magnetic resonance imaging (MRI).

A PET/CT scan is an effective way to help identify a variety of conditions, including cancer, heart disease, and brain disorders. Your doctor can use this information to help diagnose, monitor, or treat your condition.

Cancer

Cancer cells show up as bright spots on PET scans because they have a higher metabolic rate than normal cells. PET scans may be useful in:


- Detecting cancer
- Revealing whether your cancer has spread
- Checking whether a cancer treatment is working
- Finding a cancer recurrence

Heart Disease

PET scans can reveal areas of decreased blood flow in the heart. This information can help you and your doctor decide whether you might benefit from a procedure to open clogged heart arteries (angioplasty) or coronary artery bypass surgery.

Brain Disorders

PET scans can be used to evaluate certain brain disorders, such as tumors, Alzheimer's disease, and seizures. Other neurological conditions such as Parkinson's disease, Huntington's disease, and Epilepsy can be diagnosed using the scan. The brain can also be evaluated after trauma for hematomas (blood clots) or bleeding.



McLaren St. Luke's is committed to providing patients with this new imaging system for accurate disease detection and treatment.

For more information, visit:
www.mclaren.org/stlukesradiology



YOUR BEST CHANCE FOR BEATING CANCER

Cancer is the word that changes everything for a patient and those who love them.

The Karmanos Cancer Institute at The Toledo Clinic Cancer Center is now open in Maumee. It is a state-of-the-art health care campus that provides outstanding patient-centered care and delivers new life-changing cancer therapies and treatments. Under this partnership, Karmanos operates the radiation oncology program, advanced cancer care services, and clinical trials at the new freestanding cancer center. Together, the joint teams will advance the fight against cancer in Lucas county and surrounding communities.

Headquartered in Detroit, Michigan, the Barbara Ann Karmanos Cancer Institute is one of just 51 National Cancer Institute (NCI)-designated comprehensive cancer centers and has one of the largest clinical trial programs in the country. Physicians and researchers at Karmanos conduct more than 800 cancer-specific scientific investigation programs and clinical trials. Clinical trials are available to eligible patients throughout the Karmanos Cancer Network, which includes the new cancer center in Maumee.

Within the network, patients also have access to the latest immunotherapy and cellular therapy treatments — including CAR T-cell therapy. These therapies work by using your own immune system to fight cancer.



New technology like the Varian TrueBeam™ featuring HyperArc, is now available. The TrueBeam™ delivers high doses of radiotherapy with tremendous speed and accuracy, targeting tumors precisely while minimizing exposure to the surrounding healthy tissue and organs. The precision of this technology allows the Karmanos team to treat some of the most challenging cancer cases.

Karmanos is a leader in the multidisciplinary team (MDT) approach that has proven to be valuable in effective cancer treatment. MDTs are made up of cancer specialists who have devoted their careers to fighting a particular cancer. Team members include medical, surgical, and radiation oncologists; pathologists, radiologists, physicists, researchers, specialized nurse practitioners, genetic counselors, social workers, and support staff. With this team approach, Karmanos delivers specialized treatment to each patient.

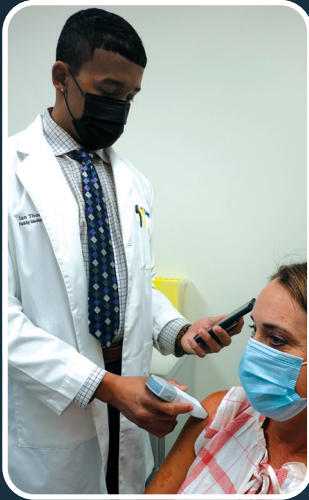
Karmanos Cancer Institute, a subsidiary of McLaren Health Care, is the largest cancer research and provider network in Michigan with 16 treatment locations throughout Michigan and Ohio.



Patients do not need to be referred by a physician unless their insurance company requires it. To schedule a consultation at the Karmanos Cancer Institute at The Toledo Clinic Cancer Center in Maumee, call 1-800-KARMANOS (1-800-527-6266).

McLAREN ST. LUKE'S FOUNDATION NEWS

Family Medicine Residency Receives Funding from Foundation



In addition to the new ultrasound technology, the MSL Foundation Board also approved funds to introduce a Primary Care Behavioral Health program at Waterville Family Physicians. This allows physicians to be able to introduce patients who need a behavioral health professional or psychologist to a practitioner during their appointment. Having the ability to talk with a behavioral health professional during their medical appointment time gives patients help immediately and prevents any issues that patients may have with getting an appointment with a psychologist promptly.

The McLaren St. Luke's Foundation Board of Trustees recently approved funding for a GE Vscan Air for the McLaren St. Luke's Family Medicine Residency. These handheld devices are used to provide ultrasound imaging during a physical exam, which enables physicians to have the best information possible to determine the best course of treatment for their patients. The handheld ultrasounds provide whole-body scanning and show a crystal-clear image on an iPad or cell phone, which is helpful when explaining treatment to patients. They can be used for a variety of situations and help accurately diagnose issues within the abdomen, bladder, gallbladder, kidney, and liver, just to name a few.



After much use over the past two years with COVID, new CAPR (Controlled Air Purifying Respirator) helmets and carts were purchased for the Emergency Department. The CAPR offers personal respiratory protection against airborne pathogen transmission.



The McLaren St. Luke's Foundation relies solely on donations to provide funding for equipment, programs, and training for physicians and staff. Please consider using the enclosed envelope to send a gift to the MSL Foundation or make a gift online at www.mclaren.org/stlukesfoundation.



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 or visit www.mclaren.org/stlukesgolf.

COMMUNITY CORNER



McLaren St. Luke's Family Medicine Residents participated in building a Habitat for Humanity playhouse. The recipient has dreams of becoming a paramedic in the future so a mini-hospital was built and equipped with a lab coat, X-rays, and an exam room.



A Drug Take-Back Day event at the hospital secured 306 lbs. of expired and unused medications, preventing it from getting into the wrong hands. The Maumee Police Division, UToledo Pharmacy Residents, along with S.A.I.L. (Substance Abuse Intervention League) assisted our staff.



A Fall Prevention seminar was held at the Maumee Senior Center with Dr. Douglas Olson, an orthopedic surgeon at McLaren St. Luke's, and Chad Yaney, a physical therapist, speaking to attendees about how to safeguard against falls in their homes.



National Healthcare Workers/Nurses Week was celebrated with the theme of "Superheroes." Many activities occurred throughout the week including staff receiving free ice cream, a free lunch, raffle baskets, and dress like a Superhero Day.



McLaren St. Luke's physician Richard Paat, MD, secured more than \$100,000 of medical supplies and traveled to Hungary. He worked with local aides to get to the border of Ukraine and hand off the supplies to convoys headed to hospitals.



McLaren St. Luke's outreach participates in the Maumee Senior Center's monthly Health Checks. Once a month, blood pressure screenings for hypertension are conducted on site on the fourth Wednesday of the month.

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Maumee, OH 43537

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IN GOOD HEALTH is published by the Marketing Department at McLaren St. Luke's. It is designed to provide readers with the latest, most accurate information regarding health, hospital news, and events. If you would like to receive this publication, visit mclaren.org/stlukesSubscribe to sign up.

We value and respect your privacy – if you wish to be removed from the mailing list, please visit mclaren.org/stlukesOptOut and complete the form.



TRUE OPEN MRI

McLaren St. Luke's invested in a state-of-the-art open MRI at its Regency Court location to offer a comfortable imaging experience for patients. The TRUE OPEN MRI can easily capture images in a less confining space than traditional MRIs.

The TRUE OPEN MRI:

- Offers a comfortable patient experience for all, especially pediatric, bariatric and geriatric patients
- Reduces patient anxiety with an open design so patients can see all around
- Quieter than traditional MRIs
- Sets the standard for image quality
- Allows patients to have a loved-one with them throughout the exam

Morning and evening appointments are available. To schedule an appointment, call **419-841-2166**.

