DISAPPEARING ACT
New Dissolvable Stent Improves Heart Care

Also—
BREATHING DEEP – THANKS TO LUNG CANCER SCREENING
ON THE CUTTING EDGE FOR YOU

This past summer, Genesis made history. Our interventional cardiology team was first in Southeastern and Central Ohio, second in all of Ohio, and one of only a few in the entire country to implant a dissolvable heart stent. Using the new stent to restore blood flow to the heart is better for patients. You’ll learn why when you read the story of Charles Mathay, a patient who received the dissolvable heart stent, in this issue of LiveWell. We are always searching for ways to provide innovative, high-quality health care to you. Our physicians and staff stay on the cutting edge of medical technological advancements — and we are fortunate to have them right here in our community.

Lung cancer is the most prevalent cancer in our community. It can also be a deadly disease. Fortunately, Genesis offers the Lung Cancer Screening Program to patients who have certain risk factors. Rick Shelly was the first to have a low-dose CT screening, and it saved his life. He was diagnosed with early stage lung cancer, had surgery at Genesis, and followed with chemotherapy at the Genesis Cancer Care Center. Now two years later, Rick is healthy and grateful he was recommended for the screening. You can read Rick’s story here.

Affecting one in eight women, breast cancer is another disease that can greatly impact not only a woman’s health but also her psychological well-being. Shannon Hanley, M.D., a fellowship-trained breast surgeon at the Genesis Breast Care Center, offers patients more options for treatment of breast cancer. You’ll find out more in this LiveWell.

Genesis continues to bring new physicians to our area to improve your access to care. On the next page, you will read about Christopher Clancy, M.D., a cardiovascular and thoracic surgeon who recently joined our heart team. We also introduce six more physicians who are new members of our medical staff. Making it easier and faster for you to see doctors and receive hospital and outpatient services remains a high priority for us.

In this issue of LiveWell, you’ll learn about a health condition affecting many people in our community — diabetes. You’ll also read about awards and events at Genesis as we stay focused on our mission to provide compassionate, quality health care to you and your family.

Matthew J. Perry, President & CEO
MEET CHRISTOPHER CLANCY, M.D.

Cardiovascular & Thoracic Surgery

Christopher Clancy, M.D., is a cardiovascular and thoracic surgeon who recently joined the Genesis Heart, Lung & Vascular Group. He is proud to serve the community and pleased to practice in his home state of Ohio.

Born and raised in Mansfield, Dr. Clancy feels honored to have been educated and practicing in the Buckeye State. He earned his doctor of medicine at Northeast Ohio Medical University in Rootstown, Ohio, and completed his residency in general surgery at the University of Toledo Medical Center. Dr. Clancy made one exception; however, and completed his fellowship in cardiothoracic surgery at Loyola University Medical Center in Maywood, Illinois. Loyola’s renowned program, he said, was simply too good to ignore.

The reasons Dr. Clancy chose to specialize in cardiovascular and thoracic surgery are many. “I enjoy the technical difficulty of the procedures,” he said. He also enjoys profoundly improving patients’ health, often with a single procedure. “I’m with them at a critical time in their lives,” he said. “I value the opportunity to help my patients in a positive way. It’s a much appreciated service.”

Dr. Clancy said cardiac procedures are safe, particularly when compared to 20 or 30 years ago. Still, they carry very real risks. “It’s always sobering to be aware of that,” he explained. “A cardiac surgeon must always be at his or her best and remember that it is a great privilege to care for patients.”

Dr. Clancy feels right at home in Zanesville with his wife, Christina. “It’s very similar to where I grew up,” he said. “I look forward to providing the best care possible for my patients with the least invasive options.” Dr. Clancy’s office is located in the Genesis Heart & Vascular Center in the Physician Pavilion at 955 Bethesda Dr., and he can be reached at (740) 454-0804.

WELCOME TO NEW PHYSICIANS

Xinh Donahue, D.O., Hospice & Palliative Care

Dr. Donahue has joined Genesis Palliative Care Specialists. She earned her doctor of osteopathic medicine at Michigan State University College of Osteopathic Medicine. She completed her residency in family medicine at St. John Providence Health System in Detroit and completed her fellowship in hospice and palliative medicine at Henry Ford Hospital in Detroit. Dr. Donahue’s office is located in the Physician Pavilion on the Genesis Hospital Campus, 945 Bethesda Drive, Suite 120, and her office number is (740) 455-4925.

Claudia Kim, M.D., General Surgery

Dr. Kim has joined Genesis Surgical Associates. She earned her doctor of medicine at Eastern Virginia Medical School in Norfolk, Virginia. She completed her residency in general surgery at Eastern Virginia Medical School. Dr. Kim’s office is located at Genesis Surgical Associates at 2916 Van Gader Drive, and her office phone number is (740) 453-0661.

Philip Kray, M.D., Emergency Medicine

Dr. Kray has joined Genesis Emergency Medicine Physicians. He earned his doctor of medicine at Virginia Commonwealth University School of Medicine in Richmond, Virginia. He completed his residency in emergency medicine at The Ohio State University.

Ariane Neyou, M.D., M.S., Invasive Cardiology

Dr. Neyou has joined Genesis Heart, Lung & Vascular Group. She earned her doctor of medicine at the University of Reims Champagne-Ardenne Medical School in France. She completed her residency in internal medicine at Oakland University William Beaumont Hospital School of Medicine in Royal Oak, Michigan, and completed her fellowship in cardiovascular disease at the University of Texas Medical School at Houston. She is board-certified in cardiovascular disease by the American Board of Internal Medicine. Dr. Neyou’s practice is in the Genesis Heart, Lung & Vascular office in Cambridge at 61335 Southgate Parkway, Suite 3, and her phone number is (740) 421-9234.

John Ogden, M.D., Neurosurgery

Dr. Ogden has joined Genesis Neurosurgery Group. He earned his doctor of medicine at the University of Arizona College of Medicine in Tucson. He completed his residency in neurological surgery at The Ohio State University. Dr. Ogden’s office is located at the Physician Pavilion, on the Genesis Hospital Campus, 955 Bethesda Dr., Suite D, and he can be reached at (740) 588-9120.

Seth Vensil, M.D., Family Medicine

Dr. Vensil has joined PrimeCare of Southeastern Ohio, specializing in family medicine. He earned his doctor of medicine at the University of Cincinnati College of Medicine. He completed his residency in family medicine at St. Elizabeth HealthCare in Cincinnati. Dr. Vensil’s office is located at 1210 Ashland Ave., Zanesville, and he can be reached at (740) 454-8551.
Making History

And that’s how history was made. Instead of a traditional metal stent, Charles received the world’s first dissolving stent. Genesis was the first hospital in Central and Southeastern Ohio, the second in Ohio, and one of a few in the nation to place the stent in July.

Just as a cast isn’t necessary after a bone heals, a stent isn’t necessary once a diseased artery heals. While traditional stents are made of metal and remain inside arteries permanently, the new stent, called Absorb and manufactured by Abbott Vascular, is made of polyactide, a naturally dissolvable material similar to dissolving sutures.

When deployed, the Absorb stent opens the artery wide like a metallic stent would. Then, six months after insertion, the re-absorption process begins. “Three years after the procedure, the vessel is restored, the stent is completely absorbed, and the artery is covered with normal tissue. Experts in our field are thrilled about this breakthrough and what it means for patients,” Dr. Albirini said.

Why Is It Better?

After a blockage in a blood vessel is cleared, it only needs support for a matter of months until the vessel heals and can stay open on its own. After that, the metallic stent serves no additional purpose and can occasionally become a hindrance. That is the advantage of Absorb: a reduced risk for future cardiac events that can occur with metal stents.

Once Absorb clears the blockage and dissolves, the artery can pulse and flex naturally. The dissolvable stent also makes it easier for physicians to provide future care in that area, if necessary.

How the Absorb Stent Works

1. Physicians extend a long, flexible tube with a balloon-loaded stent at the end into the artery.
2. As the balloon inflates, Absorb expands and the blockage is cleared. This action pushes plaque against the artery wall, opens the vessel wide and enables greater blood flow.
3. The balloon is removed, while Absorb remains to slowly release medication to the diseased area.
4. With blood flow restored, the no-longer-needed stent begins dissolving.
5. Over time, Absorb dissolves into the blood vessel, leaving behind a healthy and restored vessel that can move naturally.

Feeling Blessed

Charles feels blessed to have qualified and received the Absorb stent when he did. The cutting-edge medical care allows him to keep moving and keep living his happy life. Charles loves spending time with his sweet wife, Joan, of 58 years, and carving leather as a hobby. He’s also a fan of telling others about the care at Genesis Hospital.

“Experts in our field are thrilled about this breakthrough and what it means for patients.”

— Abdulhay Albirini, M.D.

Charles enjoys carving leather now that he feels better.

Charles Mathay, 81 years old, never thought he’d be a part of history in the making at Genesis. But that’s exactly what happened on July 15, 2016. And his heart is better for it.

Charles has always been on the move. You can often find him in Coshocton on the treadmill, bicycle or cycling machine three times a week – but that wasn’t the case earlier this year. About eight months ago, Charles found it tiring to walk a mere 100 yards. In fact, he’d usually only walk 50 yards, stop and take a breather, then muster up enough energy for the next 50 yards.

This extreme fatigue, along with his history of coronary artery bypass surgery, had him concerned. So he made an appointment at the Genesis Heart & Vascular Center. Abdulhay Albirini, M.D., interventional cardiologist with the Genesis Heart, Lung & Vascular Group, performed a cardiac catheterization and found a narrowing in one of Charles’ arteries. Charles needed a stent in the artery to open it and restore blood flow.

How Absorb Stent Works

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5. Over time, Absorb dissolves into the blood vessel, leaving behind a healthy and restored vessel that can move naturally.
Diabetes is one of the biggest health problems in the United States. But what is diabetes exactly? It’s a condition in which the body doesn’t produce any or enough insulin. The result is higher levels of sugar (also called glucose) in the blood.

Diabetes increases the risk of cardiovascular disease, heart attacks and strokes and is the leading cause of kidney failure, lower limb amputations and adult-onset blindness.

How do you know if you have diabetes? You may not know if you have it – diabetes can strike without any symptoms. About half of those with the disease don’t know they have it until they seek help with the complications resulting from diabetes. The symptoms of diabetes are sometimes hard to recognize but here are a few signs.

### Do You Have Symptoms of Diabetes?

- Increased thirst
- Extreme hunger
- Frequent urination
- Unexplained weight loss
- Fatigue, feeling tired, dizziness or weakness
- Trouble seeing or blurred vision
- Sores that heal slowly
- Recurring infections of the skin or bladder

### Check It Out

What should you do if you suspect you have diabetes? The first step is to tell your doctor, and they will probably order a glucose level and/or A1C test to measure the level of sugar in your blood.

### We Can Help

We have a team of specialists dedicated to caring for those in our community with diabetes—including physicians, nurses, dietitians, exercise physiologists and certified diabetes educators. Diabetes is a disease that requires management. We’re the only hospital in the area with self-management education classes recognized by the American Diabetes Association. The classes are available for the person with diabetes and a support person to help understand and monitor the disease. To learn more about classes for people with diabetes, call Genesis Diabetes & Nutrition Education at (740) 454-4568.

### Diabetes Exercise

There are medically supervised exercise classes available for anyone who has Type 1, Type 2, gestational or pre-diabetes. The class includes a fitness evaluation, exercise recommendations and education on controlling blood sugar. It’s held in the Heart & Vascular Rehab gym at Genesis Hospital, and a support person is welcome to join the workout with a qualifying person.
NEW OPTIONS FOR BREAST CANCER PATIENTS

With Shannon Hanley, M.D.

For women with breast cancer, having surgery to remove the cancer is difficult enough. The emotional distress and worry about what the surgery does to their bodies – and how they feel about themselves – adds another level of difficulty. The Genesis Breast Care Center offers women new options for both the treatment of cancer – and the healing of their body and soul.

Fellowship-trained breast surgeon Shannon Hanley, M.D., is dedicated to helping women battle not only breast cancer but the effects it can have on their psyches. “Now women in our community have more options for treatment of breast cancer,” Dr. Hanley said. “The first option is a lumpectomy, where the malignant tumor is removed but the breast remains with a small incision.”

For those who need or prefer a mastectomy – perhaps they have a strong family history of breast cancer or have a large tumor and small breasts – new techniques that Dr. Hanley is trained in can still give them a normal-looking breast after the surgery.

“If a tumor is small and the patient is a good candidate, I can perform a nipple-sparing mastectomy through a small incision that can be hidden,” explained Dr. Hanley. “I consult with plastic surgeons to decide which reconstruction option is best for the patient. After healing, the women look fantastic. It’s not just ‘You’re free from cancer,’ but it’s ‘You’re free from cancer, and you like how you look.’ That is empowering to women fighting this battle.”

Dr. Hanley sees patients age 14 and older, and she treats benign conditions as well. “I encourage women who have any concerns about their breasts to come to the Genesis Breast Care Center, and you don’t need to be referred by a physician,” said Dr. Hanley. “I am here to answer their questions, and if we find a problem, as a team we’ll explore their options and help them have a good outcome.”

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Shannon Hanley, M.D.
Breast Surgeon

Genesis Breast Care Center

Genesis is an accredited breast center by the National Accreditation Program of Breast Centers. Dr. Hanley and the compassionate staff offer the following:

• Benign breast disease care, such as cysts, fibroadenomas, pain
• Comprehensive breast care including genetic testing, high-risk assessment, imaging studies, different biopsy techniques and surgical options
• Breast nurse navigator to coordinate appointments with specialists and treatment services
• Easy access to breast cancer-related information, education and support
• Information and enrollment options for ongoing clinical trials
• Convenient location in the Genesis HealthPlex on Maple Avenue
• More available hours and easier scheduling

Call the Genesis Breast Care Center at (740) 454-5221 and make an appointment today. Self-referrals accepted.
Brian Luft, M.D., recommended Genesis’ Lung Cancer Screening program. With these factors in mind, Rick’s primary care physician, Dr. Gill, saw Rick’s scan results just a few minutes after the scan was completed. Right away he spotted an abnormality in the right lung’s upper lobe. Dr. Gill then performed a biopsy, which confirmed lung cancer.

After diagnosis, Rick had surgery to remove his upper lobe of his right lung, along with 17 lymph nodes, at Genesis Hospital. One of those lymph nodes tested positive for cancer, so Rick’s next treatment included chemotherapy at the Genesis Cancer Care Center, with Shyamal Bastola, M.D., hematologist/oncologist, overseeing this aspect of Rick’s care.

“This program at Genesis is truly a collaborative effort—you have primary care physicians who refer patients to me, a pulmonologist, for screening, and radiologists who read the scan results right on site,” said Dr. Gill. “If there are abnormalities, patients work with the pulmonologists, oncologists, and thoracic surgeons. We all work fairly quickly and together as a care team. Plus, we have a strong social network to support patients and nursing outreach for counseling. It truly is a comprehensive program of care we have,” Dr. Gill said.

A Lifesaver
Now that Rick is cancer-free, he sees the initial lung cancer screening as a lifesaver.

“When you first hear the word ‘cancer’ it scares the heck out of you ... but it was lucky for me to find it at that stage or the results would not have been so good,” Rick explained. He is also grateful to Carrie Lee, MSN, RN, OCN, oncology nurse navigator/research specialist, who helped Rick begin his treatment and followed up with him on a regular basis.

Taking the 10-minute screening was a decision that was life-changing. The screening involves a low-dose CT scan, which spares patients from high exposure to radiation and provides physicians with a look at the lungs. Max Gill, D.O., pulmonologist, for screening, and radiologists who read the scan results right on site,” said Dr. Gill. “If there are abnormalities, patients work with the pulmonologists, oncologists, and thoracic surgeons. We all work fairly quickly and together as a care team. Plus, we have a strong social network to support patients and nursing outreach for counseling. It truly is a comprehensive program of care we have,” Dr. Gill said.

**Peace of Mind**
“Of the screening program’s purpose centers on early detection, identification and treatment,” said Joy Stashonsky, pulmonary nurse navigator at Genesis. “Patients receive their scan results the very day of the screening.

“This allows us to put things in motion quickly, if needed. Most often it provides tremendous peace of mind to patients who receive their yearly scan and do not have any sign of cancer.”

No one expects to get lung cancer, but for those who have risk factors, the Genesis Lung Cancer Screening program can help patients breathe deeply without fear of what the disease might mean for them.

**New Radiation Technique**
Kills Cancer, Spares Healthy Cells

As cancer care technology advances, so do the cancer treatments available at the Genesis Cancer Care Center. Cutting-edge technology and state-of-the-art techniques provide hope and greater chances for a cure. Now an innovative and less invasive treatment called stereotactic body radiotherapy (SRS or SBRT) is available at Genesis.

This specialized form of radiation delivers large doses of radiation to a highly precise, targeted location—aiming to kill cancer cells, while maintaining as many healthy cells as possible.

“This new technique, we can treat tumors with short courses of high dose radiotherapy during a course of treatment that lasts between one and five visits, allowing us to achieve excellent rates of local control while minimizing the dose to surrounding normal tissues,” said Shalini Gupta, MD, radiation oncologist at the Genesis Cancer Care Center. SBRT gives patients an alternate to surgery, and proves especially helpful for patients with hard-to-reach tumors, tumors close to vital organs and tumors subject to movement within the body. Plus, SBRT requires fewer treatments than traditional radiation therapy.

Patients with lung, liver, abdomen, spine, prostate, head and neck cancers, and possibly others may be candidates for SBRT. Radiation oncologists use SBRT in treating small to medium size tumors. Those tumors can be malignant and benign, primary and metastatic, single and multiple, and even residual tumor cells after surgery.
Genesis Earns Silver

We are one of only a few hospitals in Ohio to receive the Get With The Guidelines® Resuscitation Silver Award by the American Heart Association. In order to receive this award, we had to meet quality measures for treating patients who suffer cardiac arrests in the hospital. The goal is to save the lives of those whose hearts stop beating while in the hospital by following research-based guidelines for treatment.

The measures include standards for patient safety, emergency team response, CPR and care after resuscitation. Each department in the hospital has AEDs with defibrillators, and hospital staff is trained to respond within minutes. Shown in the photo above are Jennifer Jackson, Rapid Response Team clinical coordinator, (left) and Philip Fields, MD, Pulmonary-Critical Care (right), accepting the Get With The Guidelines® Resuscitation Silver Award from Abby Loechler, (center) American Heart Association.

Funding for Life-Saving Screenings

The Breast Health Initiative at Genesis HealthCare System was awarded $33,780 from the Susan G. Komen® Columbus earlier this year. The funding provides screening mammograms, diagnostic mammograms, ultrasounds, surgical consults and breast biopsies to about 196 women in Muskingum, Morgan, Perry and surrounding counties. The Genesis Breast Health Initiative is one of 22 breast health programs to receive more than $1.46 million in funding from Komen Columbus®.

We began receiving funding in 2006, enabling our communities who are uninsured or underinsured. The support and work of Komen Columbus allows Genesis to provide life-saving breast screening services to women in our communities who are uninsured or underinsured. We began receiving funding in 2006, enabling the Genesis Breast Health Initiative to provide more than 1,925 free services as well as a travel stipend to the women.

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Genesis Honored for Healthy Worksite Practices

The Genesis Wellness team reaches out to improve the health of the more than 3,200 employees, and their efforts are being recognized. Genesis was awarded the silver award in the large business category for demonstrating a commitment to employee wellness by the Ohio Department of Health and the Healthy Ohio Business Council. The wellness programs at Genesis were scored on the ability to encourage employee health, increase productivity and ensure a healthy work atmosphere in 2015. Pictured above with the award left to right are Genesis Wellness team members Meghan Green, exercise physiology therapist; Mary Kittag, director, Population Health and Wellness; Kelly Zumbo, and Stacey Shreyer, registered dietitian.

Walk with a Doc’s Anniversary Celebration

We were one of the first in the region to offer Walk With the Doc. The free program encourages anyone to get active and at the same time ask a local doctor general health questions. In August a record crowd walked with Sean Barnes, M.D., internal medicine, for the 5th year anniversary celebration at Gorsuch Fitness Trail at Genesis Hospital. Genesis offers Walk With a Doc year-round the second Saturday of each month. Find out more at genesishcs.org or by calling Sharon Francis, Heart & Vascular Rehabilitation, at (740) 454-4336.

Community Members Take Home Memento

Tom Sieber Receives Genesis Award

The Genesis HealthCare Foundation presented Tom Sieber with the 2016 Genesis Community Service Award. This award annually recognizes outstanding people in our area who have significantly contributed to the community and demonstrated the Genesis values of compassion, trust, innovation and excellence.

Tom retired as president & CEO of Genesis HealthCare System in 2007, and he was the president and CEO of Bethesda Care System prior to the formation of Genesis. Tom and his wife, Eva, a past recipient of the Genesis Community Service Award, often work as a team volunteering their time and efforts to our community.

Tom has been active in many community organizations over the years, including the Muskingum Valley Council Boy Scouts of America, Goodwill Industries, the Muskingum County Cancer Society, Ohio Hospital Association Board, Tri-Valley School District, and others.

Community Service Award, often work as a team volunteering their time and efforts to our community.

Brick Giveaway

The community was given the opportunity to have a piece of Good Samaritan Medical Center history through a free brick giveaway in August. “We wanted the community to obtain a piece of Good Samaritan Hospital,” said Sister Maureen Anne Shepard, director, Mission. “Good Samaritan Medical Center has a rich history, and the legacy continues through the ministry of the Franciscan Sisters at Genesis Hospital.” The hospital is being torn down, and the demolition is expected to continue through year-end.

Anyone Can Afford Gifts

Have you ever wished you could help, but thought you couldn’t afford to give? There are ways you can give today while still preserving your assets for retirement and providing for your family. You can support our mission without impacting you or your family.

Here are some gifts anyone can afford to make:
- **Gifts from a will or trust**
- **Beneficiary designations**
- **Life insurance**
- **Appreciated Securities**
- **Real property**
- **Tangible personal property**
- **Life estate**
- **Business interests, closely held stock and partnerships**

Please contact us to learn more about these types of charitable gifts and how you can support the Genesis mission.

Genesis HealthCare Foundation
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Zanesville, Ohio 43701
(740) 454-5052 • genesishcs.org
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Tree of Love

Lighting Ceremony
The spirit of the holiday season glows in the Tree of Love, an annual fundraiser by Genesis Volunteers. The ceremony is free and open to the public, and includes holiday music, entertainment and refreshments. It’s a great way to kick off the holiday season.

Find out more information and how to make a donation for a tree, bulb or poinsettia by going to genesishcs.org; select “Classes & Events.”

Friday, Nov. 18
6 p.m.
Genesis Hospital Main Entrance

genesishcs.org