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When it comes to choosing quality healthcare, you want only the best for you and your family. Our mission is to provide high-quality care here in Southeastern Ohio. Inside this edition of LiveWell, you can learn about our recent quality accreditations. We earned an "A" Safety Grade for spring 2019 from Leapfrog Hospital Safety Grade. Another accreditation we received was certification from the Healthcare Facilities Accreditation program. The designation confirms that Genesis is providing high-quality care as determined by an independent, external process.

Patients Share Quality Care

Our community members also confirm our quality care. In this magazine, you can hear our patients share personal experiences about the phenomenal care received here at Genesis. Richard King, of Zanesville, is thankful for the life-saving care given by Lane Lee, D.O., vascular surgeon, Genesis Heart, Lung & Vascular Group. Dr. Lee cleared Richard’s carotid artery, and if the procedure hadn’t been done, Richard had a high risk of suffering a stroke.

Another local man, Mark Harris, wanted to find the best doctor when he needed shoulder surgery. Mark’s family doctor recommended a highly skilled surgeon, right here at Genesis. The New Concord man had minimally invasive shoulder surgery by Thai Tinh, M.D., sports medicine surgeon. Mark’s surgery and recovery went so well, he wished he’d had surgery sooner. Before surgery, Mark’s pain was so severe he couldn’t even lift a gallon of milk without winning.

Outstanding Cancer Care

For Marcus Ramsey, obtaining quality cancer care near his family and work was important. Marcus is grateful for the outstanding care he received at the Genesis Cancer Care Center. After learning he had colon cancer, Marcus underwent surgery by Thomas Diehl, M.D., general surgeon, at the Genesis Center of Surgical Excellence, and cancer treatments under the direction of the Genesis Cancer Care Team.

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Providing Quality Care

Better Begins Here

As the Genesis HealthCare System, we’re Here for You, providing quality care right here to you. We’re highly trained physicians, the most up-to-date technology and the best care right here to you.

We’re Here for You

Do you know how many babies are born at Genesis each year? Read about the care we provide for moms and babies, the protection our Public Safety provides, how Genesis HealthCare Foundation projects benefit our community and more.

Protected and Served – by the Genesis Cancer Care Team

Marcus Ramsey wasn’t feeling well and made an appointment with his family doctor. You can learn more about Marcus’ symptoms, diagnosis and how our expert surgeons and cancer team was with Marcus every step of the way.

Happenings

What’s happening at Genesis? Find out! Note the date of the Genesis Perry County Medical Center one-year anniversary celebration, see which organization made a $25,000 donation to Genesis Hospice Care, find out which Genesis physician received a patient award and lots more.
Mark Morris tried everything – physical therapy, injections, chiropractic care, changing the way he maneuvered his shoulder during everyday activities, even the “grin and bear it” approach – but the pain stubbornly remained.

“It got to the point where it was extremely difficult to carry or lift a gallon of milk,” said the 48-year-old New Concord resident. “I like to hunt and fish, but it was painful to cast a pole. I like to do yard work, but I couldn’t manage pushing or pulling. My range of motion without pain was very minimal.”

Seeking Relief

Mark doesn’t know exactly when or how he injured his shoulder, but he knows that after seven years of hurting, he wanted his quality of life back. Though Mark said he’d willingly travel to find the best doctor, his family physician highly recommended a new, expert orthopedic surgeon in Zanesville – Thai Trinh, M.D., with Genesis Orthopedic Sports Medicine.

Expert Surgeon Right Here

Before joining Genesis, Dr. Trinh obtained his doctorate from The Ohio State University College of Medicine and then completed an orthopedic surgery residency at Mount Carmel Health System in Columbus. He also underwent a fellowship in sports medicine and shoulder surgery at the University of Michigan. His thorough specialty training and expertise qualifies him to care for a wide variety of orthopedic injuries – from athletic damage to advanced impairments like Mark’s.

Upon looking at Mark’s MRI results, Dr. Trinh identified a two-part problem with Mark’s right shoulder: acromioclavicular (AC) joint arthritis and bicep tendonitis. Both issues frequently result from strained, heavy use of the shoulder over time.

“The AC joint is the only joint that suspends your arm from your body,” Dr. Trinh explained. “So, every time you bring your arm above your head, your AC joint is under stress. After years of heavy use and lifting, arthritis can develop.”

Likewise, bicep tendonitis, or inflammation of the tendons connecting the bicep muscle, flares up with heavy labor and repeated overhead motion. To repair the damage, Dr. Trinh performed an advanced surgical procedure at Genesis.

“I removed the arthritis in his AC joint, then I removed the diseased bicep tendon from inside the shoulder where it’s surrounded by highly sensitive nerves. Then I reattached it to the humerus, where there are less nerves,” Dr. Trinh said.

“Also, based on the MRI, we weren’t sure if his rotator cuff was torn or not,” he said. To obtain an accurate, clear view of Mark’s rotator cuff, Dr. Trinh used a new 4K surgical camera. The impressive technology offers the highest resolution images available – right here at Genesis.

“I’m a living testimonial that Dr. Trinh knows all the new techniques, and as far as I’m concerned, I’m back 150 times better than I was before surgery.”

— Mark Morris

The state-of-the-art, live imaging allowed us to determine that his rotator cuff was healthy and undamaged,” Dr. Trinh said. “We were able to use minimally invasive technology,” he said.

“The whole thing was outstanding,” Mark said. “The Genesis team made sure my comfort was the top priority. They kept me 100% informed as to what they were doing, and I’ve had zero pain.”

Following surgery, Mark underwent physical therapy, has regained range of motion and seen tremendous progress.

Pain-free at Last

“I’ve been fishing, and casting my pole didn’t cause any issues at all,” Mark said with a smile. “Plus, I just spent part of the weekend cleaning my pool and working in the garden – I think I’m getting along well.”

For Dr. Trinh, that kind of response makes his work worthwhile.

“I absolutely love seeing people get back to what they enjoy – whether that’s an athlete returning to the game, a weekend warrior getting back into action, or a hard worker getting back on the job. They get their life back, and that brings the most rewarding feeling.”

The only thing Mark said he regrets is trying to deal with the pain for seven years.

“I’m a living testimonial that Dr. Trinh knows all the new techniques, and as far as I’m concerned, I’m back 150 times better than I was before surgery. To those just living with the pain I say, ‘Why wait?’ Get it done – and make sure you see Dr. Trinh,” Mark said.

You can schedule an appointment with Genesis Orthopedic Sports Medicine by calling (740) 586-6828.
When he zoomed around the racetrack on his customized Sears Craftsman lawnmower, Richard King held tight and placed his trust in his skills and the power of his ride. It was a winning strategy. His talent and high-energy lawnmower earned Richard a class championship in his final 20-lap contest, back in 2015.

In 2018, Richard found himself in a different race – a race for his life. An ultrasound revealed that plaque, a fatty, waxy substance, had formed a roadblock in Richard’s carotid arteries, located on each side of his neck. Richard’s right carotid artery was 100% blocked and his left carotid artery was 90% blocked. Due to limited access for blood to travel to the brain, Richard had an extremely high risk of suffering a major stroke.

With his life on the line, Richard said he placed his faith in God and the skills of Lane Lee, D.O., of the Genesis Heart, Lung & Vascular Group.

Dr. Lee, a vascular surgeon with more than 20 years of experience, joined Genesis last year. He provides expertise in peripheral arterial and venous disease, and he immediately recognized Richard’s need for vascular surgery to clean out his left carotid artery.

Warning Signs

In the two weeks before seeing me, Richard King had two active mini-strokes, with dizziness and slurred speech due to intermittent lack of blood flow to the head. “If we didn’t perform his surgery right away, he could have experienced a larger stroke that would have left him severely debilitated … or he wouldn’t have survived,” Dr. Lee explained.

In a way, Richard was lucky – most people with artery “roadblocks” don’t experience warning symptoms. Often, the first and only symptom that appears is a heart attack, major stroke or sudden coronary death. That’s because plaque builds up silently inside carotid arteries, gradually narrowing the passageway for blood to flow to the brain.

Road Work Ahead – Clearing the Arteries

To improve blood flow and widen the opening of the carotid artery, Dr. Lee performed a carotid endarterectomy for Richard, a surgical procedure to remove the plaque clogging the artery.

Warning Signs

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Genetic HealthCare System was awarded accreditation from the Healthcare Facilities Accreditation Program (HFAP). HFAP is the nation’s original independent accreditation program recognized by the Centers for Medicare & Medicaid Services (CMS). The accreditation is recognized by the federal government, state governments, managed care organizations and insurance companies. The accreditation confirms that Genetic HealthCare System is providing high-quality care through an independent, external evaluation.

**National Accreditation**

**Genesis CEO Safety Award**

Patient safety is a top priority at Genetic, and the Genesis CEO Safety Award is presented to a team, department or individual for improving patient safety several times a year.

Genesis Behavioral Health received the first CEO Safety Award for implementing Epic Rover, a mobile device accessible while making safety rounds. Genesis President & CEO Matthew Perry presented the award to the Genesis Behavioral Health staff.

**“A” Safety Grade**

Genesis received an “A” Safety Grade for spring 2019 from Leapfrog Hospital Safety Grade, a national, independent, nonprofit organization committed to driving quality, safety and transparency in the U.S. healthcare system.

Genesis was graded on 28 hospital safety measures that focus exclusively on how hospitals work to keep their patients safe. This safety grade represents how well the hospital protects patients from errors, injuries and infections. You can find more information about The Leapfrog Group© at hopsitalsafetygrade.org.

Advancements in Heart Care at Genesis

Genesis has brought the most up-to-date heart valve technology to the residents of southeastern Ohio. This is the first time transcatheter aortic valve replacement (TAVR) has been available in the region. TAVR is a minimally invasive way to repair or replace a heart valve; the procedure uses advanced imaging, tiny catheters and no incision to replace diseased valves instead of open-heart surgery.

Genetic’s interventional cardiologist, Mohamed Ahmed, M.D., and cardiothoracic surgeon, Atiq Rehman, M.D., perform the TAVR procedure together. Dr. Rehman has performed more than 400 TAVR procedures. He is a proctor for the procedure, teaching cardiac surgeons and cardiologists how to perform this procedure.

Dr. Ahmed is fellowship trained and has performed more than 300 structural heart procedures. Because the procedure is minimally invasive, patients usually have less pain and quicker recovery times and typically only require an overnight stay.

Robotic-assisted Heart Procedures

Dr. Rehman also performs robotic-assisted coronary artery bypass grafting (CABG) procedures. This is an effective way to improve blood flow to the heart that traditionally required open heart surgery with a large incision to the chest. The robotic CABG uses smaller cuts that expose only the sections of the arteries that require grafts instead of exposing the entire heart. Dr. Rehman has performed more than 300 robotic-assisted, minimally invasive CABG procedures.

Another Genetic First

In spring 2019, Dr. Ahmed completed the first Patent Foramen Ovale (PFO) at Genetic. The procedure closes an opening between heart chambers. Dr. Ahmed performs the procedure without opening the chest by using a small catheter inserted into a blood vessel. Genesis is the only hospital in the region performing these minimally invasive procedures for cardiac care.
WE’RE HERE FOR YOU
Find Out Where to Get Care
Better Begins Here at Genesis HealthCare System. We are committed to providing compassionate, quality healthcare through a wide range of services. Your health and safety are our priority, and we’re here for you.

Labor & Delivery, Mother & Baby
We love babies, and last year we delivered 1,523 of them. High-risk moms and premature newborns receive advanced medical care with our Level I obstetric/neonatal program. We meet the Ohio Department of Health’s high standards for providing quality care for babies born at or after 32 weeks gestation. Neonatal care nurses for premature babies born 24/7 in our Intermediate Care Nursery, and our specially trained physicians remain abreast of the latest in premature infant care.

Genesis cares for the unanticipated complications of labor and delivery, emergencies and certain surgical cases. The Genesis obstetrical staff provide outpatient care for testing and complications related to pregnancy as well as for signs of false or true labor.

Genesis works with several community agencies as part of a statewide collaborative to improve maternal and neonatal outcomes for both the mother and baby. The Genesis obstetrical staff cooperate with testing and complications related to pregnancy as well as for signs of false or true labor.

Genesis Perry County Medical Center
The Genesis Perry County Medical Center (GPCMC) Emergency Department (ED) has been a life saver since opening Aug. 20, 2018. The rural location provides life-saving interventions to all residents of Perry County. In the time GPCMC has been open, there have been improved outcomes for hundreds of heart attack, stroke and trauma patients.

Open 24 hours a day, every day of the week, the GPCMC ED has a board-certified emergency physician, supported by a highly qualified team to provide emergency care. In addition to the fully equipped emergency department, patients can go to the GPCMC for specialized medical and outpatient services like ultrasound, physical and occupational therapy, outpatient MRI, radiology and laboratory services. There are also specialists in cardiology, women’s health, ear, nose and throat, and gastroenterology.

The department is also part of a statewide effort to reduce smoking during pregnancy.

The OB staff offers classes on childbirth, basic baby care, becoming a big brother or sister, and more. For more information on classes available, call (740) 450-6262.

Protecting Our Patients, Visitors and Staff
The Genesis Public Safety Department provides patients, patrons, staff and visitors on our properties a safe and secure environment.

Emergency management and decontamination responses are assessed to ensure federal guideline requirements are followed. Emergency management and decontamination responses are assessed to ensure federal guideline requirements are followed. Genesis works with community partners to plan a joint approach to any emergency.

Mobile Intensive Care Unit
Genesis Community Ambulance Service (CAS) has a custom-built Mobile Intensive Care Unit (MICU) vehicle to provide the highest level of critical care transport to our patients locally and from surrounding referring facilities. Unlike other intensive care transports with staff housed at a base, the Genesis MICU nurses also care for patients of all ages in the Emergency Department (ED).

The Genesis MICU has 10 RNs with four always on call. When they are not on a transport, the MICU RNs are stationed in the Genesis ED. There are several paramedics and EMTs from CAS who also staff the truck to form the MICU team.

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Marcus Ramsey is a career law enforcement officer who risks his own life to help others every day. That is, until he learned his life was to be in someone else’s hands for a while.

Marcus felt tired and lethargic, which was unusual because the 45-year-old was normally physically active. He also noticed disturbing changes in his gastrointestinal habits. After weeks of dealing with the symptoms, Marcus made an appointment with his family doctor, and a colonoscopy was scheduled immediately. The colonoscopy revealed stage 3 sigmoid colon cancer.

Although Marcus’ life suddenly changed, the first responder maintained his bravery. “I thought from the beginning, ‘We’ll get through this,’” said the Roseville resident.

A Life-saving Decision

The expert team of surgeons and cancer specialists at Genesis were with Marcus to help him through the diagnosis and treatment. First, Marcus had surgery performed by Thomas Diehl, M.D., a general surgeon at the Genesis Center of Surgical Excellence, to remove part of the colon and lymph nodes.

Dr. Diehl applauded Marcus’ decision to make an appointment with the family doctor and follow up with a colonoscopy. “While a colonoscopy is recommended beginning at age 50, if you see a change in bowel habits, get the colonoscopy even if you’re younger than 50,” said Dr. Diehl. Discovering the cancer under age 50 worked in Marcus’ favor. “Someone in their 40s will recover faster, particularly with a positive attitude,” Dr. Diehl said.

Mental Energy

Marcus underwent about six months of chemotherapy at the Genesis Cancer Care Center and kept his spirits up throughout the treatments. “He tolerated his treatment well and is a very optimistic guy,” said Phu Tran, M.D., hematologist and oncologist, Genesis Cancer Services. “I believe his positive personality and his family support helped him significantly,” Dr. Tran said.

Professional Compassion

“A cancer diagnosis is a life-changing experience for most patients. We have a strong team committed to our patients, and we support them every step of the way through the cancer treatment,” Dr. Tran said. Marcus appreciated the support throughout his cancer treatment. The Genesis staff made his hospital stay and treatments a positive experience. “I had excellent care throughout,” said Marcus. “My wife stayed with me, and as a caregiver, she was treated well, too. The medical staff here is absolutely fantastic.”

Marcus appreciated the team’s constant compassion. “The staff always let me know what was going to happen next and was beside me every step of the way,” Marcus said. “I’ve had really great care, which made my job of healing much easier.”

Marcus was grateful for the high-quality care close to home. “While I was having treatments, all the responsibility for continuing life at home was put on the family,” he said. “My wife and children didn’t get to check out when I got cancer.”

Where the Heart Is

In law enforcement, Marcus faces adrenaline-charged circumstances every day. He now views the fast-paced life a little differently. “Every day is a gift. My perspective on life has changed considerably. I tend to focus on my family a lot more,” he said. Marcus also thinks about how important it is to slow down and enjoy one’s surroundings, particularly from the road. An avid Harley-Davidson® motorcyclist, he was thrilled to return to his favorite hobby.

Marcus is now cancer-free. “Of course, I’m not avoiding doctor’s visits anymore,” Marcus admitted. He will continue to return to the Genesis Cancer Care Center every several months for check-ups.

Today, thanks to the Genesis Cancer Care team’s support, Marcus is back on the beat, protecting and serving the rest of us.

“A cancer diagnosis is a life-changing experience for most patients. We have a strong team committed to our patients, and we support them every step of the way through the cancer treatment.”

— Phu Tran, M.D.

Phu Tran, M.D.
Hematologist and Oncologist
Genesis Perry County Medical Center Emergency Department
One-Year Anniversary Celebrations is Aug. 17
Join us on Saturday, Aug. 17, to celebrate the one-year anniversary of the Genesis Perry County Medical Center Emergency Department at 301 Dr. Mike Clouse Drive in Somerset. The celebration is from noon to 4 p.m., and Genesis invites you to join members of the community for an afternoon of fun, food and friends.

Our full-service ED is always open and provides compassionate, quality emergency healthcare to the residents of Perry County and surrounding areas. Open every day, our ED features fellowship-trained doctors, specialty staff, eight examination and treatment rooms, a trauma and major medical bay and a trauma area. The ED can treat all emergency situations, including heart attack, stroke, complex medical conditions and serious injuries. You can find more information and event details at genesishcs.org.

The Genesis Emergency and Trauma Fellowship program is dedicated to developing and promoting supportive work environments for professionals by Computerworld, ranking of the top 100 work environments for technology benefits, career development, training and retention.

John Zimmerman, M.D., Receives Patriot Award
Major John Price, physician assistant, Genesis Emergency & Trauma Services, recently presented John Zimmerman, M.D., medical director, FirstCare, with the patriot award. The patriot award recognizes a supervisor for supporting service members while serving in the armed forces.

The support can include flexible schedules, time off before and after deployment, caring for families and granting leaves of absence if needed. I have the support of Dr. Zimmerman and Genesis to adjust my work schedule for training and military commitments, and that means a lot to me,” Price said. He works in the Genesis Emergency Department in Zanesville, the Genesis Perry County Medical Center Emergency Department in Somerset and at Genesis FirstCare.

“This award is very humbling to me,” Dr. Zimmerman said. “It’s an honor to be able to support the men and women who make great sacrifices to make America the great place it is.”

The patriot award is presented by the Employer Support of the Guard and Reserve (ESGR), a Department of Defense program that develops and promotes supportive work environments for service members.

Genesis HealthCare System Receives Awards
Named Winners in National Marketing Competition
Genesis HealthCare System is the recipient of two awards in the 36th Annual Healthcare Advertising Awards competition by Healthcare Marketing Report. Genesis received a gold award for a Veterans Day social media video and a merit award for the 2018 Community Benefit Report.

A national panel of industry specialists reviewed over 4,000 entries in the oldest and largest healthcare advertising awards competition. To view the video, search online Veterans Day; Thank You From Genesis HealthCare System. The Community Benefit Report can be found at genesishcs.org.

Genesis Hospice Receives Donation from Follies Family
Genesis Hospice Care received its sixth $25,000 donation from the Follies Family variety show. The show at Secrest Auditorium in Zanesville raises money for community members needing financial assistance for hospice care and to provide medications and supplies for those being cared for at home by Genesis Hospice.

The Follies Family cast is made up of volunteers who have been inspired by Genesis Hospice. For more information, go to folliesfamily.com.

Wellness Team Earnings Gold
Genesis HealthCare System has been recognized with a gold award by the Healthy Business Council of Ohio for its commitment to the health and well-being of its employees. This is the first year Genesis received the gold award. The Wellness team offers employee programs that encourage physical activity, weight loss, better nutrition and preventing and stopping tobacco use.

Wellness in the workplace is beneficial to all Genesis employees and to the surrounding community because of its impact on health and wellness. Since 2015, Genesis employees have participated in the popular Weight is Over program that includes weekly on-site weigh-ins, weight loss charts and tips on exercise, nutrition and adopting healthy behaviors. Collectively Genesis HealthCare System participating employees have lost over 8,000 pounds.

Genesis Family Practice Helps in Town Cleanup
Genesis co-sponsored “Somerset Downtown Cleanup” with Altercare of Somerset. Dr. Frank and staff from the Genesis Junction City Family Practice office in central Perry County provided trash bags, trash grabbers and gloves, as well as manpower for the spring cleanup day.

Thai Trinh, M.D., Selected as Journal Researcher
The American Journal of Sports Medicine (AJSM), the official publication of the American Orthopedic Society for Sports Medicine, has selected Thai Trinh, M.D., orthopedic surgeon with Genesis Orthopedic Sports Medicine, as a researcher and reviewer of scientific papers for publication.

The AJSM is held in high regard among orthopedic surgeons and is consistently rated one of the best journals in orthopedics.
LiveWell

LiveWell is a quarterly publication of Genesis HealthCare System for members of our community.

If you would like to be added to or removed from the LiveWell mailing list, contact:
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You can also find LiveWell on the Genesis website at genesishcs.org.

Stay up to date on what’s happening at Genesis between editions of LiveWell. Sign up for our quarterly email highlighting events, physicians, new programs or technology at genesishcs.org/email.

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Kelley Daspit, APR
Director, Marketing & Public Relations
Editor/Writer
Susan Davis
Writers
Suzanne Kridelbaugh
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Scott Rawdon
Nancy Ring
Design/Photography
Dustin Lyons
Kasey MacLaine
Todd Yarrington – Yarrington Studios

Better Begins Here
genesishcs.org

EVENTS 2019
SAVE THE DATE

The Other Big Cs – Cancer Awareness
Thursday, Oct. 24
5:30 p.m.
OUZ/Zane State
College Campus Center

I Woke Up Like This:
Weight Management Over Age 50
Thursday, Nov. 14
4 p.m.
OUZ/Zane State
College Campus Center

Registration for these events opens one month in advance.