A DECADE OF ADVANCEMENTS

Celebrating Caring for You

This edition of LiveWell highlights the 10th anniversary of the magazine as well as the advancements in care we have provided to you over the past 10 years. Genesis has grown, changed and improved dramatically over the past decade, and all the while our commitment to caring for you remains steadfast. I’d like to share with you some of the revolutionary advancements we’ve made at Genesis that have enabled us to serve you better.

LiveWell magazine started in 2009 to help you learn more about how to get quality healthcare right here in your own community. Our goal is to help you learn ways to stay healthy, get well and be in control of your health.

Taking Charge of Your Own Health

One of the major developments over the past 10 years that enables you to have your health information at your own fingertips is the electronic medical record (EMR). Through EMR, patients are encouraged to check test results, message their physician or advance practice provider and use reminders for appointments and health screenings.

Another way to be in control of your health is to be conscious of your diet. Inside this edition, you’ll read about Jay Hunt, who took charge of his life and made a commitment to lose weight. You can read how he lost the extra pounds, the positive improvements in his health this created, and learn weight-loss tips from M. Tufail Ijaz, M.D., endocrinologist, Genesis Endocrinology.

In the past decade we’ve brought the brightest and the best physicians to care for you.

Mario Matos-Cruz, M.D.

His father’s passion inspired Mario Matos-Cruz, M.D., to spare other families the pain of losing a loved one prematurely. “I want to help other people keep their fathers as long as possible,” Dr. Matos-Cruz said. His father died from a cranial bleed. “We need to stop bleeding and strokes,” he said. He devotes much of his work to anticoagulant heart disease, coronary artery disease, aortic aneurysms, carotid artery disease and lung cancer.

Dr. Matos-Cruz joined the Genesis Heart & Vascular Group in July. In his addition to the cardiology team enhances Genesis HealthCare System’s ability to accommodate more thoracic surgeries. “We have a great team, and we’re here to serve the community,” Dr. Matos-Cruz said.

Dr. Matos-Cruz completed his doctorate of medicine degree at the University of Puerto Rico School of Medicine in San Juan, Puerto Rico, followed by a general surgery residency at the same institution. He then completed a cardiothoracic surgery residency at Carolina’s Heart Institute in Charlotte, North Carolina. He did additional fellowships in cardiothoracic surgery at Emory University in Atlanta, Georgia, and at Hahnemann University in Philadelphia, Pennsylvania.

Dr. Matos-Cruz is an avid researcher whose findings will benefit the people in Southeastern Ohio – including those with undiagnosed “Southeastern Ohio has a high incidence of lung cancer due to the common practice of cigarette smoking or tobacco use,” he said. Low dose CT scans have improved early detection of lung cancer. If discovered in stage 1, the 5-year survival rate is about 70%. Depending on the location of the cancer, most stage 1 lung cancer patients lack symptoms. “Integrating early thoracic surgery intervention to the cancer detection program at Genesis will optimize timely delivery of surgical diagnosis and the treatment of patients discovered with lung lesions,” he said.

Dr. Matos-Cruz spends his free time traveling and dining with his wife and two daughters. “We have a dedicated staff and the latest and greatest in technology available,” he said. A win-win for everyone, he noted.

Dr. Matos-Cruz practices at the Genesis Heart & Vascular Institute, 955 Bethesda Drive, Physician Pavilion, First Floor, Zanesville. His phone number is (740) 454-0804.

Dr. B. Rehman

Bob Martin, who was so interested in the minimally invasive heart procedure that he is recommending it to his friends. Find out how transcatheter aortic valve replacement (TAVR) is making a difference in the lives of our community members.

Dr. Atiq Rehman, M.D., chief of cardiothoracic surgery, Genesis Heart & Vascular Institute, joined Genesis this summer. Dr. Rehman and Mohamed Ahmed, M.D., interventional cardiologist, are experts in TAVR, a minimally invasive procedure to replace heart valves. Inside you’ll read about Bob Martin, who was so impressed with the procedure and improvement in his energy level that he recommended TAVR to his friends.

Expert Physicians are Here

Another new physician, Yuas Harasaki, M.D., neurosurgeon, Genesis Neurosurgery Group, brings expert neurological care to our region. Inside this edition, you can read about Mary Hoover’s recovery following surgery to remove a nonmalignant brain mass.

For Deanna Martin, the expert physicians and the entire Genesis cancer team felt like family when she was diagnosed with stage 2 breast cancer. You’ll notice Deanna’s photo on the cover of this edition of LiveWell, and inside you’ll see her story of the amazing Wrap Around Care the cancer team provides.

We’ve been successful in bringing expert physicians to Genesis who, together with the rest of our team, are providing you the highest quality of care. In the center part of this edition, you’ll see the advancements in caring for our patients year by year, and you can also see community members sharing developments in patient care at Genesis.

We thank you for choosing Genesis, and we look forward to providing the best care for years to come. Better Begins Here.

Matthew J. Perry
President & CEO

Trenton Bohigian, M.D.

Trenton Bohigian, M.D., Family Sports Medicine/Physical Medicine & Rehabilitation

Trenton Bohigian, M.D., has joined Genesis Orthopedic Sports Medicine, specializing in orthopedic sports medicine, and physical medicine and rehabilitation. Dr. Bohigian completed his doctor of medicine degree at St. George’s University School of Medicine in Grenada, West Indies. He then accepted a physical medicine and rehabilitation (PM&R) residency at the University of Louisville in Louisville, Kentucky. After completing his PM&R residency, Dr. Bohigian continued his education with a sports medicine fellowship at Presence Phoenix Medical Center in Chicago, Illinois, which he completed in July 2019. Dr. Bohigian is located at the Genesis Orthopedic Sports Medicine office, 955 Bethesda Drive, Building 5, Suite 1, Zanesville. He is accepting new patients; call (740) 586-6828 to make an appointment.

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Ahmad Farhoud, M.D.

Ahmad Farhoud, M.D., completed his doctorate of medicine degree at the University of Tennessee College of Medicine in Memphis, Tennessee, and then went on to complete an internal medicine residency at the Santa Clara Valley Medical Center in San Jose, California. Following this, Dr. Farhoud completed a fellowship in cardiology at the University of Miami School of Medicine in Miami, Florida. Dr. Farhoud is located at Genesis Orthopedic Sports Medicine, 955 Bethesda Drive, Suite 101, Zanesville, and the phone number is (740) 454-0804.

Brandon Hill, M.D.

Brandon Hill, M.D., has joined the Genesis Heart & Vascular Group, specializing in family medicine. Dr. Hill completed his doctorate of medicine degree at Wayne State University School of Medicine in Detroit, Michigan. He then went on to complete a family medicine residency and cardiovascular medicine fellowship at Marshall University in Huntington, West Virginia. He went on to complete his interventional fellowship at Allegheny General Hospital in Pittsburgh, Pennsylvania.

Dr. Gabi is located at the Genesis Heart & Vascular Institute, 955 Bethesda Drive, Physician Pavilion, First Floor, Zanesville, and the phone number is (740) 454-0804.

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When Deanna Martin, 77, and her relatives gather for a family reunion, it’s a big group. A reunion several years ago hosted 500 people. During the celebration, Deanna found herself embraced in hugs and conversations about cancer. Ovarian, esophageal, lung and breast cancer seem to run in the family.

Deanna’s daughter learned she had breast cancer at the age of 40. Her brother also fought breast cancer, and her mother had a grapefruit-sized tumor on her ovary. As a result, Deanna’s loving family encouraged her to get annual mammogram screenings.

“I went in for a mammogram regularly because my daughter kept fussing and several mammograms didn’t have any indications of cancer. And then something showed up,” Deanna remembered. “It first appeared as a small lump. After a biopsy, I was diagnosed with stage 2 breast cancer.”

Due to her family history, Deanna underwent genetic testing following her diagnosis to determine if she carries a genetic mutation that significantly increase the risk of cancer. Deanna’s test results came back with a surprising conclusion.

“I was actually shocked,” said Shannon Hanley, M.D., breast surgeon, Genesis Breast Care Center. “Given Deanna’s family history, I anticipated a positive result for a genetic mutation, but her results came back as, ‘variant of unknown significance.’ Variant of unknown significance means that the sequence of the gene is not normal but is not a pathogenic mutation either. About 85% of these variants are benign.”

With her family history and genetic results in mind, Dr. Hanley and a team of expert cancer physicians met together at the Genesis Breast Care Center to discuss the best treatment options.

“Not all breast cancers are created equal, so all plans are different,” Dr. Hanley said. “We treat every single patient as an individual. No one is a cookie cutter – not in their personalities or their disease. That’s why the radiation oncologist, medical oncologist and I meet to look at patients’ imaging and test results. Then, considering their health, age and family history, we come up with a personalized plan for each patient.”

Deanna’s threefold treatment plan all took place close to home, at Genesis, thus saving her valued time and much-needed energy. Deanna’s personalized treatment plan goal was to destroy cancer cells as much as possible before surgery; Deanna started her treatment with several rounds of chemotherapy. Next, Dr. Hanley performed a lumpectomy to remove the cancerous lump and 19 lymph nodes. Following surgery, Deanna underwent 35 radiation treatments – five days a week for seven weeks.

“It was rough for Deanna. The chemotherapy knocked her down a bit, but every time we saw her, she had a positive attitude and a smile on her face,” Dr. Hanley said.

Having a close-at-hand team of experts dedicated to providing collaborative, personalized and compassionate care brought Deanna comfort and encouragement during the difficult days of treatment.

“We are Family

“No Need to Travel

Deanna Martin is able to enjoy visiting the beautiful sites around Zanesville after receiving compassionate care at Genesis.

Hear more about Deanna’s WrapAround Care at the Genesis Cancer Care Center as she shares her story on video at genesishcs.org.

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“You could not ask for anyone better,” Deanna raved. “My radiation oncologist, Shalini Gupta, M.D., Genesis Care Center, was great. My oncologist, Phu Tran, M.D., hematologist/oncologist, Genesis Cancer Care Center, made me feel like I was a relative of his. He was always so concerned and compassionate. And I felt like I knew Dr. Hanley all my life.”

From Dr. Hanley’s perspective, it’s the high-quality care made available on a local level, in combination with compassionate and family-like atmosphere that makes the Genesis Breast Care Center exceptional. “I like that we have the same state-of-the-art equipment and all of the treatment locally that you could get at any larger facility, but we offer it in a more intimate and personal setting,” Dr. Hanley said.

Deanna’s treatment wasn’t easy, but she said the Genesis team and her faith, family and friends pulled her through. “The Lord and the people around me helped me through the treatments,” Deanna said. “It was overwhelming to be on the receiving end of that love. I give the highest praise to the doctors and nurses – and even the valet who parked the car at the hospital – and everyone I had contact with through my journey.”

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Mary Hoover, a native resident of Zanesville, was at a doctor’s appointment and reported that she couldn’t move her left hand and left leg. Then, when asked to write her name, all she could manage was a scribble.

“I just couldn’t get my leg or arm to cooperate. I couldn’t hold on to anything. I wasn’t sure what was going on, but I knew something wasn’t right,” Mary remembered. “The doctor sent me straight to the Genesis Emergency Department.”

Tumor Found
Assessing if Mary was having a stroke, the Emergency Department team immediately ordered imaging of the brain. Surprisingly, the scans revealed that Mary wasn’t experiencing a stroke – instead she had a large tumor pressing on her brain.

“The imaging showed a large mass compressing the brain on the right side, thus impacting the left side of the body,” explained Yasu Harasaki, M.D., neurosurgeon, Genesis Neurosurgery Group. “It measured about 2 inches in diameter – and though 2 inches doesn’t sound that big, when it’s pressing on your brain, that’s actually a very large mass.”

The diagnosis rightfully stunned Mary, but she quickly found consolation in her neurosurgeon.

“When you hear, ‘brain tumor,’ you think, ‘I’m going to die,’ but I didn’t think that because Dr. Harasaki explained things so well from start to finish,” Mary said. “He kept me calm.”

Dr. Harasaki’s calming presence comes from specialized experience and training in neurosurgery. Dr. Harasaki joined Genesis in May 2019. His training includes an internship and residency at the University of Colorado Health Sciences Center. He combines his intensive training in neuro and spine surgeries with the innovative equipment at Genesis to provide expert care right in Zanesville.

Dr. Harasaki could tell from Mary’s initial imaging that the tumor was likely a meningioma, an extremely slow-growing tumor that develops on the delicate membrane covering the brain. Thankfully, 90% of meningiomas are not cancerous.

To remove Mary’s benign and enlarged tumor, Dr. Harasaki used cutting-edge technology, including a stereotactic navigation system (it’s like a GPS for the brain) and the new ORBEYE 4K-3D microscope at Genesis during the intricate surgery. Genesis is the first healthcare system in Ohio to have this emerging technology.

With the finest available tools and a highly trained team of specialists, Mary’s brain tumor removal surgery was completed with precision and accuracy. In addition to detaching the tumor from the membrane, Dr. Harasaki removed the section of membrane the tumor grew on, as well as the diseased membrane growing around the tumor. Then, he patched the membrane using a sheet of material made of collagen.

“When I woke from surgery, I had 39 staples from ear to ear, and my head was wrapped in towels. I looked like a mummy,” Mary said. “Dr. Harasaki came to check on me all the time. He had me concentrate and see if I could move my leg – and I did. I could not believe I could finally move that leg. Then I got my pencil and colored in an adult coloring book – which is great because before the surgery I couldn’t even find the lines.”

Mary spent several days being closely observed and recovering in Genesis Hospital before returning home. With brain surgery to recuperate from, she wisely takes it one day at a time, and she delights in small, yet steady, progress. For example, she recently took her longest walk yet with Bandit, her beloved dachshund; she also resumed crocheting and baking.

“Mary has done very well in recovery,” Dr. Harasaki reported. “Her weakness in the left side is gone, the wound has healed nicely, and she’s gone back to living her life.”

Best Physician Ever
For Mary, returning to her home and life is a sacred gift. “I feel like I’ve been given a second chance. I thank God every day,” Mary said. “God put the right doctor in the right place at the right time. I love Dr. Harasaki because he saved my life. Plus, he has excellent doctor-to-patient camaraderie.”

For Dr. Harasaki, treating patients like Mary is an honored gift.

“Zanesville is such a hard-working community. To be a resource and to be able to help take care of the people is a privilege,” Dr. Harasaki said.

In addition to cranial surgeries, Dr. Harasaki specializes in complex spinal problems. He treats degenerative issues, as well as spine trauma and spine deformities. For more information about neuro services at Genesis, visit genesishcs.org.
LiveWell, highly trained physicians along with the most up-to-date technology to you. To honor the 10th anniversary of LiveWell, here’s a look at a few of the ways our care has evolved in the past decade. Our use of technology and advanced procedures in care is always evolving.

2009
Da Vinci® came to Genesis, a robotic system that enables physicians to perform complex surgical procedures through very small incisions.

2010
An electronic medical records system, MyChart, was installed enabling clinicians and nurses to have patient information at their fingertips.

2011
Genesis became a verified Level III trauma center.

2012
Palliative medicine is added to our list of specialized medical care for patients with the symptoms and stress of serious illness and complex medical issues.

2013
Genesis began using a hyperbaric oxygen therapy chamber to help wounds heal faster.

2014
Behavioral Health Services opens a center for in- and outpatient care; Pediatric Rehab opens.

2015
Doors open to the new, modern Genesis Hospital with all our services in one location.

2016
First in the region to implant a dissolvable heart stent; mastectomy and reconstructive surgery in same surgery becomes option.

2017
ON-Q pain pump, a non-narcotic pain medicine is used; added 3D mammography to enable breast tissue to be examined layer by layer.

2018
The Genesis Perry County Medical Center (GPCMC) opened in Somerset, providing a full-service, always open Emergency Department.

2019
First in Ohio to acquire COREYE, a 4K 3D video microscope; Heart & Vascular Institute established.

Scientific advancements have revolutionized the services we offer, paving the way for state-of-the-art heart care, orthopedic procedures and physician-operated surgical robotic systems. These technologies and procedures we use every day were only dreams 30, 20, or even 10 years ago.

3D imaging, robotics and laser treatments might sound like sci-fi technologies; however, these technical platforms increase patient safety. An example is interfacing smart IV pumps with electronic medical records. By scanning barcodes on a patient’s wristband and the pump, the technology can ensure the dose is within prescribed limits for the medication.

“With all the advancements in technology available, what really separates Genesis from other providers is not just the fact we are close to home, taking care of our own community members, but the warm touch we provide. We know and care about our patients. To us, it’s personal.”
— Shon Bender, R.N., BSN, MBA
Chief Nursing Officer
Genesis HealthCare System

“An R.N., now retired, I’ve seen a lot of changes. It’s so helpful to patients to be able to have all their healthcare on one campus in Zanesville. The new technology in heart procedures, trauma care and surgical laparoscopic procedures allow for quicker recovery.”
— Carol Kohler
Volunteer, Genesis Volunteer Services

“Genesis has made a tremendous investment in physician recruitment and has increased the number of providers in office-based family and internal medicine care, as well as in every specialty. We’ve also increased the number of allied health staff such as nurse practitioners and physician assistants to expand access and enhance the care team.”
— John Zimmerman, M.D.
Medical Director, Genesis FirstCare

Another example of medical advancement is the many minimally invasive procedures performed at Genesis. And, to make it easier for you to store and retrieve your medical history and communicate with multiple physicians, you have digital access to your medical records containing information about past appointments and tests, as well as upcoming tests and visits through MyChart.

Progress in patient care is more than technology. We asked community members and employees to share their thoughts on advancements in patient care in the past decade.

As nurses, we always put the patient first in all that we do. With the implementation of Epic and the integration of MyChart, patients are becoming more involved in their care. We are empowering patients to be owners of their care and educate them that it is acceptable and encouraged to ask questions.”
— Mari Varhola, R.N.
Manager, Genesis Lung Center

“As an R.N., now retired, I’ve seen a lot of changes. It’s so helpful to patients to be able to have all their healthcare on one campus in Zanesville. The new technology in heart procedures, trauma care and surgical laparoscopic procedures allow for quicker recovery.”
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“I view Genesis from a number of perspectives and roles, and in every view, I have seen amazing growth not only in our patient care, but in every aspect of the organization. After years of planning and hard work, we are seeing facilities, professional teamwork and outstanding systems produce consistent, compassionate, excellent care for our patients and the communities we serve.”
— Sister Laura Wolf
Genesis HealthCare System Board of Trustees

Our mission is to provide compassionate, quality healthcare. We understand you want to get care close to home, so we bring highly trained physicians along with the most up-to-date technology to you. To honor the 10th anniversary of LiveWell, here’s a look at a few of the ways our care has evolved in the past decade. Our use of technology and advanced procedures in care is always evolving.

OVER THE PAST DECADE

GENESIS’ EVOLUTION

COMPASSION • TRUST • INNOVATION • EXCELLENCE

OUR VALUES

Our values are the foundation for our culture and way of working. They help guide our day-to-day behaviors and decisions as we engage with our patients, employees and our community.

COMPASSION

We show compassion through every interaction with our patients, families, and communities. We build relationships based on trust and understanding.

TRUST

Our patients, families and communities can trust that we always strive to do what is right. We are accountable in all we do.

INNOVATION

We are innovative, discover new possibilities and apply them to the work we do.

EXCELLENCE

Our goal is to deliver the best outcomes possible, while providing excellent care in a safe environment.
REPLACING HEART VALVES WITHOUT OPEN SURGICAL APPROACH

Only Genesis Offers TAVR Procedure in Southeastern Ohio

Bob Martin, a longtime Zanesville resident, shared a golden piece of advice that he’s followed for nearly 90 years. Look in the mirror each morning and say: “Today is going to be a good day – and I’m going to enjoy it!”

Bob’s mantra helps him find joy in every day – whether he’s caring for his bride of 66 years, Bonnie, who is legally blind and enduring dementia, tending his garden beds, or squeezing in a round of golf. But even with a glass-half-full perspective, Bob could see that something was amiss when he became extremely short of breath and tired after everyday tasks.

“All my energy and breath would leave me several times a day, and I just had to sit and rest,” Bob remembered. “When I told my regular doctor, he ordered an echocardiogram. The test showed a problem – my heart valve wasn’t opening correctly.”

Problem Diagnosed

Bob was diagnosed with aortic stenosis, an extremely common and serious heart valve disease caused by narrowing or stiffening of the valve opening. Such narrowing, usually caused by calcium build up over time, eventually blocks or reduces blood flow from the left ventricle to the aorta. With extra work for the heart and decreased blood flow to the body, aortic stenosis can cause dizziness and fainting, chest pain, fatigue and heart palpitations. If left untreated, the heart muscle weakens, and serious heart problems can develop.

Bob received a referral to the Genesis Heart & Vascular Institute, where Mohamed Ahmed, M.D., interventional cardiologist, explained an innovative and highly effective treatment called transcatheter aortic valve replacement (TAVR).

“Thanks to TAVR, we now have a means to replace the aortic valve without the traditional open surgical approach – and Genesis is the only facility in Southeastern Ohio performing this minimally invasive procedure,” Dr. Ahmed said. “We go through the groin with a thin flexible catheter instead of cracking open the rib, the valve is positioned and then implanted inside the diseased aortic valve,” he said.

“Patients typically stay overnight in the hospital after TAVR, and most patients don’t need general anesthesia. If all risks and benefits are weighed and the patient is a candidate for TAVR, this procedure is likely the best option. TAVR is much less invasive – recovery is shorter which helps patients get back to enjoying the things they love in less time,” Dr. Ahmed said.

Genesis’ Structural Heart program was launched earlier in 2019 to perform minimally invasive heart procedures that had never been done in the region.

Expert Heart Care Here

“It’s a complete paradigm shift. Before our program, people had to drive all the way to Columbus or go without treatment. I had several patients tell me they’d rather live with their heart issues and die here than go out to Columbus,” Dr. Ahmed said. “Now that we’re performing the procedures, we’re seeing good outcomes, and I believe we’re impacting a lot of lives.”

After undergoing TAVR at Genesis, Bob whole-heartedly testifies that his life was impacted for the good.

“It’s as if I was 10 years younger and nothing had ever happened,” Bob said. “Within one hour of the procedure, I was feeling great and ready to go home. The people at Genesis – on a scale from 1 to 10 – I’d give them an 11. Rachel Rauch and Stephonie Bever, R.N.s, structural heart navigators, kept me fully informed about where we were at, what they were doing and why they were doing it.”

Genesis’ Structural Heart team consists of imaging specialists, nurses, surgical experts, an interventional cardiologist and cardiothoracic vascular surgeon – all striving to provide the highest quality of compassionate heart care.

“We are in the business of caring for patients for a reason,” said Atiq Rehman, M.D., chief of cardiothoracic surgery, Genesis Heart & Vascular Institute. “It’s so rewarding to see patients healthier and gratified.”

Like Dr. Ahmed, Dr. Rehman joined Genesis at the beginning of the Structural Heart program. He brings to Genesis significant expertise, because he has been intricately involved with the TAVR procedure and also trained and helped initiate TAVR programs nationwide.

Even with such remarkable experience, Dr. Ahmed says he’s the one impressed when it comes to Genesis and the people of Zanesville.

“This community is so cohesive and caring – it’s unique. You don’t get that a lot in today’s world,” Dr. Ahmed said. In addition to the fantastic community, Dr. Ahmed praised the quality of healthcare available at Genesis.

“We are providing cutting-edge technology at Genesis that is available at leading centers around the country,” Dr. Ahmed said. “Genesis has taken giant leaps forward and is in a different league now.”

Mohamed Ahmed, M.D.
Interventional Cardiologist, Genesis Heart & Vascular Institute

Atiq Rehman, M.D.
Chief of Cardiothoracic Surgery, Genesis Heart & Vascular Institute

You can hear more of Bob’s story on video by going to genesishcs.org.
**Medical Team Collaboration**

MyChart not only improves communication between doctor and patient, but also between healthcare providers. Patients can grant access to doctors or other care providers that they visit outside the Genesis HealthCare System. These providers then have access to the patient’s full medical record and can add notes about treatment that are immediately available to the patient’s doctors at Genesis.

So, if a patient is traveling out of the Genesis HealthCare System area, doctors in the location they visit, can access their full medical history and use the new functions in MyChart.

**A Brand-new Day**

What’s being accomplished in the move toward giving patients more control of their health is just the beginning for Genesis. Ed Romito, chief information officer, Genesis HealthCare System, explains that “we never stop looking for ways to make it easier for patients to engage in their own healthcare by having timely access to health information, education, and tools to help hold them accountable.”

Ask your doctor today when they plan to offer e-visits or online scheduling if they don’t already do so.

**Possible Future Features**

Genesis MyChart adds more convenience with these exciting features:

**Added Convenience**

- Use e-visits to receive care for certain illnesses without an office visit
- Complete most of the check-in process at home
- Connect Apple HealthKit® or Google Fit to automatically collect health data
- Check into your appointment
- Share your electronic medical records with doctors outside the Genesis HealthCare System

**Better Communication**

- Message your doctor for medical advice
- Schedule, confirm or reschedule appointments
- Add or modify your personal health information

**Enhanced Access**

- Request an earlier appointment
- Manage care for family members
- See your children’s growth chart and compare to their age group
- Access vaccination records
- View graphs of your health indicators over time
- Manage medication
- Update medication list (pending approval of provider)
- Request refills

**A Click Away**

Healthcare has come a long way sharing information with patients. Enhancing information and technology has long been a priority at Genesis. It fosters an exceptional patient care culture.

Genesis has been named Most Wired for technology multiple years – creating greater access to care. Back in the day, if you wanted to look at your medical records, you had to submit a manual request for your records and wait days to receive a copy. Now, with the use of electronic medical records, your information is just a click away.
Jay Hunt lost weight and now enjoys walking, without tiring easily. Jay and his wife Cheryl walk on the Ganshaw Fitness Trail at Genesis Hospital.

Jay Hunt was at his son's wedding in Colorado when he began having trouble breathing and could barely put one foot in front of the other. The trip to the mountains and photos from the celebration in June 2018, caused him to make changes in his lifestyle.

"I felt terrible and was going downhill quickly. My A1C blood sugar level was 11, and I was taking about eight medications a day along with two insulin injections. I knew I had to do something to change or I wasn’t going to make it," said the 59-year-old.

Deciding to Change
Jay’s wife Cheryl also recalled the transformative trip vividly. “When we got home, he decided to take his life back,” Cheryl said. Jay had previously taken the Diabetes Self-Management Education at Genesis when he was first diagnosed with diabetes. He decided to put into practice what he had learned about improving his diet through the education.

The education program taught Jay about portion control, counting carbohydrates and shopping for groceries. “I read labels and look at the carbohydrates and calories and think to myself, ‘Is this food really worth it?’ I don’t want to go back to feeling terrible all the time. My muscles hurt, and I was losing function.”

Jay learned to eat a healthier diet. “I cut pop, potatoes, breads, sugars and pasta from my diet and stuck with low carbohydrate and high protein foods.”

In This Together
Cheryl enrolled in the education program to support her husband. As a result, she lost more than 20 pounds. Cheryl, a food service associate at Genesis Food & Nutrition, also learned a lot of practical ideas through the education. The main take-home message Cheryl garnered was portion control. “If the menu suggested ¼ cup of broccoli, spinach or cauliflower.

How Much Are You Eating?
Along with being more cognizant about the foods you’re consuming, also look at how much you’re eating. Controlling portions can help you get your weight under control. Portion size and a healthier diet can have a major impact on weight loss.

Jay’s advice to others facing similar health challenges is to set goals and make healthier choices a priority. “My goal was to get off the medications I was taking. Now I have more energy and have never felt better in my life,” Jay shared.

How Much Are You Exercising?
Whether you’re learning to manage diabetes or to eat healthier, Dr. Ijaz offers his top tips. Pay attention to what you’re eating. Lower the amount of carbohydrates and eat more non-starchy vegetables like broccoli, spinach or cauliflower.

Free Programs
Genesis Diabetes & Nutrition Education offers programs and cooking classes in the six-county region. To find a diabetes program near you, call Genesis Diabetes & Nutrition Education at (740) 454-4568 or go to genesishcs.org.

I Woke Up Like This: Weight Management Over Age 50
Join us to learn how you can cook to stay healthy from Chef Clay Simmons. This event is Thursday, Nov. 14, 5:30 to 8:30 p.m. at OUZ/Zane State College Campus in Zanesville. M. Tufail Ijaz, M.D., endocrinologist, will talk about weight management facts everyone should know and the dangers of hidden sugars.

RSVP is required for this free program at genesishcs.org > Classes & Events, or by calling (740) 454-4002 or 800-322-4762, ext. 4002.

To learn more about Genesis Spirit of Women, please visit us at genesishcs.org/about-us/spirit-of-women.
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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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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Tree of Love

Come join us for the Tree of Love ceremony. It’s free and open to everyone. There’ll be holiday music, entertainment and refreshments. Kick off your holiday season with this festive event. The Tree of Love is an annual fundraiser by Genesis Volunteers. Find out how to make a donation for a tree, bulb or poinsettia by going to genesishcs.org > Tree of Love.

Friday, Nov. 22
5:30 p.m. Music
6 p.m. Tree Lighting Ceremony
Genesis Hospital Main Entrance