I’m Living Pain-Free

Donelle Bookless, partial knee replacement patient
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Robotics-assisted Hysterectomy
Developing Genesis Trauma Program
Genesis Spine Center Opens
Partial Knee Replacement Surgery Offers High-impact Results

Teaching others about physical health came naturally to Donelle, but after many years, the high-impact moves added up. She suffered from chronic arthritis pain of the knee, which had her undergoing occasional scoping and draining procedures, as well as receiving Cortisone shots for pain.

“As time passed, my pain got worse and the Cortisone shots wore off in shorter amounts of time. Plus, the arthritis pain began interfering with life too much. I went on vacation but couldn’t walk with everyone else; it just wasn’t fun anymore,” Donelle said.

Surgeons at Orthopaedic Associates of Zanesville told Donelle that because her arthritis was isolated to the inner aspect of her knee, she was a good candidate for partial knee replacement surgery. The minimally invasive procedure came with major perks: a small incision, short hospital stay, less pain, quicker recovery and successful, long-term results.

“I was happy to learn that the implant for a partial knee replacement surgery lasts longer than a total knee replacement, the recovery is faster, and if I want to, I can even crawl around on my knees,” Donelle said.

During partial knee replacement surgery, surgeons exchange the worn-out, dysfunctional part of the joint for a smooth metal implant, preserving the remaining healthy knee areas.

Patients begin rehabilitation just days after surgery, and quickly resume an active lifestyle with normal knee motion and function.

“Patients don’t have to live with daily knee pain from arthritis that makes them dread everyday activities,” said Steven Kimberly, M.D., orthopedic surgeon at Orthopaedic Associates of Zanesville. “Many people I see think they’re too young or too old, or think recovery and surgery will be too hard. But if they’re suffering on a daily basis, then this hour-long operation and two-day hospital stay can return them to a normal life.”

The number one requirement for partial knee replacement surgery is that a patient’s arthritis stays confined to one area of the knee. Usually, one in three knee arthritis patients qualify for a partial replacement surgery, bypassing a total knee replacement.

“If just one of the parts of the knee is worn out, we can just replace that part and leave the normal parts alone,” explained Dr. Kimberly. “We offer a smaller operation to replace the isolated problem area, and we now offer it in Zanesville.”

Donelle is thankful that because of the orthopedic surgeons and Genesis, she can get back to leading an active, healthy lifestyle.

“We offer a smaller operation to replace the isolated problem area, and we now offer it in Zanesville.”

Steven Kimberly, M.D., Orthopedic Surgeon

Donelle Bookless, partial knee replacement patient

Learn more about orthopedic care at www.genesishcs.org, click on “Orthopedic Care.”
Her patient, lying on an operating table across the room, directly under the robot’s instrument-clad arms, is one of the first women to receive a robot-assisted, minimally invasive hysterectomy at Genesis.

“This new way of performing hysterectomies was approved just 6 months before I had my traditional hysterectomy,” Linda Swan, M.D., OB/GYN, said openly. “As a physician, I hadn’t even known about it, but if I had, when it was my turn, I would have raised my hand and jumped at the chance to have it done. This truly is the wave of the future.”

The robot-assisted surgery may seem like something out of The Jetsons, but the futuristic, cutting-edge technology is reality; and it comes with benefits that patients and physicians could only dream about in the past.

“When we use the da Vinci Surgical System®, I can tell a woman she will have only four small incisions on her abdomen versus a 6 to 8 inch incision,” said Dr. Swan. The patient requires little, if any, narcotics; can be back to work in two weeks instead of six; and only spends one night in the hospital, not three. Overall, it’s safer, there’s less pain and patients can get back to their life faster – you can’t beat that.”

Patient and Zanesville resident Susan Lasure agrees. When Susan learned she needed a hysterectomy and heard about the robot-assisted option, the benefits kept adding up.

“Dr. Swan explained how the surgery worked and said I’d be a good candidate for it. The shorter recovery time was the real selling point to me, because I just couldn’t imagine taking six weeks off work,” Susan said. “Plus, I wholeheartedly trust and respect Dr. Swan. She sat down and talked to me like a friend, sharing her personal experience with having a hysterectomy and then saying, ‘If this was my body, here’s what I would do.’”

Now, five months post-surgery, Susan feels extremely grateful that she could be one of the first three women to benefit from robot-assisted surgery at Genesis; and she shares the experience with her friends, touting the new ease associated with undergoing a hysterectomy the da Vinci way.

“Ironically, the surgeon behind the operating room’s console – the one staring at a 3-D screen and manipulating joystick-like controls and foot pedals to maneuver her robot assistant – wishes she had had the same opportunity as the one her patient has.

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“People who saw me just a week or so after the surgery were amazed that I was up and about and had nothing but a few little cuts on my stomach – I highly recommend it. It’s wonderful that in our town, we have the skilled doctors and state-of-the-art technology to provide this service for us,” Susan said.

Bijan J. Goodarzi, M.D., PrimeCare of SEO OB/GYN, is another surgeon who uses the da Vinci robot for hysterectomies. For more information about robotic surgery at Genesis, go to www.genesishealthcs.org.
William Chang, M.D.,
Joins Genesis as New Spine Center Opens

William Chang, M.D.,
Physical Medicine & Rehabilitation

When members of our community suffer from a serious, traumatic injury, they need immediate, quality health care – not a 50-mile ambulance or helicopter ride to a hospital. That’s why Stuart Chow, D.O., trauma surgeon and surgical intensivist, recently joined Genesis with the mission of leading a designated trauma program in Zanesville.

“We’re going to develop a trauma system here for our community and surrounding communities because Genesis has the capability to do it, and because it’s the right thing to do,” Dr. Chow said. “When traumatic injuries occur and a patient has to travel for care, there are a lot of factors that need to be taken into consideration; like loss of time for treatment, transportation expenses and added family concern to an already stressful situation. This community truly needs and deserves its own trauma system.”

Dr. Chow hopes Genesis can achieve provisional Level 3 trauma designation and begin serving trauma patients by the end of the summer. He plans to meet that goal by integrating and organizing Genesis’ expertise, resources and infrastructures during the next few months, making sure to closely follow American College of Surgey trauma guidelines and criteria. He’ll also lead training with mock events and will work with Genesis staff to reach out to the community with efforts designed to educate people on how to prevent traumas.

With more than 12 years of trauma experience and recently serving as an attending trauma surgeon, intensivist and general surgeon; medical director of surgical intensive care; and associate medical director of patient care services at Grant Medical Center in Columbus, Dr. Chow is prepared and enthusiastic about developing the Genesis trauma program.

“Zanesville is such an endearing community – the people are down to earth and very welcoming,” he said. “I look forward to serving them. I am thrilled to be a part of this opportunity to provide high-quality trauma care here.”

In addition to leading the development of the trauma program, Dr. Chow serves as its medical director. He will oversee the care of trauma patients throughout their hospitalization. He is board-certified in surgical critical care and general surgery and performs surgery on critically ill patients who might otherwise have to be transported to Columbus or elsewhere.

“Development of trauma system here for our community and surrounding communities is because Genesis has the capability to do it, and because it’s the right thing to do.”

Dr. Chow has seen a wide-variety of spinal disorders and symptoms; so he prides himself on completing thorough, comprehensive evaluations to correctly diagnose and treat spinal pain and disorders.

“I feel a little bit like a detective as well as a doctor,” said Dr. Chang. “I make sure I’m detail-oriented, I give time and attention to my patients, and I help solve the mystery by giving correct diagnoses along with a plan to get back to their normal quality of life.”

With more than 12 years of spine experience, Dr. Chang sees patients at the newly opened Genesis Spine Center, and follows patients’ functions so they can have their life back again. Plus, we point patients in the correct direction if they need specialty care.

“A problem of the spine might manifest itself outside the spine, so I focus on treating the entire disorder, and not just a specific spinal symptom.”

After a thorough examination and diagnostic work-up, Dr. Chang can treat patients or advise on treatment options in specialties he works closely with, like neurology, neurosurgery, pain management and other fields.

Dr. Chang and the highly qualified Genesis Spine Center team, which comprises of physical therapists and a specialized rehabilitation nurse, also prescribe and provide rehabilitation treatment, necessary medications, on-site physical therapy assessment and treatment plan development, ongoing monitoring of treatment effectiveness and follow-up evaluations. New patients are being accepted at the spine center with a physician’s referral.

Dr. Chang earned his Doctor of Medicine degree from the State University of New York Health Science Center at Brooklyn, New York, where he also completed his residency in participation with King’s County Hospital Center.

Learn more about Dr. Chang and the Genesis Spine Center at www.genesishcs.org.
Thomas E. Baker, M.D.
Emergency Medicine
Thomas E. Baker, M.D., is a board-certified emergency medicine physician. Dr. Baker earned his Doctor of Medicine degree from Wright State University School of Medicine in Dayton, Ohio. He completed his residency at Christ Hospital and Medical Center in Oak Lawn, Illinois.

David M. Barbara, M.D.
General Surgery
David M. Barbara, M.D., F.A.C.S., is a board-certified general surgeon. Dr. Barbara is a graduate of University of Kentucky College of Medicine in Lexington, Ky. He finished a one-year pediatric residents fellowship in surgical pathology at the University of Kentucky Medical Center, and completed his residency at Hennepin County Medical Center in Minneapolis, Minn. Dr. Barbara has received several awards and honors such as the Excellence in Teaching Award in 1998 by the Ivy Tech College, awarded by the surgery students. His office is located at 2916 Vangilder Dr., Zanesville, and his phone number is (740) 455-3311.

Bryan Bjornstad, M.D.
Neurology & Sleep Medicine
Bryan Bjornstad, M.D., is a neurologist with three board certifications in neurology, clinical neurophysiology, and sleep medicine. Originally from Canton, Ohio, Dr. Bjornstad completed his undergraduate and medical school education at the University of Cincinnati. He then completed his internship, neurology residency training and fellowship training at the Mayo Clinic in Rochester, Minn. Following his training, Dr. Bjornstad was in private practice in Tennessee for approximately six years. He then moved back to Ohio two years ago to be closer to family. He has been in private practice in Beavercreek, Ohio, for an additional two years. Dr. Bjornstad is now working in the office of Michael Sompole, M.D., at 753 Forest Ave., Suite 400, Zanesville, and his phone number is (740) 452-4051.

William Chang, M.D.
Physical Medicine & Rehabilitation
William Chang, M.D., is a board-certified physical medicine and rehabilitation physician. Dr. Chang is board certified by the American Board of Physical Medicine and Rehabilitation. He completed his residency at Western Reserve Hospital in Ohio. Dr. Chang specializes in the treatment of chronic pain and spasticity. He is board-certified in both physical medicine and rehabilitation surgery. He has been in practice in Beavercreek, Ohio, for an additional two years. Dr. Chang’s office is located at the Genesis Spine Center, 2945 Maple Ave., Zanesville, and his phone number is (740) 454-4712. See the related article in this issue of LiveWell.

Stuart J.D. Chow, D.O.
Trauma and Acute Care Surgery
Stuart J.D. Chow, D.O., is a trauma surgeon and surgical intensivist. Dr. Chow is leading the development of the Genesis Trauma Program and is serving as its medical director. He is board-certified in surgical critical care and general surgery. He most recently served as an attending trauma surgeon, intensivist, and general surgeon, medical director, surgical intensive care unit, and associate medical director of patient care services at Grant Medical Center in Columbus. Dr. Chow has held numerous administrative and academic leadership positions throughout his career, including chairman, section of trauma at Grant Medical Center and program director of the surgical intensive care fellowship. His office is located at 753 Forest Ave., Suite 200, Zanesville, and his phone number is (740) 455-7670. See the related article in this issue of LiveWell.

Kay Eicher, RN
Diabetes Exercise Program
Kay Eicher, RN, combines her expertise as a certified group exercise instructor with her diabetes knowledge as both a registered nurse and a person who has lived with Type 1 diabetes for 28 years. To find out more, including class times and dates, call (740) 454-4568 or toll free at 866-351-6688.

For more details about these programs, check out www.genesishcs.org and click on “Events & Classes” or call the Genesis NurseLine at (740) 455-4949 or 800-948-4949. For Y our Health...
For Your Life ... For Your Health

Support Groups

Better Breathing Club – Genesis Black Lung & Respiratory Health Clinic

Call the Genesis Black Lung & Respiratory Health Clinic at (740) 454-4128 for more information

Learn About Walking Trails

Friday, May 7 • 1:30 to 3 p.m.
Genesis HealthPlex Conference Rooms A & B
Speaker: Ronnie Daily, Muskingum Valley Park District

Summer Picnic

Friday, June 11 • Noon to 2:30 p.m.
Genesis HealthPlex Conference Center
Speaker: Dawn Huth, Northside Oxygen & Medical Equipment
Bring your favorite picnic covered dish, meat and condiments will be provided.
Registration Deadline: by calling (740) 454-4128.

Learn About the Genesis NurseLine

Friday, July 9 • 1:30 to 3:00 p.m.
Genesis HealthPlex Rooms A & B
Speaker: Connie Hardcastle, R.N., M.S.N.

Man to Man Prostate Cancer Support Group

Call Shannon White at (740) 454-5014 for more information.

Complimentary Choices to Enhance Your Health

Monday, May 3 • 6 to 7 p.m.
Genesis-Bethesda Campus Meeting Rooms 4 and 5

Celebration Potluck Picnic

Monday, June 7 • 6 to 7 p.m.
Bethesda Shelter House

Look Good... Feel Better

Wednesdays, May 19, June 16 or July 21
6 to 7:30 p.m.
Genesis-Bethesda Meeting Room 3
Registration: American Cancer Society, 1-888-227-6446, dial “0”

This free program teaches female cancer patients beauty techniques to help restore appearance and self-image during chemotherapy and radiation treatments.

Young Women Living With Cancer Network

This group is open to women with cancer who are age 49 or younger. Call Michele Hankinson at (740) 454-5973 for more information.
Tuesdays, May 25, June 22 & July 27
7 to 8:30 p.m.
Genesis HealthPlex Conference Room F

Diabetes

Registration: Genesis NurseLine (740) 454-4949, 800-948-4949, or online at www.genesics.org; click on “Events & Classes.”

Type 1 and 2 Diabetes Discussion Panel
Thursday, May 20 • 6 to 7:30 p.m.
Genesis HealthPlex Conference Rooms A & B
Share your success stories and learn how to build your own support system.

Hospice Grief Support Groups
Most groups meet at Morrison House. For more information, call Genesis Hospice & Palliative Care at (740) 454-5153 or 800-953-7671.

For Men
4th Tuesday each month • 6:30 to 8 p.m.

HUGS - Helping Us Grieve Successfully
5-session grief support and education series for children 5 to 12
Various times during the year

Rainbow Group
4th Monday each month • 6 to 7:30 p.m.

Survivors of Suicide
1st Tuesday each month • 6:30 to 8 p.m.

Morgan County Support Group
4th Thursday each month • 4 to 5:30 p.m.
Kate Love Simpson Library, Main Street, McConnelsville

Perry County Support Group
4th Tuesday each month • 5:30 to 7 p.m.
First United Methodist Church, High Street, New Lexington

Social Gatherings
Men – 2nd Wednesday each month • 9 a.m.
Genesis-Bethesda Cafeteria
Women – 1st Tuesday every month • 11 a.m.
Golden Corral, Zanesville

Living Through Loss
5-week series held three times a year at various times

Individual Counseling
Meetings with a grief facilitator are available to examine the feelings and emotions of grief.

Refrigerator Childbirth II
Saturday, May 8, June 12 & July 10
8:30 a.m. to 12:30 p.m.

Breastfeeding Classes
Registration: Genesis NurseLine (740) 454-4949, 800-948-4949, or online at www.genesics.org; click on “Events & Classes.”

Breastfeeding Classes
Wednesdays, May 12, June 9 & July 14
7 to 9 p.m.

Breastfeeding Support for Success
Mon, May 3-24, June 7-28 & July 5-26
10 a.m. to noon

Breastfeeding for Working Moms
Wednesdays, May 5, June 2 & July 7
1 to 3 p.m.

Sibling Classes
Wednesdays, May 12 & Jun 14
7 to 8:30 p.m.

Bellies, Bottoms and Backs A Prenatal / Postpartum Program
Wednesdays, May 5 & July 7 • 6 to 8 p.m.
Saturday, June 5 • 1 to 3 p.m.

H.A.I.L. – Healing After Infant Loss

Tuesday, June 1 • 7 to 8 p.m.

HUGS – Helping Us Grieve Successfully

Wednesday, May 19 & July 21 • 7 to 9 p.m.

Childbirth I Birth Preparation Classes
Mon, May 24-June 28 or July 12-Aug 9
7 to 9 p.m.
Tuesdays, May 11-June 8 or June 22-July 20
7 to 9 p.m.

Childbirth I – Early Pregnancy
Wednesdays, May 5, June 2 & July 7
7 to 8:30 p.m.

Childbirth & Parenting Programs

Registration: Genesis NurseLine (740) 454-4949, 800-948-4949, or online at www.genesics.org; click on “Events & Classes.”

Breastfeeding Classes
Wednesdays, May 12, June 9 & July 14
7 to 9 p.m.

Breastfeeding Support for Success
Mon, May 3-24, June 7-28 & July 5-26
10 a.m. to noon

Breastfeeding for Working Moms
Wednesdays, May 5, June 2 & July 7
1 to 3 p.m.

Sibling Classes
Wednesdays, May 12 & Jun 14
7 to 8:30 p.m.

Childbirth II Birth Preparation Classes
Mon, May 24-June 28 or July 12-Aug 9
7 to 9 p.m.
Tuesdays, May 11-June 8 or June 22-July 20
7 to 9 p.m.

Childbirth II – Early Pregnancy
Wednesdays, May 5, June 2 & July 7
7 to 8:30 p.m.

Referee Childbirth II
Saturday, May 8, June 12 & July 10
8:30 a.m. to 12:30 p.m.

CPR Classes

Cardiopulmonary resuscitation (CPR) classes are held at Genesis HealthPlex. To register, call the Genesis NurseLine to register at (740) 454-4949 or 800-948-4949.

CPR HeartSaver – Adult & Pediatric
$15 per person
Monday, May 10 or Wednesday, July 7
4:30 to 7:30 p.m.
Monday, June 14 • 1 to 4 p.m.

CPR HeartSaver – Pediatric
$15 per person
Wednesday, June 16 • 3 to 8:30 p.m.

CPR HealthCare Provider
$40 per person
Fridays, May 21, June 25 or July 23
8:30 a.m. to 12:30 p.m.

CPR HealthCare Provider
$40 per person
Mondays, May 24, June 28 or July 26,
3 to 7 p.m.

For those with a current American Heart Association HealthCare Provider CPR card, there is an e-learning option to renew. For information on using this option including online and manikin skills check-off requirements, call Greg Heclo at (740) 586-6541.

What Kind of Legacy Will You Leave?

For more information on how to create a lasting legacy through a bequest, please contact the Genesis HealthCare Foundation or log on to our website at www.genesics.org/foundation. We look forward to helping you.

For more details about these programs, check out www.genesics.org and click on “Events & Classes.”

We all have a desire for significance. For many of us, significance comes through creating a legacy during our lives – something for which we will be remembered in the future. A bequest is perhaps the easiest and most tangible way to leave a lasting legacy to the people and charitable organizations that mean the most to us.

A bequest is a gift made through your will or trust. There are several ways to make a bequest:

- Specific dollar amount
- Percentage of your estate
- Specific asset
- Residue of your estate

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I'M YOUR HEARTBEAT.

AND I'M GENESIS PROUD.

ELECTROPHYSIOLOGY HEART SERVICES.

Electrophysiology has to do with the monitoring and control of the electricity that regulates heart rhythm. Here at Genesis, our heart rhythm services include the latest in comprehensive electrophysiology technology, which is an important part of our full-service heart care program. We are proud to provide this specialized heart care service, here and now, for our community, family and friends.