

# LiveWell

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**Genesis**  
HEALTHCARE SYSTEM

Better Begins Here



# TODAY AND TOMORROW

When COVID-19 shook the world, healthcare systems around the globe found themselves in an unprecedented situation. As a result, some of them failed. Looking back over almost two full years, I am overcome with admiration for the success our team of professionals has achieved.

They developed and learned new procedures overnight to obtain and clean protective equipment and our facilities. They became experts at treating this virus and administering monoclonal antibodies. While doing this, the entire team changed how they functioned to ensure patients and colleagues remained safe. Their efforts saved the lives of those who were sick and prevented others from getting COVID-19.

As this virus has risen and fallen only to rise again, it is impossible to predict when it will no longer impact our community so dramatically. The vast majority of hospitalized patients have not been vaccinated. It is heartbreaking to see so many individuals suffer when it's avoidable. Please help us stamp out this virus and do your part by getting vaccinated. To help our community move forward, please get vaccinated if you have not already.

Together we can beat this virus.

## Top-notch physicians

Inside this issue, you will discover stories about the care patients received from our highly skilled medical teams. These physicians could practice anywhere, but they chose to practice at Genesis in Southeastern Ohio because they know they can make a difference in the lives of our residents. Meet some of our new physicians on pages four through six.

## Meeting your needs

We are always examining new methods to keep our community healthy. As a result, in early 2022, we will open Muskingum County's only pharmacy with 24 hours a day, seven days a week service. Read more about the new Northside Pharmacy in this issue.

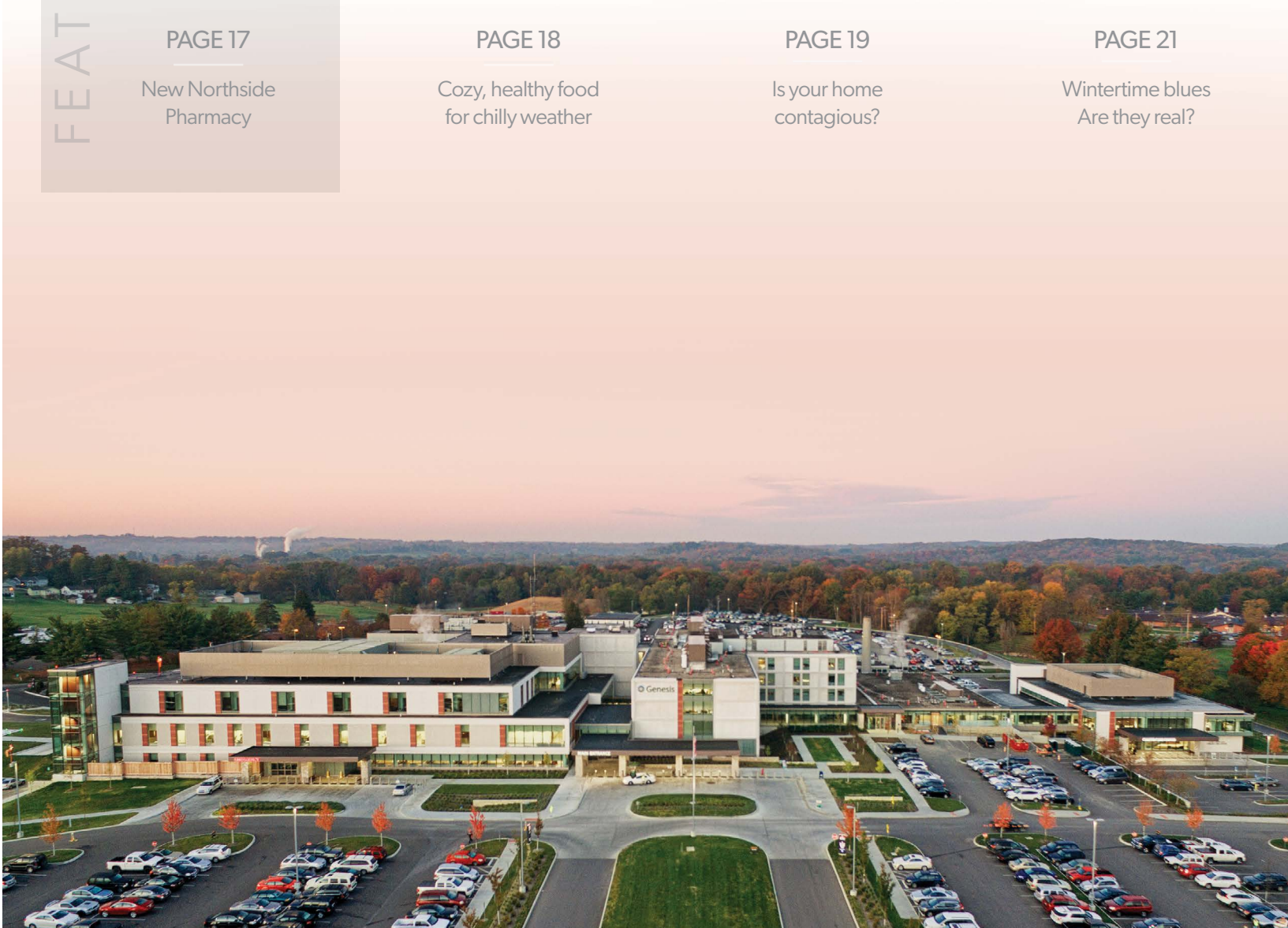
## Wishing you and your family the best

As fall turns to winter, everyone at Genesis wishes you a safe, happy and healthy holiday season. We are honored to be part of your lives and cherish the opportunity to care for you.

*Matthew J. Perry* | Matthew J. Perry  
President & CEO

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# GENESIS COSHOCTON MEDICAL CENTER GROUNDBREAKING

Exciting things are happening in our region as construction of the Genesis Coshocton Medical Center has begun. We kicked off the start of the building project with a groundbreaking ceremony Friday, July 23.

The Genesis Coshocton Medical Center will be a state-of-the-art facility bringing the region’s best physicians, nurses, technologists and support staff together. Services will include a 24/7 Emergency Department, outpatient surgery center, overnight observation unit, physician specialists, imaging, lab, pharmacy, advanced diagnostics, therapies and more.

Watch a live feed or time-lapse video of construction at [genesishcs.org/Coshocton](https://genesishcs.org/Coshocton). The center will open in early 2023.

*Participating in the Genesis Coshocton Medical Center groundbreaking ceremony were (left to right) Gary Fischer, Coshocton County Commissioners; Don Wells, Tuscarawas Township Trustees; Mark Mills, Mayor of Coshocton; Tiffany Swigert, Coshocton Port Authority; Matt Perry, Genesis HealthCare System; Pat Nash, Genesis HealthCare System Board of Directors; Linda Scott, The Montgomery Foundation; Bob Pell, Coshocton Foundation; and Jerry Nolder, Genesis HealthCare Foundation.*



## SPOTLIGHT ON... NUWAN PILAPITIYA, M.D.

### Genesis Primary Care

Nuwan Pilapitiya, M.D., joined Genesis Primary Care in June, specializing in family medicine. He appreciates participating in the health and wellbeing of patients from newborns to the elderly. “When I was in medical school, I enjoyed too many areas to settle for one particular branch of medicine,” he said. Dr. Pilapitiya has practiced for approximately 12 years.

Dr. Pilapitiya seeks to improve and increase the community’s access to timely care. He said he found a “progressive group” with Genesis. “I was attracted to how diverse the care is here,” Dr. Pilapitiya said. “I like how Genesis continues to look for ways to be available to the community via video visits, extended hours and really making it about the patient.”

Dr. Pilapitiya has devoted significant research to opioid addiction issues, which are prevalent in Southern Ohio. “We have to realize that this is a medical health condition,” he said. Dr. Pilapitiya said Genesis is well-suited to help victims of addiction reclaim their lives.

In his spare time, Dr. Pilapitiya enjoys cooking, watching movies and traveling with his wife and two young children. He shares a love of “all things superhero” with his daughter. “I’m a big kid at heart,” he said. “I enjoy collecting superhero statues, and I have more than 200 of them.”

Dr. Pilapitiya is located at Genesis Primary Care, 1210 Ashland Ave., Zanesville. His office phone number is 740-454-0370. Dr. Pilapitiya is accepting new patients, and a referral is not required.

**Doctor of Medicine:** St. George’s University School of Medicine in Grenada, West Indies

**Family Medicine Residency:** Drexel University College of Family Medicine in Philadelphia, Pennsylvania

**Board-certified:** Family medicine



## SPOTLIGHT ON... EMMANUEL UGBARUGBA, M.D., MHA

### Genesis Digestive Disease Specialists

“Gastroenterology is quite engaging. I enjoy thinking through the possible causes of the symptoms and explaining these to my patients,” said Emmanuel Ugbarugba, M.D., MHA, who joined Genesis Digestive Disease Specialists in July, specializing in gastroenterology, hepatology and nutrition. Dr. Ugbarugba chose Genesis because its gastrointestinal group comes highly recommended for its clinical skills and collaboration. “It’s exciting to be at the forefront of cutting-edge medical practice,” he said.

Gastrointestinal medicine is experiencing a surge in new diagnostic methods with an influx of artificial intelligence and machine learning, Dr. Ugbarugba said. He is eager to see which of these technologies makes a difference during the next decade in respect to access to care and cost containment. “My colleagues and I will work closely with management to implement the appropriate technologies to make the biggest impact in our community,” Dr. Ugbarugba said.

Dr. Ugbarugba enjoys swimming and watching documentaries with his wife in his free time. “I hope to pick up golfing with my sons if time permits,” he said. Dr. Ugbarugba’s office is located at Genesis Digestive Disease Specialists, 999 Garden Road, Zanesville. His office phone number is 740-454-8193. He is accepting new patients, and a referral is not required.

**Doctor of Medicine:** University of Benin’s College of Medicine in Benin City, Nigeria

**Internal Medicine Residency:** John H. Stroger, Jr. Hospital in Chicago, Illinois

**Gastroenterology, Hepatology and Nutrition Fellowship:** The Ohio State University Wexner Medical Center in Columbus, Ohio

# WELCOME TO NEW PHYSICIANS



**Kunal Shah, M.D.**  
**General Cardiology**

Kunal Shah, M.D., has joined the Genesis Heart & Vascular Group, specializing in general cardiology. He earned his doctor of medicine at the NKP Salve Institute of Medical Sciences in Maharashtra, India. He completed his internal medicine residency at Brooklyn Hospital Center in Brooklyn, New York, and his cardiology fellowship at Mount Sinai Beth Israel Medical Center in New York, New York.

Dr. Shah’s office is located at the Genesis Heart & Vascular Institute, 955 Bethesda Drive, First Floor, Zanesville. Call 740-454-0804 for an appointment. A referral is not required.



**Elston Johnson, D.O.**  
**Invasive Cardiology**

Elston Johnson, D.O., has joined the Genesis Heart & Vascular Group, specializing in invasive cardiology. He earned his doctor of osteopathic medicine at the West Virginia School of Osteopathic Medicine in Lewisburg, West Virginia. He completed his residency in internal medicine and a fellowship in cardiovascular disease at OhioHealth Doctors Hospital in Columbus, Ohio.

Dr. Johnson’s office is located at the Genesis Heart & Vascular Institute, 955 Bethesda Drive, First Floor, Zanesville. Call 740-454-0804 for an appointment. A referral is not required.



**Robert F. Lewe, M.D., FACP**  
**Hospice & Palliative  
Care Medicine**

Robert Lewe, M.D., FACP, has joined Genesis Palliative Care Specialists, specializing in hospice and palliative care medicine. Dr. Lewe earned his doctor of medicine at The Ohio State University College of Medicine. He completed a residency in internal medicine at Riverside Methodist Hospital in Columbus and a hospice and palliative medicine fellowship at OhioHealth Doctors Hospital in Columbus. He brings over 20 years of medical experience to Genesis HealthCare System.

Dr. Lewe is an active member of the American Medical Association, the American Society of Internal Medicine and the American Academy of Hospice and Palliative Medicine. He is a fellow in the American College of Physicians (FACP). His office is located at Genesis Palliative Care Specialists, 1330 Ashland Ave., Zanesville.

# WELCOME TO NEW PHYSICIANS



**Mesfin Alemayehu, M.D.**  
**Pulmonary/Critical  
Care Medicine**

Mesfin Alemayehu, M.D., has joined Genesis Pulmonary & Critical Care Specialists, specializing in pulmonary and critical care medicine.

Dr. Alemayehu received his doctor of medicine at Addis Ababa University in Addis Ababa, Ethiopia. He completed his internal medicine residency at Marshall University in Huntington, West Virginia, and a pulmonary and critical care medicine fellowship at Case Western Reserve University in Cleveland, Ohio.

Dr. Alemayehu is located at the Genesis Pulmonary/Critical Care Specialists office, 945 Bethesda Drive, Suite 260, Zanesville.



**Jacob A. Hupp, M.D.**  
**Pulmonary/Critical  
Care Medicine**

Jacob A. Hupp, M.D., has joined Genesis Pulmonary & Critical Care Specialists, specializing in pulmonary and critical care medicine. Dr. Hupp received his doctor of medicine at Northeast Ohio Medical University in Rootstown, Ohio. He completed an internal medicine residency at Summa Health System/Northeast Ohio Medical University Program in Akron, Ohio, and a pulmonary and critical care medicine fellowship at the University of South Florida, Morsani College of Medicine in Tampa, Florida. Dr. Hupp is located at the Genesis Pulmonary/Critical Care Specialists office, 945 Bethesda Drive, Suite 260, Zanesville. Call 740-586-6888 for an appointment. A referral is not required.



## PATIENT LEARNS “YOU CAN’T OUT-EXERCISE A BAD DIET”

Most people describe 66-year-old Ken Williams of Zanesville as one of the most active people they know. After a career as a funeral director, he started a new chapter in retirement, painting houses and mowing lawns. Then, in his free time, he played golf and did yoga. Ken also enjoyed taking frequent walks with his wife.

As if that weren’t enough, up until 2017, he was an avid runner and ran marathons.

“Unfortunately, my knees got so bad I could barely walk, so I quit running and had knee replacement surgery in 2018,” said Ken.

### From running to cycling

After surgery, his passion turned to indoor cycling. Never one to sit still, he soon signed up for his gym’s indoor “Cycle Across Ohio” challenge where racers logged miles on their stationary bikes. Not only was he the oldest participant, he won the event.

Ken continued to cycle several times a week. However, he noticed changes when he was working out at the gym.

“I wasn’t getting the same miles and couldn’t burn the calories like I used to,” he said.

### “I was in shock”

On Sunday, April 25, 2021, Ken and his wife went to church. Ken recalls the minister touched on the topics of depression and anxiety. While he listened, his chest began to hurt. Ken describes the pain as “Not bad, like a three out of 10.” At first, Ken thought the sermon was making him feel anxious. However, he soon realized something was not right and that it would be a good idea for his wife to drive him to the hospital.

At Genesis, Emergency Department staff rapidly assessed Ken and did a blood test.

“The blood test showed I had a heart attack,” said Ken. “When they told me, I went into shock and passed out.”

Ken quickly came around after he was given medication. He was stabilized and scheduled for a cardiac catheterization the next day.

### Expert care, right at home

Before his heart attack, Ken was not aware that nationally accredited, award-winning cardiac care was available in his hometown of Zanesville. Led by fellowship-trained and board-certified heart specialists, the Genesis Heart & Vascular Institute was the first in Southeastern Ohio to become a fully accredited Chest Pain Center.

“Mr. Williams had a non-stemi, which means he had a heart attack but was stable at the time of evaluation and didn’t require immediate intervention,” said Abdulhay Albirini, M.D., Fellowship-trained and Board-Certified Interventional Cardiologist at the Genesis Heart & Vascular Institute.

### Balloon and stent procedure

The next day, Dr. Albirini performed a balloon and stent procedure. A heart catheter was inserted through an artery in Ken’s wrist, which allowed the doctor to move a tiny balloon to his heart arteries and inflate it to open the blockage. Dr. Albirini then placed stents to keep the blocked arteries open so the blood could flow properly. The procedure took less than one hour. The next day, Ken was able to go home.

“In a few days, I was able to do whatever I wanted. I was given medication in case I had chest pain, but I never needed it,” said Ken.

Since it happened, Ken took a hard look at his life and lifestyle, especially since heart disease doesn’t run in his family. He was honest with himself and realized he needed to lose weight.

Ken’s pre-heart attack diet included high-sugar and high-fat foods like ice cream, pop and sausage. Post-heart attack and wiser, Ken’s given those foods up for options like fresh fruits and vegetables.

“I’ve completely changed my diet, and I feel much better. For breakfast, I may have blueberry yogurt and a banana,” said Ken. So far, Ken has lost 32 pounds.

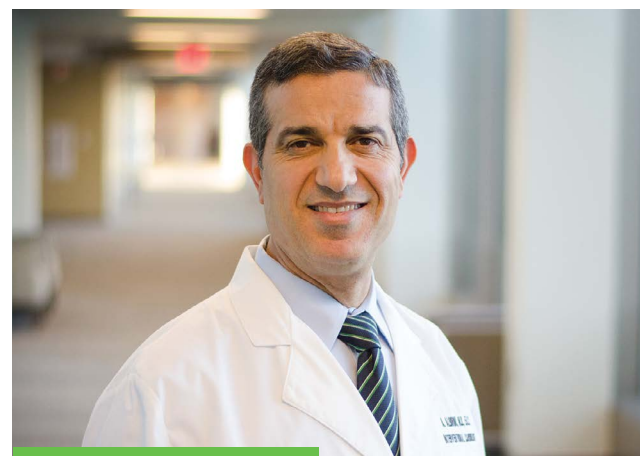
Ken also admits his wife and two adult sons, both marathon runners, encouraged him to lose weight prior to his heart attack.

“I always exercised, but I was overweight and didn’t eat right,” admits Ken. “My wife summed it up best. She said, ‘You can’t out-exercise a bad diet.’”

### A second chance at life

Nowadays, Ken continues to stay active and has added pickleball into the mix. But what’s different is he also stays disciplined about what he eats.

“Dr. Albirini did a great job. I consider this a second chance at life,” said Ken. “I also think it is important to know that you can live a normal life after having stents put in. One of my friends I met with recently told me he has had his stents for 18 years. That was very encouraging.”



**Abdulhay Albirini, M.D.**

Fellowship-trained and Board-certified Interventional Cardiologist  
Genesis Heart & Vascular Institute



Watch Ken share his story in a video. Simply use the camera on your smartphone to take a picture of the QR code, or visit [genesishcs.org](https://genesishcs.org).

# HEALTH INFORMATION = GOOD HEALTH

Did you know good posture can reduce headaches? How about that your mental health often improves the moment you plan a vacation?

It is a lot easier to be healthy when you have the facts. Therefore, we provide wellness information in different ways so you can receive the information the way you prefer.



Patient stories



Blogs



Facebook posts



Podcasts



Spirit of Women Events



Videos



Website



Magazine



**NOUMAN FAROOQ, M.D.**  
Fellowship-trained and Board-certified Infectious Disease Specialist  
Genesis Infectious Disease Clinic



# PROTECT LOVED ONES FROM COVID-19



Getting vaccinated is vital for your health. However, did you know that even if you are vaccinated, you can still get and spread the COVID-19 virus without knowing it? It remains vital to take precautions to keep everyone healthy, especially those at high risk for getting COVID-19.

“The most important thing you can do is get vaccinated. You should also talk to your doctor as more data is compiled and follow recommendations on booster shots. In addition, please continue to wear a mask when indoors or in close quarters, wash your hands frequently and social distance,” said Nouman Farooq, M.D., Fellowship-trained and Board-certified Infectious Disease Specialist at the Genesis Infectious Disease Clinic.

Genesis HealthCare System offers scheduled vaccine appointments at several primary care provider offices and walk-in vaccinations at multiple Northside Pharmacies.

For the latest news about COVID-19 and a list of where you can receive the vaccine, visit [genesishcs.org/vaccine](https://genesishcs.org/vaccine).

## Positively robotic

Robotic-assisted technology at Genesis offers patients multiple advantages, including:

- **Smaller incisions** – For example, Lisa’s robotic-assisted laparoscopic hysterectomy resulted in just four half-inch incisions. Traditional abdominal hysterectomy incisions range from six to eight inches long.
- **Pinpoint precision** – With 3D views and flexible, small robotic instruments, surgeons can navigate around sensitive organs, tissues and nerves. Plus, robotic instruments can move in ways human hands can’t.
- **Faster recoveries** – With smaller incisions come lower infection rates, less blood loss and scarring.
- **Shorter hospital stays** – Robotic-assisted hysterectomy patients usually return home from the hospital either the next day or the same day as surgery. Patients often return to work within two weeks for light work and six weeks for heavy-labor professions.

“Our robotic program at Genesis continues to grow. Patients might be surprised about what can be done with this advanced technology. Right now, general surgeons, urologists, cardiothoracic surgeons and OB/GYNs use it,” said Dr. Kristina Loomis. “It’s wonderful that at Genesis, we can maintain a community feel while offering all the benefits of advanced care and technology.”

## ROBOTIC-ASSISTED LAPAROSCOPIC HYSTERECTOMY OFFERS A BETTER SOLUTION

Lisa Hillis had been a long-time patient at Genesis OB/GYN Group, and after years of heavy and abnormal bleeding, sought help from Kristina Loomis, M.D., a Board-certified OB/GYN with the Genesis OB/GYN Group, for a solution.

“I was worried every day and wondered, how am I going to deal with this if my period lasts much longer? I talked to Dr. Loomis frequently about the stress and anxiety I was feeling, and she listened, helped me feel comfortable and came up with a plan,” Lisa said.

Lisa’s consistent bleeding issue left her anemic, tired and with a low blood count. To bolster her body, she received a blood transfusion, along with several choices for treatment.

### Finding the best, least invasive answer

“Modern medicine often provides several options,” said Dr. Loomis. “We aim to find the best, least invasive answer. Lisa was methodical, thoughtful and motivated to keep going through

that process. She tried oral birth control medications and an IUD, and underwent biopsies and a dilation and curettage (D&C) procedure to remove tissue from inside the uterus. Even then, she still experienced pelvic pain and heavy bleeding, so ultimately, we proceeded with a hysterectomy.”

During a hysterectomy, surgeons remove the uterus and may also remove the cervix, ovaries and/or fallopian tubes. Though considered a major surgery, advanced robotic-assisted technology at Genesis allows surgeons to perform the procedure with minimally invasive techniques.

### Advanced, minimally invasive benefits

By using robotic technology called the da Vinci Surgical System, OB/GYNs at Genesis can perform hysterectomies with pinpoint precision and small incisions. The system involves interactive robotic arms and instruments and a 3D vision system – but the surgeon still makes all the decisions.

“It’s not an automated surgery; that’s a misconception,” Dr. Loomis said. “The robotic equipment acts as my hands, but I control every tiny movement. Plus, the 3D viewfinder gives me more detail, and the minimally invasive technique reduces pain and improves healing.”

For Lisa, having robotic technology in the operating room felt intriguing and exciting.

“It was such an interesting experience as they wheeled me into the operating room. I was able to view all the robotic equipment and found myself asking a variety of questions. The surgical team reacted with professionalism and kindness as they gave me all the answers,” Lisa said.

### Problem solved and happy days ahead

The robotic-assisted laparoscopic hysterectomy offered Lisa the solution she desperately needed, and she’s embracing life again.

“I can finally do whatever I want, whenever I want, and I feel great. Everyone at Genesis is top-notch and gave me great care and peace of mind. I’m so thankful I had this experience with our local hospital and that I didn’t have to drive to Columbus. I only wish I would have done it sooner,” Lisa said.



**Kristina Loomis, M.D.**  
Board-certified OB/GYN  
Genesis OB/GYN Group

# FIND IT EARLY

## SCREENINGS THROUGH THE YEARS

You need me, a family doctor. Sometimes I'm called a **primary care physician**. I care for your **acute** healthcare needs and perform routine check-ups.

I learn your **family medical history**, track any treatment and refer you to specialists, if needed. I personalize wellness **screenings** based on your age, gender, health status and **risk factors**.



### WHAT IT ALL MEANS

**PRIMARY CARE PHYSICIAN** – first to contact – often referred to as family practice or internal medicine doctor.

**ACUTE** – sudden pain or sickness that is not serious or life-threatening.

**FAMILY MEDICAL HISTORY** – one or more blood relatives with a certain health problem can impact a person's risk for that health problem.

**SCREENINGS** – intended to identify diseases when there are no symptoms.

**RISK FACTORS** – factors that make getting a disease more likely and may include family history, age and gender.

**WELL-CHILD VISITS** – scheduled checkups that begin shortly after birth and last through the teen years.

**IMMUNIZED** – also called vaccinated, to make antibodies that fight the illness you are being immunized against. Also helps reduces the spread of disease to others.

**BODY MASS INDEX (BMI)** – a calculation to estimate the effect of weight on health.

**SELF-EXAM** – check your body yourself.

**AGE-RECOMMENDED** – testing at specific ages.

WELLNESS TIPS BY



**BRANDON HILL, M.D.**  
Genesis Primary Care

## WHEN TO START HEALTH SCREENINGS



**BABIES**

Well-baby visits start shortly after birth. I examine your baby, ask about your baby's development and track milestones. These become **well-child visits** and are when your child gets immunized.



**ADOLESCENT AGE 11-14**

Height, weight and **body mass index** are important to monitor as your child grows. This is the recommended time to start the human papillomavirus (HPV) vaccine series, before sexual activity begins.



**YOUNG ADULT WOMAN IN 20s**

Reproductive health screenings should begin with a yearly pelvic exam and a Pap test at least every three years. Do a breast **self-exam** monthly to identify changes.



**YOUNG ADULT MAN IN 20s**

Do a monthly **self-exam** for testicular cancer, the most common type of cancer in men age 15-35.



**WOMAN IN 40s**

Early detection is important in the success of breast cancer treatment. Screening includes a mammogram and clinical breast exam.



**MAN IN 50s**

We'll discuss the need for a prostate screening test. The risk of prostate cancer goes up as you age.



**MAN AND WOMAN IN 50s AND 60s**

An **age-recommended** screening at age 50 is for colorectal cancer. Postmenopausal women or men over the age of 50 who have recently broken a bone should consider a bone density test.

When you turn 60, we'll talk about immunizations for shingles, pneumonia and a booster for tetanus-diphtheria-pertussis.



**ELDERLY MAN AND WOMAN**

We do an annual checkup to discuss your sleep habits, eating habits and ear and eye health.

These are guidelines. I personalize the timing of your screening to meet your specific healthcare needs.



# TAVR: A MINIMALLY INVASIVE ALTERNATIVE TO OPEN-HEART SURGERY

Shirley Sibbring couldn't quite catch her breath, but that didn't stop her.

"I just kept going," Shirley said. "My husband couldn't sit still, so neither did I – even if I had shortness of breath." Shirley thought being winded was part of the natural aging process (she recently turned 86 years old), but her primary care physician didn't.

"My doctor listened to my heart and heard a murmur – he didn't like it. So, he sent me to the Genesis Heart & Vascular Institute," Shirley said.

## When blood flow is blocked

Shirley suffered from aortic stenosis, one of the most common yet serious valve disease problems. Caused by a narrowing of the aortic valve opening, aortic stenosis blocks proper blood flow and can lead to death.

Aortic stenosis symptoms can fall into three categories: Some patients don't have any symptoms, some experience chest pain or shortness of breath and others experience fainting or blacking out. No matter how aortic stenosis presents itself, the heart issue comes with dangerous implications.

"Aortic stenosis is one of the most lethal diseases – more lethal than breast, colon or prostate cancer. Ultimately, without treatment, it will lead to a person's demise," said Atiq Rehman, M.D., Fellowship-trained, Board-certified Cardiothoracic Vascular Surgeon at the Genesis Heart & Vascular Institute.

## Innovation to treat the previously untreatable

To clear the pathway for blood flowing to Shirley's heart, specialized Genesis physicians recommended a transcatheter aortic valve replacement (TAVR) procedure.

"At my age, they weren't going to do a huge surgery. Thankfully, they've figured out another way. It's pretty wonderful," Shirley said.

During the TAVR procedure, surgeons insert a catheter in the groin to guide instruments to the heart. Then, surgeons add a new valve without removing the existing, narrowed and diseased valve.

"You can only appreciate this procedure if you realize how far we've come. The standard treatment used to be open-heart surgery, which involved splitting the sternum, stopping the heart and making the repair," Dr. Rehman said. "However, 95% of the time today, TAVR is done under local anesthetic, and it's minimally invasive, so there's just a needle hole left.

The beauty is, this procedure works wonderfully for patients previously considered inoperable due to their advanced age. The oldest person I've performed a TAVR for was 98 years old – and she had a fantastic outcome."

## Life flows forward

The TAVR procedure at Genesis Hospital went smoothly for Shirley. Her team of highly trained cardiologists, surgeons and nurses restored proper blood flow to her heart and provided support during her recovery.

"I feel better now. The shortness of breath has ended, and blood flows the right way again," Shirley said. "My surgery took place during COVID-19, so my husband was at home, and the nurses gave me support. My husband would call me while I was there, and we didn't feel too far apart since we can see the hospital from our backyard."

It didn't take long for Shirley's close-to-home, high-quality healthcare to transition to in-home recovery. After a few days in the hospital, Shirley was discharged. Soon after, she began a heart-strengthening regimen through Genesis Heart & Vascular Rehabilitation.

"I went to rehab several times a week for many weeks, using the treadmill, bike and other machines. I really enjoyed the program. The people who worked with and helped me were fantastic. In fact, on my last day, I made sure to take pictures because they were such a nice group of people," Shirley said.

## People make the difference

Shirley says it's the Genesis team members who brought her comfort, calm and confidence during her surgery, recovery and rehabilitation experience.

"To me, people make a place good or bad. My doctors were dandy, and so were all the nurses and rehab folks. They were ready to find out what was happening and anxious to help me. I appreciate the hospital and all the pleasant team members," Shirley said.

# MUSKINGUM COUNTY'S ONLY PHARMACY COMING IN EARLY 2022

Northside Pharmacy on Bell Street has been a staple in our community since the mid-1970s when its doors first opened. It started with two pharmacists, six techs and a few cashiers, and over the decades has grown to five pharmacists, 11 techs and four cashiers. The pharmacy fills 16,000 prescriptions every month, and with growing volumes and an aging facility, Genesis HealthCare System knew it was time to make an improvement.

The new pharmacy will be around the corner from the existing Bell Street pharmacy at 721 Taylor Street in Zanesville. The new building will open early next year and be open 24-hours, every day.

"Providing prescriptions to our patients whenever they need it is one of our priorities for this new pharmacy," said Matt Perry, CEO and President, Genesis HealthCare System. "We are excited to offer Muskingum County's only 24-hour pharmacy. This includes around-the-clock access to a pharmacist to fill or refill prescriptions and answer your medication questions."

The new pharmacy will continue to have home goods and over-the-county medication for purchase during typical store hours. Easy drive-thru access and plenty of parking complete an overall improved customer experience.



For more information on Northside Pharmacies, go to [northsiderx.com](https://northsiderx.com).

# Cozy, healthy food for chilly weather

Our healthy, delicious turkey chili is sure to satisfy you. This turkey chili is classic in flavor, thick in texture and packed with lean protein and vegetables. Try adding this healthy dish to your next gathering.

For a quick, healthy snack, try our chili-lime spiced pumpkin seeds.

For complete ingredients and easy-to-follow videos, visit [genesishcs.org/healthychili](https://genesishcs.org/healthychili).



WELLNESS TIPS BY



**SARAH BRAUNING, MS, RD, LD, CDE**  
Registered Dietitian  
Genesis Diabetes & Nutrition Education

Watch the recipe video or visit [genesishcs.org/healthychili](https://genesishcs.org/healthychili)



# Is your home contagious?

Take the quiz

Home is a refuge to feel safe and comfortable. However, it is easy to overlook cleaning certain items often enough to keep your home safe. Learn more by taking our quiz below.

**You should clean your kitchen sink:**

- A. Daily
- B. Weekly
- C. Monthly
- D. When it looks dirty

Answer: Daily

Most of us wash dishes every day, often multiple times a day. Just because you fill the sink with soap and water to wash dishes, does not mean bacteria is not living around the edges of the sink. You also need to scour your kitchen sink every day.

**You should clean your shower curtain:**

- A. Weekly
- B. Monthly
- C. Every six months
- D. Once a year

Answer: Monthly

Hmm. Have you ever actually cleaned a shower curtain? You should scrub them once a month with a cleaner. Some can even go in your washing machine.

**You should clean your dishwasher:**

- A. Daily
- B. Weekly
- C. Weekly and monthly
- D. Monthly

Answer: Weekly and monthly

Dishwashers often have filters to catch little pieces of food to keep your plumbing from clogging. Depending on how dirty your dishes are, this could need cleaning once a week. You should also disinfect your dishwasher once a month with a store-bought dishwasher cleaner.

**You should clean your mattress:**

- A. Monthly
- B. Every six months
- C. Once a year
- D. Never

Answer: Every six months

Twice a year, when you strip your bed to wash sheets, use your vacuum on the entire mattress, making every effort to clean along seams, stitching and anyplace else dust mites and other nasty pests might hide.

On a side note, you should wash your sheets every one to two weeks.

**You should clean your phone:**

- A. Daily
- B. Weekly
- C. Monthly
- D. Never

Answer: Daily

Although most of us seldom, if ever, clean our phones, we should do it daily. Think about it for a minute. We take our phones everywhere. To stores, gyms and lots of people even take them to the restroom ... yuck. Our phones touch our faces and hands throughout the day, providing plenty of opportunities to spread germs.

Before cleaning your phone, check with the manufacturer to ensure you use appropriate cleaners, so you don't damage it.



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# WINTERTIME BLUES ARE THEY REAL?

It's chilly outside, and the days are getting shorter. Do you dread winter because you get the blues? If you had the blues or felt depressed the past two winters but feel better in the spring and summer, you may have seasonal affective disorder, or SAD, a type of depression that occurs during the same season each year.

## Can SAD be prevented?

Because the onset of winter is predictable, people with a history of SAD might benefit from starting treatments before the fall season to help prevent or reduce depression. Regular exercise is one of the best things you can do for yourself. If the sun is shining, try to get outside. Being active, especially early in the day, may help you have more energy and feel less depressed. Symptoms come and go at roughly the same times every year, which is an easy way to track when it's time to add to your physical activity.

## What causes SAD

Scientists don't fully understand what causes SAD, but research indicates it might be from reduced activity of the brain chemical serotonin, which helps regulate mood. Research also suggests that sunlight controls the levels of molecules that help maintain normal serotonin levels. In people with SAD, this regulation does not function properly, resulting in lower serotonin levels in the winter.

Other findings suggest that people with SAD produce too much melatonin, a hormone that is essential for maintaining the normal sleep-wake cycle. In people with SAD, the changes in serotonin and melatonin levels disrupt normal daily rhythms. As a result, they can no longer adjust to the seasonal changes in day length, leading to sleep, mood and behavior changes.

Vitamin D is believed to promote serotonin activity. Few foods in nature provide vitamin D, but it's in egg yolks and canned fish. The body produces vitamin D when exposed to sunlight on the skin. With less daylight in the winter, people with SAD may have lower vitamin D levels.

## Who gets SAD

Millions of adults may suffer from SAD, although many might not know they have the condition. SAD occurs more often in women, and it is more common in those living farther north, where there are shorter daylight hours in the winter. It's most common in people between the ages of 15 and 55, and the risk of getting SAD for the first time goes down as you age. In most cases, SAD begins in young adulthood and sometimes runs in families.

Treatments are available that can help many people with SAD. Talk to your healthcare provider about which treatment is best for you.



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CHANGE SERVICE REQUESTED

## Genesis Spirit of Women

Save the date 2021

### Digest This

Diabetes & weight management program

Thursday, Nov. 11

6 p.m. Facebook Event



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