

SUMMER ISSUE • 2025

LiveWell

LOW-DOSE CT SCAN

**A LUNG CANCER SCREENING
COULD SAVE YOUR LIFE**

PHYSICIAN WELCOME

ANNA CARPENTER, M.D.
INTERVENTIONAL PAIN MEDICINE

WELLNESS AND MORE

**PUMP UP YOUR
HEART HEALTH**

**EXERCISE SAFELY EVEN
WHEN IT'S HOT**

**YOU'RE IN CONTROL
WITH MYCHART**

**THE FUTURE OF GENESIS
HOSPICE CARE**

FEATURED PATIENT STORY

JACK FITCH
BETTER BEGINS AT 80



Genesis
HEALTHCARE SYSTEM

Better Begins Here



FROM DAY ONE

As we celebrated Genesis Hospital's 10th anniversary in June, we reflected on the incredible families we care for and the compassionate traditions that have always anchored our mission, vision and values.

Our faith-based mission of providing exceptional care began in 1891, when a local group of 84 dedicated Protestant women founded the 12-bed Zanesville City Hospital.

In 1907, the name was changed to Bethesda Hospital, one of our two future sponsors. The origin of our other sponsor began in 1900 when the Margaret Blue Sanitarium was donated to the Franciscan Sisters of Christian Charity to operate under their leadership and healing ministry. It was renamed Good Samaritan Hospital in 1902.

Over the past 125 years, we have proudly embraced our faith-based roots to provide the best healthcare to Southeastern Ohio. For us, faith-based healthcare means caring for people, including the body, mind and spirit, with compassion and expertise.

In this issue of *LiveWell*, meet three patients who chose Genesis for their life-changing treatments and for help through their recovery. Not wanting to slow down, Jack Fitch called Genesis when he needed help with breathing and balance. After minimally invasive procedures for an abnormal heartbeat and a heart valve replacement, Jack has happily returned to his active lifestyle and is feeling great.

Your continued support attracts highly skilled physicians to serve our community. Join me in welcoming Anna Carpenter, M.D., to the Genesis Interventional Pain Management Clinic. Board-certified in chronic pain medicine and anesthesiology, Dr. Carpenter uses minimally invasive techniques to guide patients in the treatment of pain-related disorders.

Our mission continues to be a patient-centered healthcare system dedicated to helping you improve your health and well-being. Thank you for choosing Genesis.

In good health,

Matthew J. Perry
President & CEO

Quick and painless

You could save your life with a lung cancer screening

A lung cancer screening performed with a low-dose CT scan can increase your chances of surviving lung cancer by 20% if you are considered high-risk. If you meet the requirements, there is a good chance you will qualify for a free, low-dose CT scan. Requirements:

- Have a 20-pack-year or more history. A pack-year means smoking an average of one pack of cigarettes per day for one year. For example, a person could have a 20 pack-year history by smoking one pack a day for 20 years or two packs a day for 10 years.
- Smoke now or have quit within the past 15 years.
- Are between 50 and 80 years old.
- Have no signs or symptoms of lung cancer.

Screening details:

- A low-dose CT screening produces a 3D image of the lungs using less than 25% of the radiation of a regular computerized tomography (CT) scan.
- The screening helps doctors find lung cancer early, when it is usually easier to treat. This can increase your odds of surviving lung cancer and allow for more treatment options.
- The exam is extremely easy. You lie on a table that slides into a machine. The machine takes pictures of the inside of your body. It only takes about one minute, requires no medications or needles and is painless.



Less than a minute
to complete



Finds lung
cancer early



No needles



Painless chest exam

More on screening and quitting tobacco



Find lung cancer early

Watch a video about the benefits of a low-dose CT scan with Dany Said Abou Abdallah, M.D., Fellowship-trained and Board-certified Pulmonologist/Critical Care and Sleep Specialist at the Genesis Lung Center.

genesishcs.org/low-dose



Quitting smoking: Immediate and long-term benefits

Read our article about the positive changes the body experiences when not smoking.

genesishcs.org/quit-smoking



Professional tips for quitting tobacco podcast

Learn about services and support available on the Genesis podcast, "Sounds of Good Health."

genesishcs.org/podcast-quit-tobacco

Take the first step. Learn more about life-saving screenings at genesishcs.org/screenings.



SPOTLIGHT ON ANNA CARPENTER, M.D.

Interventional Pain Medicine

Genesis Interventional Pain Management Clinic welcomes Anna Carpenter, M.D., specializing in interventional pain medicine.

Dr. Carpenter provides advanced treatments for acute and chronic pain. She uses minimally invasive techniques to diagnose and treat pain-related disorders.

“Interventional pain medicine provides an opportunity to impact patients by identifying and treating sources of pain. I appreciate learning about patients to help them in their greatest times of need.”

– Anna Carpenter, M.D.

Originally from Upper Arlington, Ohio, Dr. Carpenter became interested in medicine because she enjoyed working with her hands. She excelled in science and math and wanted a career where she could help others.

Before committing her entire practice to interventional pain medicine, Dr. Carpenter was an associate professor of anesthesiology and interventional pain medicine. She was drawn to Genesis because everyone works together to provide the best personalized care.

“Genesis is very patient-centered,” said Dr. Carpenter. “I’ve always believed in creating a great experience for my patients.”

Dr. Carpenter and her husband have two young daughters. She enjoys the outdoors and discovering new local restaurants.

Dr. Carpenter is accepting patients at the Genesis Interventional Pain Management Clinic, 2945 Maple Ave., Zanesville. Patients can schedule appointments by calling 740-454-4712.

Doctor of Medicine:

Wright State University
Boonshoft School of Medicine
Dayton, Ohio

Residency:

Anesthesiology
University of Pittsburgh Medical Center
Pittsburgh, Pennsylvania

Fellowship:

Chronic Pain Medicine
University of Pittsburgh Medical Center
Pittsburgh, Pennsylvania

Board-certified:

Anesthesiology
Chronic Pain Medicine

WELCOME NEW PHYSICIANS

05



Surender Neravetla, M.D., FACS
Cardiothoracic Surgery

The Genesis Heart & Vascular Group welcomes Surender Neravetla, M.D., specializing in cardiothoracic surgery.

Dr. Neravetla brings decades of expertise in providing surgical care to Genesis. He offers a variety of cardiac, vascular and thoracic procedures, including coronary artery bypass grafts (CABG), and aortic valve repair and replacement.

A Fellow of the American College of Surgeons (FACS), Dr. Neravetla is dedicated to providing compassionate, high-quality care for the community.

Dr. Neravetla is accepting patients at the Genesis Heart & Vascular Institute, 955 Bethesda Drive, First Floor, Zanesville. Patients can schedule appointments by calling 740-454-0804.

Doctor of Medicine:

Osmania Medical College
Hyderabad, India

Residencies:

General Surgery
The Jewish Hospital and Medical Center
Brooklyn, New York

Thoracic and Cardiovascular Surgery
University of Cincinnati Medical Center
Cincinnati, Ohio

Board-certified:

Thoracic Surgery



**Akanksha Thakkar, M.D.,
FACC, FSCAI**
Interventional Cardiology

The Genesis Heart & Vascular Group welcomes Akanksha Thakkar, M.D., specializing in interventional cardiology.

A Fellow of the American College of Cardiology (FACC) and the Society for Cardiovascular Angiography and Interventions (FSCAI), she provides advanced cardiovascular care, including minimally invasive coronary interventions.

Dr. Thakkar is accepting patients at the Genesis Heart & Vascular Institute, 955 Bethesda Drive, First Floor, Zanesville. Call 740-454-0804 for appointments.

Doctor of Medicine:

Seth G.S. Medical College and
King Edward Memorial Hospital
Mumbai, India

Residency:

Internal Medicine
Houston Methodist Hospital
Houston, Texas

Fellowships:

Cardiovascular Medicine
Houston Methodist DeBakey
Heart & Vascular Center
Houston, Texas

Interventional Cardiology
University of Minnesota
Minneapolis, Minnesota

Board-certified:

Cardiovascular Medicine
Echocardiography
Internal Medicine
Interventional Cardiology
Nuclear Cardiology



M. Shahan Sulehri, M.D.
Endocrinology

Genesis Endocrinology welcomes M. Shahan Sulehri, M.D., focusing on diagnosing and managing endocrine disorders.

Dr. Sulehri was involved in a community outreach program during medical school to provide specialized endocrine care. Like the community outreach program, he sees Genesis as a place with plenty of time to get to know his patients to best serve their needs.

Dr. Sulehri is accepting patients at Genesis Endocrinology, 860 Bethesda Drive, Unit 1 & 4 in Zanesville and Genesis Cambridge Specialty Center, 61353 Southgate Road, Suite 5, in Cambridge.

Patients can schedule appointments by calling 740-586-6690 or 740-421-9240.

Doctor of Medicine:

Latin American School of Medicine
Havana, Cuba

Residency:

Internal Medicine
JFK University Medical Center/
Raritan Bay Medical Center
Edison, New Jersey

Fellowship:

Endocrinology
University at Buffalo
Buffalo, New York

Board-certified:

Endocrinology
Internal Medicine



**"I feel great. I'm so glad
I chose Genesis."**

– Jack Fitch

Jack soon returned to his favorite outdoor activities following his minimally invasive heart procedures.

BETTER BEGINS AT 80

Jack Fitch has lived a full life. A good life.

As he aged, he started to slow down. He couldn't do as much as he used to, which he expected. After all, he is 80 years old.

However, over time, his health declined to a point where he couldn't walk upstairs without being winded. He started having balance problems and coughing.

Regardless of his age, Jack wanted to feel better. He wanted to do more things. He wanted to live life on his terms.

Jack took action

Determined to get better, Jack visited his primary care doctor, who referred him to the Genesis Heart & Vascular Institute. Jack then met Trevor Ellison, M.D., Ph.D., MBA, Fellowship-trained and Board-certified Cardiothoracic Surgeon and Medical Director of Cardiothoracic Surgery at the Genesis Heart & Vascular Institute. He also met Shaun Bhatti, M.D., Fellowship-trained and Board-certified Electrophysiologist at the Genesis Heart & Vascular Institute.

An MRI and EKG revealed that one of Jack's heart valves was not opening and closing completely. It also showed he had atrial fibrillation (AFib), which is an arrhythmia or abnormal heartbeat. These conditions were causing Jack's trouble breathing, unsteadiness and coughing.

"After the diagnosis, Dr. Ellison and Dr. Bhatti shared treatment options," said Jack. "They gave me information that I read and considered. We were talking about my heart, so I was only going to make an informed decision."

Jack decided to move forward with transcatheter aortic valve replacement (TAVR) to replace his heart valve, which was not working correctly.

The procedure was performed in early September 2024 by Dr. Ellison, Kinan Kassir, M.D., Fellowship-trained and Board-certified Interventional and Structural Cardiologist and the Structural Heart Team at the Genesis Heart & Vascular Institute.

"TAVR is a minimally invasive alternative to open heart surgery," said Dr. Ellison. "We placed several catheters (small tubes) in his groins and then maneuvered a new, bioprosthetic aortic valve from there. It was then placed inside his deteriorated aortic valve and expanded, leaving him with a new, well-functioning aortic valve."

Jack quickly recovered and two months later underwent a minimally invasive ablation for AFib.

"Similar to TAVR, we use a catheter inserted through the groin that we direct to the heart," said Dr. Bhatti. "However, instead of maneuvering a valve, we send radio waves through the catheter to create small scars in the heart to stop the signals that cause AFib."

During the procedure, Dr. Bhatti also performed a second minimally invasive procedure. He implanted a small device in the heart to block a part of the heart called the left atrial appendage (LAA), where blood clots form in people with AFib. This helps lower the risk of strokes and may reduce the need for long-term blood thinners.

"Soon after the procedures, I felt great," said Jack. "I'm so glad I chose Genesis. I can also do my routine bloodwork at the Genesis Coshocton Medical Center, which is only five minutes from home."

» *Continued on next page*

Life after TAVR

Jack Fitch quickly returned to his active lifestyle after his transcatheter aortic valve replacement (TAVR) in September 2024.

Aortic stenosis is the narrowing of the aortic valve, slowing blood flow from the heart to the rest of the body. The minimally invasive TAVR procedure uses tiny, flexible tubes to enter the groin and reach the heart. A new valve is placed, leaving no scarring or pain.

Most TAVR patients return home within 48 hours. Ask your doctor about the best day-to-day recovery plan, which includes supervised cardiac rehab. Eating a healthy diet of fruits and vegetables, whole grains, skinless poultry and fish, fat-free or low-fat dairy products and nuts is also important.

Follow-up care includes visits with your doctor and yearly checkups. Patients often return to their routine within a month, compared to up to 8 weeks for open-heart surgery.

Jack's quick recovery allowed him to enjoy his hobbies without feeling out of breath. He was happy to get back to taking care of his home, doing yardwork and stacking firewood.

A non-invasive, painless test can check for aortic stenosis. Talk to your doctor if you're experiencing these symptoms:

- Chest pain
- Fast heartbeat
- Shortness of breath
- Feeling dizzy
- Trouble walking short distances
- Decline in routine
- Feeling very tired

"After the diagnosis, Dr. Ellison and Dr. Bhatti shared treatment options. They gave me information that I read and considered. We were talking about my heart, so I was only going to make an informed decision."

- Jack Fitch

Jack is living his best life

Jack expressed his gratitude for the follow-up care after his procedures. While recovering, he was asked to wear a heart monitor for one month. One day, Jack's wife, Dawn, received a call from Genesis.

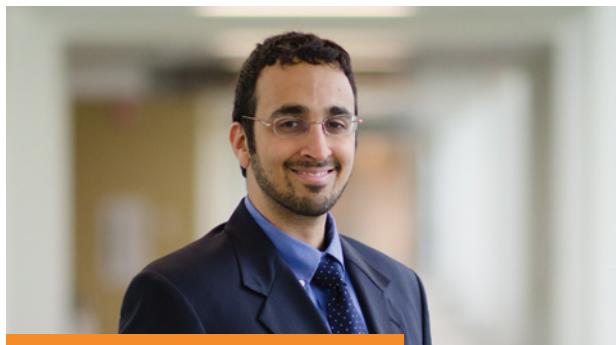
"Genesis called concerned because they could see Jack's heart racing through the monitor," said Dawn. "They wanted to know if he was okay. I told them he was outside stacking firewood, which accounted for his higher heart rate. It made us feel good for choosing Genesis all over again. First, they did a great job treating him and then continued to monitor and react quickly when something could have been wrong."

Jack might be 80, but after seeking treatment, he is back to doing the things he enjoys. He spends his days with his wife and taking care of home and property.



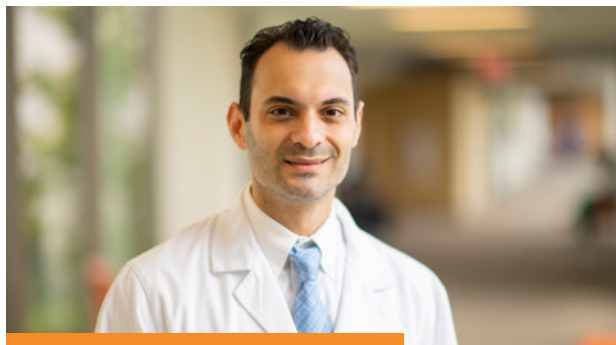
Trevor Ellison, M.D., Ph.D., MBA

Fellowship-trained and Board-certified
Cardiothoracic Surgeon
Medical Director of Cardiothoracic Surgery
Genesis Heart & Vascular Institute



Shaun Bhatti, M.D.

Fellowship-trained and Board-certified
Clinical Cardiac Electrophysiologist
Genesis Heart & Vascular Institute



Kinan Kassar, M.D.

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



You're in control with MyChart

Meet Mary. Juggling a busy life with three kids and a successful career, Mary always puts her family's needs ahead of her own.

Mary needed a way to easily manage her family's healthcare appointments, message doctors after the kids went to bed and know when it's time for her annual wellness visit.

She saw a poster in the doctor's office about MyChart and asked the nurse to tell her more. Mary learned MyChart is a quick way to view parts of her medical record online. Using her phone or computer, Mary can stay organized while on the go.

Mary can choose when and where to manage health information, such as:

- Review upcoming tests and procedures with her morning coffee.
- Receive appointment reminders on her daily walk.

- Check for recommended screenings in the carpool line.
- Ask her provider questions during lunch.
- Schedule lab work at the park.
- View and pay bills while watching TV.
- Request prescription refills on a weekend.

Mary found that she saves even more time before appointments with special features including:

- Simplified paperwork with eCheck-in: Update health and insurance information from the comfort of her home.
- Skip the line: Click the "I'm here" button on the app to check into appointments.
- Touchless arrival: Turn on mobile location notifications to automatically let care teams know she arrived.

With control of her health, Mary spends more stress-free time with her kids. She and her husband learned how to securely share their medical information to have better peace of mind.

Plus, she's used "Find Care Now" to schedule urgent care and orthopedic urgent care visits. Many providers also offer online appointments and lab draw scheduling.

Visit mychart.genesishcs.org to get started or download the app from the Apple and Google app stores. An access code is not needed. You can add Genesis HealthCare System to an existing MyChart account.

Talk to your provider with questions. Find more tips at mychart.genesishcs.org.



"I found Genesis, and they changed my life."

– Richard Deaton

Richard appreciates the encouragement from his Dachshund, Onyx.

EVERY BREATH MATTERS

Some moments in life take your breath away.

Some diseases take them all. Until now.

Richard Deaton was living in Charleston, South Carolina, working as a land surveyor when he started having trouble breathing. A lot of trouble, which he learned, was caused by a severe case of emphysema, a lung disease that makes it hard to exhale carbon dioxide and prevents you from inhaling as much oxygen as you need.

Richard moved to Coshocton, Ohio, to be close to family. He sought care and was admitted to a hospital six times in a year. He was unable to work, be active or do much of anything.

Richard never gave up

Richard was determined to get better, so he started looking for options. Eventually, he considered Genesis HealthCare System and discovered the Genesis Lung Center.

"After I found the Genesis Lung Center," said Richard, "I asked around and learned they came highly recommended. At that point, I knew what I needed to do."

After visiting the Lung Center, he was given an albuterol prescription that would relax his airways, and it helped him breathe easier for a while. However, his emphysema eventually worsened, and he had a severe attack, making it extremely hard to breathe.

Richard went to the Genesis Coshocton Medical Center and was kept for overnight observation. The next day, Richard was transferred to Genesis Hospital, where he met Jacob Hupp, M.D., Fellowship-trained and Board-certified Pulmonary and Critical Care Specialist at the Genesis Lung Center.

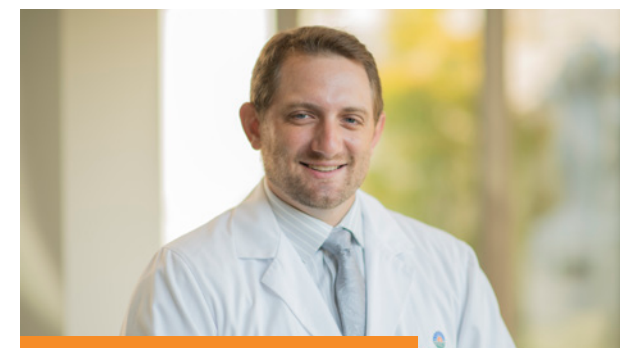
"Richard's emphysema had progressed to a critical point," said Dr. Hupp. "His traditional options were a lung reduction or lung transplant, but Richard was not ready to undergo surgery. Fortunately, soon after that, we were ready to introduce a new minimally invasive bronchoscopic lung volume reduction procedure at Genesis."

The new procedure uses a Zephyr Endobronchial Valve. It implants tiny valves in parts of the diseased lung to allow trapped air to escape, making breathing easier for patients.

Being the first

"Dr. Hupp called and said I was eligible to be the first patient to undergo a new procedure at Genesis," said Richard. "We discussed the procedure, options, outlook and how it fits my condition. He knew so much about my condition and the procedure. It gave me confidence in him. I decided to have the procedure, and I am so glad I did."

Continued on next page »



Jacob Hupp, M.D.

Fellowship-trained and Board-certified
Pulmonary and Critical Care Specialist
Genesis Lung Center

» Continued from page 11

A new friend and commitment to moving

After the procedure, Richard felt much better. He could move around again without losing his breath. However, he knew he had work to do. Being active would help his breathing. Through a friend, he received a Dachshund named Onyx when she was seven weeks old. It was the encouragement he needed to get up and get moving.

Onyx and Richard go on frequent walks together. She stays by his side whether they are in the park or relaxing at home.

"I am so glad I didn't give up on trying to get better," said Richard. "I found Genesis, and they changed my life. I am so grateful to Dr. Hupp, his team and Genesis."



Richard's story

Scan the code with your phone's camera and watch Richard discuss his Zephyr Endobronchial Valve procedure.

Learn more at genesishcs.org/lungcare.

Safely savor summer foods



A lot of people enjoy outdoor barbecues in the summer. From grilled chicken to s'mores, we can cook many things outside while enjoying the nice weather. However, we want to be safe from fires and ensure our food is fully cooked.

Check the temperature

Thermometers are not just for people who are sick or have a fever. They can be used for food, too, especially meat. According to the U.S. Department of Agriculture (USDA) color is never reliable to ensure your food is thoroughly cooked. Using a food thermometer ensures fully cooked food. This includes frozen food with labels such as "cook and serve," "ready to cook" and "oven ready." Below is a list of grilled foods that need to be cooked to a specific temperature to ensure they are safe to eat.

- Cook poultry (whole or ground) to 165 F.
- Cook beef, pork, lamb and veal steaks, chops and roasts to 145 F.
- Cook ground beef, pork, lamb and veal to 160 F.
- Cook egg dishes to 160 F.
- Cook fish to 145 F.
- For safety and quality, allow meat to rest for at least three minutes before carving or consuming.

One-hour rule

Most of us have heard of the five-second rule. What does the one-hour rule mean when it comes to food? The one-hour rule is when the temperature outside rises to 90 F or higher. According to the USDA, foods such as meat, poultry, dips, cold salads or cut fruits or vegetables are safe to sit at the table for an hour. After an hour, harmful bacteria may start to grow, which can lead to foodborne illnesses.

Remember to keep your cold foods cold and hot foods hot so you and your family can enjoy many backyard barbecues this summer.



Eat well and live well at genesishcs.org/wellness.



EXERCISE

SAFELY EVEN WHEN IT'S HOT

Summer is a great time for being active. Even if you live where it gets hot or humid, there are ways to safely stay active. It depends on how active you already are and how used to hot weather you are. Anytime you exercise, it's a good idea to take these precautions.

Drink plenty of water

You lose fluid when you are active. If you lose too much, it can result in dehydration, muscle cramps or even heat exhaustion. In hot weather, drink plenty of fluids before, during and after activity. For longer exercise periods, sports drinks contain carbohydrates and minerals called electrolytes that may help prevent dehydration.

Watch for signs of dehydration and heat-related illnesses such as heat exhaustion and heatstroke. Signs of dehydration include having a dry mouth and eyes, and feeling dizzy.

Don't exercise as hard when it's hot

Take rest breaks. Exercise more slowly than usual or for a shorter time. Stay in the shade when you can. Wear light-colored, breathable clothes. And always wear sunscreen.

Use extra caution if you have health problems

If you are overweight, have health problems, take medicines or use alcohol, you may be at a higher risk for heat-related illness. You may also have trouble if you are not used to exercising in warmer weather.

Check the air quality before outdoor activities, especially if you have conditions like asthma. Airnow.gov provides air quality ratings for your location and a pollution index.

Consider changing outside activity on hot days

When it's hot and humid, take extra precautions when you're active. This might mean you change your activity or when you choose to do it. Here are some ideas:

- Take morning or evening walks.
- Go for a bike ride. Find shaded areas and ride during cooler times of day.
- Go swimming.
- Do light yard work or gardening.
- Wash your car. Give yourself a splash to stay cool.

Find an indoor activity

Sometimes it isn't safe to be active outdoors. There are many ways to be active indoors, such as:

- Go for walks indoors. Take a walk at the mall with a friend. Check with local schools and churches. They may have indoor gyms where you can walk.
- Get fit while you watch TV or listen to music with hand weights or stretch bands. Use cans of food if you don't have weights.
- Use an online exercise video or a smartphone app.
- Join a gym or health club.
- Try a fitness class or a new indoor activity, such as dancing or water aerobics.
- Get involved in indoor sports leagues.

Always ask your doctor for the best exercises for you.



"I recovered quickly,
and I'm pain-free."

– Rick Knowlden

Rick appreciates how Dr. Leibold made him feel comfortable about having his anterior hip replacement.

ARTHRITIS PATIENT FINDS RENEWED COMFORT

Rick Knowlden wanted to find relief from the lingering osteoarthritis in his right hip. Osteoarthritis is common in the knees, hands, hips and neck, and causes the tissues in the joint to break down over time.

Osteoarthritis patients feel pain from joint swelling and stiffness, often leading to joint replacement surgery.

"I walked with hip pain until I couldn't," said Rick. "I was hurting for a few years."

Rick asked his family doctor to recommend a specialist. He was referred to the Genesis Orthopedic Center where he met Christopher Leibold, D.O., Fellowship-trained and Board-certified Orthopedic Surgeon.

"I shared with Dr. Leibold that I was at the point where it hurt to walk," said Rick. "Getting out of bed was painful. Fearing the worst, I asked him for the best advice."

An alternative approach

Dr. Leibold described the steps for a minimally invasive anterior hip replacement. Unlike the traditional posterior approach, which enters from the back of the hip and harms muscles, anterior hip replacement works around the muscles, leaving them attached to the bone.

"For anterior hip replacement, we enter through the front of the hip and the upper part of the thigh," said Dr. Leibold. "The damaged bone and cartilage are easily removed, and the new hip is placed."

Concerned about downtime, Rick asked Dr. Leibold about the length of recovery. Since the procedure works around the hip muscles, patients heal faster. They often feel less pain and can walk without assistance sooner than those with traditional posterior surgery.

"Dr. Leibold answered my questions," said Rick. "It was easy to understand the steps of the procedure."

An easy decision

Rick had his right hip replaced using the anterior approach in December 2024. He was dedicated to recovering quickly so he could return to his favorite outdoor hobbies, including hunting and fishing.

"It was an easy decision to have the surgery," said Rick. "I recovered quickly. I give the experience a 10 out of 10."



Christopher Leibold, D.O.

Fellowship-trained and Board-certified
Orthopedic Surgeon
Genesis Orthopedic Center

Learn about Rick's surgery



An alternative to a traditional posterior hip replacement, the anterior approach locates the hip joint through the groin. Sometimes referred to as a mini-hip replacement,

there are several advantages to the anterior approach, including:

- Less disruption to muscles or tendons
- Smaller incision
- Less pain
- Fewer restrictions after surgery
- Less chance of dislocation after surgery
- Walking without assistance sooner
- Increased mobility
- Quicker recovery time
- Less time doing physical therapy



Watch Dr. Leibold explain the benefits and recovery of the anterior approach at genesishcs.org/leibold-christopher.

Pump up your heart health

According to the Centers for Disease Control and Prevention, almost 120 million people have high blood pressure or are taking high blood pressure medication.

The American Heart Association (AHA) describes blood pressure as the force of blood against our artery walls as it runs through our bodies. Our hearts push blood into vessels with every beat.

Blood pressure readings are measured in millimeters of mercury, or mm Hg, and include two numbers:

- **Systolic pressure**, the top number, is the pressure against the artery walls as the heart beats. This number is recorded first.
- **Diastolic pressure**, the bottom number, is the pressure against the artery walls between heartbeats. This is when the heart rests.

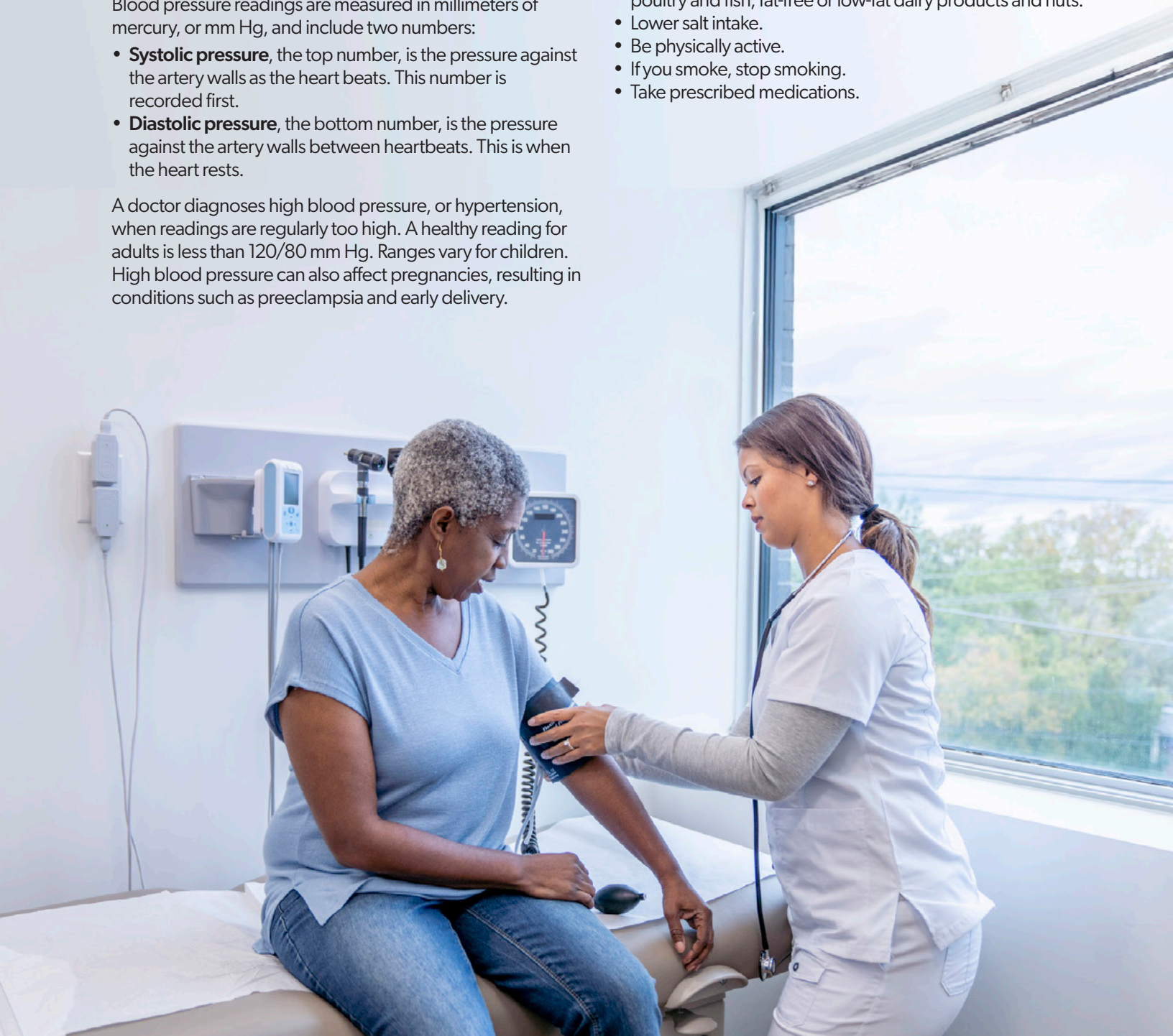
A doctor diagnoses high blood pressure, or hypertension, when readings are regularly too high. A healthy reading for adults is less than 120/80 mm Hg. Ranges vary for children. High blood pressure can also affect pregnancies, resulting in conditions such as preeclampsia and early delivery.

Treatment

If you've been diagnosed with hypertension, integrating healthy lifestyle changes is important. Poor management can lead to additional health concerns, such as a heart attack, vision loss and stroke.

The AHA recommends these tips:

- A diet with fruits and vegetables, whole grains, skinless poultry and fish, fat-free or low-fat dairy products and nuts.
- Lower salt intake.
- Be physically active.
- If you smoke, stop smoking.
- Take prescribed medications.





Categories

High blood pressure doesn't always have warning symptoms. The AHA groups blood pressure readings into five categories.

Blood pressure category	Systolic pressure mm Hg	Diastolic pressure mm Hg
Normal	less than 120 and	less than 80
Elevated	120 to 129 and	less than 80
High blood pressure stage 1	130 to 139 or	80 to 89
High blood pressure stage 2	140 or higher or	90 or higher
Hypertensive crisis	higher than 180 and/or	higher than 120

Work with your doctor to know your numbers and learn about prevention or treatment. While one high reading isn't always a sign of concern, call 911 if readings are over 180/120 mm Hg and you have chest pain, shortness of breath, back pain, vision changes, dizziness or vomiting.

Learn more about managing blood pressure



Putting the pressure on blood pressure

Lowering blood pressure doesn't need to be difficult. Incorporate these habits for a healthy heart.

genesishcs.org/pressure



Natural ways to reduce high blood pressure

Read about four natural ways to reduce and prevent high blood pressure.

genesishcs.org/four-natural-ways



DASH to lower blood pressure

The Dietary Approaches to Stop Hypertension diet helps create a heart-healthy lifestyle.

genesishcs.org/dash

Shoes matter.

Ask the princess with the glass slipper.



The sun is out, and the sand stretches to endless water. It's going to be a great day if you can keep from scratching your foot on a rock, getting the tops of your feet burned, stepping on a bee while barefoot or twisting an ankle while running in flip-flops.

Those perfect summer days with no worries are rare. Make sure you get the most out of them with appropriate footwear.

We know that part of summer fun is letting your toes escape their winter prison of socks and closed-toe shoes. An increase in activities over the summer months, especially after an inactive winter, can lead to multiple foot concerns. With a little planning, you can still let your piggies out and go home safe.

Make the right choice

When it comes to summer, a lot of us want the sleekest slides and hassle-free flip-flops. However, when buying summer shoes with minimal coverage, you should pick the proper footwear for the right occasion.

To keep joints and feet healthy, it's best to give them a cushion. Our providers at Genesis Foot & Ankle recommend wearing sandals that fit the shape of your feet. Without supportive sandals, stress fractures are more common.

Straps and traction keep shoes on your feet and prevent tumbling on slick surfaces. Genesis Foot & Ankle says stretching the Achilles tendon can also reduce foot pressures and the chances of injury.

Fancy glass slippers that match the perfect sundress also have drawbacks. An increase in heel height can lead to greater instability, leading to injury.

Flip flops can be a good choice around pools, in public showers and even hotels where problems like plantar warts, athlete's foot, ringworm and other infections want to hitch a free ride on your feet.

Trust us, these are not the vacation souvenirs you want to take home. If you are going to be active, consider more substantial footwear to eliminate the risk of the sole bending under itself or slipping off and causing you to fall.

A moment in the sun

After your feet have wintered in heavy socks and snuggly boots, letting them bask in the sun often feels good. However, as your feet usually get minimal exposure to the sun, it makes them easy to burn.

Be sure to cover the tops of your feet and ankles, along with other exposed skin, with the appropriate sunscreen. Reapply after being in the water.

Put your feet up and rest

A few simple tips can help keep your feet healthy. Enjoy the carefree days this summer with the right shoes. Your feet will appreciate the royal treatment.



ONE TEAM GREATER IMPACT

Zane Grey Intermediate student Jaiden Garnes runs to hug her Lunch Buddy, Genesis team member Marianne Graham, who made a surprise visit to her school. Smiling ear to ear, Jaiden couldn't wait to tell Marianne about her latest class project.

Marianne is one of the many volunteers who mentor local youth like Jaiden through the Big Brothers Big Sisters (BBBS) Zanesville Lunch Buddy program.

Southeastern Ohio has numerous remarkable organizations that benefit our community. From supporting local youth and packaging meals for senior citizens to helping animals and building houses, nonprofit organizations make our community a better place.

Over 4,400 Genesis team members like Marianne frequently lend a hand to our local nonprofit organizations.

Marianne has been involved with BBBS since 2017, serving as a BBBS Zanesville Lunch Buddy for the last four years. The Lunch Buddy program matches youth with BBBS volunteers. Bigs and Littles meet weekly to have lunch, play games and have meaningful conversations.

"Lunch Buddies opens the door for volunteers to make a difference," said Marianne. "With so many programs available, BBBS enables me to give back and encourage others to share their time and talents."

In addition to BBBS, Marianne volunteers with the Zanesville Farmers Market and the Muskingum Valley Park District. She sees the direct impact volunteering makes in the local community.

"Volunteers help nonprofit organizations support the communities they serve," said Marianne.

"Helping others inspires better teams. Together we can create a greater impact."

Connect with us

Genesis wants to help our community. We would like you to share local volunteering opportunities with our team. Nonprofit groups that meet the qualifying guidelines can complete the request form online at genesishcs.org/request-volunteers.

Guidelines include:

- Opportunities that support Muskingum, Coshocton, Perry, Guernsey, Noble or Morgan counties.
- Church events that benefit the entire community.
- Submit your organization's request at genesishcs.org/request-volunteers at least 30 days before your event. Requests are reviewed weekly.

2503 Maple Ave., Suite A
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The future of Genesis Hospice Care

Why does a new hospice facility matter?



"I was exhausted caring for my mother at home as she neared the end," said Carolyn Quinn, daughter of a hospice patient. "Genesis picked her up and took her to the Morrison House. I slept for 10 hours a night for two nights, and then they brought her home, and I was rested and ready to care for her so she could pass where she wanted."

This is one of countless stories told by hospice patients' family members and loved ones. As the region's only dedicated inpatient hospice facility, the Morrison House has provided much-needed support for thousands of families during their most difficult times.

After serving our community for over 35 years, the Morrison House has reached the very end of its useful life. With the help of the community, partners and the Genesis team, we are committed to continuing to provide hospice service both at home and in a new dedicated inpatient facility.

The J.W. & M.H. Straker Charitable Foundation was extremely generous in making a donation to name the new facility. The Franciscan Sisters of Christian Charity also demonstrated their generosity by donating the land across the street from the current Morrison House for the new building's location.

With your support, we will fulfill our promise to build a new facility and ensure our nonprofit, Centers for Medicare & Medicaid Services (CMS) Five-Star Rated Hospice facility continues to provide the vital care you've come to know and trust.

Your contribution will support private patient rooms and bathrooms with beautiful garden views and so much more.

If you would like more information or to contribute, please visit genesishcs.org/foundation or call 740-454-5052.

Thank you for helping us support our community's future.



Donate to the Genesis Hospice Care Capital Campaign.

Stay connected, stay healthy

Keep updated with Genesis by following us on Facebook. Subscribe to our quarterly publication, *LiveWell*, and our women's email newsletter, *HerHealth*. Visit genesishcs.org/subscribe.

To be added to or removed from our lists, contact:
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