



**HOCKING VALLEY
Community Hospital**

LEADING THE WAY TO A HEALTHIER COMMUNITY

JULY 20, 2018

Weekly Update

Protect All the Skin You're In!



July is National UV Safety Month

Information courtesy www.cdc.gov

The summer is upon us and the sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes. In recognition of National UV Safety Month, follow these recommendations to help protect yourself and your family.

SHADE

You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

CLOTHING

When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing certified under international standards comes with information on its ultraviolet protection factor.

If wearing this type of clothing isn't practical, at least try to wear a T-shirt or a beach cover-up. Keep in mind that a typical T-shirt has an SPF rating

EVENTS CALENDAR

Aug. 1: HVMG Ribbon Cutting HVCH Foundation Medical Complex

Join us for a ribbon-cutting and grand opening for the Hocking Valley Medical Group offices of: Family Practice, Psychiatry and Pediatrics at 1383 W. Hunter St. from 5 to 7 p.m. There will be refreshments, tours of the new building and more!

Aug. 27: Red Cross Blood Drive HVCH Meeting Room

A blood drive will be held in the Meeting Rooms behind the cafeteria from 8 a.m. to 2 p.m. Please call the HVCH Lab at (740) 380-8218 to schedule an appointment. Donate blood and receive a BOGO Columbus Zoo offer!

Sept. 20: State of the Hospital HVCH Front Canopy

Save the date! More details to come!

INSPIRATIONAL QUOTE OF THE WEEK

"When the sun is shining I can do anything; no mountain is too high, no trouble too difficult to overcome."

— Wilma Rudolph

SUN SAFETY

lower than 15, so use other types of protection as well.

HAT

For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.

If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using a broad spectrum sunscreen with at least SPF 15, or by staying in the shade.

SUNGLASSES

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

SUNSCREEN

Put on broad spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help

for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options to prevent UV damage.

How sunscreen works -

Most sunscreen products work by absorbing, reflecting, or scattering sunlight. They contain chemicals that interact with the skin to protect it from UV rays. All products do not have the same ingredients; if your skin reacts badly to one product, try another one or call a doctor.

SPF - Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with at least SPF 15.

Reapplication - Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours and after swimming, sweating, or toweling off.

Expiration date - Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.

Cosmetics - Some make-up and lip balms contain some of the same chemicals used in sunscreens. If they do not have at least SPF 15, don't use them by themselves.



HVCH welcomes new employees

HVCH welcomed two new employees for the month of July: Josie Riggs (left), Student Registration Clerk; and Courtney Alrousan, RN, Inpatient.



HVMG providers open in new office

The Family Practice, Pediatric and Psychiatric providers of the Hocking Valley Medical Group began seeing patients in their new location at the HVCH Foundation Medical Complex at 1383 W. Hunter St., Logan, last week. Medical providers with offices in the newly remodeled building include: Dr. John Woltz, Dr. Charles Keller, Amanda Downs-Davis, NP-C, Dr. Mark Scarmack, Fallon Magdich-Ritchey, NP-C, Dr. Tarek Aziz, Dr. Max Haque and Pramoda Fatehchand, PA-C. For more information, visit www.hvmg.org.

HVCH Cafeteria Menu July 23-July 27				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti Casserole	Breaded Chicken Breast	Hot Dog/Bun	Chicken Tator Casserole	Tortilla Tilapia
Chicken Fingers	Italian Sausage/Bun	Macaroni & Cheese	Salisbury Steak	Creamed Chip Beef
Potato Wedges	French Fries	Onion Rings	Mashed Potatoes	Mashed Potatoes
Cauliflower Broccoli	Corn	Baked Potato	Baked Beans	Glazed Carrots
Breadstick Tomato Soup	Green Beans	Candied Carrots	Cabbage Peas	Broccoli Biscuit
	Blended Veggies	Brussel Sprouts	Broccoli Soup	Chicken Dumplings
	Chicken Soup	Chili		

HVCH Foundation closes out a successful fundraising weekend

The HVCH Foundation raised nearly \$45,000 gross revenue during its annual charity auction and golf outing on Friday & Saturday, July 13-14.

The annual event was held at the Hocking Hills Golf Club in Hocking County, and welcomed community members, partners, employees and tourists to what has become a much anticipated weekend event.

“This is definitely becoming a very popular event in Hocking County,” Latricia Johnston, HVCH Chief Public Relations Officer, said. “We found ourselves hunting for additional tables and chairs to provide seating for everyone in attendance. That’s a good sign the Foundation’s mission to make a significant impact on patient care in this community is being heard. Our Foundation Board, Auction and Golf Committees are committed to raising charitable funds to support Hocking Valley Community Hospital, and once again worked very hard to provide a fun and entertaining event that serves a greater cause.”

Over the past 32 years, the event has raised more than \$1.5 million for charitable purposes at HVCH.

The auction this year featured a summertime fun theme with more than 80 items to help families make the most of their summer vacation including trips, beach accessories, household items, art, event tickets and much more.

“We realize that our donors work hard everyday, so most of these items were grouped together in packages to allow guests to bid on items that would provide opportunities for rest and relaxation – all part of a good wellness program,” Johnston said.

Additionally, attendees were provided entertainment from Dr. Dan Stambaugh playing oldies, classic rock and country hits. SAM FM Radio 98.3 also played music at the auction during their live remote. Returning this year was auctioneer Steve Green of Green & Green Auctioneers from Sunbury, Ohio. HVCH Board Members Brad Little, Kyle Walker and Matt Mahaffey assisted the auctioneer.

“People came with the understanding of the reason for this event and gave very generously,” Stacey Gabriel, HVCH President and CEO, said. “I could not be more proud of our community. To see so many people come together and support the vital role of the HVCH Foun-



YOU ARE INVITED!

Ribbon-Cutting

& Grand Opening

HVCH FOUNDATION MEDICAL COMPLEX

Hocking Valley Medical Group
5 to 7 PM Wednesday, August 1
1383 W. Hunter St., Logan

HVCH Foundation &
 Hocking Hills Chamber of Commerce

Did you have a positive experience at HVCH that you would like to share? Visit our Review Us page at www.hvch.org/review-us or Google Review to let us know how we did. We want to hear from you!

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Food Service Aide - Part Time - Various Hours
- Medical Laboratory Technician (MLT) - Full Time
- Registered Nurse (RN) - Behavioral Health - Contingent/PRN

2018 HVCH Foundation Golf Tournament winners announced



LOW NET WINNERS: Eagles Team #1



LOW GROSS WINNERS: Hawk's Nest Team

The team of Larry Conrad, Christopher Conrad, Scott Farrar and DJ Conrad were the low net champions during the 33rd annual Hocking Valley Community Hospital Foundation Golf Tournament recently held at Hocking Hills Golf Club.

The team completed the four-person scramble with a low net score of 45.

The Hawk's Nest team of John Jordan, Levi Cordle, Josh McKee and Chris Hall were named the low gross winners with a score of 56.

Skins game winners were the Hawk's Nest team on Hole #1 and the team consisting of John Bowling, Pat Hosler, Alan Thompson and Ramona Giderof on Hole #13.

Other tournament games and prizes were won by: Kevin Farmer, longest putt; and Chad Grow, longest drive.

AUCTION

Each person or organization that contributed items for bid, made a purchase, or entered a golf team has made a healthy difference in the lives of many, and for that I am grateful," Gabriel said.

Throughout the year, many businesses and organizations have partnered with the Foundation through the Leading the Way Annual Partnership Program. Partners were recognized during the auction and golf events, and will continue to receive recognition throughout the year. Partners also can receive other benefits including catered luncheons, print and broadcasting opportunities to expose their organization. This year, community businesses have donated almost \$30,000 in partnerships. It is not too late to join the HVCH Foundation partner program for 2019; interested individuals may call 740-380-8336 to learn more.

This year's \$1,000 ball drop winner was Bob Clark with lucky ball #585. Golf tournament raffle winners were: Ginger Johnson, one pizza per month for a year at Pizza Crossing; Janel Bush, \$100 Sharff's gift card; Karla Good, \$100 Hawk's Nest gift card and Crystal Fizer, two-nights stay at Oakwood Cabins.



Managing (K)idney Stones

Also called nephrolithiasis or urolithiasis, kidney stones affect approximately one in 11 people (19% of men and 9% of women by age 70 years). Fortunately, treatment is available to effectively manage most stones. In addition, you can take steps to prevent kidney stones from recurring.

A kidney stone can form when there are normal or high levels of substances such as calcium, oxalate, cystine, or uric acid in the urine. These substances can form crystals. Crystals become attached to the kidney and gradually increase in size forming a stone.

Certain diseases and habits can affect a person's risk for developing kidney stones. These include a past history or family history of kidney stones, and certain dietary habits like high intake of salt, calcium, sugars and animal protein. Underlying medical conditions like gout, diabetes, Crohn's or overactive parathyroid also contribute, along with certain medications such as water pills and dehydration.

Typically, the stone will move through the urinary tract and is passed out of the body in the urine. A stone may cause pain if it becomes stuck and blocks the flow of urine. Large stones do not always pass without medical assistance and sometimes require a minimally invasive surgical procedure.

Pain is the most common symptom when passing a kidney stone. Most commonly, pain only occurs with obstruction, in which the urine cannot pass freely from the kidney to the bladder. Pain can range from a mild and barely noticeable ache to discomfort that is so intense it requires treatment in the hospital.

Most often the pain escalates and then gets better, but does not go away completely. Waves of severe pain known as renal colic usually last 20 to 60 minutes. Pain can occur in the flank (the side between the ribs and the hip) or the lower abdomen, and the pain can move toward the groin.

Most people with kidney stones will have blood in the urine known as hematuria. Urine may be pink or reddish, or the blood may be visible only with urine dipstick testing or microscopic examination of the urine. You may pass "gravel" or "sand," which are small stones in your urine.

Other kidney stone symptoms include nausea or vomiting, pain with urination, and an urgent need to urinate. Kidney stones are usually diagnosed based upon your symptoms, a physical examination, and imaging studies. A non-contrast helical CT scan of abdomen and pelvis is the best imaging test if kidney stones are suspected.

A renal ultrasound can also be used to detect kidney stones and is the procedure of choice for people who should avoid radiation, including pregnant women and children.

Treatment of a kidney stone that is causing obstruction depends upon the size and location of the stone, as well as your pain and ability to keep down fluids. If your stone is



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likely to pass, your pain is tolerable, and you are able to eat and drink, then you can be treated at home.

If you have severe pain or nausea, you will need to be treated with stronger pain medications and intravenous (IV) fluids, which are often given in the hospital. Patients with stones and who also have a fever must be treated in the hospital as soon as possible to avoid a life-threatening infection.

At home, you can take non-prescription pain medication until the stone passes. This includes nonsteroidal anti-inflammatory drugs such as ibuprofen (Advil, Motrin) or Naproxen (Aleve), but it is important to check with your provider first. Other medications, such as Tamsulosin (Flomax), may also be recommended.

You will probably be asked to strain your urine to recover the stone. After you retrieve it, you should take it to your medical provider so it can then be analyzed in a laboratory to determine the composition of the stone. Knowing what type of kidney stone you have is important in planning treatments to prevent future stone formation.

Stones larger than 9 or 10 millimeters rarely pass on their own and generally require a procedure to break up or remove the stone. Some smaller stones also do not pass. Several procedures are available. Ureteroscopy is a common endoscopic procedure that uses a thin scope, which is passed through the urethra and bladder, into the ureter and kidney. This endoscope allows the urologist to see the stone and remove it or to break up the stone into smaller pieces.

Shock Wave Lithotripsy or SWL is a reasonable treatment option in many patients who need help passing a stone. You may require medication to make you sleepy and reduce pain during lithotripsy treatment. Lithotripsy is performed by directing high-energy shock waves toward the stone. These sound waves pass through the skin and bodily tissues and release energy at the stone surface. This energy causes the stone to break into fragments that can be more easily passed.

Extremely large or complex stones, or stones resistant to shock wave lithotripsy, may require a minimally invasive surgical procedure to remove the stone. In this procedure, a small endoscopic instrument is passed through the skin of the back into the kidney to remove the stone. After you have a kidney stone attack, you should have blood and urine tests to determine whether you have certain health problems or dietary habits that increase the risk of kidney stones.

If you passed and saved the stone, it should be analyzed to determine the type of stone. In addition, your clinician may request that you perform a 24-hour urine collection to determine underlying risk factors for your kidney stone disease. Based upon these test results, you may be advised to drink more fluids to decrease the risk of another stone.

Experts recommend drinking enough fluid that you make more than 2 liters of urine per day. Also, you may be advised to make changes in your diet depending upon the type of kidney stone you have and the 24-hour urine results, or you may be advised to take a medication to reduce the risk of future stones.

Please contact one of our physicians at (740) 385-0202 if you are concerned that you might be at risk for kidney stones.



HOCKING VALLEY Community Hospital

OUR MISSION

To provide extraordinary care close to home now and into the future.

OUR VISION

To provide our community an unparalleled patient experience through world class service that is both compassionate and professional.

HVCH is a critical-access hospital located in the city of Logan, Ohio, which serves residents in Hocking and surrounding counties. With more than 325 employees, our staff is here to serve the residents and visitors of our Hocking Valley community through various ancillary and emergency care services. HVCH is Joint Commission accredited, and we offer a wide range of primary, acute, and rehabilitative services. We are pleased to provide 24-hour emergency services to our patients through our ER and Urgent Care. Additionally, our surgical center, rehabilitation center, physical therapy clinic, pain control and wound clinic, imaging, laboratory, cardiovascular/cardiopulmonary, sleep clinic, geriatric psychiatric, and oncology services are also available. We are proud of our facility. HVCH is affiliated with OSUWMC, improving healthcare services to the Hocking and surrounding counties in the areas of general surgery and orthopaedics. HVCH also is a part of the Ohio State Health Network.