

LiveWell 20

AUTUMN ISSUE

A GENESIS HEALTHCARE SYSTEM PUBLICATION

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Genesis
HEALTHCARE SYSTEM

Better Begins Here

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 Mary Louise Cox was suffering from pain so intense she couldn't even sew. The 88-year-old woman had minimally invasive spine surgery by Yasuaki Harasaki, M.D., board-certified neurosurgeon, and now she's back at the sewing machine making beautiful quilts.

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CONNECTING WITH YOU

Expert Care Continues

We've all experienced a lot of changes in our lives during this worldwide health crisis. Throughout this time, we've continued to reach out to you in innovative ways offering the care you need – when you need it. Inside this edition of *LiveWell*, you'll find a guide on how to conveniently connect with your physician through telehealth without leaving the comfort of your home.

Brad Hollingsworth connects with his fellowship-trained electrophysiologist, Grant Chow, M.D., through messaging available in MyChart, the patient's electronic medical record. Brad asks Dr. Chow health questions to help give him the confidence to compete in Ironman triathlons. He can compete even though he has had a complete heart block diagnosed when he was about a year old. Brad considers Dr. Chow part of his race team.

Mary Louise Cox couldn't participate in the activities she loves, due to intense pain, until she had minimally invasive spine surgery by Yasuaki Harasaki, M.D., neurosurgeon. Now the 88-year-old woman is back to quilting and gardening.

Bill Howard can participate in a favorite hobby again after suffering a hand injury while working on his remote-control airplane. His fellowship-trained hand surgeon, Clayton Gibson, M.D., repaired Bill's severed tendon in his finger. Inside this edition, you can read about the hobby that both Bill and Dr. Gibson enjoy.

Spending quality time with her children while receiving expert care is the reason Kristie Prati chose to go to the Genesis Cancer Care Center. After learning she had breast cancer, Kristie had a mastectomy with immediate reconstructive surgery at Genesis. Kristie wanted to be close to home with her husband and 9-year-old twins and knew she'd get the best care at the Genesis Cancer Care Center.

Heart patient Mark McManaway is thankful for the specially trained team at Genesis who cared for him when he had a heart attack. Expert physicians immediately performed triple bypass surgery and saved his life. Today, Mark is back on the family farm.

We've all experienced a lot of change this year. Rest assured Genesis HealthCare is here to care for you and your loved ones in the safest environment, whether it's at home through telemedicine, a physician office or in the hospital.

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



MEET OUR NEW ORTHOPEDIC HAND SURGEON

Fellowship-trained Matthew Langford, M.D. Orthopedic Surgery – Hand

Dr. Langford joined the Genesis Orthopedic Group in July, specializing in orthopedic hand surgery, including fractures and nerve repair. Great mentors during Dr. Langford's residency, their approach to medicine and their interaction with patients and residents impacted his decision to become a hand surgeon. "I found myself wanting to model my career after theirs," he said.

Less Invasive Treatments

"Hand surgery is extremely complex with many nuances and details required to bring a hand back to full function," Dr. Langford said. Improved implants and arthroscopy equipment are making hand treatments less invasive.

Dr. Langford received his doctor of medicine from Temple University in Philadelphia, Pennsylvania. He completed his orthopedic residency at the Naval Medical Center Portsmouth in Portsmouth, Virginia, and a hand surgery fellowship at Wake Forest Baptist Medical center in Winston-Salem, North Carolina.

Fellowship-trained Surgeon

Dr. Langford has more than eight years of orthopedic surgery experience as a board-certified and highly decorated hand surgeon who served in the U.S. Navy. He and his wife grew up near Zanesville and enjoy spending time with their son.

Dr. Langford is at the Genesis Neuroscience & Orthopedic Center, 955 Bethesda Drive, Garden Level, Zanesville. His phone number is (740) 586-6828, and a physician referral is not required.

Fellowship-trained means the surgeon or physician has shown the highest level of dedication to that field and achieved the highest level of training.

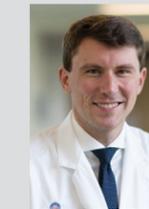
WELCOME TO NEW PHYSICIANS



Jed Bell, D.O., Physical Medicine & Rehabilitation

Jed Bell, D.O., joined the Genesis Medical Group, specializing in physical medicine and rehabilitation (PM&R). He also performs interventional procedures for pain management patients. Dr. Bell completed medical school at the New York College of Osteopathic Medicine in Old Westbury, New York, and his physical medicine and rehabilitation residency at Long Island Jewish Hospital in New

Hyde Park, New York. He is in the Genesis Interventional Pain Management Clinic at 2945 Maple Ave., Suite B, Zanesville. Call (740) 454-4712 to make an appointment.



Matthew Craig, M.D., Orthopedic Surgery-Sports Medicine

Matthew Craig, M.D., has joined the Genesis Orthopedic Sports Medicine Group, specializing in orthopedic surgery and sports medicine. Dr. Craig earned his doctor of medicine at Georgetown University in Washington, D.C. He completed his orthopedic residency at the University of Illinois at Chicago in Chicago, Illinois, followed by a sports medicine fellowship at the University of Utah

in Salt Lake City, Utah. Dr. Craig is at the Genesis Orthopedic Sports Medicine office, 950 Bethesda Drive, Building 5, Unit 1, Zanesville. Call (740) 586-6828 to make an appointment.



Anastasia Gevas, D.O., Internal Medicine

Anastasia Gevas, D.O., has joined the Genesis Medical Group, specializing in internal medicine. Dr. Gevas completed her doctorate of osteopathic medicine at West Virginia School of Osteopathic Medicine in Lewisburg, West Virginia. She then completed an internal medicine residency at Southeastern Health in Lumberton, North Carolina. She is located at the Genesis

Zanesville Family Practice in the Genesis Medical Arts Building II, 751 Forest Ave., Suite 303, Zanesville. Call (740) 450-1630 to make an appointment.



Errol Singh, M.D., Urology

Errol Singh, M.D., joined the Genesis Urology Group, specializing in urology. Dr. Singh earned his doctor of medicine at the University of Nebraska College of Medicine in Omaha, Nebraska. He completed a general surgery residency at the University of Minnesota in Minneapolis, Minnesota, and a urology residency at the Mayo Clinic in Rochester, Minnesota. Dr. Singh is located at the

Genesis Urology Group office, Genesis Medical Arts Building II, 751 Forest Ave., Suite 301, Zanesville. A physician referral is not needed. Call (740) 455-4923 to make an appointment.



Peter Unkovic, D.O., Advanced Heart Failure Cardiology

Peter Unkovic, D.O., has joined the Genesis Heart & Vascular Group, specializing in advanced heart failure cardiology. Dr. Unkovic earned his doctor of osteopathic medicine at Lake Erie College of Osteopathic Medicine in Bradenton, Florida. He completed his residency in internal medicine and a fellowship in cardiovascular disease at Ohio Health Doctors Hospital in Columbus, Ohio, and a

fellowship in advanced heart failure and transplant cardiology at The Ohio State University Wexner Medical Center in Columbus, Ohio. His office is in the Genesis Heart & Vascular Institute, Physician Pavilion, 955 Bethesda Drive, First Floor, Zanesville, and his phone number is (740) 454-0804. He is accepting new patients by physician referral.



See the stories inside this edition of *LiveWell* come to life on video. Go to genesishcs.org to watch our patients share their stories of hope and healing.

RESCUED FROM PAIN

Genesis Provides Minimally Invasive Spine Surgery



Mary Louise Cox enjoys crafting colorful quilts again after having minimally invasive spine surgery by Yasuaki Harasaki, M.D., neurosurgeon, Genesis Neurosurgery Group.

Mary Louise Cox stood in the church parking lot on one foot, or at least it felt like one foot. Numbness crept up her right foot, leg and hip, all the way to her pain-stricken lower back. At 88 years old, she knew the importance of staying upright on asphalt, yet she felt herself losing balance. Thankfully, friends rushed to her rescue in the nick of time.

"You brush off the pain for a long time, and then you can't do that any longer," Mary Louise said. "My pain had been going on for years and slowly growing worse. I decided I had better do something about it."

The Right Physician and Team

Before scheduling an appointment with a doctor, Mary Louise watched videos of physicians at Genesis – that's how she came to schedule an appointment with Yasuaki Harasaki, M.D., a neurosurgeon with specialized training and experience with the spine.

"Dr. Harasaki greeted me calmly, confidently and friendly," Mary Louise remembers. "He showed me the MRI and explained all about it in a language I could understand." Dr. Harasaki explained that Mary Louise's pain originated in her lower back, where herniated discs compressed and pinched surrounding nerves.

"If you live long enough, your discs and spine will show evidence of wear. With degenerative changes, discs collapse and bulge – it happens to everyone," Dr. Harasaki said. "Looking at Mary Louise's MRI, we could see nerve-pinching on multiple levels. These changes happened silently over years, building up until Mary Louise's body couldn't put up with it anymore, and she became symptomatic."

To eradicate the pain, Dr. Harasaki recommended a minimally invasive surgical procedure, called a multi-level lumbar laminectomy, to relieve pressure on the affected nerves.

Minimally Invasive, Major Benefits

By performing minimally invasive spinal surgery, patients experience major benefits, including:

- Decreased tissue damage and disruption
- Less pain
- Shorter time in surgery
- Smaller incision sites
- Less risk of infection
- Quicker recovery

"Minimally invasive surgery accomplishes the same goals as traditional surgery, but we do it through less disruptive means. With Mary Louise, we did a four-level decompression, because nerves were pinched at four disc levels. Traditional surgery would have been difficult to recover from at her age," Dr. Harasaki said.

That said, even minimally invasive surgery was a big deal to Mary Louise.

"When you're the patient, it's major even if it might be minor," she said. "What helped was Dr. Harasaki being keenly interested in how surgery would help my lifestyle. I told him I wanted to weed my garden after surgery because I missed doing that. Dr. Harasaki said he was also working on a garden with his two children. I knew he was a winner – you have to have patience to be a gardener – or a parent or a physician for that matter."

As a board-certified neurosurgeon with additional, specialized training in minimally invasive spinal techniques, Dr. Harasaki brings leading-edge knowledge and vast experience to our community. With all this in mind, Mary Louise felt confident Dr. Harasaki would perform the four-hour surgery proficiently – and he did. After the procedure, Mary Louise spent one night in Genesis Hospital before returning home.

Back to Life Without Pain

"I cannot tell you how wonderful it feels to suddenly not have pain in your back," Mary Louise rejoiced. "I noticed an immediate difference, and my recovery has been wonderful."

Since surgery, Mary Louise completed physical therapy to help regain strength. She's gone from using a walker post-surgery to moving about her garden with ease and walker-free.

"I'm back to doing things," Mary Louise said. "Of course, I have my normal 88-year-old aches and pains, but now I can garden and quilt, and do things I love. My husband calls me a human dynamo."

To those suffering from back pain, Mary Louise expressed sage advice: "Don't wait. It's silly to stay in pain. Go find out what you can do." Dr. Harasaki agrees.

"It's worth it to come in and discuss ways to feel better that don't involve a huge surgery. I'm not here to push any treatment, but I can teach you about multiple options available," he said.

To learn more about Dr. Harasaki, go to genesishcs.org/find-a-provider/profile/yasuaki-harasaki. To schedule a consultation with Dr. Harasaki or one of the expert neurosurgeons at Genesis, call (740) 586-6828.



Yasuaki Harasaki, M.D.
Neurosurgeon
Genesis Neurosurgery Group

TOP QUALITY HEART CARE

Life-saving Speed

Mark McManaway completed a day of work, mowed a few lawns and then got supper before heading into the living room for his nightly episode of *The Andy Griffith Show*. He felt tired from the day's work, but not any more tired than normal. As he sunk into the recliner, his wife Marcy heard him exhale a grunting noise. It sounded odd. She looked over to find Mark slumped in his chair, unconscious and not breathing.



Mark McManaway feeds the cows again on his farm after having life-saving triple bypass surgery by the skilled heart specialists at the Genesis Heart & Vascular Institute.

"Call 9-1-1! Something's happened to Mark." Marcy called out to a relative next door. While waiting for the ambulance, Marcy acted fast. Though untrained in CPR, she did the best she could – and it helped. "She wanted to try to do something, and all of a sudden I gasped and started breathing again," Mark said.

Alaa Gabi, M.D., interventional cardiologist, Genesis Heart & Vascular Institute, commended Marcy on her quick response. "She did a great job. Though she didn't do full CPR, her compressions revived him. What also helped is that she got him to the hospital early. In cardiology, seconds can mean a life," Dr. Gabi said.

Double Trouble Heart Attacks

After arriving at Genesis Hospital Emergency Department, the medical team ran bloodwork that revealed Mark had suffered a heart attack. While being monitored, a second attack struck. "I was sitting up talking with my wife and daughter, and then suddenly I fell back on the bed. I coded again," Mark said.

When Mark went into cardiac arrest again, the resuscitation team including doctors board-certified in critical care, James Adamo, M.D., Philip Fields, M.D., and Kenneth Greer, M.D., sprang into action to resuscitate and stabilize Mark, then rushed him to emergency open heart surgery.

"Cardiovascular disease is the most common cause of death in the United States," Dr. Gabi said. "The chances of Mark's survival would have been much lower if he hadn't been at the hospital. With any heart or vascular disease, the earlier we intervene, the better."

Every Second Counts

Mark survived thanks to the quality heart care at Genesis, and life-saving speed at which it was administered. He was taken as an emergency to the heart catheterization lab. His heart catheterization procedure showed that he had critical blockages in the three main vessels supplying his heart. Dr. Gabi discussed that case with Dr. Rehman and the cardiac surgery team and it was decided to proceed for emergent open-heart surgery.

"We performed a triple bypass, meaning we rerouted the blood beyond blockages in three different arteries," explained Atiq Rehman, M.D., fellowship-trained cardiothoracic vascular surgeon, Genesis Heart & Vascular Institute.

Atiq Rehman, M.D.
Fellowship-trained
Cardiothoracic Vascular Surgeon
Genesis Heart & Vascular Institute



"This was a team effort. At Genesis, our heart and vascular physicians work as a cohesive group. It's unique. Our collaboration spills over in good ways to all aspects of care, as we discuss, treat and manage patients together," said Dr. Rehman.

Genesis' robust and accredited heart team includes highly trained interventional cardiologists, electrophysiologists, cardiothoracic surgeons, cardiologists, vascular surgeons and specialized nursing and support staff members.

Rewarded With Life, Kindness

Genesis' high quality and compassionate care had a tremendous impact on Mark.

"They were so helpful and friendly it was unreal," Mark said. "They made me feel at ease, like I was sitting there with family. The doctors are very good, and I can't get over how hard the nurses work." For Dr. Rehman and the Genesis heart team, Mark's words and successful outcome provide meaning and fulfillment to their work.

"The most rewarding thing for me is the smile of a happy, grateful patient who's able to improve his or her overall quality of life – that's our goal," Dr. Rehman said.

Now home, Mark continues the healing process by regularly going to the Genesis Heart & Vascular Rehab Gym. "At first, when they asked me if I wanted to take a walk, I could barely make it from the hospital bed to the door of my room. Now I'm walking around my town block three times a day, plus going to rehab therapy. I won't be running any races soon, but I'm definitely healing and getting better," Mark said. "I'm thankful to be alive, I'm thankful for my family, and I'm thankful for Genesis."

Local Excellence

The Heart & Vascular Institute has fellowship-trained physicians applying the latest cardiac innovations.

"Our cardiology program's volume has doubled in the last five years, which indicates our program has good results. Even more importantly, we now provide our community with access to nearly every interventional heart procedure available in the country," Dr. Rehman said.

For example, Genesis Heart & Vascular Group physicians use advanced technologies like:

- Transcatheter aortic valve replacement (TAVR) – small catheters and innovative imaging help physicians replace diseased heart valves
- MitraClip™ – designed for patients unsuitable for surgery, this minimally invasive technique repairs mitral regurgitation
- Robotic-assisted, minimally invasive technology – makes smaller incisions so there's less disturbance to heart tissue for faster healing and less risk
- Impella heart pump – aids high-risk patients suffering from heart failure
- WATCHMAN™ Implant – reduces risk of stroke and eliminates blood thinners for patients with atrial fibrillation not caused by valve problems



NEW GENESIS ORTHOPEDIC CENTER COMING IN 2021

GROWING TO SERVE YOU AND YOUR FAMILY

Genesis HealthCare System continues to grow to provide you and your family with high-quality, patient-centered care. We are excited to announce our latest expansion, the construction of a new Genesis Orthopedic Center beginning this fall. The new center will bring orthopedic providers and orthopedic services together in one modern, convenient location designed around patients' needs first.

The orthopedic program at Genesis has grown immensely in recent years with the addition of orthopedic providers, new technology and new services like the Genesis Orthopedic Walk-in Clinic and the Sports Injury Clinic. The new Genesis Orthopedic Center will enable us to continue growing and expanding our services. We are committed to ensuring the people of our community access to excellent, comprehensive orthopedic care.

All Orthopedic Providers in One Place

Located at 2904 Bell St., Zanesville, across the street from Northside Pharmacy, the new orthopedic facility will house all Genesis orthopedic providers, including:

- Orthopedic surgeons specializing in joint replacement
- Orthopedic surgeons fellowship-trained in hand surgery
- Orthopedic sports medicine surgeons
- Physical medicine and rehab physicians
- Nurse practitioners and physician assistants
- Athletic trainers
- Physical and occupational therapists
- Support staff
- Genesis Orthopedic Walk-in Clinic
 - Appointment not needed; hours 9 a.m. to 4 p.m., Monday through Friday

Features of the New Orthopedic Center

- State-of-the-art patient treatment spaces
- Two-story, modern design with glass features
- Physical and occupational therapy
- Imaging studies such as X-rays and ultrasound
- Ample parking
- Convenient location near the Genesis Surgery Center and Genesis Hospital
- Covered drop-off/pickup area at the main entrance
- Dedicated ambulette drop-off area
- Well-designed patient flow to minimize wait times
- State-of-the-art medical equipment
- Maximum use of natural light in patient areas

Facts & Figures

- Square footage:
 - First floor – 10,765 sq. ft.
 - Second floor – 10,350 sq. ft.
 - Total: 21,115 sq. ft.
- 30 patient exam rooms
- Therapy gym
- 3 imaging rooms

Breaking Ground

Genesis HealthCare System broke ground for the new Genesis Orthopedic Center Tuesday, Sept. 22. Speaking at the ceremony were Matthew Perry, Genesis President & CEO, and Corey Jackson, D.O., orthopedic surgeon. Sister Maureen Anne Shepard, Genesis director of Mission, gave the invocation. Joining in the groundbreaking were Don Mason, Zanesville mayor; Pat Nash, Genesis Board of Trustees chair; and physicians from the Genesis Orthopedic Group and Genesis Orthopedic Sports Medicine.



Celebrating the Groundbreaking

Participating in the Genesis Orthopedic Center groundbreaking were (left to right): Matthew Langford, M.D.; Brenton Bohlig, M.D.; Thai Trinh, M.D.; Pat Nash, chair of the Genesis Board of Trustees; Matthew Perry, Genesis President & CEO; Don Mason, mayor of Zanesville; Corey Jackson, D.O.; Clayton Gibson, M.D.; and Matthew Craig, M.D.

The Genesis Orthopedic Center will open in fall 2021.

LANDING IN THE RIGHT HANDS

Hand Surgeon Helps Local Man Enjoy Hobby



Bill Howard returns to flying remote-control airplanes along with his hand surgeon, Clayton Gibson, M.D.

In June 2020, about 11:30 p.m., 68-year-old Bill Howard was in his basement working on his remote-control airplane.

"I accidentally bumped the switch that turns on the motor. That instantly turned on the propeller – which cut my finger," explained Bill. "I've cut myself lots of times before, but when I looked at this, I knew something wasn't right."

Another concern was the fact that Bill was on a blood-thinning medication. This meant there was more bleeding than normal, since blood thinners are designed to stop blood from clotting.

Wisely, Bill went to the Genesis Emergency Department (ED) right away. The ED team closed the wound with several stitches but arranged for Bill to meet the next day with Genesis orthopedic hand surgeon Clayton Gibson, M.D., fellowship-trained for the specialized care Bill needed.

Tendon Repair Recommended

Having a knowledgeable, experienced specialist recommend the best treatment option for a hand injury is important and can make a big difference in a patient's outcome.

Dr. Gibson is fellowship-trained and board-certified in general orthopedics as well as surgery of the hand. For decades Dr. Gibson has helped thousands of patients with hand-specific conditions and pain.

At his office, closer examination of Bill's injured left index finger revealed that some bone had been chipped. There were also cuts through portions of his extensor tendon, which is a cord-like structure that connects muscle to bone and runs along the back of the hand.

Dr. Gibson determined that surgery would be needed to bring back normal range of motion and function to the tendon, specifically a surgical procedure called tendon repair.

"We use surgery as infrequently as possible and always consider nonsurgical options first," said Dr. Gibson. "However, in this case, it was pretty clear that surgery was needed."

Dr. Gibson performed the tendon repair procedure for Bill. After the procedure, Bill went home wearing a small splint.

Better Every Day

Several weeks later, Bill began therapy with Genesis Rehabilitation Services therapists to help ensure the injury would heal properly. Genesis has a certified hand therapist, one of only a few in the southeast Ohio region. "I stay in touch with the therapists about patients' rehabilitation, and I find it is helpful for everyone," Dr. Gibson said.

The hand therapist, physician assistant and other Rehabilitation Services team members help patients like Bill reestablish range of motion and increase strength by performing certain movements and exercises.

"I was going in for rehab more often at first, but now I'm down to every other week," said Bill. "They give me diagrams of exercises to do at home, too."

Ready for Takeoff

During the day, Bill has been able to return to his part-time job as a driver for a senior living facility, transporting residents to and from medical and other appointments. Bill is also pleased knowing his injury won't prevent him from returning to his hobby. Since 1994, he's enjoyed working on and flying remote-control airplanes.

"I'm a member of ZARKS – the Zanesville Area Remote Kontrol Society. We fly nearly every weekend, except in the winter, and have our own field. I went out yesterday with my 14-year-old grandson," Bill said.

Coincidentally, Dr. Gibson also enjoys flying remote control planes – and admits his own finger has gotten stuck in a propeller before, although he was not injured like Bill.

"Just a momentary distraction can cause a hand injury," said Dr. Gibson. "Never take the guards off when working with equipment. We also see a lot of hand and finger injuries that happen in the kitchen, like when someone tries to separate frozen hamburger patties using a sharp knife. Prevention and paying attention to all the safety guidelines is key to avoiding hand injuries."

New Genesis Outpatient Rehabilitation Opening

A new Genesis Outpatient Rehabilitation is scheduled to open Oct. 12. The facility has been planned for over a year and is located at the Country Fair Shopping Center, 3297 Maple Ave., Zanesville. "The new facility offers the same great care our community counts on in an updated space," said Lisa Lynn, manager, Genesis Outpatient Rehabilitation Services.

The new facility features:

- Physical, occupational and speech therapy
- 4,000 square foot gym
- Sports rehab area for running and throwing
- 14 general and specialized care rooms for additional therapies
- Convenient location and parking

Call (740) 455-5151 for more information.



Clayton Gibson, M.D.
Fellowship-trained
Orthopedic Hand Surgeon
Genesis Orthopedic Group

TAILORED CANCER CARE

Enables Working Mom to Stay Close to Home



Kristie Prati chose to stay close to home for care to be near her 9-year-old twin girls. Kristie knew she would get the expert care she needed to heal at the Genesis Cancer Care Center.

One Sunday evening, Kristie Prati applied lotion to her body and detected a lump in her breast. She instantly felt compelled to act. "I had that sinking feeling," Kristie remembered. "I just knew this was something I couldn't waste time on. I had to make the call."

The next morning, Kristie phoned the Genesis Cancer Care Center. It seemed like the natural place to call, because she frequently heard patients praise the center in her professional role as counselor at Genesis Rehabilitation Services.

"Co-workers and friends had previously shared the wonderful experiences they had from the Genesis Cancer Care team. I chose to stay around the area for treatment due to keeping my family life as stable/normal as possible," Kristie said. "I was pleased that I got in quickly to see Dr. Hanley."

During Kristie's initial appointment, she received an ultrasound and a physical exam to gather more information.

"Kristie had a mass in her left breast that was smooth and round. The shape and imaging seemed consistent with something benign," said Shannon Hanley, M.D., fellowship-trained breast surgeon, Genesis Breast Care Center. "Typically, I biopsy tissue and send it to the lab before surgery, but Kristie wanted the lump taken out right away. We did, and surprisingly the pathology revealed malignancy – it was cancer."

Dr. Hanley explained to Kristie the diagnosis and what her options were for the journey ahead.

"That was a total shock," Kristie said. "When I was given the diagnosis, my kids were the first thing that popped into my head. I wanted to do everything in my power to stop the cancer from spreading or returning."

Customized Cancer Care

Kristie is the mother of twin 9-year-old girls, Gabriella and Ava. With them in the forefront of her mind, she chose to undergo chemotherapy and a bilateral mastectomy with immediate reconstruction.

"I let my patients know that long-term survival is the same whether they choose a lumpectomy (surgical removal of part of the breast) or a mastectomy (surgical removal of the entire breast) and then I leave it up to them," Dr. Hanley said. "There isn't a cookie-cutter plan for patients. We always consider genetics, density of tissue, type and cancer location and several other factors. Every plan of care is tailored to that patient."



Shannon Hanley, M.D.
Fellowship-trained
Breast Surgeon
Genesis Breast Care Center

To customize each patient's care, members of the Genesis Cancer Care Center collaborate closely. They gather weekly to discuss newly diagnosed breast cancer patients and design the best comprehensive plans.

"It's something special we have here," Dr. Hanley said. "The care team is close knit, and the right hand knows what the left hand is doing. We talk and tailor plans for each patient. Some need chemotherapy before surgery, some need surgery first and then chemotherapy, and some don't need chemo at all."

One Surgery, Two Purposes

Kristie successfully underwent six rounds of chemotherapy before her mastectomy with immediate reconstructive surgery.

"I had fairly minimal side effects and continued working throughout chemo. When it came time for surgery, Dr. Hanley and Dr. Tiwari were able to do the mastectomy and start reconstruction at the same time. (Pankaj Tiwari, M.D., is a plastic surgeon who specializes in breast reconstruction.) "This was important to me because I wanted my life to remain as normal as possible for my husband and children. I did not want them to miss out on any practices or events," Kristie said.

The collaboration and coordination between breast and plastic surgeons during immediate reconstruction allows patients to eliminate an extra surgery and recover quicker. During the procedure, the breast surgeon removes the tissue, then the plastic surgeon constructs the new breast.

"I find that women undergoing mastectomies have greater satisfaction when these surgeries are performed simultaneously," Dr. Hanley said.

Familiar Faces, Family Vibes

With Kristie's reconstruction and chemotherapy recently completed, she's looking back with gratitude for the ability to have excellent cancer care close to home.

"The Genesis Cancer Care Center is only 10 minutes from my house. Since we're part of a small community, I saw several familiar faces there. I kept thinking, 'This is how it's meant to be – they're part of my treatment team.' By the end, they had become like family."

The cancer care team consists of medical oncologists, radiation oncologists, surgeons, radiation therapists, pathologists, radiologists, nurse navigators and nurse practitioners. Together, they provide leading-edge, compassionate cancer care to community members.

"We're personally invested in each of our patients. We offer everything a big city cancer center would, yet because of all the familiar faces you'll see here, our support system can be much stronger than a larger center," Dr. Hanley said. "I'm proud of the quality of care here."

TAKING IT TO THE LIMIT

Heart Patient Competes



Brad Hollingsworth competes in Ironman competitions, including a 112-mile bike race, and considers his physician, Grant Chow, M.D., part of his team.

Brad Hollingsworth tests his limits and always has. The 41-year-old has accomplished amazing physical feats even though he has complete congenital heart block, diagnosed when he was about a year old. "Basically, it means the electrical impulses to stimulate the ventricles don't connect," Brad said. "It's like one end of the line is frayed, and the result is spotty reception."

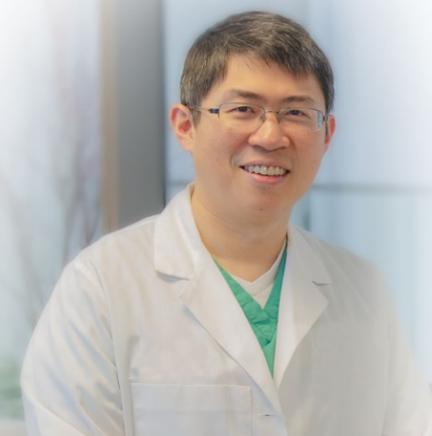
Even with this heart condition, Brad has been able to compete in Ironman triathlon races with the help of his fellowship-trained electrophysiologist, Grant Chow, M.D., Genesis Heart & Vascular Institute. An electrophysiologist has additional years of training to specialize in the heart's electrical activity.

"Dr. Chow is part of my team that boosts my confidence to pursue my dreams of the Hawaii World Ironman championship," Brad said. He eagerly shares his health information to help others learn that what seems impossible – is possible. "I want to educate others that you can overcome obstacles – especially if you have physicians like Dr. Chow. Having his guidance gives me the confidence, and confidence is necessary to commit to the Ironman races and the training (8 to 15 hours a week for 6 to 12 months)." The Ironman races include 2.4 miles swimming, 112 miles biking and 26.2 miles running.

Although Brad's heart condition doesn't have symptoms and didn't require a pacemaker, it does require close monitoring. Brad lives every day with a resting heart rate around 38 beats per minute (bpm), while the average rate is 60 bpm. "This is an uncommon heart condition, only occurring about one in every 15,000 to 22,000 people," Dr. Chow said. "Brad's ability to compete, given his heart condition, is basically unheard of. Most people with his heart condition are bubble wrapped and told not to exercise."

Competing in Ironman races is such an anomaly for a patient like Brad that Dr. Chow is featuring his health numbers in a case report. Brad's biometric data was recorded during an Ironman race. "Nobody in the world, that I can find, has described and recorded this data on someone with a congenital complete heart block, who doesn't have a pacemaker. Our hope is that others with complete heart blocks are inspired by what Brad achieved." (As always, check with your physicians before beginning an exercise regimen.)

Brad completed the Florida 2019 Ironman race in 12 hours and 29 minutes. Over 200 participants didn't meet the 17-hour time limit to be an official finisher.



Grant Chow, M.D.
Fellowship-trained
Electrophysiologist
Genesis Heart & Vascular Institute

Brad appreciates having a physician guiding him to screen for heart palpitations, light headedness, shortness of breath, fainting or decreased physical ability. Brad recognizes the signs and knows when he needs to take a break. "Being able to have Dr. Chow's guidance has been very critical for me to go live and do these crazy things."

When asked why he pushes himself to do these 'crazy things,' Brad responded, "I love the adventure. I love to push my limits. We're all capable of doing more than what we believe we can."

Keeping in Contact with Your Doctor

MyChart Enables Questions to be Answered

Brad Hollingsworth emails Dr. Chow to ask questions through MyChart, his electronic medical record. The two-way communication is efficient for both patients and physicians. "It's a nice and easy way to get questions answered," Dr. Chow said. "Unlike a landline, there isn't a phone tree that has to transfer the call and messages to someone else."

Safe, Convenient Care

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Telemedicine is available in a format that's convenient for you. Here's how you get started:

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- Schedule an appointment. When you call, you'll be asked the reason for your visit. If appropriate, based upon your need, you'll be offered a telehealth option.
- If you opt for a virtual visit, download MyChart on your computer or mobile device. Go to MyChart.genesisihcs.org to get started. Telemedicine and telehealth are often used interchangeably. Which telemedicine format is right for you?
- E-visit – a visit with a provider through MyChart email messaging. MyChart will help you determine if the question or condition is appropriate to address in an email.
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- Telehealth – a pre-scheduled visit with a provider over the telephone.

If your medical condition is a minor, temporary, nonemergency or an ongoing condition that requires regular follow-up visits, you may be able to connect with your provider virtually. Depending on your circumstances, an in-person office visit may be required. For more information go to MyChart.genesisihcs.org.

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