

# LiveWell 2021

SUMMER ISSUE

A GENESIS HEALTHCARE SYSTEM PUBLICATION

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Genesis  
HEALTHCARE SYSTEM

Better Begins Here

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## EVOLVING FOR YOU

Achieving true excellence in patient care and experience is a result of a relentless commitment to continual improvement. The state-of-the-art in medicine is continually changing and evolving. That is why our team of healthcare professionals continually evaluates our outcomes and processes to make changes and improvements that generate the best possible outcomes for you. Also, we actively study the healthcare needs of our region to determine which healthcare services are needed and how to make them easily accessible. We recruit the best physicians, from all over the country, so you can get the best care close to home. Our commitment to you goes beyond diagnosis and treatment. It is our goal to help you improve your health so that you can live your best life.

On the following pages, you will discover a small sample of how we are working to improve the communities where we live and work.

### Regional expansion

We are excited to announce a significant expansion of our services. In July, we broke ground on the Genesis Coshocton Medical Center, which will give Coshocton residents access to excellent healthcare close to their homes. It will include an Emergency Department, Outpatient Surgery Center, overnight beds, specialist offices, advanced imaging and diagnostic services and therapies. Look inside this edition of *LiveWell* to read more about this exciting story.

### New treatments

We are blessed to live in a world that produces medical advancements nearly every day. Our team of talented professionals are dedicated to bringing new treatment options to our community. You can read about a patient who benefited from the MitraClip heart procedure we introduced last year.

In a moving piece, you will learn through the patient's eyes how our monoclonal antibody treatment helped him overcome his fears about COVID-19 and recover quickly.

### Keeping our community healthy

In addition to new treatments, we continue to launch new initiatives to keep our community healthy. This year we celebrate the 40<sup>th</sup> anniversary of the Genesis Pro-Am Golf Tournament fundraiser. We will use the proceeds to launch the Genesis Center for Employee Well-Being to provide extra support for our staff who take such good care of you.

We have also created a new section in this magazine that contains wellness tips and easy-to-make recipes. If you like what you read, visit us online for more ideas.

### Thank you

The entire healthcare team at Genesis is committed to providing you and your family with the highest quality care and service. We are honored and thankful to care for you and your family's health.

 Matthew J. Perry  
President & CEO



See the stories inside this edition of *LiveWell* come to life on video. Go to [genesischs.org](https://www.genesischs.org) to watch our patients share their stories of hope and healing.



## MEET OUR NEW GENESIS UROLOGIST

### Kevin Banks, M.D.

Kevin L. Banks, M.D., fellowship-trained and board-certified urologist, brings 20 years of experience to the Genesis Urology Group. Dr. Banks is the Genesis Medical Director of Minimally Invasive Urologic Surgery, Advanced Laparoscopy and Robotics. He specializes in urologic surgery.

His expertise helps Genesis provide the latest surgical techniques such as urologic laparoscopy and robotics. Dr. Banks also provides the most up-to-date minimally invasive surgeries. "We have the advanced technology to provide patients in Central and Southeastern Ohio a full range of urologic care," Dr. Banks said.

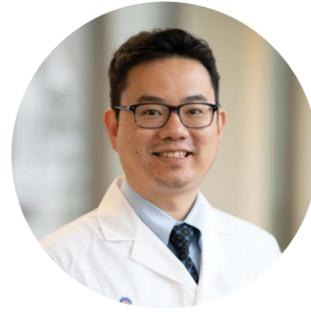
Genesis is a good fit for the urologist. "My goals and Genesis' goals are perfectly aligned. I was searching for a hospital committed to developing a urological surgery program superior to other hospitals in Central and Southeastern Ohio," Dr. Banks said. "The Genesis staff is committed to offering the best urologic surgical services in the area."

He completed his Doctor of Medicine at The Ohio State University College of Medicine in Columbus. He then completed his residency in urology and an advanced laparoscopic urological surgery research fellowship at The Cleveland Clinic Foundation. Dr. Banks has earned several awards, including a Case Western Reserve University Urology Institute teaching award in 2012.

Dr. Banks joins board-certified Urologist Errol Singh, M.D. The expert physicians provide a full-service urology clinic offering complete urological care. The clinic provides complex urologic cancer surgery for kidney, bladder, adrenal glands and male reproduction, robotic surgery for benign and malignant male and female urinary tract symptoms, advanced laparoscopy, reconstructive urology and prosthetic surgery.

When he's not caring for patients, Dr. Banks enjoys golf and outdoor activities.

Dr. Banks' office is at the Genesis Urology Group, Medical Arts Building II, 751 Forest Ave., Suite 301, Zanesville. His phone number is 740-455-4923. He is accepting new patients, and a referral is not required.



## MEET OUR NEW NEUROLOGIST

### Even Wang, M.D.

Even Wang, M.D., a fellowship-trained and board-certified neurologist, joined the Genesis Neurology Group in January. Dr. Wang offers evaluation and treatment for all neurological conditions, including migraine headaches, neuropathy, neuromuscular disorders, multiple sclerosis, seizures, tremors, gait disorders, stroke and memory disorders.

Dr. Wang performs electromyography (EMG) tests to detect neuromuscular abnormalities. He also offers newer migraine treatments such as Botox injections and CGRP inhibitors. CGRP are proteins released around the brain that cause migraines. Since arriving at Genesis, Dr. Wang has successfully treated patients with acute Guillain-Barre syndrome, a rare and potentially debilitating nerve disease. Patients with Guillain-Barre are often able to receive treatment at Genesis instead of being transferred to a larger metro area hospital.

Genetic testing has revolutionized treatments. Many therapies are being developed for previously untreatable genetic conditions. For example, a young woman was seen by Dr. Wang because she was having trouble walking up stairs. Dr. Wang diagnosed the patient with muscular dystrophy and ordered genetic testing. The genetic test pinpointed the patient's particular type of muscular dystrophy. As a result of determining the type of muscular dystrophy, Dr. Wang helped the patient enroll in a potentially life-changing clinical trial.

Dr. Wang completed his medical degree at St. George's University School of Medicine in Grenada, West Indies, and his residency in neurology at The Ohio State University Wexner Medical Center and Nationwide Children's Hospital in Columbus. He completed an advanced medical fellowship in neurophysiology, electromyography and neuromuscular medicine at The Ohio State University Wexner Medical Center.

He enjoys reading biographies, medical research and about new technologies in his free time. The neurologist also enjoys playing sports with his children as well as watching esports.

Dr. Wang is at the Genesis Neurology Group office, 955 Bethesda Drive, Garden Level, Zanesville. The office number is 740-586-6828, and Dr. Wang is accepting new patients by physician referral.



## MYCHART GIVES YOU ACCESS TO YOUR MEDICAL RECORDS

You can have quick, easy access to your electronic medical record through MyChart.

With MyChart you may be able to:

- Have a video or e-visit with your Genesis provider.
- View test results.\*
- Send/receive messages from your doctor's office.
- Request medication refills.
- View upcoming appointments, tests and procedures.
- E-check-in – complete appointment paperwork ahead of time online.
- Schedule your appointments online.
- Conveniently pay your bill online.
- And much more.

### \* Due to a mandate of the federal 21<sup>st</sup> Century Cures Act, we want you to know:

- You may see your test results and providers' notes in MyChart before your provider does.
- Please allow your provider two business days to review the results.
- Your provider reviews every result and will call you if any follow-up care is needed.

### Sign up today:

- From your computer or mobile device, go to [mychart.genesishcs.org](http://mychart.genesishcs.org).
- Click on "New user activation" and follow the easy instructions to get started.
- Or download the MyChart app from the app store on your mobile device.

## WELCOME TO NEW PHYSICIANS



### Brenda K. Lozowski, D.O., Family Medicine

Brenda K. Lozowski, D.O., is a board-certified family medicine physician with over 20 years of experience practicing in the Coshocton area. As one of the experienced providers at the new Genesis Coshocton Family Practice, she will continue to serve the community.

Dr. Lozowski completed her Doctor of Osteopathic Medicine at the Ohio University College of Osteopathic Medicine in Athens, Ohio. She completed her family medicine residency at the Muskegon General Hospital in Muskegon, Michigan.

Dr. Lozowski is at the Genesis Coshocton Family Practice, 410 Main St., Coshocton, Ohio. She is accepting new patients. Call 740-722-9520 to make an appointment with Dr. Lozowski.



### David Lozowski, D.O., Family Medicine

David Lozowski, D.O., is a board-certified family medicine physician. He has been caring for patients in the Coshocton area for more than 20 years. Dr. Lozowski and his wife, Brenda Lozowski, D.O., are providers at the new Genesis Coshocton Family Practice. Dr. Lozowski completed his Doctor of Osteopathic Medicine at the

Ohio University College of Osteopathic Medicine in Athens, Ohio. He completed his family medicine residency at the Muskegon General Hospital in Muskegon, Michigan.

Dr. Lozowski is at the Genesis Coshocton Family Practice, 410 Main St., Coshocton, Ohio. He is accepting new patients. Call 740-722-9520 to make an appointment with Dr. Lozowski.



### Stacey Guan, M.D., Family Medicine

Stacey Guan, M.D., has joined Genesis Primary Care, specializing in family medicine. Dr. Guan completed her Doctor of Medicine at St. George's University School of Medicine in Grenada, West Indies. She completed her family medicine residency at The Ohio State University Wexner Medical Center in Columbus.

Dr. Guan is a board-certified family medicine physician with over eight years of family medicine and urgent care experience. She is an active member of the American Academy of Family Physicians and the American Medical Association.

Dr. Guan is located at Genesis Primary Care in the Physician Pavilion, 945 Bethesda Drive., Suite 120, Zanesville. Call 740-450-3920 to make an appointment. She is accepting new patients.



*Rob Ogg tends to his landscaping after a speedy recovery from COVID-19 because of receiving monoclonal antibody infusions.*

# HOW I AVOIDED THE VENTILATOR

BY ROB OGG

I carry an inhaler and take two asthma medications.

A couple of times each day, I start coughing and can't stop.

Sometimes it feels like I can't breathe.

So, imagine me getting COVID-19.

Well, I did.

My wife, Sally, first contracted COVID-19. Though we're unsure how she got the virus, she broke out with a 105-degree fever and tested positive shortly afterward. Two days later, I woke up with a fever and debilitating body aches and pains. Instantly, I knew. I also knew it wouldn't take much to put my lungs into a dire situation.

Would I become the next patient on a ventilator in the ICU?

After testing positive for COVID-19, I slept for a couple of days – barely moving and rarely getting out of bed. The fatigue hit hard. Then I received a call from the Genesis COVID-19 Infusion Clinic. My primary care provider saw my COVID-19 test results and submitted a referral for me to receive an infusion of monoclonal antibodies.

I'd heard about this antibody treatment on the news. I understood that laboratory-made proteins mimic the immune system's ability to fight off harmful pathogens,

such as viruses. I also knew only select hospitals had access to the in-demand antibodies, and only high-risk patients could receive them. The fact that my community hospital had the antibodies provided a surge of hope.

A couple days later, a welcoming nurse at the Genesis COVID-19 Infusion Clinic led me to a comfortable chair. For the next hour, Genesis nurses provided blankets, compassion and a treatment that spared me from COVID-19's dramatic side effects.

As the IV dripped with precious antibodies, I felt impressed with the organization and cheerfulness of the Genesis team during a pandemic. Their happiness spoke volumes. They knew they were doing something good. I knew it too.

The next day my body aches, pains and fever were practically gone. It was miraculous.

I don't know what would have happened without the Genesis COVID-19 Infusion Clinic and Genesis' leadership throughout COVID-19, but I bet I would have spent time in the ICU on a ventilator.

*Rob Ogg was soon back at work after receiving the monoclonal antibody treatment, and his wife, Sally, recovered in about two weeks after contracting COVID-19.*

## Antibody treatments available at Genesis

Genesis is one of the few health systems in the area providing monoclonal antibody infusions, a life-saving and innovative treatment authorized by the FDA.

Monoclonal antibodies are laboratory-made proteins that mimic and boost the immune system's ability to fight off harmful pathogens, such as a virus. Receiving the antibodies soon after a COVID-19 diagnosis can boost the immune system, reduce symptoms of the virus, and help patients avoid hospitalization.

Patients who qualify as high-risk can receive a single dose of monoclonal antibody treatment within 10 days of symptom onset and after testing positive for COVID-19.

More than 900 high-risk patients in our community have received the treatment as of early May. Patients who received the monoclonal antibody treatment at Genesis experienced health improvements that reduced their risk of being hospitalized by 76%.

# THE RELATIONSHIP YOU NEED TO BE IN

The relationship you have with your primary care provider (PCP) is one of the most important ones you'll ever have. Even if you don't have any health concerns, it's essential to have a PCP. Your PCP is who you should see first for non-emergency care and routine check-ups. He or she will get to know you and your family's medical history well enough to ask the right questions and detect other health issues in the early stages when treatment is most successful.

## Primary care provider

In some medical practices, your PCP may be a nurse practitioner or a physician assistant. They are practitioners who go through specialized training and certification to care for and treat patients.

## Finding a PCP

Genesis Primary Care has offices in Zanesville, New Concord, Dresden, Coshocton, Somerset, New Lexington, Crooksville and Junction City.

We can help you find a Genesis Primary Care provider close to where you work or live so that you can start that vital relationship. Call Genesis OneCall at 740-455-7500 to get started with your go-to medical partner.

## Referral to a specialist

Your PCP knows the type of medical specialist to refer you to if a condition is beyond their care. These specialists are responsible for your treatment, but your PCP oversees all aspects of care.

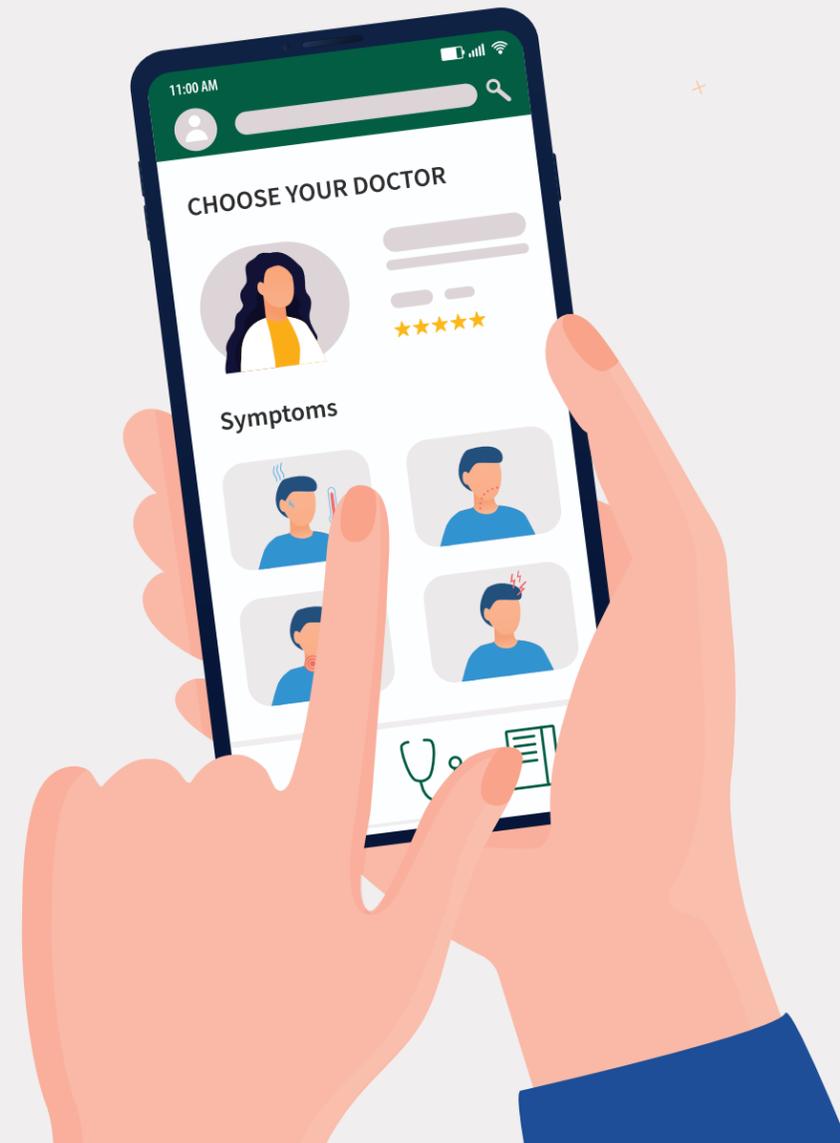
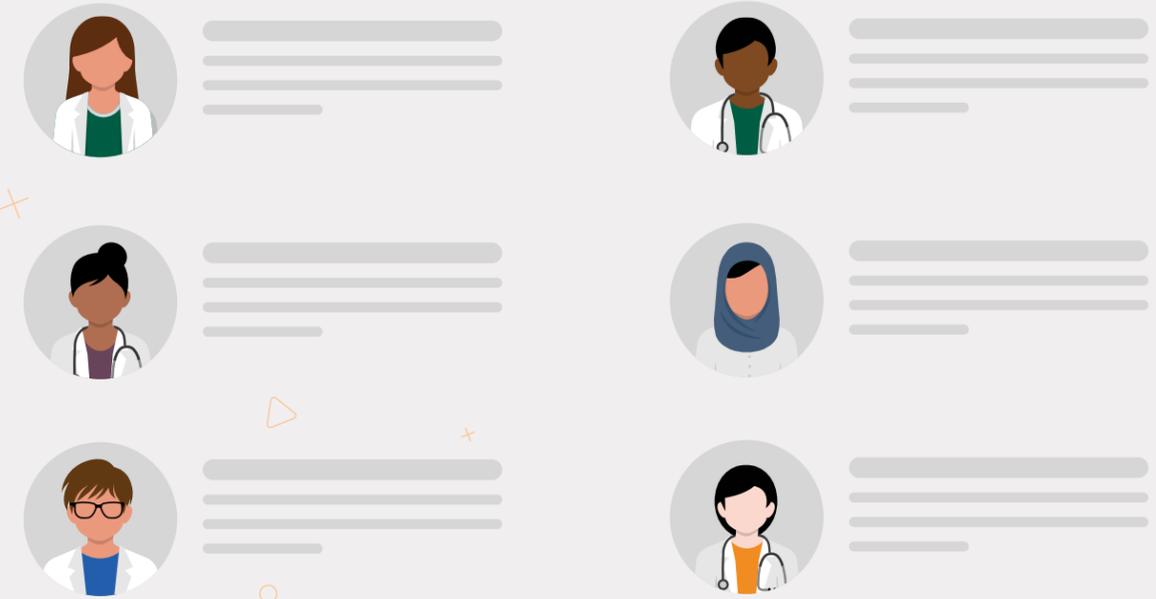
## Now is the time to take care of you

If you put off healthcare needs in the past year, it's time to take care of them now. When you have a chronic health problem, it's critical to keep your appointments to help you manage the condition. If you've been dealing with a problem like pain, it might be time to consider that surgical procedure you've been delaying. You will find you'll enjoy a better quality of life when you address health issues.

Take the time to take care of yourself. Call your PCP to get back on a healthy track to schedule preventive screenings, routine physicals or for a referral for the surgery you put off during the pandemic.

## You pick the time

If you're a new patient or a current one, scheduling an appointment with a PCP is at your convenience. Go to [genesishcs.org](https://genesishcs.org) and look up the PCP you want to see. Schedule the appointment date and time that works for you. If you're seeing the PCP for the first time, you're a new patient. If you've seen the provider before, you're an established patient. Either way, making an appointment online is available 24/7.



# MITRACLIP NIPS HEART VALVE LEAKAGE



*Duane McFarland enjoys reading after receiving a MitraClip Implant from the skilled heart specialists at the Genesis Heart & Vascular Institute.*

Duane McFarland has experienced strokes, heart attacks, double pneumonia, sepsis and open-heart quadruple bypass surgery. No wonder he values quality healthcare.

"It feels like I'm 67 going on 87 years old. My mom died of congestive heart failure, and I started the treacherous path of heart disease 30 years ago. I wouldn't be here without the expert care of the Genesis doctors and nurses, my wife, Linda and God above," Duane said.

## Something's not right

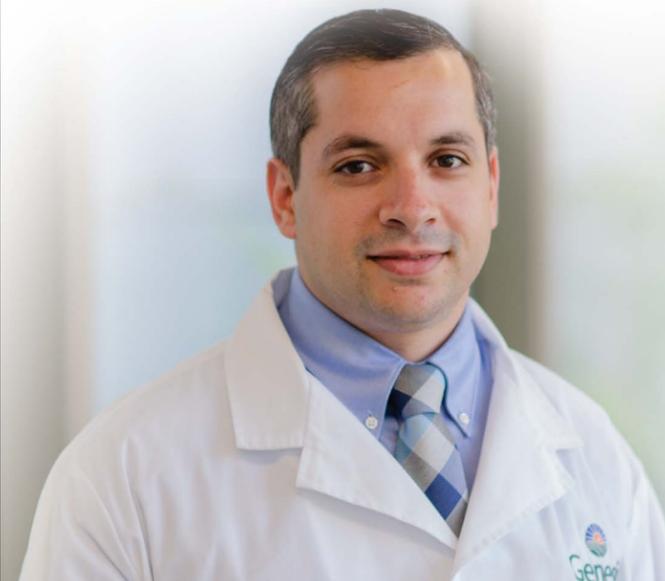
Duane had a strange feeling whenever he stepped outside. "When fresh, cool air hit my lungs, it hurt. Not a sharp pain, just a steady pressure," Duane explained. "It felt like someone was putting his hand on my chest and constantly pushing."

The skilled Genesis medical teams combined information from Duane's medical history with observations about his chest pain, ran tests and then found the problem. Linda is thankful the doctors diagnosed her husband's symptoms. "He'd had shortness of breath for a few years even though he'd quit smoking. He couldn't walk 50 feet without getting short of breath," Linda said. "We're pleased that a test showed the problem," she said.

"An echocardiogram revealed a severe mitral valve leak in Duane's heart," explained Alaa Gabi, M.D., fellowship-trained and board-certified interventional cardiologist at the Genesis Heart & Vascular Institute. "When his heart muscle squeezed, blood was going past the valve barrier, regurgitating back into his lungs."

Human hearts have four valves to keep blood flowing in the correct direction. Each of those valves has flaps that open and close with every heartbeat. One of Duane's valves, called the mitral valve, had flaps that weren't closing correctly.

"There are two types of mitral valve leaks – one stems from a problem with the valve itself, and the other is associated with underlying heart disease or rhythm issues. Duane had both. The good news is, both leaky valve types can be repaired with the new, advanced MitraClip treatment," Dr. Gabi said.



### Alaa Gabi, M.D.

*fellowship-trained and board-certified interventional cardiologist at the Genesis Heart & Vascular Institute*

## An innovative, minimally invasive repair

"The doctors told me blood was pouring into my lungs and they could use a little clip to make the valve work right," Duane said.

To restore proper blood flow, specialized heart and vascular teams at Genesis collaborated to perform a minimally invasive procedure using the MitraClip technology. First, the interventional team guided a thin tube, called a catheter, from a vein in Duane's leg to his heart. Then, the interventional team fastened the faulty valve flaps together with the small MitraClip device. The innovative technology secured the flap closure more completely.

"Prior to the MitraClip, patients like Duane were left untreated because they had too many risk factors for open-heart surgery," Dr. Gabi said. "This procedure is designed to improve quality of life and increase the length of life."

Duane testifies he's experienced both of those benefits.

"I couldn't keep on going the way I was. I could barely breathe. Now, I feel a lot better, and I'm able to breathe again," Duane said.

## Heart healers

To provide the advanced, minimally invasive, leaky valve repairs, multidisciplinary teams of healthcare experts at Genesis work collaboratively.

"It takes a lot of planning to make this possible," said Mohamed Ahmed, M.D., fellowship-trained and board-certified interventional cardiologist at the Genesis Heart & Vascular Institute. "General cardiology teams, heart failure teams, catheterization lab teams, operating room teams, nurses, surgeons and anesthesiologists – all come together for the patient."

In addition to extensive planning, the heart surgeons must have specialized training to provide the new minimally invasive technique. "This is an advanced procedure and requires advanced training. It's not a common procedure, nor is it done at every hospital. Genesis is the only hospital to offer this procedure within an hour's drive of Zanesville," Dr. Gabi said.

For Duane, having advanced heart care close to home makes all the difference.

"I've been a patient at other hospitals in the past, and that meant long drives for Linda every day after work. It's much nicer to be here and get the high-quality care I need. I've been a patient at Genesis for the past 10 years, and they've been wonderful," Duane said. "I'm thankful to Genesis for giving me life."

# ANNOUNCING GENESIS COSHOCTON MEDICAL CENTER

## OPEN EARLY 2023

Genesis is building a new healthcare facility in Coshocton – the Genesis Coshocton Medical Center. This will be a state-of-the-art facility bringing the region’s best physicians, nurses, technologists and support staff together. The Genesis Coshocton Medical Center will have superior clinical information technology and use the latest in healthcare facility design to create the optimum patient experience.

Groundbreaking on construction happened in July. The center will open in early 2023. Stay tuned – there will be much more to come on this exciting project.

### Convenient location and more

The Genesis Coshocton Medical Center will be conveniently located near State Route 36 and Airport Road across from Walmart. It will have 60,000 sq. ft. of floor space, creating a bright, inviting atmosphere for patients. The one-story facility features a modern design with multiple windows to allow the most natural light.

The facility will also provide an economic boost to the area with employment opportunities for more than 200 full-time employees.

### Services

 Emergency Department	 Outpatient Surgery Center	 Overnight Observation Unit	 Medical Office Building – Physician Specialists	 Laboratory
 Imaging Department: • MRI • CT • X-ray • Mammography • Ultrasound	 Pharmacy	 Cardiac Diagnostics	 Respiratory Therapy	 Physical, Occupational and Speech Therapies

### Community support

1. The Montgomery Foundation
2. The Coshocton Foundation
3. The Genesis HealthCare Foundation



# ADVANCED SPINAL FUSIONS

Less pain, faster recovery

Nothing traumatic happened.

At 81 years old, nothing traumatic needs to happen.

As Janet Doyle routinely descended the steps from her bedroom one morning, an unexpected pain shot into her hip and traveled down her left leg.



Janet Doyle is living pain-free after receiving an advanced spinal fusion from Yasu Harasaki, M.D.

"It hit me that quick, and then it stuck with me. From that moment on, I had pain every day," Janet said.

Janet spent months trying non-invasive techniques, like steroid treatments, stretching and anti-inflammatory medication, but the pain subsided only briefly. After receiving the non-invasive treatments at the Genesis Interventional Pain Management Clinic, she was referred to Yasu Harasaki, M.D. Specializing in spine surgery, Dr. Harasaki is a fellowship-trained and board-certified neurosurgeon with the Genesis Neurosurgery Group.

"Janet's pain was getting in the way of everyday life – going up and down stairs or sitting in a car was painful. The pain also woke her up at night. She needed a long-term solution," Dr. Harasaki said. After reviewing images of her lower spine, Dr. Harasaki identified a slipped disc pinching several nerves in a very tight space. He considered Janet's overall health and situation and recommended minimally invasive spinal fusion surgery.

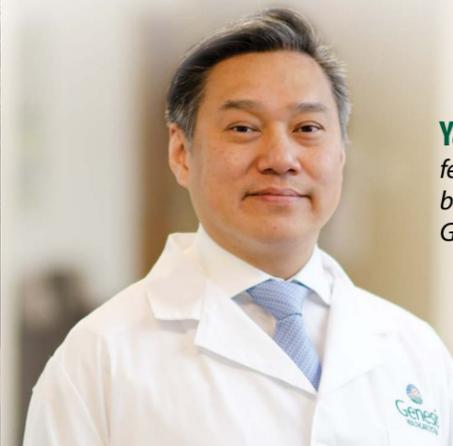
"The longer we're off our feet, the quicker we become deconditioned and weak – that's especially true as we age. With that in mind, I knew Janet would benefit greatly from the advanced technique that would only have a minimal disruption to her daily life. A lateral lumbar spinal fusion would be her best option," Dr. Harasaki said.

## Minimally invasive techniques connect patients with faster recoveries, less pain

Traditional spinal fusion involves an incision on the back and manipulating the muscles to access the surgical site. With the minimally invasive technique, lateral lumbar fusion, surgeons make a smaller incision on the side of the waist. This entry point offers patients less pain with the same desired results.

"With a lateral entry, I can get to the structures without irritating back muscles as you do with traditional spinal fusion surgery. That's why patients experience significantly less pain and faster recoveries with lateral lumbar fusion," Dr. Harasaki explained.

During Janet's procedure, Dr. Harasaki carefully removed Janet's damaged disc and replaced it with a titanium spacer. Then, using an advanced computer navigation system, he precisely placed screws and rods through 1 ½-inch incisions in the back to fuse the bones around the spine.



**Yasu Harasaki, M.D.**  
fellowship-trained and  
board-certified neurosurgeon  
Genesis Neurosurgery Group

"After a major back surgery, I was expecting some pain – but I did not have any pain," Janet said.

## Specialized physicians bring advanced care to our community

Muscle-sparing minimally invasive procedures like lateral lumbar fusions require specially trained physicians. For example, Dr. Harasaki completed a neurosurgery residency, followed by an extra year of fellowship training in complex spinal surgeries that focused on minimally invasive techniques.

"In Central and Southeastern Ohio, not many surgeons perform the lateral lumbar surgical technique," Dr. Harasaki said. "I feel fortunate to be able to bring this opportunity to our community. Minimally invasive spinal fusions are especially beneficial for patients with other medical problems, like diabetes, and also for our older population. In fact, most of my patients having this surgery are 70 years old or older."

## Compassionate healthcare teams bond with patients and families

Janet appreciated Dr. Harasaki's expertise and taking the time to explain the procedure to her. For instance, after listening to Dr. Harasaki's detailed explanation of the procedure, Janet mentioned talking with her adult daughters before deciding on the surgery.

"When I said that, Dr. Harasaki asked for their phone numbers. He was going to call them right then and tell them all about it. I could tell he was sincere. We were very impressed, and we continue to be impressed," Janet said.

Janet also appreciated the caregiver teams who helped her feel at ease during the decision-making process, surgery and recovery. The Genesis physicians and healthcare teams are known for communicating and connecting with patients and family members. "I often hear our patients say they're treated as people here, and they feel listened to," Dr. Harasaki said. "I think it's wonderful that we can combine a welcoming feeling with advanced treatments and care for our community."

## Minimally invasive, major benefits Advantages of lateral lumbar spinal fusions

When it comes to spinal fusion, a minimally invasive lateral lumbar approach offers patients a bundle of benefits, including:

- Faster recovery
- Less pain
- Smaller incisions
- Less damage to muscles
- Lower risk of infection
- Decreased use of pain medication
- Shorter hospital stays

# COVID-19 VACCINE ANSWERS

## FOR EXPECTING COUPLES AND YOUNG CHILDREN



**Kristy Ritchie, M.D.**  
board-certified obstetrics & gynecology  
Genesis OB/GYN Group



**Kevin Frank, M.D.**  
board-certified family medicine  
Genesis Primary Care

**Dr. Ritchie and Dr. Frank answer your questions about the COVID-19 vaccines.**

QUESTION	ANSWER
Should you get the vaccine if you are thinking about getting pregnant?	Definitely. Pregnant women who get COVID-19 are at a higher risk for hospitalization, breathing problems and more. Getting COVID-19 while pregnant also increases the risk for babies to be born early and other health problems.
If you are pregnant, should you get the COVID-19 vaccine?	Ongoing data demonstrates the vaccine is safe for pregnant women and unborn children. However, pregnant women should discuss the vaccine with their obstetrician.
Should breastfeeding mothers get the COVID-19 vaccine?	Generally, yes. The vaccine will help protect the mother and her infant if she is breastfeeding. This is also a conversation mothers should have with their healthcare provider.
Does the COVID-19 vaccine impact your ability to conceive in the future?	The vaccine does not affect the ability to get pregnant or to have a healthy child. As with all pregnancies, it's best to be as healthy as possible, including getting all appropriate vaccines.
Should children 12 years and older get the COVID-19 vaccine?	Everyone who is eligible should get the vaccine. Wearing a mask, washing hands and social distancing has slowed the spread of COVID-19 but cannot stop it. The fastest way to return to normal is for everyone who is able and eligible to get the vaccine.
How safe is the COVID-19 vaccine for children 12 and up?	The Food and Drug Administration and Centers for Disease Control have approved the Pfizer vaccine for children 12 and up. The vaccine was also previously approved and used for children 12 years of age and up in Canada.

# GENESIS PRO-AM GOLF TOURNAMENT MARKS 40<sup>TH</sup> YEAR

## Gives back to those who care for us

The Genesis Pro-Am Tournament, hosted by the Genesis HealthCare Foundation, has funded medical equipment, healthcare services and scholarships since it began in 1980. Since last year's event was canceled because of COVID-19, we are celebrating our 40<sup>th</sup> year in 2021.

This year, the focus is a little different.

"Everyone has been impacted by COVID-19, whether it is physically or emotionally," said Matthew Perry, Genesis HealthCare System President and CEO. "Our entire team of healthcare professionals at Genesis goes to extraordinary lengths to take care of our patients and we need to take care of them. Therefore, this year with the Pro-Am proceeds, we are establishing the Genesis Center for Employee Well-Being to ensure our team has the resources and support they need to provide the exceptional care our community expects and deserves."

The three-day golf tournament draws golfers from across the country. During its 40 years, the Genesis Pro-Am Tournament has raised more than \$6.8 million. Local businesses, families and individuals have all contributed to the proceeds that have enabled the Pro-Am to make such a difference in so many lives and help keep our community healthy.

"The entire team of Genesis employees are our heroes. During this past year, they went above and beyond for our community," said Jerry Nolder, Executive Director, Genesis HealthCare Foundation. "When COVID-19 prevented family members from visiting loved ones, the nurses stepped in to hold hands, share messages and pray with them. Their compassion and commitment were unwavering. This pandemic is a challenge unlike any other, and the Genesis team continues to meet it head-on. Now, it is time to show appreciation for the team's efforts."

The Genesis Center for Employee Well-Being will be an employee-focused source for staff to nurture their health, mind, body and spirit.

If you'd like information on how you can donate to the Pro-Am, contact Jerry Nolder at [jnolder@genesishcs.org](mailto:jnolder@genesishcs.org) or call 740-454-5052.



*Laura Walker can move without pain after having knee replacement surgery by Corey Jackson, D.O., from the Genesis Orthopedic Group.*

# BOUNCING BACK TO HEALTH

Life-changing knee replacement surgery

Laura Walker eagerly made her first attempt jumping on a trampoline at age 29. Unfortunately, she tumbled out of control, severely injuring her knee. As a result, Laura spent two decades in agonizing pain.

Then a chance encounter and recommendation for Corey Jackson, D.O., changed her life. Dr. Jackson is a board-certified orthopedic surgeon with the Genesis Orthopedic Group.

## Knee injury worsens

"It was my first time on a trampoline and my last time off," Laura said. As years passed, arthritis aggravated the injury, and she suffered from an excruciating two-inch bone spur. Laura relied on her other knee for support, which eventually resulted in arthritis as well. Ultimately, the pain was too great for Laura to continue an 18-year career at a local restaurant in Cambridge, Ohio, her hometown. She is presently a contract driver for a local transport agency serving non-emergency medical patients.

"I learned to live with the pain," said Laura, now in her late 40s. "I spoke with several surgeons who insisted I was too young for the surgery." One day, Laura mentioned her situation to a transport patient experiencing similar symptoms. The patient enthusiastically recommended Dr. Jackson. "I called his office that day," Laura said.

## Dr. Jackson to the rescue

"Admittedly, Laura is much younger than most patients who require such an extensive surgery," Dr. Jackson said. "The combination of the injury and time caused her to have a severely afflicted knee with severe osteoarthritis."

Osteoarthritis is the most common reason for knee replacement surgery. Arthritis causes the cartilage to wear away, exposing the bone in the joint, resulting in extreme pain.

"Our technologically advanced knee surgery is a solution for patients suffering from osteoarthritis," said Dr. Jackson. The total joint replacement surgery involves removing a small amount of the bone and resurfacing it so patients can be pain-free. "Total joint replacement surgery has proven to be an incredible medical breakthrough," Dr. Jackson said.

Genesis offers the latest in technology to provide the best in joint replacement surgery regionally. "Our specially trained surgeons and advanced providers provide expertise for patients like Laura to get them back to enjoying life," Dr. Jackson said. "Plus, our advanced minimally invasive technologies help patients recover faster."

"I had confidence in Dr. Jackson," Laura said. "He explained every part of the surgery and recovery clearly and made me feel at ease."

## Life-changing surgery

"The principle goal of this surgery is for patients to walk pain-free," Dr. Jackson said. "Laura was in misery. She couldn't straighten her knee, and every step caused discomfort. Now she is pain-free."

Laura appreciates Dr. Jackson's compassionate care that enables her to walk, run and sleep at night without pain. "The knee replacement surgery has been life-changing. I am so fortunate that I found Dr. Jackson."



**Corey Jackson, D.O.**  
board-certified orthopedic surgeon  
Genesis Orthopedic Group

# AFTER-SCHOOL DINNER ON THE GO

Your daughter is at cross-country practice until 5:30 p.m. Your son has a soccer game at 6 p.m. When you get home, you need to wash laundry if you don't want your house to smell like a locker room.

It will be late, and everybody will be hungry. Actually, starving if you listen to your children. The easy thing to do is stop at the drive-thru for their favorite combo meal or order a pizza. However, frequently eating out can create unhealthy eating habits. Teenage athletes often burn through excess calories, but as they age and slow down, those habits will stay with them, and it can eventually lead to weight gain, heart disease and diabetes.

You know how important nutrition is, especially to teenagers, and even more so for teenage athletes. So, plan and prepare meals with various healthy foods to eat on the go and when they get home.

To make it easy for everyone, place each meal in a separate safe-to-go package. Then on the way out the door, everyone can grab their lunch, dinner, or snack to avoid getting hangry.

For athletes, include food high in calcium and iron. The calcium will support strong bones and help avoid fractures while they are running, jumping and falling. Iron found in lean meat, fish, chicken and leafy green vegetables will carry oxygen to the muscles.

Also, include protein for muscle growth and carbohydrates to give them energy. It's tempting to slip a candy bar or soda into a meal to make children happy but avoid adding sweets so they can prevent the crash that comes after consuming sugar.

"Eating healthy during busy sports seasons takes planning. If you do, you'll help your family in the long run by helping them avoid illness and lessen their chances of injuries. You'll also get to see them perform at their top level," said Anastasia Gevas, D.O., Genesis Primary Care.

# FRUIT KABOBS AND TURKEY AND SWISS WRAPS

To support your child's wellbeing, try our easy-to-make nutritious recipe for fruit kabobs and turkey and Swiss wraps. It is easy to eat in the car; no utensils are needed.

WHOLE-WHEAT TORTILLAS,  
LEAN DELI-STYLE,  
TURKEY SLICES,  
SWISS CHEESE,  
TOMATOES AND LETTUCE

STRAWBERRIES, RED  
GRAPES, WATERMELON  
AND PINEAPPLE CHUNKS  
WORKS BEST ON  
WOOD SKEWERS

VANILLA OR  
FAVORITE YOGURT

BANANA SLICES

GRANOLA BAR



FOR NUMEROUS WELLNESS TIPS, FOLLOW  
GENESIS HEALTHCARE SYSTEM ON FACEBOOK  
OR VISIT GENESISHC.S.ORG. YOUR HEALTH,  
WELLNESS RESOURCES.

# LIGHTEN THE LOAD

A roomy backpack may seem like a good idea, but the more space there is to fill, the more likely your child will fill it. When it comes time to buy a backpack and load it with school supplies, you might want to keep a few of these tips in mind:

## Comfortable to wear and carry:

Wide, padded shoulder straps provide the most comfort. Make sure your child uses both straps when carrying the backpack—using one strap shifts the weight to one side and causes muscle pain and posture problems.

## Sized correctly for kids:

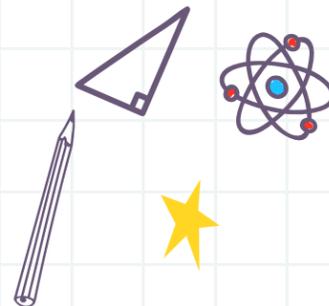
The American Academy of Pediatrics recommends a child not carry more than 15% to 20% of his or her weight. Instead of guessing, use your scale to weigh the loaded pack. Also, a backpack should not be wider than your child's torso or hang more than 4 inches below the waist.

## Offers good organization:

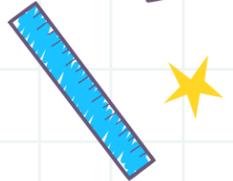
Compartments in the backpack are an excellent way to distribute weight evenly. Pack the heaviest items closest to the back.

"One way to avoid muscle strain and back pain is to use a backpack correctly," said Nathaniel Amor, D.O., board-certified neurosurgeon, Genesis Neurosurgery Group. "If your child leans forward with the backpack on, it's too heavy."

An alternative to strapping on a backpack is pulling a bag on wheels. If you're uncomfortable with the heavy load in your student's backpack, check with your local school to see if wheeled bags are allowed.



ABC



## Tips to prevent children's sports injuries

When you're the parent of an active child, you know that injuries are a part of the game. While you can't protect your young athlete from every injury, you can try to minimize the risk with a few basic steps.

"It's important to begin by making sure your child can participate in sports. We recommend children have a sports physical before they start – even if they're younger than junior high age," said Thai Trinh, M.D., fellowship-trained and board-certified orthopedic sports medicine surgeon, Genesis Orthopedic Sports Medicine. "If your child has an illness or problem with lungs, heart, vision, hearing, strength or movement, we can tell you how you can manage the problem so your child may still be able to be active."

### Reduce common injuries

Most sport-related injuries are from impact, overuse or poor body mechanics. To reduce your child's risk of injury, you can:

- Always use the right safety gear. Learn about the proper fit of that gear. Replace it as your child grows.
- Make sure your child learns proper form and technique from a class, trained coach or athletic trainer.
- Teach your child to take pain and tiredness seriously and not ignore or "play through" it.

### Avoid high-risk activities

Some activities are so high-risk that child health experts warn strongly against them. These include boxing, driving or riding on motorized bikes and vehicles and using trampolines. Even with constant adult supervision and protective netting, many children are injured on them.

### Wear safety gear

Safety gear helps protect your child. Before your child starts a new activity, get the right safety gear and teach your child how to use it.

Depending on the sport or activity, your child may need these items:

- Helmets help protect against injury to the skull. Brain damage is still possible even when a helmet is worn. Use a helmet for any activity that can cause a fall or an impact to the neck or head, such as bike riding, football, baseball, ATV riding or skateboarding.
- Shoes help protect feet from injury. Sandals or flip-flops are not safe for bike riding. Some sports require special shoes for support and safety.
- Mouthguards help prevent mouth and dental injuries. Use a mouth guard for sports such as basketball, football, wrestling, martial arts, gymnastics, baseball and soccer.

### Prevent dehydration and heat-related illness

When your child is active and not drinking enough fluids, dehydration is a risk. The muscles get tired quickly, and your child may have leg cramps while walking or running. Playing hard and sweating without drinking fluids can cause dehydration and overheating. To prevent dehydration, teach your child to:

- Do activities during the coolest times of the day.
- Drink water throughout the day, every day.
- Drink extra water before, during and after exercise.
- Take breaks and drink at least every 15 to 20 minutes during exercise.
- Stop and rest if dizzy, lightheaded or very tired.
- Wear clothes that help cool the body.
- Water is the best choice for children and teens. A sports drink may be helpful if your child has exercised intensively or for a long time.

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## LiveWell

### Easy ways to sign up for *LiveWell*

*LiveWell* is a quarterly publication of Genesis HealthCare System for members of our community.

You can see our patient stories come to life in the digital edition of *LiveWell* by watching the videos. To sign up for the digital edition, call 740-454-5913. You can also find *LiveWell* on the Genesis website at [genesishcs.org](http://genesishcs.org).

If you would like to be added to or removed from the *LiveWell* mailing list, contact:

Genesis HealthCare System  
Marketing & Public Relations  
740-454-5913  
Email [jodunlap@genesishcs.org](mailto:jodunlap@genesishcs.org)

### Sign up for email

Stay up to date on what's happening at Genesis between editions of *LiveWell*. Sign up for our quarterly email highlighting events, physicians, new programs, or technology at [genesishcs.org/email](http://genesishcs.org/email).

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## IN-PERSON EVENTS 2021 SAVE THE DATE



**Girls' Night Out**  
Women's Health Program  
Thursday, Sept. 23



**Puzzled by Cancer?**  
Cancer Awareness Program  
Thursday, Oct. 21



**Digest This**  
Diabetes Program  
Thursday, Nov. 11

**Registration for these events opens one month in advance. To register, visit [genesishcs.org/spirit](http://genesishcs.org/spirit).**