

LiveWell

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Genesis
HEALTHCARE SYSTEM

Better Begins Here



WHAT MATTERS MOST

In the last 18 months, Genesis has continued to invest in the latest technology, equipment and facilities. We have updated and doubled our robotic-assisted surgery equipment, implemented additional best-of-class software, opened the Genesis Coshocton Medical Center and expanded our primary care and specialty physician offices.

All amazing accomplishments.

If asked to pick our most significant achievement, my answer will always be the same. Building and supporting an outstanding team of caregivers. Your neighbors, friends and family members make Genesis what we are, a top 50 heart hospital in the nation and a healthcare system nationally recognized for our high quality, compassionate care.

We are grateful that we can provide our team with innovative technology and modern facilities to perform at their highest levels. However, the skill of our dedicated team members is and always will be the most valuable part of Genesis.

Building the team

While we have been busy building over the last year and a half, we have also added many new physicians. Join us in welcoming five more physicians who are highlighted on the following pages.

Our patients

As always, we highlight some of our recent patients within *LiveWell*. For the first time in this publication, we also provide a check-up on previous patients to learn how they are doing years after their life-threatening health scares.

Thank you for supporting Genesis and our team.

Matthew J. Perry
President & CEO

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SPOTLIGHT ON WALTER RANDOLPH, M.D., MS

Gynecology & Women's Health

After more than 24 years of a successful private practice, Walter Randolph, M.D., MS, joined Genesis Women's Health Specialists, serving the Coshocton area. When he was considering a change, Dr. Randolph said he wanted to join a system with a strong focus on patients and communities. "As soon as I started talking with the people here, I knew I was making the right choice," he said. "I have always worked to educate patients about their conditions so they understand what is happening and why I do certain things to help. That happens best in this type of practice."

A fourth-generation physician, Dr. Randolph said he initially pursued a career in the sciences, but "God always led me back to medicine." He considered other specialties but chose obstetrics and gynecology because it is a combination of clinical and surgical medicine. It also allowed him to see a variety of patients for a long period of their lives.

Dr. Randolph is also looking forward to the use of the new surgical suites in Coshocton. "The facility has all the technology to best serve our patients," he said.

Dr. Randolph, his wife and family like hiking, boating, birdwatching and spending time outdoors. "I enjoy fresh air and open spaces."

Dr. Randolph's office is at 1417 Kaderly St. NW in New Philadelphia. His phone number is 330-602-5678. He is accepting new patients.

Doctor of Medicine:

University of Toledo Medical Center
Toledo, Ohio

Obstetrics and Gynecology Residency:

Aultman Hospital
Canton, Ohio

Board-certified:

The American College of Obstetrics & Gynecology

WELCOME



Audrey Onuzo, M.D.

Internal Medicine

Audrey Onuzo, M.D., joined Genesis Primary Care, specializing in internal and addiction medicine.

Dr. Onuzo is an internal medicine practitioner with clinical experience in outpatient, inpatient and emergency settings in rural and urban communities. She has a specific interest in outpatient general internal medicine and substance use rehabilitation.

Dr. Onuzo's office address is Genesis Primary Care, 23599 Airport Road, Suite A, Coshocton. She is accepting new patients. Call 740-722-9510 to make an appointment.

Doctor of Medicine:

The University of Ghana School of Medicine and Dentistry
Accra, Ghana

Internal Medicine Residency:

St. Vincent Charity Medical Center
Cleveland, Ohio

Addiction Medicine Fellowship:

St. Vincent Charity Medical Center
Cleveland, Ohio

Board-certified:

American Board of Internal Medicine
American Board of Preventive Medicine



Matthew Phillips, M.D., FACS

General Surgery

Matthew Phillips, M.D., FACS, joined the Genesis Center of Surgical Excellence as a general surgeon in 2023.

Dr. Phillips has over 20 years of surgery experience. He performs surgeries at the Genesis Coshocton Medical Center.

His office is located at the Genesis Coshocton Medical Center, 48439 Genesis Drive., Suite F in Coshocton. Dr. Phillips' phone number is 740-722-9574. He is accepting new patients.

Doctor of Medicine:

Northeast Ohio Medical Center
Rootstown, Ohio

General Surgery Residency:

Akron City Hospital
Akron, Ohio

Fellowship:

American College of Surgeons (FACS)

Board-certified:

The American College of Obstetrics & Gynecology



Dilpreet Singh, M.D.

Interventional Cardiology

Dilpreet Singh, M.D., joined the Genesis Heart & Vascular Group, specializing in interventional cardiology.

Dr. Singh's interest in his specialty began in a cardiac physiology class in medical school. He chose Genesis because he can treat his patients with the cutting-edge technologies presented in that class and in use here.

His office is located at the Genesis Heart & Vascular Institute, 955 Bethesda Drive, First Floor, Zanesville. Dr. Singh's phone number is 740-454-0804. He is accepting new patients.

Doctor of Medicine:

American University of the Caribbean School of Medicine
St. Maarten

Internal Medicine Residency:

University of South Florida
HCA West Florida Division, Blake Medical Center
Bradenton, Florida

Fellowships:

Cardiology and Interventional Cardiology
Michigan State University, Sparrow Hospital
Lansing, Michigan

Board-certified:

Internal Medicine, Interventional Cardiology



SPOTLIGHT ON STEVEN C. FULOP, M.D.

Neurosurgery

Steven C. Fulop, M.D., MBA, FAANS, recently joined the Genesis Neurosurgery Group, specializing in neurosurgery.

Dr. Fulop's interest in science and its applications prompted him to consider medicine as a career. During medical school he took an interest in neuroscience. He said he favored surgery because he was a college athlete and enjoyed the performance and pressure.

He performs spinal procedures including arthroplasty, thoracic and lumbar decompression and minimally invasive (MIS) procedures.

Dr. Fulop is a native of Cleveland, Ohio, and attended college at Ohio Wesleyan in Delaware, Ohio. His family lives in Cleveland and Columbus. Currently a Lt. Col. in the U.S. Army Reserves, when he was on active duty in Iraq he met a Genesis physician who encouraged him to consider a career at Genesis. Dr. Fulop says he is looking forward to "providing excellent care to patients with neurosurgical issues."

Dr. Fulop said that because he has to stay in shape for the Reserves, he spends a lot of time exercising, which he enjoys. A Cleveland Browns and Ohio State Buckeyes fan, he also likes to fish, watch movies and play video games that improve coordination and problem-solving skills.

Dr. Fulop's office is located at the Genesis Neuroscience Center at 955 Bethesda Drive, Garden Level, in Zanesville. His phone number is 740-586-6828. He is accepting new patients by physician referral.

Doctor of Medicine:

Case Western Reserve University School of Medicine
Cleveland, Ohio

Neurosurgery Residency:

University Hospitals/MetroHealth Medical Center
Cleveland, Ohio

Board-certified:

American Board of Neurological Surgery
American Association of Neurological Surgeons

FIVE



HEALTH MYTHS

DOCTORS WISH WOULD GO AWAY

From “starve a fever, feed a cold” to “drink eight glasses of water a day,” old wives’ tales and false medical advice run rampant in our everyday lives. Even the soundest medical advice can struggle to stand up against some of the myths we hold as truth. Can you tell fact from fiction? Check out five myths that doctors debunk regularly below.



Starve a fever, feed a cold.



According to the medical experts at Cedars-Sinai, this is fiction. Cold or flu, your immune system needs energy and nutrients to do its job, so eating and getting enough fluids is essential. Researchers at Harvard Medical School agree, saying that there’s no need to eat more or less than usual if you have a cold or flu.



You need to drink eight glasses of water a day to stay hydrated.



Many people grew up hearing that drinking eight glasses of water is what’s needed to be properly hydrated. The truth is that many studies state that thirst is the best indicator of how much water you need to drink.



Going out with wet hair will make you sick.



It turns out that running out of the house without drying your hair won’t make you sick. Going out with wet hair can definitely make you colder, but it can’t make you sick. Studies do show that if you already have the virus in your body, going out with wet hair can cause the symptoms to begin showing.



Stress leads to high blood pressure.



Your stress levels aren’t as tied to your blood pressure levels as you think. Stress can temporarily raise your blood pressure, but chronic high blood pressure isn’t a direct outcome of stress.



Cracking your knuckles causes arthritis.



Although cracking your knuckles isn’t good for you, it isn’t particularly harmful either. The long running rumor that this habit will cause arthritis is false.

CHECK-UP

We're checking in on patients whose stories we've shared in the last five years.



Having survived a near-fatal heart attack, Tami Swope is grateful for each family milestone and memory.

A WIDOWMAKER HEART ATTACK LEADS TO MORE FAMILY MILESTONES

Tami Swope walked into the Genesis HealthCare System Emergency Department (ED) on Nov. 8, 2018, and learned she was suffering a heart attack. Her left anterior descending artery (LAD) was 100% blocked. The LAD is the most important artery in the heart, and an attack like Tami's is often referred to as a widowmaker.

The medical team from the ED and Genesis Heart & Vascular Institute stabilized Tami. Then they took her to surgery to insert a wire through her clogged artery so they could inflate a tiny balloon and clear the blockage. Next, they inserted two small tubes called stents where the blockage was to keep blood flowing.

Crisis averted.

Life after a heart attack

Tami lost eight days due to her heart attack. She decided she didn't want to lose another day.

Abdulhay Albirini, M.D., a Fellowship-trained and Board-certified Interventional Cardiologist at the Genesis Heart & Vascular Institute, met with Tami for follow-up care and advised her to attend the Genesis Cardiac Rehabilitation Program.

"The Cardiac Rehab Program gave me the tools I needed to recover and stay healthy," said Tami.

"I am thankful for the Cardiac Rehab Program for enabling me to live an active life, which to me, is the best life."

— Tami Swope

"They helped me regain my strength and endurance, scheduled testing for me, helped with my medications and advised me on a diet and exercise program."

Tami credits the Cardiac Rehab Program for doing more than getting her back on her feet. Due to their guidance and her determination, she is back on the links golfing with friends. She also supports the community by volunteering at festivals and golf outings and routinely attends her grandchildren's sporting events.

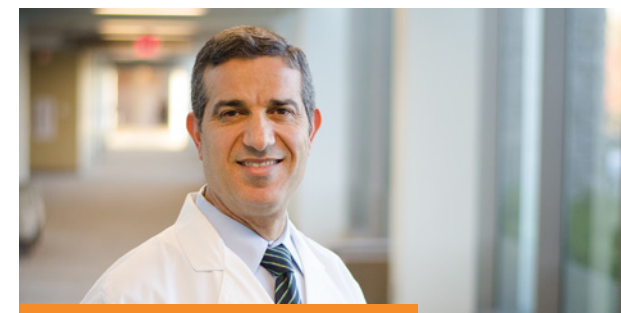
"Tami had a severe heart attack," said Dr. Albirini. "However, she had a lot more she wanted to do, so she followed our recommendations. She has recovered and is actively enjoying life."

Living the life she wants

It has been five years since her heart attack, and Tami is going strong. She follows the advice from the Cardiac Rehab Program and keeps her routine checkups with Dr. Albirini.

Recently she celebrated with her family as her first grandchild graduated high school. She plans to be there for each of her grandchildren's graduations. The same goes for holidays, family reunions and more. From summer golf days to baking snacks for grandchildren, Tami is soaking up milestones and memories with her family.

"I'm grateful for Genesis extending the time I have with my family and friends," said Tami. "I am also thankful for the Cardiac Rehab Program for enabling me to live an active life, which to me, is the best life."



Abdulhay Albirini, M.D.

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

The not so secret to success

Tami Swope credits the Genesis Heart and Vascular Cardiac Rehab Program with her successful and continuing recovery from a 2018 cardiac arrest.

The program is a safe way to bounce back after a heart attack, open-heart surgery or balloon angioplasty.

The focus of rehab education is understanding the causes and effects of heart disorders. Dietitians, pharmacists, exercise physiologists, behavioral health counselors and registered nurses help patients understand heart disease, its risk factors and what patients can do to change their risks.

Another goal of the program is to reduce stress, anxiety and depression. Group sessions enable patients to share experiences, concerns, challenges and victories and gain support from others who understand how they feel.

A personalized exercise program is created for each patient. Patients exercise under the watchful eye of staff with ECG and blood pressure monitoring when they first enter the program.

As strength, endurance and range of motion improve, patients progress toward maintenance exercise. Exercise physiologists can work with patients and monitor their progress.

Tami continues to attend exercise classes several times a week, keeping an exercise journal that is now five years old. The food journal that she started in the program continues, too.

Genesis Heart and Vascular Rehab is located in the Genesis Physician Pavilion at 945 Bethesda Drive in Zanesville. Call 740-454-4336 to make an appointment and learn more about our cardiac rehab offerings.



CHECK-UP

We're checking in on patients whose stories we've shared in the last five years.



BREAST CANCER BLINDSIDED ME, AND I OVERCAME IT

- by Ashley Tamasovich

In 2018, I had everything anyone could desire. A loving husband, two wonderful daughters ages 8 and 3, a beautiful home and a career that enabled me to help people.

I had a lot of life ahead of me. Or so I thought.

One night, at the age of 36, I felt a lump in my armpit.

Soon after, I was diagnosed with stage 2 HER2 breast cancer, a high-risk and aggressive disease. My storybook life was shattered. What if ...

Too much at risk to settle for less

I was young, active, ate healthy and had no family history of breast cancer. How could this happen? I had a family and couldn't bear the thought of not being there for them.

So, I researched. I needed the best care and the best doctors. There was too much at risk to settle for less. Thankfully, I found the Genesis Cancer Care Center. As time matters in cancer treatment, I quickly underwent surgery and chemotherapy.

**"I needed the best care and best doctors.
There was too much at risk to settle for less.**

**Thankfully, I found the
Genesis Cancer Care Center."**

— Ashley Tamasovich

Gratefully looking back

It was hard. I was exhausted, nauseated, lost my appetite and my body ached. However, I was blessed to receive support from my family and friends and the new friends I made at Genesis. I was more than a task they had to complete. They understood what was at stake. They took a personal interest in me and got me through the most challenging part of my life.

It has been five amazing years since my diagnosis. Five years of continuing to be a wife and mom. Five years of watching my daughters grow and compete in gymnastics competitions across the U.S. I know the pressure is on them when they compete, but I promise it is harder to watch. I want them to be happy so much I become a nervous wreck during competitions ... and I wouldn't miss it for anything.

Joyfully looking ahead

I am sharing my story because I want everyone to know you can beat cancer. Early diagnosis and proper treatment can make a difference. I didn't fit the profile, but cancer still found me. Then I found Genesis, and I get to stay active and do the things I love.

I get to keep being a wife, a mom and enjoying my hectic, wonderful life.

**"(Because of Genesis) I get to keep being
a wife, a mom and enjoying my hectic,
wonderful life."**

— Ashley Tamasovich



Self-exams to self-awareness

Breast self-exams (BSE) used to be the recommended routine screening for breast cancer. Current guidelines from the American Cancer Society (ACS) now emphasize the importance of breast awareness.

Breast awareness involves being familiar with how your breasts look and feel and promptly reporting changes to your healthcare provider. Here are general guidelines:

1. Know: Familiarize yourself with your breasts' normal appearance and feel.

2. Observe: Stand in front of a mirror with your arms at your sides and visually inspect your breasts for changes in size, shape or contour; skin changes or changes in the nipples.

3. Perform: Lie down and place a pillow under your right shoulder. Use the pads of your three middle fingers on your left hand to examine your right breast. Apply light pressure and use a circular motion to cover the entire breast, including the underarm area and the area above the collarbone. Repeat the process on your left breast using your right hand.

4. Check: Pay attention to lumps, thickening or areas of unusual firmness. Many women have lumpy breasts due to normal hormonal changes, so finding a lump doesn't mean you have breast cancer. Consult your provider if you notice new or unusual changes.

Breast awareness is not a substitute for regular mammograms or professional exams. Women aged 40 and older are encouraged to undergo regular mammograms as part of breast cancer screening programs.

However, if you have a family history of breast cancer or other risk factors, talk with your provider about a screening schedule.



Dr. Alexander is enjoying life after cancer surgery and treatment.



After 13 years as a Genesis Trauma Surgeon, Brandice Alexander, D.O., discusses why she chose to undergo cancer treatment at Genesis.

CHOOSING GENESIS: A DOCTOR'S CHOICE FOR TREATMENT

In September 2023, Brandice Alexander, D.O., began her 13th year as a Fellowship-trained, Board-certified Trauma Surgeon at Genesis HealthCare System.

Only because she followed recommended colon cancer screening guidelines when prompted by her family physician. Two days after her colonoscopy, she received a call with the biopsy results that one of the two polyps found was cancerous.

Dr. Alexander's mentor and colleague Stuart D. Chow, D.O., Fellowship-trained and Board-certified Trauma Surgeon at the Genesis Center for Surgical Excellence, performed her surgery. Shyamal R. Bastola, M.D., Fellowship-trained and Board-certified Hematologist/Oncologist at the Genesis Cancer Care Center, coordinated with her treatment. "I'd rather be treated close to home by people I know and trust," she said. "If I thought for one second that my chance for recovery was better somewhere else, I would have gone there."

Another factor in choosing Genesis was that Dr. Chow would perform her surgery robotically. "He was instrumental in getting our robotic program going," she said. "We are far ahead of most hospitals."

After her surgery, Dr. Alexander created a Facebook post. "I rarely post. However, I wanted all my friends and colleagues to see and share the message that cancer is treatable if you catch it early."

There was one more call containing bad news. One of her lymph nodes was positive for cancer, and she needed chemo. "My Genesis family was phenomenal," she said. "I received cards from Genesis President and CEO Matt Perry, and letters of encouragement from the entire hospital community." She said that whoever designed the Cancer Care Center infusion suite, where rows of comfortable recliners overlook the Genesis Fitness Trail, is a genius. "Watching colleagues and people come and go was great therapy," she said.

"If I thought for one second that my chance for recovery was better somewhere else, I would have gone there."

— Dr. Brandice Alexander

Eleven years ago, Dr. Alexander and her husband purchased a foreclosed property on an acre of land less than a mile from Genesis Hospital. They have a pair of St. Bernard littermates, Sophie and Finn, who endlessly entertain them with sibling squabbles.

When she gets home from work, Dr. Alexander does a walkabout of the yard and gardens with the dogs. "This year, I've been into propagating plants," she said. "We love our backyard. It's a good place to recharge." A guitarist at her church, Dr. Alexander often plays in her gazebo or one of several seating areas.

Dr. Alexander says she is a glass-is-half-full kind of person. Now she uses her experience as a patient to reassure her patients. "I tell them, 'I know you're scared, but you need to know that there are six people in this surgery suite, and you are our only focus.' I've been on the receiving end of that focus. The right people are in those positions."



Stuart D. Chow, D.O.
Fellowship-trained and Board-certified
Trauma Surgeon
Genesis Center for Surgical Excellence

THANKFUL FOR HELPING HANDS CLOSE TO HOME

Alicia Farus' hands are always moving. She is either making, baking or cooking something. She loves to knit. During the holiday season, she enjoys handwriting messages in Christmas cards. A few years ago, though, she started to have issues with her right hand and arm. She has another neurological issue, so at first she attributed her symptoms to that disorder.

An initial symptom was weakness. She started to drop things. She had to regularly stop knitting because of numbness. She couldn't write Christmas cards. As time went by, she couldn't lift things. If she wanted to cook pasta, a family favorite, her husband Scott had to fill the pots with water and move them to the stove. When the pasta was ready, Scott had to lift the contents and move them to a strainer. "We are a team," Alicia said, "and I'm grateful for that, but it is difficult to become completely dependent on someone." Eventually, Alicia had to stop almost all of the activities she loved. "The pain kept increasing," she said. "I wasn't sleeping." She finally decided to move ahead with a diagnosis she was fairly certain would include surgery.

Alicia and her husband were referred to a specialist at a hospital that required a fair amount of travel. They expected to hear that Alicia had carpal tunnel syndrome, and the specialist confirmed that.

The best option is close to home

Her husband was happy about a surgery he'd had at Genesis, so Alicia decided to get a second opinion from Matthew Langford, M.D., Fellowship-trained, Board-certified Orthopedic Hand Surgeon at the Genesis Orthopedic Center. Dr. Langford confirmed the carpal tunnel diagnosis but added that she also needed surgery for pronator syndrome. "Pronator syndrome makes carpal tunnel worse," said Alicia. "That explained the absolutely excruciating pain."

Alicia felt extremely comfortable with Dr. Langford and listed his amazing bedside manner as one of the reasons. "He takes his time and explains everything. He told me what he was looking for and what he found. He talks to you as if you're on the same level."

"I highly recommend that people considering surgery for a hand or arm issue meet with the orthopedic team at Genesis first."

— Alicia Farus

Dr. Langford told Alicia that he could perform both surgeries at the same time. "It sounds worse than it was," Alicia said. "Carpal tunnel is a simple surgery, and even with the addition of the pronator surgery, it was done on an outpatient basis." Alicia went home that day. "I had discomfort because of the surgery, of course, but the terrible pain went away as soon as the surgery was done."

At the time of this interview, Alicia was about eight weeks out from her surgery, still healing but well on her way to a full recovery. As she followed the recovery plan, which included physical therapy at home, Dr. Langford and his team were available to answer questions and review her progress. "I'm cooking and writing again, but my favorite recovered activities are pushing my granddaughter on a swing and steering her stroller when we go on walks. I highly recommend that people considering surgery for a hand or arm issue meet with the orthopedic team at Genesis first."



Matthew Langford, M.D.

Fellowship-trained and Board-certified
Orthopedic Hand Surgeon
Genesis Orthopedic Group

Learn more at genesishcs.org/orthopedic.



Alicia is gardening again after carpal tunnel and pronator surgeries.



Alicia Farus credits Dr. Matthew Langford's "amazing bedside manner" as one of the reasons she chose to have her surgery at Genesis.

GENESIS PRIMARY CARE IN COSHOCTON

Offering experience and convenience

Your Primary Care Physician (PCP) is your go-to medical partner. They manage your preventative and wellness care, such as physicals and immunizations, and the management of chronic diseases like diabetes and high blood pressure. They are there for you when you are sick to order diagnostic testing, treatment, referrals to specialists and much more.

Genesis Primary Care now has three compassionate, experienced physicians who specialize in family medicine in the Genesis Physician Services office at 23599 Airport Rd., Suite A, Coshocton. They also specialize in internal medicine, obesity medicine and addiction medicine.



Audrey Onuzo, M.D.



Sameera Rahman, M.D.



Elise Sadoun, M.D.

Extended office hours

We know you're busy, so we offer appointments in the evenings during the week. If weekdays are challenging for you – we have good news. We offer all-day Saturday hours, too.

Hours are:

Monday and Tuesday: 9 a.m. to 7 p.m.

Wednesday: 9 a.m. to 4:30 p.m.

Thursday through Saturday: 7 a.m. to 7 p.m.

Walk-ins welcome

Scheduling an appointment ahead of time works well for many, but you have another option at the Genesis Primary Care Airport Road office in Coshocton. Walk-in patients are welcome.

Schedule an appointment

You can schedule an appointment with Dr. Onuzo, Dr. Rahman or Dr. Sadoun through the Genesis website and your MyChart electronic medical record. Go to genesishcs.org/schedule.

You can also call 740-722-9555 to make an appointment.

Location

Genesis Primary Care
23599 Airport Rd., Suite A
Coshocton, OH 43812

THE SURGICAL CARE YOU NEED IN COSHOCTON

Your Coshocton surgeons

Matthew Phillips, M.D., FACS, Board-certified General Surgeon, has joined the surgical team of Thomas Diehl, M.D., Board-certified General Surgeon, and David Barbara, M.D., Fellowship-trained and Board-certified General Surgeon, at the Genesis Coshocton Medical Center (GCMC). This team of superb surgeons brings the skills, experience and compassion to Coshocton that has elevated Genesis Surgery to among the best in Central and Southeastern Ohio.

These surgeons and other specialists perform several outpatient surgeries at the new GCMC so patients can remain close to home and family.

Surgeries and procedures performed in Coshocton

- Ear, nose and throat (tonsillectomies, ear tubes and sinus procedures)
- Endoscopies (colonoscopies and upper endoscopies)
- General (laparoscopic procedures, cyst removals, port placements and more)
- Gynecology
- Orthopedics (carpal tunnel release, pinning, nerve repair and more)
- Podiatry (foot and ankle procedures)
- Sports medicine (shoulder and knee procedures)
- Urogynecology (bladder stimulator, implants, slings, cystoscopies and more)



Thomas Diehl, M.D.; Matthew Phillips, M.D.; David Barbara, M.D.

Each of our surgeons is accepting new patients, and a referral is not required. However, it is always recommended to start with your Primary Care Physician. To contact the Genesis Medical Group in Coshocton, call 740-722-9555.

Learn more at genesishcs.org/coshocton.



Are you planning a fall cruise, road trip or vacation? Don't let motion sickness bring your plans to a halt. It's reported that one in three people are prone to motion sickness, so it's a good idea to be prepared before you hit the road (or the high seas.)

What causes motion sickness?

According to the Centers for Disease Control and Prevention, motion sickness happens when the movement you see with your eyes is different than the movement your inner ears sense. This mishap can result in dizziness, nausea, irritability and even vomiting. Yuck. Thankfully, there are ways to ease your symptoms and maybe prevent them altogether.

Try these tips and tricks:

- If you're in a car or bus, try to sit as close to the front as possible. Facing the direction you're traveling and focusing on a non-moving object can ease your queasiness.
- If you're on a boat, cruise ship or airplane, stick to the middle of the vessel. This will help reduce the ups and downs of the water or air.
- Hydration helps. Avoid alcoholic beverages and caffeine until the chance of motion sickness subsides.
- Bring lozenges or mints to ease your tummy.
- Listen to music to distract yourself.

Who suffers the most?

Children are especially at risk of suffering from motion sickness, and it appears to run in families. There are hundreds of parent posts on social media dedicated to both natural and medicinal remedies. Many parents say that it's often a case of trial-and-error to find something that works. Check with your family doctor if giving an over-the-counter product to a child under the age of 18 is suggested.

According to a 2018 study published in the National Library of Medicine, antihistamines with the lowest level of sedation are the treatment of choice for adults experiencing vertigo, nausea and vomiting.

The U.S. Travel Association predicts domestic leisure travel will increase through 2024. Hopefully, you'll be taking a trip to see friends, spend time with family or visit a destination you've always wanted to explore. Bookmark this article to keep motion sickness at bay when you're on an adventure.

MAMMOGRAMS

According to the American Cancer Society, breast cancer is the most common cancer among women. Thankfully, it is treatable, especially with early detection. Even so, many women avoid scheduling or keeping an appointment for a mammogram.

What is a mammogram?

A mammogram is an X-ray of the breast. Its primary function is to detect breast cancer or other abnormalities in the breast tissue.

When should women start getting mammograms?

General recommendations for cancer screenings vary based on age:

- Women older than 30 only need to have a mammogram if they exhibit symptoms, like a lump.
- Women between the ages of 40 and 54 should be screened for breast cancer each year.
- Women over age 55 should be screened for breast cancer every other year.

If you have a family history of breast cancer, your Primary Care Physician (PCP) may recommend beginning screenings sooner or more frequently.

Why are mammograms so important?

Mammograms can detect abnormalities sooner than a manual breast exam, making them a great first line of defense. According to the American College of Radiology, mammography has helped reduce breast cancer mortality in the U.S. by nearly 40% since 1990.

Although mammograms are a key part of breast cancer prevention, many women put off their mammograms or avoid them entirely. Sound familiar? You're not alone.

According to a new study from MedStar Health, here are the most common reasons women don't get mammograms (and why you should rethink getting that appointment on your calendar):

"I haven't gotten around to it."

Life is busy, and it's easy to let preventive care fall by the wayside, especially when taking care of family. However, your health is important, too. Next time you make an appointment with your PCP, mention that you're due for a mammogram and schedule it.

"I've had normal mammograms in the past," or "Breast cancer doesn't run in my family."

If breast cancer isn't a concern for you, missing a mammogram or two doesn't seem like a big deal. However, the risk of developing cancer increases with age, regardless of family history. It's critical to continue getting tested to ensure you are healthy.

"Mammograms are painful."

Many women complain that mammograms are uncomfortable or painful, but they don't have to be. If you're avoiding your mammogram due to pain, talk to your PCP about your options.

Avoid scheduling your mammogram the week before your period to avoid sensitivities from hormonal changes. Take acetaminophen before the appointment. If the position of the imaging plates is uncomfortable, ask the technician to adjust them.

"I'm afraid. What if they find something?"

Anxiety around medical testing is common, and understandable, particularly when it comes to tests that can reveal something like cancer. Talk to your PCP about your concerns. Bring a loved one with you for moral support before and after the test.

For wellness tips, follow Genesis HealthCare System on Facebook.





- Air fryer - BBQ cauliflower wings

These air-fryer “honey” BBQ cauliflower wings will be a hit at your next tailgate party. The wings have the flavor and crunch of traditional BBQ wings but contain fewer grams of fat and calories. While these cauliflower wings have the taste of honey, they have no added sugar since they’re sweetened with an artificial sweetener.

Ingredients

- 1/2 cup unsweetened soy or almond milk
- 1/8 tsp kosher salt
- 10 ounce package of cauliflower florets
- 1/3 cup whole wheat flour
- 1/2 tsp onion powder
- 1/8 tsp black pepper
- 1/2 tsp garlic powder

Nutritional information

- Servings: 4
- Serving Size: 4 ounces cauliflower wings
- Calories per serving: 80
- Total Fat: 1.5 g
- Saturated Fat: 0 g
- Trans Fat: 0 g
- Cholesterol: 0 mg
- Sodium: 230 mg
- Total Carbohydrate: 16 g
- Dietary Fiber: 3 g
- Total Sugars: 4 g
- Added Sugars: 0 g
- Protein: 4 g
- Potassium: 450 mg
- Phosphorus: 90 mg

Instructions

To make the wings: Preheat air fryer to 375 degrees F. In a medium bowl, whisk together batter ingredients. (If batter is too thin, add a little more flour and stir.) Add in cauliflower florets and toss to coat each piece evenly.

Spray basket of air fryer with nonstick cooking spray. Using tongs, place each batter-covered floret into the basket. It’s best to work in two batches so you don’t overcrowd the air fryer. Air-fry each batch for 7 minutes, then remove and brush cauliflower wings with your preferred sauce. Return to air fryer another 1–2 minutes until crispy.

Remove and repeat for the next batch.

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Find more recipes at
genesishcs.org/eatwell.



WHAT'S IN SEASON

Farmers' markets, produce stands and backyard gardens are some of the best places to get seasonal fruits and vegetables. In fall, we eagerly visit apple orchards to pick, or pick up, a bushel or a peck (we love both). With our freshly picked fruits, pumpkins, squash and other fresh root vegetables, we make seasonal salads, pies and other delicious dishes from recipes passed down through generations. Aside from pleasing your tastebuds, there are benefits to eating what's in season.

Health benefits of eating what's in season

Seasonal food is typically fresher, tastier and more nutritious than eating it when it's out of season. Vegetables and fruits out of season in our area are typically picked early to ripen on the long journey to our grocery stores. Researchers at Montclair State University found that the vitamin C content of broccoli is cut in half when it's shipped out of the country compared to when it's sourced locally.

Locally grown fruits and vegetables last longer in the fridge and on countertops. That's because they're harvested and in your hands well before produce from a different state or country. Produce that can fully ripen on the vine has more nutrients, making it healthier for us to eat. Buying local produce tastes better, lasts longer and has a higher nutritional value. That sounds like a win-win-win.

What's in season now?

There are plenty of delicious, nutritious foods harvested this time of year. Here's a list that includes the vitamins and minerals in many favorites, courtesy of the United States Department of Agriculture:

- **Apples**— high in fiber, vitamin C, and various antioxidants
- **Cabbage**— contains antioxidants, calcium and vitamin B.
- **Cauliflower**— a good source of folate, vitamins B, C and potassium.
- **Potatoes**— a good source of potassium and vitamin C.

- **Pumpkins**— rich in vitamins A, B1, B6, C and E, potassium and beta carotene.
- **Winter Squash**— rich in vitamins A and C.

Supporting local farmers is good for the economy and our health. It's also reassuring to know where our food comes from by buying locally.

Visit genesishcs.org for more recipes and nutrition tips.



*To everything there is a season.
Ecclesiastes 3:1-8*

We have traditionally offered our *LiveWell* magazine in print and digital format for your computer or tablet. This fall, however, we are not printing the magazines.

If you want to receive an email containing *LiveWell*, email us at livewell@genesishcs.org.

Stay connected, stay healthy

Keep current on Genesis and health information by following us on Facebook and subscribing to our quarterly publication *LiveWell*. We also post additional information at genesishcs.org.

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