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Genesis

HEALTHCARE SYSTEM

Better Begins Here



SURROUNDED BY AMAZING PEOPLE

From registration to starting IVs. From treatment to cleaning rooms. Everyone I encounter at Genesis is dedicated to performing their responsibilities at the highest level. And the national healthcare industry has noticed.

For the second consecutive year, *Fortune* Magazine and PINC AI have named Genesis a Top 100 Hospital in the nation and an Everest Award winner. The Everest Award recognizes hospitals and health systems that achieve the highest improvement rates over a five-year period.

All because of our team members and your support.

This prestigious accomplishment continues to make it easier to recruit the best physicians to Genesis. Throughout 2024, we will introduce several new doctors who bring impressive educations and experience to join our outstanding team.

Our newest team members

As promised, we have recently welcomed several new physicians to Genesis. On the following pages, you will learn how Ear, Nose and Throat, Obstetrics & Gynecology, Orthopedic, Cardiology, Surgery and Family Practice are all growing to serve you.

Your neighbors

In this issue, two of your neighbors share their amazing stories. Learn how a simple fall led to a life-threatening injury for Amber Allen. Also, you can read how Erika Wickham has overcome cancer.

For your wellness

At Genesis, we care about your total health. Our desire is to prevent illness and injury any time we can. Learn how a colonoscopy can save your life, ways to recognize and confront loneliness, how to prevent falls and more.

I'm grateful

Your faith in Genesis HealthCare System enables us to position our team to accomplish amazing things. Our team continues to adopt innovative treatments to save more lives and help our community members live their best lives. I am grateful to work among them and serve you.

Thank you.

Matthew J. Perry
President & CEO

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For the second year in a row.

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Genesis Spiritual Care

A source of support for all.

The Genesis Mission

We serve our community by helping each person achieve optimal health and well-being by providing compassionate, exceptional, and affordable healthcare services.

Genesis Values

Compassion

We demonstrate our faith-based roots in how we care for all our patients, and each other, as a whole person with empathy, understanding, respect and a healing touch.

Excellence

We hold ourselves accountable to achieving the highest quality standards for patient experience, operational performance and clinical outcomes for our patients and community, as we assist them along their healthcare journey.

Integrity

We will always be respectful, truthful, and "do right by" each other and all those we serve, while providing exceptional care that meets the unique needs of every person in our community.

Team

We believe in the strength and enjoyment of working together as ONE team to achieve our highest potential for excellence, both collectively and individually.

Innovation

We constantly seek ways to improve by challenging the current state and embracing new ideas, processes and technology to create higher quality outcomes, a healthier community and lower total costs of care.

The Genesis Vision

Genesis is committed to being a healthcare team whose care exceeds the expectations of our patients and community.



SPOTLIGHT ON ERIC ANTONUCCI, M.D.

Ear, Nose and Throat Surgeon

Eric Antonucci, M.D., is the newest surgeon to join the Genesis ENT (Ear, Nose and Throat) Group. He performs medical and surgical treatments for head and neck diseases, ear tube placement (pediatric and adult), adenoidectomies, tonsillectomies and many other ear, nose and throat conditions.

"There were multiple reasons I chose to specialize in ENT," said Dr. Antonucci. "I appreciate the direct and usually immediate cause-and-effect relationship that surgery has for patients. Once we perform a procedure, they feel better. I also enjoy the variety of the ENT field. Some problems can be solved with medicine, while at other times, surgery is the best option."

Dr. Antonucci said he chose to work at Genesis because he can share medical care decisions with patients to decide the best course of care for them. He also appreciates working with a team of experienced doctors who provide consultation on treatment options. In addition, he likes the community feel at Genesis while being close to Central Ohio.

"The best thing about what I do," said Dr. Antonucci, "is having patients come to appointments after treatment and tell me how much better they feel. I am grateful that I can help improve someone's life."

Dr. Antonucci and his wife prefer outdoor activities, like hiking and camping. This past summer, they hiked rim to rim at the Grand Canyon. They have a dog named Petey and recently acquired a kitten named Spritz.

Dr. Antonucci's office is located with the Genesis ENT Group at 2945 Maple Ave. in Zanesville. He is accepting new patients. His phone number is 740-454-0158.

Doctor of Medicine:

University of Cincinnati College of Medicine
Cincinnati, Ohio

Residency:

Wayne State University Department of
Otolaryngology
Detroit, Michigan

A portrait of Emily Flagler, M.D., a woman with long dark hair, smiling. She is wearing a white lab coat over a light-colored top. The background is a blurred indoor setting.

SPOTLIGHT ON EMILY FLAGLER, M.D.

Obstetrics & Gynecology

Emily Flagler, M.D., recently joined the Genesis OB/GYN Group. She specializes in obstetrics and gynecology.

"I chose obstetrics and gynecology," said Dr. Flagler, "because it gives me an opportunity to build long-term relationships with women from when they are young adults through pregnancy and into maturity." She believes long-term connections will allow her to create treatment plans based on each patient's goals and values. It also gives her the platform to advocate for women in every stage of their care.

Dr. Flagler was raised in a small town, and knew she wanted to return to one to practice medicine. She treasures the small-town atmosphere of Zanesville and the opportunity to connect with the community in and outside of work.

Dr. Flagler, her husband and her Labrador mix, Dani, are settling in nicely. They like to hike and spend as much time as they can outside.

Dr. Flagler's office is with the Genesis OB/GYN Group at 945 Bethesda Drive, Suite 330, in Zanesville. Her phone number is 740-454-8800. She is accepting new patients.

Doctor of Medicine:

University of Michigan Medical School
Ann Arbor, Michigan

Obstetrics and Gynecology Residency:

The Ohio State University
Columbus, Ohio

Membership:

American College of Obstetrics & Gynecology



SPOTLIGHT ON PAUL RUTKOWSKI, M.D.

Orthopedic Hand and Wrist Surgeon

Recently, Paul Rutkowski, M.D., joined the Genesis Orthopedic Group at the Genesis Orthopedic Center. He specializes in hand and upper extremity orthopedic surgery.

"Hand and wrist surgery is one of the broadest and most complex orthopedic surgery subspecialties," said Dr. Rutkowski. "The challenge of becoming an expert in it is one of the things that initially drew me to it. As I progressed through training, I realized how much we use our hands. Seemingly minor hand and wrist injuries can limit our ability to complete even simple tasks, such as brushing our teeth, shaking hands or driving. Being a hand surgeon enables me to help people regain as much use of their hands and independence as possible."

Dr. Rutkowski completed most of his medical training in Ohio and loved the region. While completing training, his mentors continually stressed patients come before business interests. When he discovered Genesis HealthCare System, he knew this was the place for him as Genesis' mission aligned with his own. He is excited about working alongside the talented and kind team members he has found at all levels at Genesis. He is also looking forward to the challenges that come with a career as an orthopedic hand and wrist surgeon.

"Part of my job is to help patients understand their situation and how I can help," said Dr. Rutkowski. "I believe in working with patients to develop a treatment plan."

Outside of work, Dr. Rutkowski enjoys spending time with family, golfing, The Ohio State University sports and Columbus Blue Jackets hockey.

Dr. Rutkowski's office is in the Genesis Orthopedic Center at 2904 Bell St, Zanesville. His phone number is 740-586-6828. He is accepting new patients.

Doctor of Medicine:

Wright State University Boonshoft School of Medicine
Dayton, Ohio

Orthopedic Residency:

Mount Carmel Health System
Columbus, Ohio

Hand & Upper Extremity Fellowship:

Campbell Clinic Orthopedics
Memphis, Tennessee

WELCOME



Josiah Bote, M.D.

General Cardiology

Josiah Bote, M.D. recently joined the Genesis Heart & Vascular Group, specializing in general cardiology. Dr. Bote has clinical expertise in general consultative and cardiovascular medicine, preventative cardiology, multimodality cardiac imaging and perioperative cardiac care for surgeries.

Dr. Bote's office is at the Genesis Heart & Vascular Institute, 955 Bethesda Drive, First Floor, Zanesville. He is accepting new patients. Call 740-454-0804 to make an appointment.

Doctor of Medicine:

University of Massachusetts
Medical School
Worcester, Massachusetts

Internal Medicine Residency:

University of Massachusetts
Hartford Hospital
Worcester, Massachusetts

Cardiology Fellowship:

St. Vincent Charity Medical Center
Cleveland, Ohio

Board-certified:

University of Massachusetts
Hartford Hospital
Worcester, Massachusetts



Charles Fennie, D.O.

General Surgery

Charles Fennie, D.O., recently joined the Genesis Center of Surgical Excellence, specializing in general surgery. Dr. Fennie sees patients for a variety of conditions resulting in surgical intervention. This includes but is not limited to gallbladder removal, hernia repair, skin lesion excision and colonoscopies.

Dr. Fennie's office is located at the Genesis Center of Surgical Excellence, 2916 Vangader Drive, Zanesville. His phone number is 740-453-0661, and he is accepting new patients.

Doctor of Medicine:

New York Institute of Technology,
College of Osteopathic Medicine
Old Westbury, New York

General Surgery Residency:

OhioHealth Doctors Hospital
Columbus, Ohio



Anh-Dao Lee, D.O.

Family Practice

Anh-Dao Lee, D.O., has joined Genesis Primary Care, specializing in family medicine. Dr. Lee sees patients for annual wellness exams, acute illness visits, routine office visits for chronic disease management and more.

She is an avid reader, loves the outdoors and enjoys spending time with her husband and cat.

Dr. Lee's office is located at Genesis Primary Care, 1210 Ashland Ave., Zanesville. She is accepting new patients. Call 740-454-0370 to schedule an appointment.

Doctor of Medicine:

Ohio University Heritage College of
Osteopathic Medicine
Athens, Ohio

Family Medicine Residency:

Heritage Valley Health System
Beaver, Pennsylvania

Membership:

American Medical Association
American College of Osteopathic
Family Physicians

Genesis is a **TOP 100 HOSPITAL IN THE NATION** for the second year in a row



When you bring exceptional people together who are committed to a cause, provide them with innovative technology and community support and continuously pursue excellence, you are rewarded with amazing results.

In 2022, Genesis was named a Top 100 Hospital in the nation and Everest Award winner by *Fortune Magazine*. Recently, for the second year in a row, Genesis was named a Top 100 Hospital in the nation and an Everest Award winner by *Fortune Magazine/PINC AI*. Only 51 hospitals from the 2022 Top 100 list repeated in 2023. In addition to this tremendous accomplishment, earlier this year, Genesis was also recognized as a Top 50 Heart Hospital in the nation by *Fortune Magazine/PINC AI*.

"The entire Genesis team is genuinely honored to receive these national awards," said Matt Perry, President and CEO of Genesis HealthCare System.

"We have spent years bringing together the best people, implementing the latest technologies and continually striving for excellence in patient care. Our dedicated team of compassionate caregivers earned these awards, and I am proud of what they have accomplished," said Perry.

Community support is as crucial as the healthcare team and technology for producing patient care outcomes that result in national recognition. "We are blessed that our community entrusts their care to the exceptional team at Genesis. It is only through community support that we can remain a thriving health system," said Perry.

The Top 100 award was created so hospitals and the communities they serve have nationally verified, transparent data to evaluate performance against other hospitals and health systems. The Everest Award recognizes hospitals and health systems that achieve the highest improvement rates over a five-year period.

The Top 100 award evaluates hospitals across the most vital categories of hospital performance:

- Clinical Quality: inpatient mortality, complications of care, infection rates, 30-day mortality and 30-day readmission rates
- Patient Experience: patient satisfaction survey results
- Hospital Efficiency: patient length of stay, inpatient expense per admission and financial results

According to *Fortune/PINC AI*, if all hospitals performed at the level of the Top 100 hospitals:

- More than 272,000 additional lives would be saved.
- More than 432,000 additional patients would avoid complications.
- \$15.7 billion in inpatient costs would be saved.

Visit genesishcs.org for more news about Genesis HealthCare System.



THREE REASONS

TO STAY STRONG WITH **STRENGTH TRAINING**

What comes to mind when you think of strength training? A huge bodybuilder lifting massive dumbbells while barely breaking a sweat? While that is one example of strength training, you don't need to run to a fitness convention to reap the benefits of this type of exercise. (Unless that's your thing.)

What is strength training?

Strength training, also known as weight training or resistance training, is a type of training that builds your muscles and bones. Strength training is different than walking or cycling. It typically includes exercises like squats, push-ups, glute bridges, planks and lunges.

Why should you incorporate strength training into your exercise routine? Here are three good reasons:

Reason #1: Increased mobility

A big concern as we age is our mobility. No one wants to struggle to complete their daily activities or do the things they love. According to the National Institute on Aging, a huge cause of reduced mobility is sarcopenia. Sarcopenia is a decline in muscle mass, strength and function. It has been linked to fatigue, low energy and weakness. You may have heard the saying "use it or lose it." This applies to many things in life, including our muscles. Strength training is a great way to keep your body engaged, build muscle mass and improve mobility.

Reason #2: Ease chronic conditions

According to the Centers for Disease Control and Prevention (CDC), strength training reduces the symptoms of common chronic conditions such as arthritis, diabetes, osteoporosis, heart disease and back pain. Strength training improves each condition differently, including building bone density, strengthening muscles and reducing pain and stiffness.

Reason #3: Improves mental and emotional health

Combining strength training with aerobic exercise like walking or running can significantly improve mental and emotional health. According to the CDC, studies show that exercise helps people sleep better, lessens the length and severity of depression and improves self-confidence.

So, how do you get started?

To begin strength training, figure out your own comfort level. Are you new to strength training or do you have some experience? If you're worried about your form or how to do a certain movement safely, work with a personal trainer or take a workout class at your local gym. There are free workouts online that can be performed safely at home or at the gym.

You should also talk to your Primary Care Physician before starting a new fitness program.

AN ACCIDENT SURVIVOR'S ADVICE: TRUST YOURSELF

Amber Allen was exiting the driver's side of a side-by-side all-terrain vehicle (ATV) when her foot caught on the edge of the vehicle's bottom frame. With her right leg stuck in the ATV, Amber fell until her left knee slammed into gravel. She scrambled up, embarrassed, and took three or four steps. Just then, someone stopped and pointed to blood soaking Amber's pant leg.

When she pulled her pant leg up, Amber knew something was wrong. So did her boyfriend, who had first-aid training. "It was gushing blood," Amber said. "I remember being shocked that slipping was turning into such a big ordeal."

Her boyfriend used his belt as a tourniquet to stop the flow of blood. They called for an ambulance and Amber was quickly taken to a trauma room when she reached Genesis Hospital. A CT scan showed that she'd sliced an artery. The injury required two layers of stitches, one set internally and the other externally.

Know when to seek care

A week later, during which she had to keep her splinted leg perfectly straight, Amber was getting ready for a family party when she had trouble catching her breath. Chalking it up to asthma, the change of seasons and fatigue from using crutches, she kept going. She had to tell her sister to slow down as they walked a few doors down to the party. Later in the week, she borrowed a lift chair so she could get up and down without feeling completely exhausted. She said she felt like she was going to die.

Unfortunately, the people around her downplayed her complaints, reminding her of her asthma and the physical toll of recovering from an accident.

When it got to the point where she couldn't walk two feet, Amber said, "This isn't normal," and demanded that someone drive her to a doctor. Genesis FirstCare in New Lexington immediately rerouted her to the Emergency Department at Genesis Hospital, where a CT scan showed both lungs full of blood clots. In medical terms, these are called pulmonary emboli.

The next day, Amber had surgery to remove the clots. "I immediately felt better," she said. "Once they told me I could get up and move around, I was on the move."

However, she had to stay another night for observation because the right ventricle of her heart was enlarged due to the clots.

Amber has had one follow-up appointment with Abdulhay Albirini, M.D., a Fellowship-trained and Board-certified Interventional Cardiologist at the Genesis Heart & Vascular Institute who performed her procedure. She is doing well but will take blood thinners for a while to prevent new blood clots from forming.

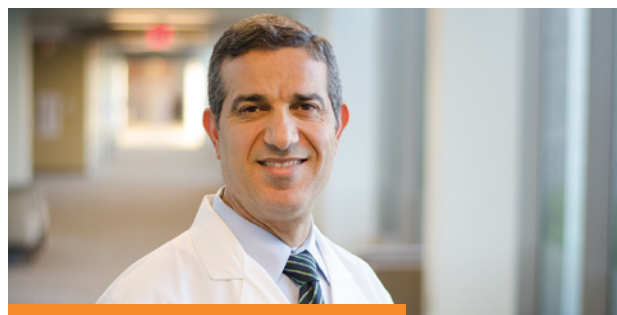
Grateful for care

"I've heard of people dying from a clot in their lungs the size of a pebble," Amber said. "I escaped death twice in a few weeks thanks to Genesis."

She's thankful for the care Dr. Albirini and the team showed her in the hospital. Dr. Albirini let her family look at the clots and explained what they were seeing. "The nurses had such great personalities," she said. They joked and made her hospital stay much easier.

Amber knows she's lucky that she survived despite the time between her symptoms and her trip to the hospital. "I'm glad that God was patient with me," she said. If she has any advice, it's to stand your ground when you feel something is wrong. She is already urging friends and family to ignore anyone who minimizes or dismisses symptoms. "Trust your instincts," she said. "You live in that body, and you know when something is wrong."

Dr. Albirini said, "Amber did the right thing by insisting to seek medical attention."



Abdulhay Albirini, M.D.

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

"Trust your instincts. You live in that body, and you know when something is wrong."

— Amber Allen

Amber Allen is back to enjoying life after two health scares.



**"I live and do more than
I ever did before."**

— Erika Wickham

*Erika is passionate about
her junk journaling hobby
she discovered during
cancer treatment.*

A SECOND CHANCE



One of the many junk journals Erika has made.

Old books, postcards and torn sheet music. Frayed ribbons, faded fabric, old lace and broken jewelry.

What's trash for many people is treasure to Erika Wickham. These are the tools of her favorite hobby: Junk journaling.

"Until proven otherwise, it can be put in a junk journal," she laughs.

A junk journal's meaning is determined by its creator and is as varied as the bits and bobs that adorn its pages. It's building something beautiful with your hands. It's figuring it out as you go. It's never giving up.

It's a lot like what Erika has been doing since March 8, 2022.

In the blink of eye

On March 8, 2022, Erika was diagnosed with HER2 positive breast cancer, an aggressive growing form of cancer that required immediate treatment.

She had just purchased a new home.

She was finally out of the woods with her mother, who had just recovered from a long illness that had her bedbound.

She had two jobs, a handful of hobbies and friends and family that relied on her.

She was only 49 years old.

Finding light in the darkness

In the blink of an eye, Erika went from starting a new chapter in her life to facing a battle with breast cancer.

Her treatment included a total hysterectomy, a lumpectomy, chemotherapy and radiation. She also underwent hydration infusions to combat the side effects of her intense treatment.

Erika works at Genesis so she felt confident that she was in good hands. "Our Cancer Center is a gem of our organization," she said.

Shyamal Bastola, M.D., a Fellowship-trained and Board-certified Hematologist and Oncologist at the Genesis Cancer Care Center, led her care.

As Erika battled cancer, she also fought to do the things that were important to her. She packed up her laptop and worked during chemotherapy. She mowed her lawn as long as she could. She still visited her mother to check on her.

A friend introduced her to junk journaling and Erika fell in love with the process. The first journal she made was of all the cards she received during treatment. Then she made another. And another.

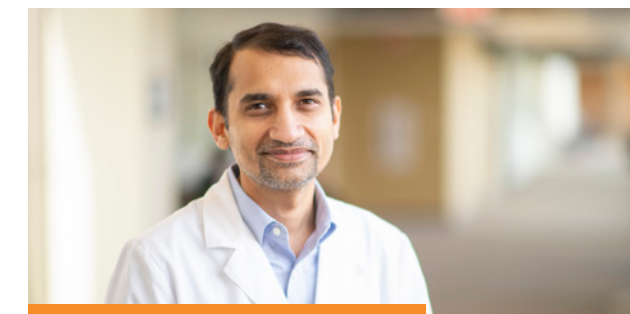
"It's repurposing old things and making them into something new and beautiful," she said. "It's giving them a second chance at life, which is what I feel that I've been given."

She started creating journals for other cancer patients, so they had something to read and write in while undergoing chemotherapy. She creates them by request and donates them to the Cancer Care Center.

"It's very healing."

Navigating the new normal

In May 2023, Erika Wickham was declared cancer-free. She says she has an entirely new perspective and outlook on life. She creates junk journals and crafts with friends every weekend and is starting a support group for cancer survivors. "I live and do more than I ever did before."



Shyamal Bastola, M.D.

Fellowship-trained and Board-certified
Hematologist and Oncologist
Genesis Cancer Care Center

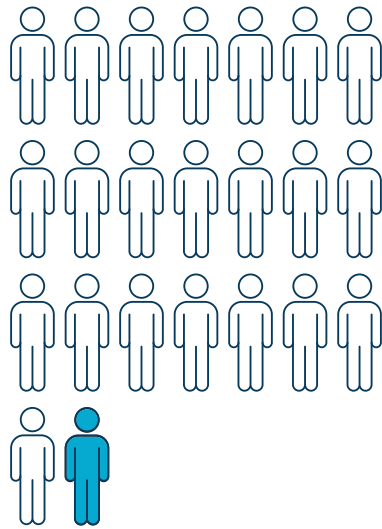
YOU COULD SAVE YOUR LIFE WITH A COLONOSCOPY

In 2018, the American Cancer Society lowered the recommended age from 50 to 45 for colon cancer screening. The change was made because more middle-age and young adults are getting colon cancer.

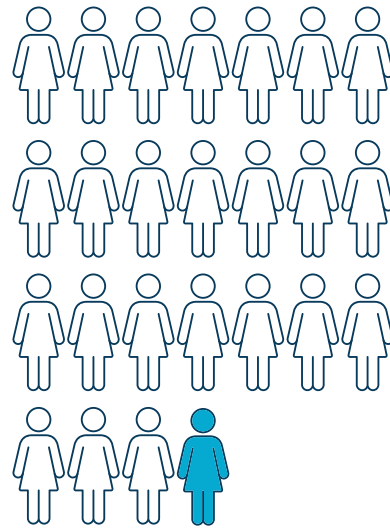
There are multiple colon cancer screening options. However, colonoscopies continue to be the best.

Why you should have a colonoscopy

Colon cancer impacts:



« 1 IN 23 MEN »



« 1 IN 25 WOMEN »

**COLON CANCER
5-YEAR
SURVIVAL RATE**

91%

with early detection

13%

if diagnosed in stage 4



Colon cancer is the 3rd most dangerous cancer in Ohio



95% screening accuracy with a colonoscopy



Only colonoscopies can prevent colon cancer by removing pre-cancerous polyps

When you should get a colonoscopy

If you don't have a family history of cancer.

45

Recommended starting screening age

10

Years between screenings



THE LONELINESS EPIDEMIC

'Tis the winter season, which has a reputation for sadness given the shorter, darker days. It's also after the holidays when post-holiday funks are legendary.

How do you know if you're feeling alone or lonely? According to researchers, there's a big difference.

In 2020, health consulting firm Cigna conducted an online survey of adults in the United States to explore the impact of loneliness. They found that 61% of Americans reported loneliness in 2019, up from 54% in 2018.

What did they want to know?

The researchers first wanted to determine if people were alone or lonely. They learned that:

- Feeling alone occurs after situational variables, such as moving to a new location, losing a family member or friend and divorce. Even civic or religious holidays and events that bring people together, like a concert or the World Series, can cause people to feel disconnected when they are over.
- The feelings lasted for a short time.
- The feelings lessened as seasons and situations changed.

People who said they were lonely shared the following:

- They reported little to no social support and infrequent meaningful social interactions.
- They did not feel good about their relationships.
- Their physical and mental health tended to be poor.
- They lacked balance in their daily activities – doing too much or too little of anything (for example, sleep or work).

Figuring out if you are alone or lonely allows you to seek sources of support or otherwise make changes. Even if it does not feel comfortable, reach out.

The Centers for Disease Control (CDC) lists many health conditions made worse by ongoing loneliness, including heart disease, depression, cognitive decline and weakened immune systems.

Talk to your Primary Care Physician, who may have helpful resources.

You can also:

- Find groups that share your interests.
- Volunteer. (See the next paragraph for groups in need.)
- Contact friends and family members regularly.
- Eat a healthy diet and spend time in nature.

Young adults, mothers with young children, members of the LGBTQ+ community, immigrants and older people are all at increased risk for loneliness. The people in these groups need you and would most likely welcome you with open arms.

Visit genesishcs.org for more Wellness articles.



Maybe you just came from the doctor's office and learned your cholesterol is too high. Maybe you want to avoid hearing those words from your doctor. Either way, take our quiz to learn more about cholesterol and tips to lower it naturally.

1. All cholesterol is bad.

False. Cholesterol is made up of HDL (good) cholesterol and LDL (bad) cholesterol. Good cholesterol helps your body build cells and make vitamins. If you have too much of the bad cholesterol or not enough of the good, it can build up in the arteries leading to a heart attack or stroke.

2. Foods with a lot of fiber and no saturated fats are best for naturally lowering cholesterol.

True. According to Harvard Health, the best 11 foods to naturally lower your cholesterol are oatmeal (the old-fashioned kind), white (navy) beans, avocado, eggplant, carrots, almonds, kiwi, berries (raspberries and blackberries are the best, but strawberries and blueberries are also good), cauliflower, soy and salmon.

3. Eating colorful fruits and vegetables can lower your cholesterol.

True. Colorful fruits and vegetables are good sources of fiber and contain sterols and stanols, molecules that block cholesterol. Generally, the richer the color of vegetables and fruits, the more nutrients they have. So, when shopping, look for dark green spinach, vibrant blueberries and so on.

4. Exercise is the most important thing you can do to lower your cholesterol naturally.

False. For decades, a healthy diet and exercise were recommended to naturally lower cholesterol. However, according to Harvard Health, an analysis found that exercise did not lower cholesterol. However, exercise provides so many other health benefits you should exercise regularly.

Eating healthy is a great way to lower cholesterol naturally. However, sometimes our bodies need a little help, and there are medications to assist you when needed. If you have high cholesterol or want to prevent it, please talk to your family doctor about the best plan of action for you.

Heart-healthy chocolate pie

Ingredients:

- 13 ounces semisweet chocolate chips
- 1/3 cup coffee liqueur
- 1 teaspoon vanilla extract
- 1 pound silken tofu, drained
- 1 tablespoon honey
- 1 (9-inch) prepared chocolate wafer crust

Directions:

Place enough water in the bottom of a 4-quart saucepan to come 1 inch up the sides. Bring to a simmer over medium heat.

Melt the chocolate chips with the liqueur and vanilla in a medium metal bowl set over the simmering water, stirring often with a rubber or silicone spatula. Combine the tofu, chocolate mixture and honey in a blender or food processor and spin until smooth, about 1 minute.

Pour the filling into the crust and refrigerate for 2 hours, or until the filling sets firm.

Chocolate wafer crust Ingredients:

- 6 1/2 ounces chocolate wafer cookies
- 1 tablespoon sugar
- 3 ounces unsalted butter, melted and slightly cooled

Nutrition facts:

- Calories 484
- Total Fat 24 g
- Sodium 363 mg
- Total Carbohydrates 62 g
- Fiber 1 g
- Sugar 14 g
- Protein 5 g

Approved by:

Sarah Brauning, MS, RD, LD, CDE
Genesis Registered Dietitian
Diabetes & Nutrition Education



“I thought I had the flu.”



You are probably familiar with numbness in your left arm and a crushing feeling in your chest as heart attack warning signs. But what if you don't feel like an elephant is sitting on your chest? Sometimes, the symptoms are subtle and people ignore them, thinking they have indigestion or are getting the flu. This is especially true for women.

Know the warning signs and call 911 immediately if you experience them.

Heart attack symptoms in women:

- Chest pain, but not always
- Pain or pressure in the lower chest or upper abdomen
- Jaw, neck or upper back pain
- Nausea or vomiting
- Shortness of breath
- Fainting
- Indigestion
- Extreme fatigue

Heart attack symptoms in men:

- Squeezing chest pressure or pain
- Jaw, neck or back pain
- Nausea or vomiting
- Shortness of breath

If you have heart attack symptoms:

Call 911 immediately.

The best treatment for a heart attack is to prevent one by taking care of your heart. Your Primary Care Physician can refer you to one of several Genesis heart care locations where you can learn more about diet, exercise and controlling your risk factors. Our Heart & Vascular Institute is at the Genesis main campus in Zanesville with additional offices in Coshocton, Cambridge and Somerset.

To learn more, visit genesishcs.org/heart.

TIPS TO PREVENT FALLS



Two out of three falls occur when someone slips or trips. This is especially true if you live in a climate that includes freezing temperatures in the winter. Cold weather makes it easier to fall and harder to maintain your balance.

For instance, people slip or trip on:

- Visibly icy surfaces
- Black ice, a coating of ice so thin that people think it's asphalt or pavement
- Ice that's covered by snow or snow drifts
- Unplowed sidewalks and streets

A fall becomes more dangerous when:

- Ice and snow makes it difficult to get up
- Exposure to freezing temperatures compounds the fall or injury

Fall statistics

Falls are the number one reason for injury-related Emergency Department visits and accidental deaths in people aged 65 and over. Prevention is key.

Indoor prevention

- Remove hazards (bags, baskets, cords and anything in walkways)
- Good lighting
- Non-slip rugs
- Make sure your clothes and shoes fit
- Bathroom grab bars

Outdoor prevention

- Make sure surfaces are clear
- Use assistance devices for stability (walkers, canes)
- Dress for the weather
- Use a path you know
- Good lighting

General safety measures

- Walk with a buddy
- Carry a cell phone
- Carry a medical alert system
- Wear watches with fall sensors
- Make a daily phone call or check in with a friend, family member or neighbor

If you fall, soften your landing

- Flex forward into the fall, which gives you some control over direction. Fall sideways, if possible.
- Tuck your head and turn your shoulder into the fall to protect your head.
- Relax everything and fall like a sack of beans.
- Fall on the soft, fleshy places, like your buttocks and thighs. These areas have more protection and are lower to the ground.
- As you complete the fall, try to roll to your side in a ball. This will spread the impact to reduce injury and stop you from rolling farther.





GENESIS SPIRITUAL CARE A SOURCE OF SUPPORT FOR ALL

The Genesis Spiritual Care team provides spiritual and emotional support for patients, their families, the community and Genesis team members. This includes all religions and non-religious beliefs. Our commitment to delivering total care, including spiritual, is part of our longstanding traditions that come from the faith-based roots of Genesis' founders, who started serving the area in the late 1800s. The team includes chaplains from diverse faith backgrounds who listen and help others find inner strength when dealing with challenges.

The Spiritual Care team provides support during times of joy, suffering, calm and crisis. Spiritual Care Director Randall Gearheart said, "We believe healing takes place in the body, mind and spirit. Therefore, we offer an open and compassionate environment to support each person's unique beliefs and practices. We support patients in drawing upon their unique beliefs and practices for comfort and strength."

Providing care to the whole person is an important aspect of the Genesis mission. To support the optimal health and well-being of the community, the following services are available:

- Crisis intervention
- Unbiased ear for those faced with a difficult decision
- Short-term individual counseling
- Religious sacraments, including communion and anointing of the sick
- Notifications for churches, synagogues or other faith communities for patients
- Memorial services
- Lay visitors and local clergy training
- Cultural diversity training
- Patient advocacy when needed
- No One Dies Alone (NODA) program

Spiritual Care team members can also help with Advanced Directives, the legal documents that enable patients to state the kind of medical care they want if they are too ill or hurt to express their wishes.

St. Francis Chapel at Genesis Hospital

The St. Francis Chapel at Genesis is open 24/7 and available to everyone for prayer and reflection. Patients, team members and community members are invited to join in a celebration of Mass in the St. Francis Chapel at 7:15 a.m. every Friday.

We're here for everyone. Chaplains are available to community members by appointment. You can reach Genesis Spiritual Care Services at 740-454-5859.



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

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.

To be added to or removed from our lists, contact:
Genesis HealthCare System
Marketing & Public Relations
740-454-5913
Email: livewell@genesishcs.org