

LiveWell

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Genesis
HEALTHCARE SYSTEM

Better Begins Here



PROVIDING THE HIGHEST QUALITY CARE

Excellent patient experiences. Team collaboration. Successful outcomes. We're excited to commemorate special milestones with our community in this issue.

Fortune Magazine and PINC AI recently named Genesis a Top 100 Hospital for the third year in a row. Because serving you is our most important commitment, we achieved this recognition with the work of our dedicated Genesis team and your continued support. Measures of excellence that contributed to our ranking include patient experience, exceptional clinical outcomes and community impact.

We're further celebrating our second consecutive year ranked as a *Fortune* Magazine and PINC AI Top 50 Heart Hospital. Forty-seven percent of Americans have at least one key risk factor for heart disease. We continue providing our community with the highest quality cardiovascular care you know and deserve. Exceptional clinical outcomes, operational efficiency and patient experiences earned us this recognition.

Cardiovascular recovery

This issue introduces you to Brian Cooper. Brian was diagnosed with hypertrophic obstructive cardiomyopathy, which enlarges and thickens the heart muscle. Thanks to the expertise of our Cardiac Rehabilitation Program, Brian received a personalized rehab plan that has changed his life.

Screening for lung cancer

If you're at risk for lung cancer, talk to your doctor about a low-dose CT scan. This procedure uses less radiation than a regular-dose scan and takes only a minute to complete. The early detection that this screening exam provides can save lives.

Our entire team wishes you a healthy summer. Your well-being is our priority. We look forward to caring for you and your family whenever you need us.

In good health,

Matthew J. Perry
President & CEO



FIREPIT SAFETY



In the summer and fall, it is fun to have cookouts and make s'mores by a firepit.

Plus, the outdoors is a great place to hang out with friends and family.

What we never want to hear or think about is an accident happening with fire. It could happen to anyone, and we want to ensure everyone is safe while having fun.

To prevent a fire-related accident, the U.S. Fire Administration recommends the following tips for practicing fire safety outdoors:

- 1. Use chimneys, outdoor fireplaces and firepits** at least 10 feet away from your home or anything that can burn.
- 2. Watch children** closely when a firepit is in use.

- 3. Use a metal screen** over wood-burning fires to keep sparks from floating out.

- 4. Put out fires** before you go inside.

- 5. Keep matches and lighters** out of children's sight and reach.

The Chimney Safety Institute of America recommends putting out a fire by slowly moving your hose in a zigzag pattern. After wetting the firepit down, take a shovel and move around the wet embers so the water can soak in. Remember to extinguish the fire before going to bed or anytime you leave the fire unattended.

If there happens to be an accident and someone gets burned, immediately tend to that person. The American Red Cross advises removing any clothing or jewelry not stuck to the burn site, then cooling the burn as soon as possible with clean, cool or lukewarm water for 20 minutes, then leaving the burn uncovered.

If emergency medical service is called and delayed or transport is needed, cover the burn loosely with a clean, sterile dressing or plastic wrap if necessary. You should not use ice or ice water to help with a burn, as ice can cause more damage to the skin.

Some of us often hear the expression, "it's not if, it's when," and we always want to be prepared. These tips are a precaution to prevent an accident from happening and ways to treat a burn until medical help arrives.

Call 911 if the accident is severe and you aren't able to safely transport the victim to the hospital.

Learn more at genesishcs.org/yourhealth.



WELCOME ADAM J. CLEMENS, M.D.

Urology

Adam J. Clemens, M.D., has joined the Genesis Urology Group, specializing in general urology and urologic surgery. Dr. Clemens brings 10 years of practice experience to the Genesis Urology Group.

He performs many urologic procedures, including da Vinci robotic oncologic/reconstructive surgery, complex endoscopic renal stone surgery and minimally invasive benign prostatic hyperplasia (BPH) treatment.

In his free time, Dr. Clemens enjoys wakesurfing, boating, golfing and hunting. He also enjoys listening to podcasts.

Dr. Clemens is located at the Genesis Urology Group office, Medical Arts Building 2, 751 Forest Ave., Suite 301, Zanesville. His phone number is 740-455-4923.

Dr. Clemens is accepting new patients.

Doctor of Medicine:

University of Toledo College of Medicine
Toledo, Ohio

Urology Residency:

Mayo Clinic
Jacksonville, Florida

General Surgery Internship:

Mayo Clinic
Jacksonville, Florida

Board-certified:

Urology



Having a chronic disease can be a challenge. You may need to take medication or avoid certain foods and activities. However, chronic diseases don't have to control your life. You can frequently slow the progression of a chronic disease and its effects by developing a wellness plan, which often involves exercise.

We know we often recommend exercise. However, there are several good reasons. Countless studies have shown regular exercise can help you in numerous ways. The Centers for Disease Control and Prevention (CDC) states exercise can help:

- Improve memory and the ability to work through problems.
- Control weight.
- Strengthen bones and muscles.
- Make normal activities easier by increasing stamina, balance and flexibility.
- Improve mental health by reducing stress.
- Reduce the risk of certain diseases.
- Improve sleep.

Even better, you will start to feel some benefits, like stress relief and improved sleep, soon after beginning to exercise.

With so many types of exercise, you should be able to find something you enjoy and is either free or low-cost.

If you are not sure where to start, the National Council on Aging recommends the following exercises for combating diabetes. However, these exercises are also great for people with several other chronic diseases. You can try:

- Walking
- Dancing
- Yoga
- Weight training
- Tai chi
- Swimming

The common factor in these activities is that they will get you up and moving. Most combine moderate muscle-building along with balance and flexibility.

Just as important as exercising is not overdoing it, especially if you're just starting and have a chronic disease. Before beginning any exercise program, you should consult with your doctor for tips on which exercises you should try, how long you should exercise and other necessary precautions to take.

Visit genesishcs.org for more wellness tips.

YOU COULD SAVE YOUR LIFE WITH A LUNG CANCER SCREENING

LOW-DOSE CT SCAN

The U.S. Preventive Services Task Force revised lung cancer screening recommendations in March 2021 to include people who meet all the following requirements:

- Have a 20-cigarette pack-year or more history.
 - A pack-year is smoking an average of one pack of cigarettes per day for one year. For example, a person could have a 20 pack-year history by smoking one pack a day for 20 years or two packs a day for 10 years.
- Smoke now or have quit within the past 15 years.
- Are between 50 and 80 years old.
- Have no signs or symptoms of lung cancer.

Facts:

20%

Better chance of surviving lung cancer with a low-dose CT scan if you are high-risk.



Painless.



Only takes about 1 minute to complete.



No medication.



No needles.

5%

Of eligible people get a screening. Is it right for you?





“My dad had two heart attacks, and Dr. Albirini saved him both times. This time, he saved me. He’s a doctor who cares about every patient.”

– Brian Cooper

Brian Cooper continues cardiac rehab to maintain good health.

GENESIS CARDIAC REHAB: STRENGTHENING HEARTS

Brian Cooper has a big heart – not just in how he cares but also anatomically. Brian was diagnosed with hypertrophic obstructive cardiomyopathy (HOCM). This is a complex disease that enlarges and thickens the heart muscle, reduces blood flow and can lead to sudden death.

“My heart was too big,” Brian said. “What I have is rare, so I guess you can say I’m special and big-hearted.”

Genesis Hospital: A place and people focused on healing hearts

While some people with HOCM don’t feel symptoms, Brian experienced exhaustion, chest pain, heart fluttering, lightheadedness, shortness of breath and swollen feet and ankles. Plus, he constantly felt like his life was in jeopardy. Thankfully, Brian said Genesis Hospital’s experts vigilantly looked out for him.

“I have a special love for the place and people. They’ve kept me alive,” Brian said.

Abdulhay Albirini, M.D., Fellowship-trained and Board-certified Interventional Cardiologist at the Genesis Heart & Vascular Institute, diagnosed Brian with HOCM. This wasn’t Dr. Albirini’s first life-saving interaction with Brian and his family.

“I love that man,” Brian said. “My dad had two heart attacks, and Dr. Albirini saved him both times. This time, he saved me. He’s a doctor who cares about every patient.”

“Diagnosing Brian’s disease was critical so he could receive the proper treatment,” said Dr. Albirini. “However, it is also vital that he takes the appropriate action to recover and stay healthy.”

After his diagnosis, Brian underwent open-heart surgery at a nearby facility as the first step to treating HOCM. His second step focused on strengthening his heart. That’s why he sought expertise at the Genesis Cardiac Rehabilitation Program.

Genesis Cardiac Rehab: Gaining strength and stamina

Logan Clark, Exercise Physiologist Therapist and Cardiac Rehabilitation Clinical Coordinator, watched Brian weakly enter the rehab center for the first time.

It took everything Brian had. Once settled in, Logan taught Brian about the hope and healing that is possible through rehab.

“At first, I was overwhelmed,” said Brian. “Then Logan said, ‘Surgery’s only 50% of the battle. Rehab is the other 50%.’ With his help, I knew I could get stronger.”

Logan created a personalized exercise plan for Brian. During workouts, Logan monitored Brian’s heart and progress. A few weeks later, Brian’s endurance and strength showed tremendous growth.

“Just by how he walked into rehab, we could see it making a difference,” said Logan. “He worked hard to get where he is. We gave him the tools, but it’s what he did with them that made the difference.”

Initially, Brian had lost physical strength and gained unneeded weight due to HOCM and the related surgery. Thanks to his consistent diligence at Genesis Cardiac Rehab, Brian lost weight, gained muscle and significantly increased his stamina.

A couple of years after surgery, Brian continues benefiting from cardiac rehab workouts.

“I still go to cardiac rehab,” Brian said. “I go because they know my heart condition and want me to succeed. They keep me going.”



Abdulhay Albirini, M.D.
Fellowship-trained and Board-certified
Interventional Cardiologist
Genesis Heart & Vascular Institute

NURSING PROFESSOR BECOMES THE PATIENT

Pamela Sealoover is a wife, mother and grandmother. She is also the proud owner of one goldendoodle named Daisy. Pamela is a nursing professor at Ohio University Zanesville and has worked there for 25 years.

Not long ago, she noticed concerning symptoms. Pamela called the Genesis Breast Care Center and immediately got an appointment. The team at the Breast Care Center diagnosed her with breast cancer and developed a plan for Pamela to treat the disease and win.

"I had confidence in Genesis because of the excellent care they gave my husband during his cancer treatment," Pamela said about her treatment plan.

Bilateral diagnosis

At the Genesis Breast Care Center, she was diagnosed with a slow-growing tumor in the right breast and a more aggressive tumor in the left breast. The care team at the Breast Care Center advised Pamela to start with chemotherapy for 24 weeks, and after the treatment, they would determine the next steps.

Shyamal R. Bastola, M.D., Fellowship-trained and Board-certified Hematologist/Oncologist at the Genesis Cancer Care Center, cared for Pamela during her treatment. Chemotherapy is a common treatment for cancer. It was the best option for Pamela. The length of chemotherapy varies from person to person. With the help of the Cancer Care Center, Pamela began chemotherapy soon after her diagnosis.

"A lot of students I had in class were taking care of me at the Cancer Care Center," Pamela said. "I knew I was in good hands." On her last day of chemotherapy, Pamela's coworkers celebrated with her. They performed a skit visible from the Cancer Care Center's windows. It brought smiles to everyone's faces.

Advanced treatment

After Pamela went through chemotherapy, she had a bilateral mastectomy. Dr. Bastola scheduled a follow-up appointment to make sure the procedure had removed all the cancer. The results showed there was one lymph node that was still positive for cancer. The best solution to get rid of the cancer was radiation.

Radiation therapy damages the genetic material of cancer cells, which stops their growth. This is one of the common treatments provided at Genesis. Radiation therapy can also be used for other types of cancer.

Pamela and her doctors discussed the possibility of reconstructive surgery while she was preparing to get her bilateral mastectomy. After radiation and procedures, Pamela had reconstructive surgery.

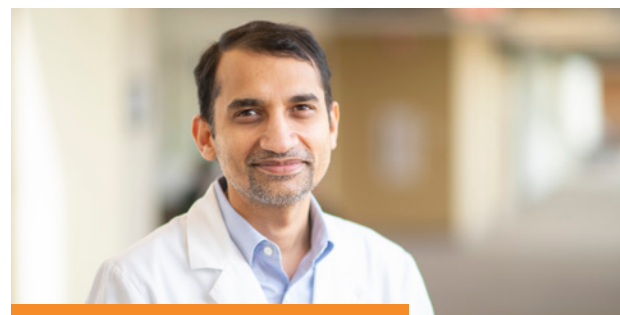
Reconstruction of her life

Today, Pamela is doing great and has recovered from her battle with breast cancer. Pamela gets screenings every six months at the Cancer Care Center to ensure there are no returning cancer cells. She also takes an anti-estrogen pill. These can help stop the growth of future cancer cells.

Pamela was a part of the Genesis Celebrate Life National Cancer Survivors Day event for cancer survivors and supporters in June 2024. She told her story to those in attendance and stressed the importance of scheduling an annual mammogram to make sure there are no signs of breast cancer. And she has advice for others when it comes to listening to your body.

"If something is not right," said Pamela, "get to a doctor to check out what is wrong and how to proceed." The faster a medical professional can identify the problem, the quicker it is to develop a treatment plan.

"At the Genesis Cancer Care Center, we make a cancer treatment plan that is catered to you," said Dr. Bastola. "We are happy Pamela is doing well, continuing to live her life to the fullest and bringing awareness to early symptoms of breast cancer."



Shyamal R. Bastola, M.D.
Fellowship-trained and Board-certified
Hematologist/Oncologist
Genesis Cancer Care Center

Learn more at genesishcs.org/cancer.

"If something is not right, get to a doctor to check out what is wrong and how to proceed."

– Pamela Sealoover



Pamela Sealoover enjoys spending time with her goldendoodle, Daisy.

BECAUSE OF YOU, WE ARE A ...

TOP 100 HOSPITAL FOR THE 3RD YEAR IN A ROW



What do we mean by “because of you?” To become a *Fortune* Magazine and PINC AI Top 100 Hospital even once requires everyone to perform at a high

level of excellence. This includes the teams that disinfect patient rooms, schedule appointments, our nurses caring for patients, doctors treating diseases and on and on. However, to achieve this honor, the commitment to Genesis HealthCare System goes beyond our team. It includes you, our community.

Your trust in Genesis enables us to invest in the best technological equipment and train our physicians in new procedures that increase safety, reduce healing times and get you back to your life faster.

Your commitment to Genesis also positions us to recruit the best team members. This includes surgeons with world-renowned educations and training, information technology professionals to keep your information secure and leaders who position and support our team to continue pushing Genesis HealthCare System forward to what has become a best-in-care nationally recognized healthcare provider.

What does Top 100 Hospital mean?

According to *Fortune* Magazine and PINC AI, when compared to peer hospitals, the top performers had:

- 39% fewer inpatient deaths.
- 26.6% fewer patients with complications.
- 30.6% fewer healthcare-associated infections.
- 21.2% lower inpatient expense per discharge.
- 0.5-day shorter average length of stay.
- Better reported patient experience scores, with a top-box Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) score of 73% versus 67% for peer hospitals.

Learn more at genesishcs.org/Top100.

TOP 50 HEART HOSPITAL FOR THE 2ND YEAR IN A ROW



In addition to rating hospitals, *Fortune* Magazine and PINC AI also rate the Top 50 Heart Hospitals because heart disease is the deadliest thing facing adults in the United States. According to the Centers for Disease Control and Prevention (CDC), someone has a heart attack every 40 seconds.

The seriousness of heart disease is also why, with your support, Genesis HealthCare System established the Heart & Vascular Institute years ago. We adhere to the highest standards when recruiting physicians, surgeons and team members. We continually adopt proven new procedures and offer several minimally invasive options for common heart-related ailments.

Between the hundreds of team members who support our Heart & Vascular Institute and the thousands of community members who trust us with their health, we have the honor of being a Top 50 Heart Hospital for the second year in a row.

What does Top 50 Heart Hospital mean?

At a Top 50 Heart Hospital, significantly more patients survive because of heart procedures. Heart patients spend less time in the hospital. Heart patients spend less money on treatment and have a better experience.

Learn more at genesishcs.org/Top50.

... THANK YOU

- Healthy - homemade popsicles

Ingredients:

- 5 ounces of strawberries (about 6 medium strawberries)
- 6 ounces of blueberries (about 1 ¼ cups)
- 7 tablespoons of granulated sugar
- 5 tablespoons of lime juice
- 1 ounce of ice cubes (about 3 ice cubes)
- 10 tablespoons of water

Instructions:

- **Red (strawberry) layer:**
 - Cut 5 ounces of strawberries and place them in a small saucepan with 2 tablespoons of granulated sugar and 2 tablespoons of water.
 - Boil on medium-high heat, then simmer for 5 minutes. Blend until smooth, then add 1 tablespoon of lime juice and 1 ounce of ice cubes. Stir until the ice is melted and the mixture cools.
 - Divide the puree among 6 popsicle molds, tapping them to remove air bubbles. Freeze for at least 1 hour and while that's freezing, move on to the next layers.
- **White (lime) layer:**
 - Place 3 tablespoons of lime juice and 2 tablespoons of granulated sugar in a liquid measuring cup and stir until the sugar is completely dissolved. Add enough cold water to make ¾ cup lime mixture.

- **Blue (blueberry) layer:**
 - Combine 6 ounces of blueberries, 3 tablespoons of granulated sugar and 2 tablespoons of water in a saucepan.
 - Boil on medium heat, then simmer for 5 minutes. Blend until smooth, adding 1 tablespoon of lime juice.
 - Chill until needed.
- **Combining the layers:**
 - When the red layer is completely solid, divide the white mixture evenly among the molds. Freeze until mostly frozen, about 45 minutes. Insert the popsicle sticks and freeze until completely solid, about 30 minutes.
 - Divide the blue mixture evenly among the molds. Freeze until completely solid, at least 2 hours. When ready to serve, run lukewarm water over the outside of the molds so they release easily.
- **Enjoy.**

Nutritional information:

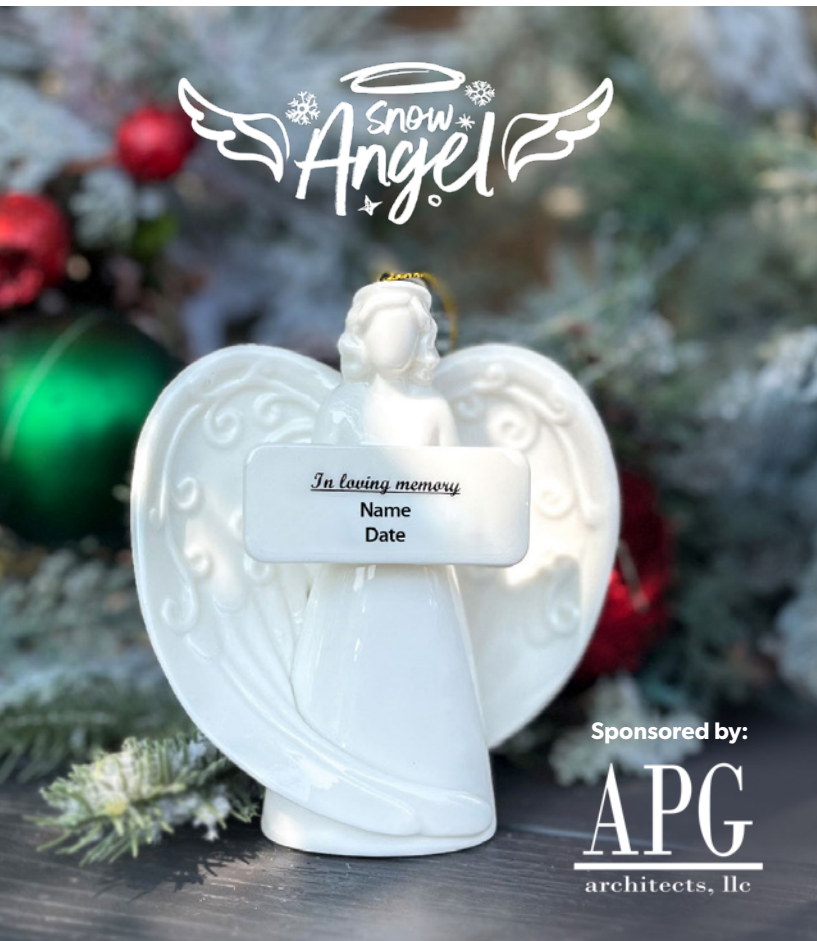
- Calories: 85
- Total fat: 0.2 g
- Sodium: 2.1 mg
- Cholesterol: N/A
- Carbohydrates: 21.9 g



Approved by:
Maurine Maneely
Registered Dietitian
Genesis Food & Nutrition Services

Find more recipes at genesishcs.org/eatwell.

2503 Maple Ave., Suite A
Zanesville, OH 43701



Honor a loved one with a Snow Angel

Benefiting Genesis Hospice Care

Genesis Hospice Care is a charitable, nonprofit hospice that has been providing compassionate, end-of-life care for more than 35 years. We are the only hospice in the area offering comprehensive care, including in-home, Morrison House, nursing homes and assisted living facilities.

How it works

For \$25, the name of the person you're remembering will be placed on a beautiful snow angel to display in your home. Once your snow angel arrives, we will notify you via email when it can be picked up from the Genesis HealthCare Foundation at 1135 Maple Ave. in Zanesville. Order through Dec. 9, 2024.

Scan QR code to order.



Sponsored by:

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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 [geneshcs.org](https://www.geneshcs.org).

To be added to or removed from our lists, contact:

Genesis HealthCare System
Marketing & Public Relations
740-454-5913

Email: livewell@geneshcs.org