

LiveWell

NEW HEART PROCEDURES

**FIRST IN OHIO
TO USE VERITON-SPECT
CT SCANNER**

**GENESIS AMONG
FIRST IN OHIO TO USE
DRUG-COATED BALLOON**

TESTIMONIALS

**LOCAL SURGICAL
CARE IN COSHOCTON**

**COORDINATED
CANCER CARE**

NEW PHYSICIANS

CHRISTOPHER LEIBOLD, D.O.

BROOKE SMITH, D.O.

WELLNESS AND MORE

**COLONOSCOPES CAN
PREVENT CANCER**

**SEVEN TIPS FOR A
HEART-HEALTHY LIFE**

**GENESIS HOSPICE
BUILDS FOR THE FUTURE**

FEATURED

**A LIFE-SAVING
HEART PROCEDURE**

THE DEAN DANIELS' STORY



Scan to read more



Genesis
HEALTHCARE SYSTEM

Better Begins Here



YOU CAN COUNT ON US

At Genesis, we care about your well-being and will help you meet your health needs by ensuring you receive exceptional medical care close to home. We continue to recruit exceptional physicians and adopt the newest innovative technologies. In this issue of *LiveWell*, you can read about our latest advancements in serving you.

The Genesis Heart & Vascular Institute recently became the first in Ohio to acquire a Veriton-Spect CT scanner, specifically used in heart care. This new equipment provides our expert cardiologists with the highest-quality images of your heart for the most precise diagnosis.

The Genesis Heart & Vascular Institute is also among the first in the state to use tiny drug-coated balloons to treat patients whose heart stent has started to close over time. This innovative, minimally invasive approach delivers medicine to a narrowed artery that was previously stented. This procedure restores proper blood flow to your heart and significantly reduces the risk of future blockages.

These latest advancements in medical care help us deliver high-quality heart care as a Top 50 Heart Hospital in the nation for the second year in a row, as rated by *Fortune* Magazine and PINC AI. Learn more heart-healthy information in this issue and on our Facebook page as we honor American Heart Month in February.

The future of hospice care

For the past 35 years, the Genesis Hospice Care program has served thousands of families through the Morrison House, the region's only dedicated inpatient hospice facility.

For anyone who has ever had a loved one at the Morrison House, you know the lasting impact this program has for families during the most difficult of times.

Well, the current Morrison House building has reached the very end of its useful life and must be replaced. We have decided to build a new replacement inpatient facility to serve our patients and families for decades to come. In this issue, learn about the capital campaign we have started to fund the replacement of this special place.

Keeping you healthy

Read about six new physicians ready to serve you, including Christopher Leibold, D.O., with the Genesis Orthopedic Group, focusing on partial and total knee replacements and anterior hip replacement.

You'll also meet Dean Daniels, who received life-saving heart surgery at Genesis. Dean encourages you to learn about your family health history to share with your doctors.

We wish you a healthy 2025. Thank you for your continued trust in Genesis.

In good health,

Matthew J. Perry
President & CEO



GENESIS AWARDED **HIGHEST** QUALITY STAR RATING

from the U.S. Centers for Medicare & Medicaid Services (CMS)

Genesis Hospital is one of the top 8% of hospitals in the U.S. to earn a 2024 Five-Star Quality Rating from the U.S. Centers for Medicare & Medicaid Services.

Genesis was awarded five out of five stars, the highest rating a hospital can receive. Extensive outcome data from over 4,600 hospitals nationwide is compared to determine each hospital's rating.



CMS evaluates over 40 outcome measures from hospitals in five categories:

- Hospital readmission
- Patient experience and communication
- Timely and effective care
- Patient safety
- Low mortality rates



Achieving the five-star rating

Our rating is the result of the intentional, ongoing work of the entire Genesis team.

- We recruit and retain exceptional physicians.
- We grow and develop a dedicated team of caregivers.
- We focus our culture on constant improvement.
- We adopt innovative technology.
- We continuously implement new quality and safety practices.

We are committed to providing you with compassionate, exceptional healthcare services. Our dedicated team of professionals is grateful for the trust you place in them for your care. Thank you for helping us achieve this high level of excellence.

TOP 8%

OF ALL HOSPITALS
IN THE U.S.

TOP 10%

OF ALL HOSPITALS
IN OHIO

1 OF ONLY 20

FIVE-STAR HOSPITALS
IN OHIO

OVER 4,600

HOSPITALS IN
NATIONWIDE
STUDY



SPOTLIGHT ON CHRISTOPHER LEIBOLD, D.O.

Orthopedic Surgery

Christopher Leibold, D.O., joined the Genesis Orthopedic Group as an orthopedic surgeon with a focus in partial and total knee replacements and anterior hip replacement, which is a surgical approach that may lead to a faster recovery and less pain. Dr. Leibold also provides revision hip and knee replacement.

Originally from Mount Vernon, Ohio, Dr. Leibold has always loved learning and working with his hands.

“My values have always been caring for my family and helping others in need,” said Dr. Leibold. “I got interested in orthopedics during one of my shifts in medical school. I learned to love the diverse field.”

His medical philosophy when treating patients is that they are treated like family. “I think of my patients as someone’s mom, dad, husband or child,” said Dr. Leibold. “I want patients to return to their best lives as soon as possible.”

When Dr. Leibold is not caring for patients, he enjoys making memories with his wife and children, including going on family vacations and visiting parks and festivals.

Dr. Leibold is accepting new patients at the Genesis Orthopedic Center, 2904 Bell St., Zanesville. Patients can call 740-586-6828 or visit genesishcs.org/orthopedic for more information or to make an appointment online.

Doctor of Osteopathic Medicine:

Ohio University College of Osteopathic Medicine
Athens, Ohio

Residency:

Orthopedic Surgery
Mercy Health Toledo
Toledo, Ohio

Fellowship:

Adult Hip and Knee Reconstruction
Florida Orthopaedic Institute/
University of South Florida
Tampa, Florida

WELCOME NEW PHYSICIANS



Anupreet Kaur, M.D.
Family Medicine

Anupreet Kaur, M.D., joined Genesis Primary Care, specializing in family medicine.

Dr. Kaur practices comprehensive family medicine for all ages with a specialization in geriatric care, guided by proven principles of healthcare for senior patients.

She emphasizes timely follow-ups for medication management and assesses daily activities to ensure treatment plans are tailored to her senior patients' needs. This approach also allows for the early detection of memory and behavioral concerns, which are vital in senior care.

Dr. Kaur works closely with specialists to manage complex diseases that can reduce unnecessary Emergency Department visits and recurrent hospital admissions.

In her free time, Dr. Kaur spends her time with her family and enjoys watching her children golf.

Dr. Kaur is accepting new patients at 1210 Ashland Ave., Zanesville. Patients can schedule appointments by calling 740-454-0370.

Doctor of Medicine:

East Tennessee State University
Johnson City, Tennessee

Residency:

Family Medicine
East Tennessee State University
Johnson City, Tennessee

Board-certified:

Family Medicine



Sai Krishna C. Korada, M.D.
General Cardiology

Sai Krishna C. Korada, M.D., joined the Genesis Heart & Vascular Group, specializing in general cardiology.

Dr. Korada chose cardiology because he has always been interested in heart-related diseases. He focuses on inpatient and outpatient services to help prevent and treat heart disease, including atrial fibrillation, heart failure and heart attack care.

In his free time, Dr. Korada enjoys cheering on Ohio State University Athletics and spending time with his wife doing outdoor activities, including kayaking and hiking.

Dr. Korada is accepting new patients at the Genesis Heart & Vascular Institute, 955 Bethesda Drive, First Floor, Zanesville. Patients can schedule appointments by calling 740-454-0804.

Doctor of Medicine:

Northeast Ohio Medical University
Rootstown, Ohio

Residency:

Internal Medicine
The Ohio State University Wexner Medical Center
Columbus, Ohio

Fellowship:

Cardiovascular Medicine
University at Buffalo Jacobs School of Medicine
Buffalo, New York

Board-certified:

Internal Medicine

WELCOME NEW PHYSICIANS



Minh Le, D.P.M.
Podiatry

Minh Le, D.P.M., joined Genesis Foot & Ankle, specializing in podiatry.

Dr. Le is a member of the American College of Foot and Ankle Surgeons and the American Society of Podiatric Surgeons.

Through his professional and academic experience, Dr. Le is committed to providing outstanding patient care and advancing the field of podiatric surgery.

An accomplished musician, Dr. Le plays the piano, guitar and trumpet. He enjoys cooking, martial arts, chess and board games and is an avid reader.

Dr. Le is accepting new patients at Genesis Foot & Ankle, 3777 James Court, Suite 1B, Zanesville. Patients can schedule appointments by calling 740-450-3294.

Doctor of Podiatric Medicine:

Kent State University College of Podiatric Medicine
Kent, Ohio

Residency:

Podiatric Medicine and Surgery
Credentials in Reconstructive Rearfoot/
Ankle Surgery
The Christ Hospital Health Network
Cincinnati, Ohio



Olusola Olubowale, M.D., M.P.H.
Interventional Cardiology

Olusola Olubowale, M.D., M.P.H., joined the Genesis Heart & Vascular Group, specializing in interventional cardiology.

A member of the American College of Cardiology and the American Heart Association, Dr. Olubowale was the Chief Cardiology Fellow and Cardiology Fellow of the Year at Marshall University School of Medicine in West Virginia.

Outside of medicine, Dr. Olubowale enjoys spending time with his wife and children and is an Arsenal Football Club fan. He is also a musician, playing the keyboard and other instruments.

Dr. Olubowale is accepting new patients at the Genesis Heart & Vascular Institute, 955 Bethesda Drive, First Floor, Zanesville. Patients can schedule appointments by calling 740-454-0804.

Doctor of Medicine:

Olabisi Onabanjo University/
Obafemi Awolowo College of Health Sciences
Osun, Nigeria

Master of Public Health:

University of Alabama at Birmingham
Birmingham, Alabama

Residency:

Internal Medicine
Columbia University/Harlem Hospital Center
New York City, New York

Fellowship:

Cardiology and Interventional Cardiology
Marshall University School of Medicine
Huntington, West Virginia



SPOTLIGHT ON BROOKE SMITH, D.O.

Family Medicine

Brooke Smith, D.O., joined Genesis Primary Care in Somerset and Junction City.

Originally from Lima, Ohio, Dr. Smith liked the small-town community and feel of Genesis. Wanting to work in a rural community, her philosophy is to learn about every patient as an individual.

"I listen to each patient's story," said Dr. Smith. "I want to understand what's happening and figure out the best medical care plan."

She was drawn to primary care because she can connect with families. "I enjoy getting to know my patients, from children, to their parents and their grandparents," said Dr. Smith. "I like caring for the entire family unit."

Dr. Smith provides a wide range of patient services, including wellness and acute visits, chronic disease management, skin biopsies and shoulder and knee injections.

She is a member of the American Association of Family Physicians and the American College of Osteopathic Family Physicians.

With an impressive record of community service and leadership roles, Dr. Smith has participated in health outreach programs, an international medical mission trip, volunteerism in free medical clinics and has offered free sports physicals.

Dr. Smith enjoys spending time with her family, including her infant daughter and her two dogs. In her free time, she likes to hike, bike, camp and kayak.

Dr. Smith is accepting new patients at Genesis Primary Care in Somerset, 103 Public Square, and at Genesis Primary Care in Junction City, 506 East Main St., Suite A. Patients can schedule appointments by calling 740-900-0070 or 740-715-3160.

Doctor of Osteopathic Medicine:

Ohio University
Heritage College of Osteopathic Medicine
Dublin, Ohio

Residency:

Family Medicine
OhioHealth O'Bleness Hospital
Athens, Ohio



Genesis is a Top 50 Heart Hospital in the nation for the second year in a row, as rated by *Fortune Magazine* and PINC AI.



"I recommend Genesis to everyone I know, including my friends in Columbus."

– Dean Daniels

Dean enjoys walking with his dog, Otis, to stay active.



ANXIETY OR A HEART ATTACK

Dean Daniels is a retired veteran. He enjoys golfing, swimming and spending a lot of time hiking with his two Giant Schnauzers. Dean has followed his routine for years. He is also careful about what he eats.

Dean thought he was doing everything he could to take care of his heart.

However, he didn't consider his family's history of heart disease.

On the afternoon of June 23, 2024, Dean felt a burning and numbness sensation in his arms. Next, his teeth and jaw went numb. Then, he felt like there was a cement block on his chest.

Unsure of what it could be, he thought it must be anxiety and took a prescription medication he had. Regretfully, the symptoms didn't go away, so late that night, he asked his wife to take him to the Genesis HealthCare System Emergency Department.

Life-saving care

After undergoing tests, Dean was quickly scheduled for surgery.

"Dean had 99% blockage in his left main coronary artery," said Trevor Ellison, M.D., Ph.D., MBA, Fellowship-trained and Board-certified Cardiothoracic Surgeon and Medical Director of Cardiothoracic Surgery at the Genesis Heart & Vascular Institute.

"The left main coronary artery gives blood to the entire left side of the heart, and his left coronary artery system was the dominant system in his heart, which is seen in about 15% of the population," said Dr. Ellison. "We performed a double coronary artery bypass grafting by taking an artery from the inside of his chest and a vein from his leg to create a new path for blood to flow to the heart."

Dean remained in the hospital for a week.

"The Genesis team was outstanding," said Dean. "Every person there, from the doctors to the nurses, treated me with compassion. They were tremendous. I felt proud that our hospital in Zanesville provided such great care. I recommend Genesis to everyone I know, including my friends in Columbus."

One step at a time

After his procedure, Dean started his recovery through the Genesis Cardiac Rehabilitation Program. He said the Cardiac Rehab team is supportive and watch while you exercise. They made him feel safe on his road to recovery.

"It is hard to believe how far I have progressed in such a short amount of time," said Dean.

Thirteen weeks after his procedure, Dean hiked a mile and a half with his two dogs in the woods and golfed nine holes.

"I've always eaten healthy and exercised," said Dean. "However, I didn't seriously consider genetics. You need to know your family history and talk to your doctor about it. We could have taken precautions."

"I'm lucky Genesis gave me another chance," said Dean. "My other advice is if you don't feel well, to get medical help immediately. Don't wait."

Maintaining good health as you age is usually a combination of things.

"Dean had a significant family history of heart disease in relatives under the age of 50," said Dr. Ellison. "When heart disease runs in families at a young age, an individual has the risk of having heart disease at a young age, even younger than their relatives were diagnosed."

"It is important when patients have a history of premature coronary artery disease to ensure that their primary care physician and cardiologist know about it," said Dr. Ellison. "Also, patients should remain vigilant for symptoms of heart disease such as chest pain or pressure, shortness of breath, lightheadedness with activity, nausea, sweating or generalized fatigue."

Continued on next page »



Dean and Dr. Ellison talk about Dean's progress during a follow-up appointment.

Meet Dean's doctor

Trevor Ellison, M.D., Ph.D., MBA, Fellowship-trained and Board-certified Cardiothoracic Surgeon and Medical Director of Cardiothoracic Surgery at the Genesis Heart & Vascular Institute, performed Dean Daniels' double coronary artery bypass grafting surgery.

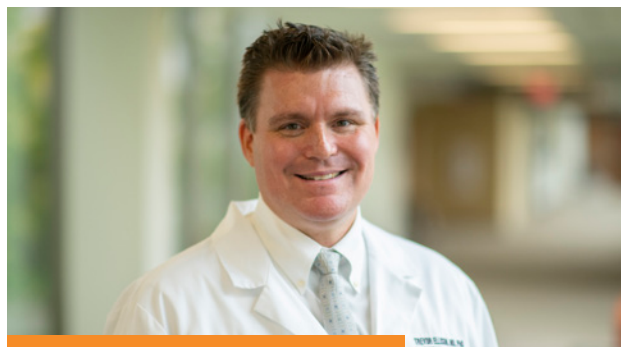
As leader of the Genesis cardiothoracic program, Dr. Ellison performs a variety of procedures, including coronary artery bypass grafting, open heart surgery for valve replacement and repair, open heart surgery for aortic replacement and minimally invasive options for valve replacement and aortic repair.

Dr. Ellison is always researching advancements to diagnose and treat heart conditions.

"Cardiothoracic surgery is constantly evolving," said Dr. Ellison. "There are many minimally invasive and innovative options available to help heart patients."

Receiving his Doctor of Medicine degree at the Johns Hopkins University School of Medicine in Baltimore, Maryland, Dr. Ellison completed his General Surgery Residency and Cardiothoracic Surgery Fellowship at The Johns Hopkins Hospital.

Board-certified in Thoracic and Cardiac Surgery, Dr. Ellison has a Ph.D. in Health Economics and Policy from the Johns Hopkins Bloomberg School of Public Health and an MBA from the Cambridge University Judge Business School in the United Kingdom.



Trevor Ellison, M.D., Ph.D., MBA

Fellowship-trained and Board-certified Cardiothoracic Surgeon
Medical Director of Cardiothoracic Surgery
Genesis Heart & Vascular Institute



Scan QR code

Scan to watch Dean Daniels and Dr. Ellison discuss Dean's double coronary artery bypass grafting.

Learn more at genesishcs.org/heart.



SEVEN TIPS

FOR A HEART-HEALTHY LIFE



Heart disease is the biggest obstacle to a long life. Follow *LiveWell* and our social media for frequent tips that can prevent or delay heart disease.

Heart arrhythmias

Have you ever felt your heart racing? Or maybe you noticed your heart beating extremely slow or irregularly through a tracking device.

A heart arrhythmia is when an unusual beating pattern occurs. Not all heart arrhythmias are bad. Your heart will often beat faster when you are nervous, excited or have too much caffeine.

However, if you have an untreated heart arrhythmia caused by a heart malfunction, it can lead to severe problems, including stroke.

Tips to reduce risk factors

Some risk factors you can't do anything about. People over 60 years of age, who have heart defects or have a family history of heart disease, are more likely to have a heart arrhythmia.

However, follow the tips below to reduce your other risk factors:

- Lower your blood pressure.
- Maintain a healthy cholesterol level.
- Eat a heart-healthy diet.
- Exercise for 150 minutes a week at a moderate aerobic level.
- Talk to your doctor about medications that might cause heart arrhythmias and discuss alternatives.
- Don't use alcohol, tobacco or recreational drugs.
- Manage stress appropriately.

Symptoms

Having a symptom doesn't mean you have a heart arrhythmia. If you have more than one, contact your doctor. Symptoms:

- Chest pain
- Dizziness
- Fainting or near fainting
- Fatigue
- Fluttering in the chest
- Racing or slow heartbeat
- Shortness of breath
- Sweating

Smart devices

In addition to watching for symptoms, multiple smart devices, including watches, can alert you to an irregular heartbeat. An article on the American Heart Association website references a study in which smartwatches and fitness trackers detected irregular heart rhythms and undiagnosed atrial fibrillation with 98% accuracy.

Keep your heart beating regularly

Most people can take action to avoid or prolong developing a heart arrhythmia. If you notice symptoms or your smart device notifies you that you have a concern, call for medical help immediately.

For detailed tips on reducing risk factors, visit genesishcs.org/yourhealth.

COORDINATED CANCER CARE CLOSE TO HOME

Halle Schoener Randles had no symptoms of cancer. In fact, she wouldn't have known about the critical care she needed if she hadn't sought treatment for a kidney stone.

A concerning spot was found on Halle's liver. Following a biopsy and PET scan, she was diagnosed with neuroendocrine cancer in November 2023.

"You get nervous fast," said Halle. "It's intimidating to navigate when your head is spinning from the diagnosis."

Neuroendocrine cancer is rare and can form in any part of the body. Tumors grow at varying rates. Some tumors result in extra hormones, while others don't produce any hormones or enough hormones to result in symptoms.

Halle soon had surgery. Two 1-centimeter tumors were removed from her small intestine. Her gallbladder, appendix, half of her liver and over 3 feet of her small intestine were also removed. Her doctors estimated the tumors had been slowly growing over the last 7 to 10 years.

The road to recovery

Following surgery, Halle began treatment at the Genesis Cancer Care Center with Scott Wegner, M.D., Fellowship-trained and Board-certified Hematologist/Oncologist and Chief Medical Officer, and Andrew Espenlaub, D.O., Fellowship-trained and Board-certified Palliative Care Specialist.

Halle's treatment plan did not require chemotherapy or radiation. However, when she learned that palliative care was recommended, she was concerned that palliative care meant the same as hospice.

"Palliative care differs from hospice as hospice is for patients with less than six months of life," said Dr. Espenlaub. "Palliative care can help manage pain after major surgery for patients like Halle."

Multiple doctors work together in palliative care to treat patients with symptoms of long-term illnesses. Palliative care involves physical and emotional treatment, including options for medication management, counseling, and social and spiritual support.

"The Genesis doctors answered all my questions," said Halle. "Everyone was encouraging and supportive."

Local treatment

Halle values the coordinated treatment she has received from the Genesis Cancer Care Center. She currently has check-ups every three months, which include a CT scan and meetings with Drs. Wegner and Espenlaub. Halle also receives monthly injections to manage hormones.

"I see everyone on my medical team during each visit," said Halle. "You get personal care at Genesis."

Dr. Espenlaub said the oncology and palliative care teams have a close relationship. "We try to see patients the same day," said Dr. Espenlaub. "We were one of the first programs in the state to have an embedded palliative care program in our Cancer Care Center."

Halle appreciates that her appointments are completed within a few hours. "Genesis is a mile from my home," said Halle. "It's wonderful that I only need to take a half-day off work for treatment."

A positive outlook

Dr. Espenlaub says listening to patients throughout their treatment is an important part of healing. "Genesis is a personal experience," said Dr. Espenlaub. "Patients realize we care and they're part of a family."

As a proud middle school principal, Halle said returning to work has also helped her recovery. She currently doesn't have any evidence of cancer but is continuing monthly injections and ongoing check-ups.

Halle is thankful for the Genesis Cancer Care Center.

"To offer neuroendocrine cancer treatment in Southeastern Ohio is amazing," said Halle. "I'm beyond grateful for the care I've received."



Andrew Espenlaub, D.O.

Fellowship-trained and Board-certified
Palliative Care Specialist
Genesis Cancer Care Center



Scan QR code

Scan to watch Halle discuss her neuroendocrine cancer diagnosis and treatment at the Genesis Cancer Care Center.



Genesis is a Top 100 Hospital in the nation for the third year in a row, as rated by Fortune Magazine and PINCAI.

"I see everyone on my medical team during each visit. You get personal care at Genesis."

– Halle Schoener Randles

Returning to work has improved Halle's recovery.

Understanding palliative care

Palliative care is offered to comfort patients and their families dealing with serious illnesses. Palliative care doesn't mean end-of-life care.

Palliative care can help you and your family by:

- Managing pain and symptoms that come with serious illnesses.
- Offering support and guidance in making difficult medical decisions.
- Working with your physicians to ensure you're getting the best care.
- Providing emotional and spiritual support for you and your family.

Palliative care is available for these conditions:

- Advanced heart disease
- Advanced liver or kidney disease
- Advanced lung diseases
- Cancer
- Stroke or neurological disease

Talk to your doctor about how palliative care can help you and your family.

COSHOCTON NATIVE VALUES

HIGH-QUALITY, LOCAL SURGICAL CARE

Matt Colvin enjoys his active lifestyle, including spending time with his family, traveling to Cleveland Browns' games and taking walks at Coshocton's Lake Park.

When he became self-conscious about his umbilical hernia, he wanted to talk to a local physician who could help.

Matt called the Genesis Coshocton Medical Center. Following an appointment with David M. Barbara, M.D., a Fellowship-trained and Board-certified General Surgeon, Matt was relieved that his hernia procedure could be taken care of without leaving town.

"Everyone at Genesis was so welcoming and informative," said Matt. "You can tell that they have careers they love."

Hernia development

Umbilical hernias are caused by the thin layer of tissue surrounding the navel pushing through the weakened muscle opening near the bellybutton. When the umbilical cord opening closes after birth, sometimes the muscles in the abdomen don't come together, leaving a small hole.

This opening often closes by the time a child is a few years old. But if it doesn't close, the possibility of an umbilical hernia increases as we move and stretch our bodies throughout daily life.

Although common in young children, adults can develop umbilical hernias from frequent lifting and tightening of the abdominal muscles.

"Think of umbilical hernias as the result of the body's way of remodeling," said Dr. Barbara. "Every person has thinness in the umbilical region. The area is strong, but it gets more fragile over time."

Timely care

As the superintendent of a local career center and an engaged member of the Coshocton community, it was important for Matt to receive effective and prompt treatment so he could return to his routine as soon as possible.

"I enjoyed meeting Dr. Barbara," said Matt. "He took time to explain what he would do before, during and after the procedure."

A small 1 ½ inch circular surgical mesh was used to repair Matt's hernia.

"Having Genesis in Coshocton and what they have brought to the community has been great."

– Matt Colvin

Requiring only a 4-centimeter incision for placement, the abdominal wall grows into the outer side of the mesh material. The smooth silicone inner side easily bends without attaching to the intestine.

Speedy recovery

Dr. Barbara said the majority of umbilical hernia surgeries like Matt's are completed as outpatient procedures. "Umbilical hernias are very fixable," said Dr. Barbara. "Recovery is quick. Patients can return to their regular lives soon after surgery."

Matt's recovery included a few days of rest and a follow-up appointment with Dr. Barbara. He highly recommends the Genesis Coshocton Medical Center to his friends and family.

"I feel perfect," said Matt. "Having Genesis in Coshocton and what they have brought to the community has been great."



David M. Barbara, M.D.

Fellowship-trained and Board-certified
General Surgeon
Genesis Coshocton Medical Center



Scan QR code

Scan to watch Matt discuss his Genesis surgery experience.

Learn more at genesishcs.org/coshocton.



Genesis is a Top 100 Hospital in the nation for the third year in a row, as rated by Fortune Magazine and PINCAL.

Matt returned to his favorite activities quickly after surgery.

Umbilical hernia symptoms

Not all hernias are visible and painful. While abdominal strain from lifting is a common sign of an umbilical hernia, watch for these symptoms and know when to talk to your doctor.

- Swelling near the bellybutton
- Redness or discoloration around the abdomen
- Chronic coughing
- Constipation or trouble urinating
- Fever
- Vomiting



Continuing to earn our spot among the **Top 50 Heart Hospitals in America**

Thanks to the generosity of our community, the Genesis Heart & Vascular Institute recently became the first in Ohio to have a Veriton-Spect CT scanner. This innovative technology allows us to perform more diagnostic studies, thereby enhancing the level of care we provide. Scanning is completed in 12 minutes, reducing the time the patient is in the scanner by half.

Why the Veriton-Spect CT is special

One significant advantage of the Veriton-Spect CT scanner is its ability to detect Cardiac Amyloidosis. This condition involves the accumulation of misshaped proteins in the heart, which can impair its function and eventually lead to heart failure.

To test for Cardiac Amyloidosis, patients typically have two or three appointments in one day. During the first appointment, a radioactive tracer is injected into a vein in the patient's arm. The only sensation a patient will experience is a small pinprick from the injection needle, and the tracer will naturally exit the patient's system within two days.

The tracer travels to the heart within one to three hours. During this waiting period, patients are free to eat, drink and move around. In the second appointment, the patient lies on a table while a technologist uses a special camera to scan the chest. Additional imaging may be required during a third appointment on the same day.

The scan produces detailed 3D high-resolution images of the whole body for your healthcare provider to review, helping to determine the best treatment options.

The addition of the Veriton-Spect CT scanner is another example of how Genesis continues to bring innovative heart care to our community.

Learn more at genesishcs.org/scanner.

Genesis Heart & Vascular Institute **among the first in Ohio**

to implement drug-coated balloon procedure

In the summer of 2024, the Genesis Heart & Vascular Institute began utilizing drug-coated balloons to treat in-stent restenosis.

This condition occurs when an artery that was previously opened with a stent becomes narrow again. The drug-coated balloon offers a minimally invasive method to deliver medication directly to the narrowed artery, helping to reduce the likelihood of restenosis or the regrowth of blockages after treatment.

During the procedure, a drug-coated balloon is guided through a thin tube from a blood vessel in the wrist or groin to the narrowed artery. Once in position, the balloon is inflated, allowing the medication to be delivered directly to the affected area, thereby opening the artery and restoring proper blood flow.

Perks

The drug-coated balloon procedure offers four key benefits:

- 1. It avoids** the need for an additional layer of metal in the artery.
- 2. It can reduce** the use of medications that may cause bleeding complications.

3. It is minimally invasive.

4. Most patients can go home the same day as the procedure.

This innovative option allows our heart doctors to effectively treat our community and keep hearts beating strong.

What is a minimally invasive procedure or surgery?

A minimally invasive procedure or surgery minimizes the size of the incision. In the case of the drug-coated balloon procedure, only one needle will puncture the skin once. The advantage is that minimally invasive procedures reduce healing time, pain, risk of infection and scarring.



Pictured: The drug-coated balloon being delivered through an artery.

More minimally invasive heart and vascular procedures at Genesis



TAVR for when the aortic valve narrows

Transcatheter aortic valve replacement (TAVR) enables patients to recover faster and often return home in one to two days.

genesishcs.org/tavr



Watchman for AFib

The Watchman implant treats a common heart arrhythmia and can eliminate the need for blood thinners.

genesishcs.org/watchman



TCAR for stroke prevention

Transcarotid Artery Revascularization (TCAR) has faster recovery time, a smaller incision and lower stroke rate than the traditional procedure.

genesishcs.org/tcar

Learn more at genesishcs.org/heart.

THE FACTS SAY IT ALL

Early detection of colon cancer with a colonoscopy matters.

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

Colon cancer 5-year survival rate:

91%

with early detection.

13%

if diagnosed in stage 4.

 **95%**

Screening accuracy with a colonoscopy.

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.

What does survival rate mean?

Survival rate means the percentage of people who are alive five years after they were diagnosed or started treatment for a disease, such as cancer. It's essential to detect colon cancer earlier rather than later.

Risk factors you can impact:

- Being overweight or obese
- Having Type 2 diabetes
- Eating a lot of red meat and processed meat
- Smoking
- Drinking alcohol

Risk factors you cannot impact:

- Older age
- Racial and ethnic background
- Being a male
- Having gallbladder removed
- A personal history of colorectal polyps or colorectal cancer
- A personal history of certain diseases



Genesis Hospice Care builds for the future

For the past 35 years, the Genesis Hospice Care program has served thousands of families through the Morrison House, the region's only dedicated inpatient hospice facility.

For anyone who has ever had a loved one at the Morrison House, you know the lasting impact this program has for families during the most difficult of times.

As a reflection of our commitment to providing you and your loved ones with exceptional care, Genesis Hospice Care received a five-star rating from the Centers for Medicare & Medicaid Services (CMS) based on family and caregiver experiences.

We are also the only hospice in our area with a dedicated inpatient facility, the Morrison House, to provide symptom management or respite care.

Morrison House opened in 1987 after the land was donated by Dr. Robert Morrison, a local physician.

It was built by donations from the community and employees. It has served this community for over 35 years, providing a destination for families and patients to have comforting, compassionate, end-of-life care.

Morrison House is aging

The current Morrison House building has reached the very end of its useful life and must be replaced. We have decided to build a new replacement inpatient facility to serve our patients and families for decades to come.

We are committed to continuing to provide hospice services both at home and in a dedicated inpatient facility. The new building will be constructed on the greenspace across from the current Morrison House on Forest Avenue in Zanesville.

The building will have all private rooms with private bathrooms and access to the garden from each room. We plan to keep all current amenities, such as the Reflection Room, as well as some upgrades, such as larger patient rooms to accommodate family.

Making it possible

We are kicking off a \$6 million capital campaign to raise the necessary funds to construct and equip the new facility. We are immensely grateful to the J.W. & M.H. Straker Charitable Foundation for its naming-level donation. Our thanks also go to the Franciscan Sisters of Christian Charity for their donation of the land.

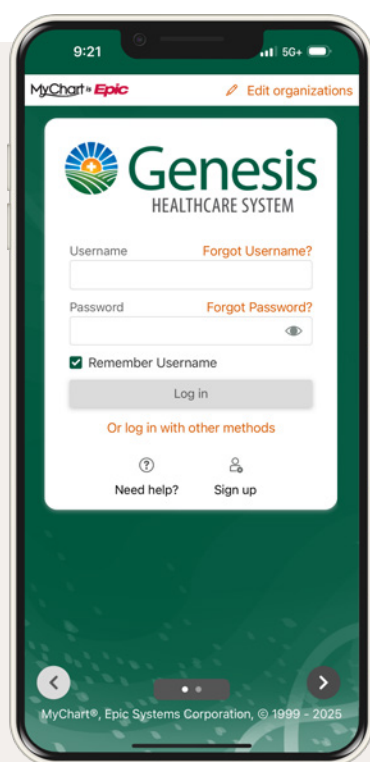
Every donation, small or large, will help us reach our \$6 million goal to make the new facility a reality. Donations can be pledged to pay over 5 years. Thank you for your support as we build for our community's future.

Donating made easy



Scan to make a donation to the Genesis Hospice Care Capital Campaign.

2503 Maple Ave., Suite A
Zanesville, OH 43701



Getting started with MyChart

MyChart is a quick way to see parts of your electronic medical record online. It is available on the web and as an app. Anyone can use MyChart, and it only takes a few minutes to sign up.

Free to Genesis HealthCare System patients, MyChart offers these features, among many others:

- View test results.
- Send/receive messages and medication requests to doctors' offices.
- See upcoming appointments, tests and procedures.
- Download and view your medical record.
- Schedule appointments online (where available).
- View and conveniently pay your bill online.

Adding Genesis to your MyChart account

- Open the MyChart app, select "all locations," and select "Ohio." Type in "Genesis HealthCare System" and click "add selected organizations."

The MyChart app is available in the Apple and Google app stores.

Visit mychart.geneshcs.org for more information.

Stay connected, stay healthy

Keep updated with Genesis by following us on Facebook. Subscribe to our quarterly publication, *LiveWell*, and our women's email newsletter, *HerHealth*. Visit genesishcs.org/subscribe.

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