

Paulding County Hospital

Hometown *Health*

Fall 2021 • Volume 1, Issue 3

pauldingcountyhospital.com

\$99

CASH PAY
MAMMOGRAMS

**BREAST
CANCER**
Awareness
ARE YOU AT
RISK?

MEET YOUR
Antwerp Regional
Health Center
—TEAM—→

Surgery Close to Home

FIND OUT WHAT SURGICAL SERVICES ARE AVAILABLE
AT PAULDING COUNTY HOSPITAL



October is
**PHYSICAL
THERAPY**
Month



MAXIMIZE
YOUR YEAR END HEALTH
INSURANCE BENEFITS

Flu Vaccines
&
COVID Vaccines
Available

MEET YOUR Antwerp Regional Health Center TEAM



Antwerp Regional Health Center is conveniently located at the edge of town on S. Erie Street, and is visible from US 24. Over the years the clinic has been located in several different buildings in the village of Antwerp. First, on the main strip and later on Buffalo Street, before the current facility was built in 2018.

One thing has remained unchanged throughout the years, Paulding County Hospital has had the privilege to serve the Antwerp community. To some of our staff this great community is where they call home, to others it is the community itself and the people they care for that give them this feeling.

The clinic currently employs two providers: Dr. Melanie Schramm, DO and Janet Zeedyk, PA. When you first enter the facility you will be greeted by Allison Wiechart and Laura Carfagno, both ladies take care of registration and scheduling for the clinics, as well as signing up members to the fitness center. Donna Delong, CMA and Beth Christo, LPN provide assistance and care to every patient that enters the facility.

Hometown Health had the opportunity to speak with Antwerp Regional Health Center providers and staff about the services their clinic provides. We also learned more about them and their thoughts on where the medical field is headed.

Where did you grow up and where did you complete your schooling?

Dr. Schramm: I grew up just outside of Dayton, Ohio and attended the University of Dayton. I then attended medical school at Midwest University Chicago College of Osteopathic Medicine. Upon graduation, I then returned to Dayton to complete my Family Practice Residency at Grandview Hospital.

Janet: I graduated from Hicksville High School, and completed my undergraduate degree at Bowling Green State University. Then attended Medical College of Ohio (known currently as UTM) to become a PA.

Beth: I graduated from Paulding High School and attended Ivy Tech for my nursing degree.

Donna: I am a graduate of Antwerp High School.

Alison: I am a graduate of Antwerp High School.

Laura: I grew up in Idaho Falls, Idaho. Lived in Fort Wayne for 30 years before moving to Antwerp.

How long have you been an employee of Paulding County Hospital and have you previously worked in any other areas of the medical field?

Dr. Schramm: I have been with Paulding County Hospital since October 2016. Prior to this I had a commitment with the Public Health Service and practiced in South Dakota for 22 years. In South Dakota we also operated a VA clinic. This provided access for veterans to receive care locally and avoid a 3 hour drive to the closest VA Hospital. I loved the VA work!

Janet: I started in the Antwerp Clinic at the Buffalo Street location in 2014. Previously, I had worked for 8 years at St. Rita's, in the ED. Also, I worked in a Family Practice and Internal Medicine Clinic in Texas.

Beth: I have worked for 20 years with PCH, before then I worked in a number of nursing homes.

Donna: I started with PCH in 1981, with several different providers in the clinic and at different locations. PCH purchased the practice in Antwerp in 2011.

Alison: I started in the clinic in 2017. I have been a volunteer basic EMT for Antwerp EMS since 2015.

Laura: I have been with the Antwerp clinic for 2 years and previous to this I worked for Lutheran Medical Group for 25 years.

How do you feel having a Family Medicine practice located in Antwerp has impacted the community?

Dr. Schramm: Small communities always need family doctors, they really coordinate a patients care. Many patients see specialist, but still need a family doctor for colds and conditions their specialists do not treat.

Janet: It is a benefit that the whole family can be treated in one place, if they choose. Everyone from pediatrics to geriatrics can be treated locally and don't have to travel other than to see specialists.

Beth: You don't have to travel out of town and you become friends with the patients.

Donna: It's a great benefit for a small community!

Alison: You see established and familiar faces.

Laura: People feel more comfortable, they know us and see that we are real people.

What are some of the specialty services you offer at the clinic?

Dr. Schramm and Janet: We offer general family medicine, DOT physicals, sports physicals, small suturing, non in-depth lesion removal, Workman's Comp injuries, nursing home visits, and we still make house calls on our patients that need this service.

How do you feel the Antwerp Regional Fitness Center has impacted the community?

Dr. Schramm: A positive impact, I definitely wish more would use it. The best medicine is preventive medicine.

Janet: The elderly who don't want to drive have what they need right here. We have reasonable machines for people to use, and equipment that they don't have at home.

Beth: It's an asset for Antwerp to have this here in town.

Donna: It gives a small town a place to exercise in the winter months and when it's too hot and humid out. It's great to see the elderly walking, it's really good for them.

Alison: The community doesn't have to drive far or to another location.

Laura: People love it! It's really good for the elderly who can come first thing in the morning. We have a lot of 2nd and 3rd shift individuals who pop-in before or after work. It is really convenient!



Antwerp Regional Health Center Fitness Center

608 S Erie Street • Antwerp, Ohio 45813
Open 5:00 a.m. to 10:00 p.m.
7 days/week

Paulding County Hospital Fitness Center

1035 W. Wayne Street • Paulding, Ohio 45879
Open 5:00 a.m. to 10:00 p.m.
7 days/week

How has serving the community in the capacity you are affected you personally?

Dr. Schramm: You get to see small town life. In big cities you don't know your neighbor. We have been able to be a part of the Antwerp Rotary, and support the community in many ways.

Janet: I really enjoy caring for a patient wholly versus one shot to provide care in 3 hours (previous ED experiences). You establish a relationship with your patients, this is why sometimes there is a need to offer visits at home. It is a necessary part of providing care to them, and you know them better than someone else would.

Beth: I have made a lot of friends. Our patients, their families and co-workers, you meet a lot of really neat people.

Alison: I have met a lot of people I would have not otherwise met in other walks of life.

Laura: I personally did not know anyone when I moved here, previously I lived and worked in Fort Wayne. I really got to know a lot of people.

What do you foresee as the future of healthcare? What's next?

Dr. Schramm: I feel Family Practice will move more towards Physician Assistants (PA) and Nurse Practitioners (NP) providing care. There is so much insurance and government control with regards to healthcare.

Janet: Family Practice will continue to be important, it focuses on the whole body and not just one part.

Donna: Hopefully, to get rid of COVID.

Laura: I feel there will be a return to more of a personal touch. It's important to know patients names and to know them.

Would you care to share any personal facts about yourself?

Dr. Schramm: I have been married for 33 years and we have 3 children (2 sons and 1 daughter).

Janet: I have been married for 16 years, my husband just retired from Titan Tire to help provide care for our kids still at home. Between both of us we have 6 children, 3 grandchildren and 2 more grandchildren on the way.

Beth: I have been married for 31 years, we have 2 daughters and 2 grandsons.

Donna: I love working in the medical field! I have been married for 39 years, and we have 3 children (son currently stationed in Japan). We also have 5 grand kids. I would like to wish everyone health and happiness!

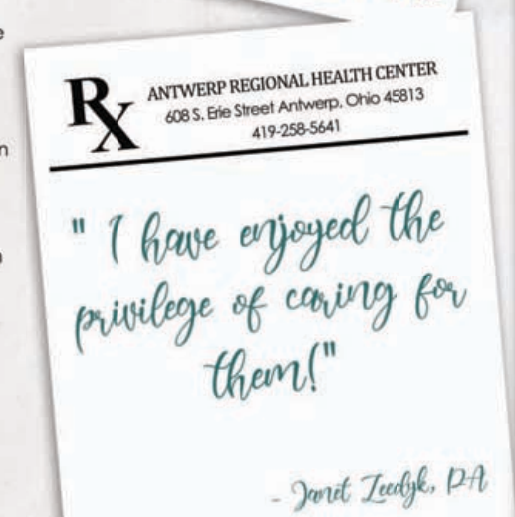
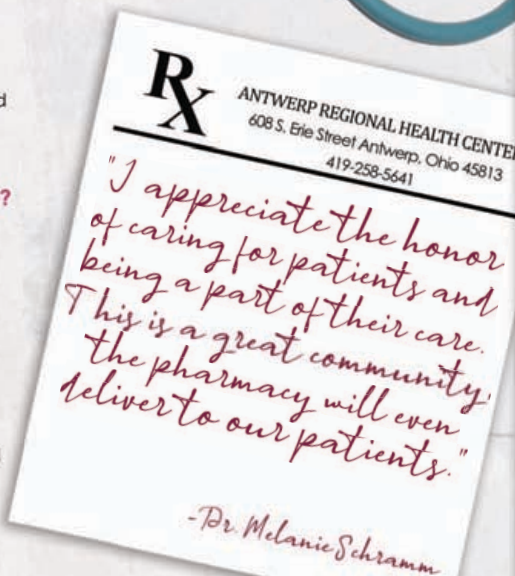
Laura: I will be retiring on October 22, 2021 and becoming a full-time Nanna to my 4 year old granddaughter. I am really happy to be a part of this community!

Antwerp Regional Health Center

**608 S. Erie Street
Antwerp, Ohio 45813
419-258-5641**

Dr. Schramm Office Hours:
Mon: 8:30 am - 6:00 pm
Wed/Thurs: 8:30 am - 5:00 pm
Fri: 8:30 am - 4:00 pm

Janet Zeedyk Office Hours:
Mon/Tues: 8:30 am - 5:00 pm
Wed/Fri: 8:30 am - 4:00 pm



A MESSAGE FROM OUR CEO

Ron Goedde



Excellence in healthcare, close to home. This is what we at Paulding County Hospital strive to offer our patients and our community every day. With our comprehensive list of surgical services to our 3D mammography, Oncology Clinic, and numerous other specialty services, we are here for you and your loved ones.

Did you know that statistically, one in eight women will be diagnosed with breast cancer in their lifetime? Don't let yourself or your loved ones be a statistic! Paulding County Hospital is pleased to offer our \$99 cash pay 3D Digital Mammograms again this year. The special will run through the months of October and November. Schedule your appointment today!

During the fall season many individuals have met their health insurance deductible. Making now the perfect time to care for any medical needs you may have put off to be done.

As 2021 comes to an end, please remember that Paulding County Hospital will continue to be here for you and your loved ones, close to home.

Ron Goedde, CEO



Breast cancer is one of the most common forms of cancer among American women. It is estimated that about 30% of newly diagnosed cancer among women will be breast cancer. Approximately 281,550 new cases of invasive breast cancer and over 49,290 new cases of non-invasive breast cancer will be diagnosed in 2021. In addition to approximately 43,600 women in the US expected to die from breast cancer in 2021.

Knowing the risk factors for breast cancer and discussing them with your healthcare provider can help you know where to start. Some of the most common risk factors that women cannot control include:

Age

As you age, so does your risk for breast cancer. From age 30 to 39, the risk is 1 in 228 (.44%). This jumps to 1 in 29 (just under 3.5%) by the time you reach your 60s.

Gender

While being a woman is the most significant risk factor for developing breast cancer, men can get breast cancer too!

Family History

A woman's risk of developing breast cancer is doubled if you have a close relative (daughter, mother or sister) with breast cancer. If two of your close relatives have had breast cancer (especially before the age of 50), your risk for developing triples. Surprisingly, the majority of breast cancer cases do not have a family history. Just over 15% of women with breast cancer have a close relative who has also been diagnosed.

Dense Breast Tissue

Dense breast tissue can make it more difficult to detect cancer. The risk of developing breast cancer increases by 1.5 to 2 times higher than average breast tissue density.

Early Period & Late Menopause

Women who start their period prior to the age of 12 or those who experience menopause after the age of 55 have an increased risk of developing breast cancer.

RISK FACTORS YOU CAN CONTROL

Weight: Having additional fat tissue means having higher estrogen levels, which can increase breast cancer risk. This significantly increases after menopause.

Diet: Studies suggest that a diet low in fat may reduce the risk of breast cancer.

Exercise: Exercise can reduce breast cancer risk. The American Cancer Society recommends engaging in 30-45 minutes of exercise 5 days a week.

Use of Alcohol: Studies have found that women who consume alcohol have an 11% greater risk of being diagnosed with breast cancer than those who don't.

Smoking: Smoking is associated with an increase in breast cancer risk.

Stress & Anxiety: Anything you can do to reduce your stress can have a major effect on your quality of life.



Paulding County
Hospital Oncology
Clinic
419-399-1136

Oncology services
provided by Dr.
Nauman Shahid, MD
and Certified
Chemotherapy
nurses.

WHEN TO START GETTING A MAMMOGRAM

A mammography exam remains to be the gold standard for detecting breast cancer, especially at an early stage. The American Cancer Society has developed the following recommendations for scheduling a mammogram.

At Paulding County Hospital, we offer 3D Digital Mammography. 3D mammography imaging creates up to 80 thin slice images, which aids in detecting up to 40% more breast cancers.

AGE 40-44

Women can choose to begin screenings if they choose.

AGE 45-54

Women should get a mammogram every year.

AGE 55 AND OLDER

Women can choose to switch to a mammogram every two years or continue with a yearly screening.

3D Mammograms are covered by most insurance companies at the same level as 2-dimensional mammograms.



MEET THE PCH MAMMOGRAPHY

Ladies

\$99 Cash Pay Mammograms

Schedule your 3D Digital Mammography screening at Paulding County Hospital during the months of October and November!

- Must be 40 years of age or older
- Includes the screening and reading
- No physician order required

Call 419-399-1131 today to schedule your appointment!

4 TIPS ABOUT GETTING A MAMMOGRAM

- 1 Schedule your mammography screening about one week after your menstrual period. There is less discomfort when your breasts are not as tender.
- 2 Wear a two-piece outfit so you can easily remove your top and bra. Staff will provide you with a gown during the exam.
- 3 Do not wear deodorant, powder, lotion or ointment on or around your chest on the day of the exam. These products can interfere with the imaging (appearing as white spots).
- 4 The entire exam only takes 20-30 minutes. The breast is compressed between two plastic plates for a few seconds, while an image is taken. Then the breast is repositioned and compressed again to take additional views. The process is then replicated on the other breast. This part of the exam can be uncomfortable, but it is needed to provide clearer images.

BREAST Self-Exam

A breast self-exam is an additional way to check for breast cancer. A lump in the breast is a common warning sign, but not the only warning sign. Other common warning signs of possible breast cancer include:

- Lumps in the underarm area
- Changes in breast size and shape
- Pain in a specific area that does not go away
- Prominent veins on the surface of the breast
- Nipple discharge that begins suddenly
- A sore or rash on the nipple
- Swelling, redness or darkening of the breast
- Dimpling of the skin on the breast
- Inversion of the nipple or other part of the breast





Surgery close to home

One of our specialties

Paulding County Hospital remains dedicated to helping you and your loved ones feel happier and healthier, close to home. We know the decision to have surgery can be stressful for many reasons, this is why our surgical team is here for you every step of the way. Skilled physicians and professional surgical staff provide personalized care. From your initial consultation to surgery and recovery, you will have the compassion and support you need to get back on track.

We treat and provide care for a wide range of conditions, please take a look at our comprehensive list of surgical services. All services provided are geared toward providing you and your loved ones with the best care possible, close to home.

GENERAL SURGERY

- Appendectomy
- Bowel resection
- Breast biopsy
- Bronchoscopy
- Catheter placement
- Colonoscopy*
- Colostomy
- Endoscopy
- Gastrostomy (PEG placement)
- Hemorrhoid banding
- Hemorrhoidectomy
- Hernia (femoral, incisional, inguinal, umbilical, ventral)
- Laparoscopic Cholecystectomy
- Lymph node biopsy
- Mastectomy
- Minor extremity surgery
- Pilonidal cyst excision
- Rectal fistulotomy
- Thyroidectomy

* Self-referral Colonoscopy available by calling 419-399-1746.

Please call 800-925-4642 for General Surgery services provided by Dr. Jeffrey Pruitt, MD; and Dr. John Shaw, MD (Mercy Health providers).

GYNECOLOGY

- A&P repair
- Anterior repair
- Biopsy of cervix and vulva
- Cervical polyps removal
- Colpectomy
- Dilation and curettage (D&C)

- Endometrial repair
- Hysterectomy (lap assisted and vaginal)
- Hysteroscopy
- Laparoscopy diagnostic
- LEEP
- Oophorectomy
- Posterior repair
- Tubal sterilization
- Vulva and perineum operations
- Wedge resection of ovary

Please call 419-238-3047 for Gynecology services provided by Dr. Alberto Delgado, MD; Dr. Roxanna Torres, MD; or Shane Gerber, NP (Van Wert Health providers). To schedule for Gynecology services provided by Dr. Craig Hanson, MD please call 419-399-1135.

ORTHOPEDICS

- External fixation of a fracture
- Minor hand surgery (including carpal tunnel release)
- Arthrodesis
- Arthroscopic surgery
- Total joint replacement - hip (including anterior approach)
- Total joint replacement - knee
- Bone grafts
- Internal fixation of fractures
- Repair of lacerations
- Ligament reconstruction
- Nerve surgery
- Amputation
- Osteotomy
- Wound debridement

Please call 419-238-9764 for Orthopedic services provided by Dr. Steven Haman, MD (OIO provider). For Orthopedic services provided by Dr. Jason Hanna, MD (FMO provider) please call 260-436-8686.

PAIN MANAGEMENT

- Epidurals
- Sympathetic blocks
- Facet blocks
- Radiofrequency lesioning

Please call 419-399-1745 for Pain Management services provided by Dr. John Buonocore, DO and Stacia Springer, CNP.

PODIATRY

- Amputation
- Anomaly reconstruction
- Arthrocentesis
- Arthro-osteotomy extension
- Arthrodesis
- Arthroplasty
- Arthroscopy (ankle)
- Avulsion of toenail (partial and radical)
- Biopsy (excision of skin)
- Biopsy (muscle)
- Bone cyst and tumors (repair)
- Capsulotomy
- Correction of flatfoot (decompression of nerve entrapment)
- Excision and drainage of cysts
- Fasciotomy (endoscopic repair)
- Laser curettage and excision of verrucae
- Grafts (skin)
- Ligament repair (lateral ankle)
- Osteomyelitis repair
- Osteotomy (forefoot and rear foot)
- Phalangectomy
- Plantar fasciotomy

- Reduction of dislocations of fractures of the foot and ankle (open and closed)
- Tendon lengthening (including Achilles)
- Tendon repair

Please call 260-436-8686 for Podiatry services provided by Dr. Gage Caudell, DMP (FWO provider).

UROLOGY

- All urology biopsies
- Catheterization
- Cystoscopies
- Hydrocelectomy
- Insertion of testicular prosthesis
- Needle biopsy of prostate
- Orchiectomy
- Prostatectomies
- Retrograde pyelogram
- Repair of urinary incontinence
- Ureteroscopy
- Vasectomies

Please call 419-399-1136 for Urology services provided by Dr. Daniel Murtagh Jr., MD.

OCTOBER IS NATIONAL PHYSICAL THERAPY MONTH

Meet your PCH team!



Let us help you get back on the road to recovery! Our licensed physical therapists and physical therapy assistants identify and treat conditions that interfere with your ability to move naturally and perform daily activities independently. At Paulding County Hospital we provide care for patients both in an inpatient and outpatient setting.

Following a physician referral to physical therapy, our therapists will work closely with you and your ordering physician to coordinate a plan of care to get you back on the road to recovery. Whether you are recovering from an injury, joint replacement or neurological impairment, we are here for you! Let us assist you in regaining your strength, comfort and confidence.

Please call 419-399-1745 for more information about the Paulding County Hospital Physical Therapy Department.

Move better, Feel better!

SPECIALTY SERVICES AVAILABLE THROUGH PCH PHYSICAL THERAPY

Concussion Protocol

Delay the Disease
Parkinson's Program

Dry Needling

Lymphedema Treatment

Orthopedics

Pelvic Floor Rehabilitation

Physical Demand Assessments

Sports Medicine

Vestibular Treatment

INSIDE THIS ISSUE



Meet your
Antwerp
Regional Health
Center Team



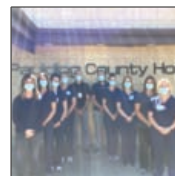
Breast Cancer
ARE YOU AT
RISK?



Mammography
Tips & Special



Surgery Close to
Home!



October is
National Physical
Therapy Month

MAXIMIZE YOUR YEAR END HEALTH INSURANCE BENEFITS

Take Care of Your Medical Needs Before Your Deductible Resets

HAVE YOU MET YOUR HEALTH INSURANCE PLANS DEDUCTIBLE?

Most people have by this time of year. And that makes October, November and December the best time to take care of medical needs you've been putting off - whether it's a minor surgery, colonoscopy or some therapy you need.

YOUR OUT-OF-POCKET EXPENSES WILL BE MINIMAL OR PERHAPS NOTHING AT ALL.

If you wait until after January 1, 2022 (when most insurance deductibles reset), you will have to pay the full amount of your deductible before your insurance begins to provide benefits.

ARE YOU UNSURE WHERE YOU STAND WITH YOUR HEALTH INSURANCE DEDUCTIBLE?

A quick phone call to your insurance provider will give you the information you need. Now is the time to get a head start on a healthier future by taking care of those medical needs you've been avoiding.



AVOID THE FLU

FLU SHOTS ARE NOW AVAILABLE

Conveniently Offered at All Paulding County Hospital Clinic Locations

Antwerp Regional Health Center 419-258-5641

608 S. Erie Street
Antwerp, Ohio 45813

Oakwood Medical Center 419-594-3520

109 N. First Street
Oakwood, Ohio 45879

Payne Medical Center 419-263-2947

301 S. Main Street
Payne, Ohio 45880

PCH Medical Office Building 419-399-1782

1032 W. Wayne Street
Paulding, Ohio 45879

Please call your Paulding County Hospital provider to schedule your flu shot visit.

Quadrivalent Vaccine - \$ 35.00 Cash Pay
Hi-Dose Quadrivalent Vaccine - \$ 75.00 Cash Pay (must be 65+ to be eligible)
Flu vaccines are covered under most commercial, Medicare and Medicaid plans.

pauldingcountyhospital.com

Hometown Health is published as a community service by Paulding County Hospital. This magazine in no way seeks to diagnose or treat illness or serve as a substitute for receiving professional medical care. For additional information about Paulding County Hospital, please call 419-399-4080.

