

Paulding County Hospital

Hometown *Health*

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pauldingcountyhospital.com



Meet Your PAULDING COUNTY HOSPITAL PROVIDERS

Specialized Care In
WHAT MOVES YOU.
Orthopedic Care *close to home!*

ARTHRITIS
TREATMENT

Women's & Men's Health Awareness

- ... May is Women's Health Awareness Month
- ... June is Men's Health Awareness Month



When Every Second Counts!

ADVANCED
Stroke Care



COVID-19 Vaccines Available
at Paulding County Hospital

Welcome HOME!

Paulding County Hospital is pleased to introduce you to our new magazine, *Hometown Health!* Hometown Health is a community-based health and wellness journal published quarterly by Paulding County Hospital. The journal will feature many of our Paulding County Hospital Providers and Specialty Services currently offered at our facility for your convenience, close to home. We hope you enjoy our newly revamped journal and all of the community-based features printed within its pages. It is our pleasure to serve the community and we would like to say thank you for making Paulding County Hospital your healthcare provider of choice, close to home.

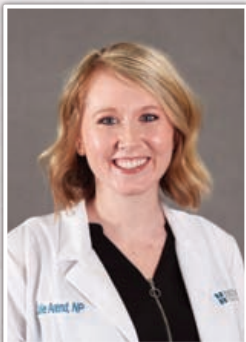


Meet Your Paulding County Hospital Providers

Paulding County Hospital employs several Family Practice Providers throughout the county. Clinic offices are conveniently located in Antwerp, Oakwood, Paulding and Payne Ohio. Many of our providers are accepting new patients at this time, and some offer extended office hours to better serve the needs of the community.



MEET YOUR PAULDING COUNTY HOSPITAL PROVIDERS...



Julie Arend, CNP

Julie Arend is a Certified Nurse Practitioner at Paulding County Hospital. She attended the University of Saint Francis and joined the Paulding County Hospital team in 2015. Julie's clinic is located at Paulding County Hospital in the Medical Office Building. Clinic hours are Monday-Wednesday and Friday from 7:00 am-4:00 pm and closed on Thursday. To schedule an appointment with Julie Arend, CNP please call **419.399.1782**.



Melanie Banks, CNP

Melanie Banks is a Certified Nurse Practitioner at Paulding County Hospital. She attended Purdue University Global and became a CNP in 2020, previously Melanie was employed by Paulding County Hospital as an emergency room RN. Currently, Melanie's clinic includes Paulding County Hospital Respiratory Clinic and COVID Vaccine Clinic, located on the main campus of Paulding County Hospital. To schedule an appointment to be seen for respiratory symptoms or to schedule for a COVID vaccine please call **419.399.1163**.



Virginia Halachanova, MD

Dr. Halachanova is a Board Certified Internal Medicine Provider at Paulding County Hospital. She joined the Paulding County Hospital team in 2001. Dr. Halachanova's Clinic is located at Paulding County Hospital in the Medical Office Building. Clinic hours are Monday, Tuesday and Thursday 8:00 am-5:00 pm, Wednesday 8:00 am-2:00 pm and closed on Friday. To schedule an appointment with Dr. Halachanova please call **419.399.1752**.



Nigel Hogan, DO

Dr. Nigel Hogan is a Board Certified Doctor of Osteopathic Medicine for Paulding County Hospital. He attended Ohio University and joined the Paulding County Hospital team in 2019. Dr. Nigel Hogan's clinic is located at our Payne Medical Center. Clinic hours for Dr. Nigel Hogan are Monday-Wednesday from 7:30 am-7:30 pm. To schedule an appointment with Dr. Nigel Hogan please call **419.263.2947**.



Timothy Hogan, MD

Dr. Timothy Hogan is a Board Certified Family Practice Provider for Paulding County Hospital. He attended the University of Toronto and joined the Paulding County Hospital team in 2010. Dr. Timothy Hogan's clinic is located at our Oakwood Medical Center. Clinic hours are Tuesday-Thursday from 8:00 am-8:00 pm. To schedule an appointment with Dr. Timothy Hogan please call **419.594.3520**.



Joseph Kuhn, DO

Dr. Joseph Kuhn is a Board Certified Doctor of Osteopathic Medicine for Paulding County Hospital. He attended Ohio University and joined the Paulding County Hospital team in 1988. Dr. Kuhn's clinic is located at our Payne Medical Center. Clinic hours for Dr. Kuhn are Thursday 9:00 am-5:00 pm and Friday 9:00 am-4:00 pm. To schedule an appointment with Dr. Kuhn please call **419.263.2947**.



Melanie Schramm, DO

Dr. Melanie Schramm is a Board Certified Doctor of Osteopathic Medicine for Paulding County Hospital. She attended Midwestern University Chicago College of Osteopathic Medicine and joined the Paulding County Hospital team in 2016. Dr. Schramm's clinic is located at our Antwerp Regional Medical Center. Clinic hours for Dr. Schramm are Monday 8:30 am-6:00 pm, Wednesday-Thursday 8:30 am-5:00 pm and Friday 8:30 am-4:00 pm. To schedule an appointment with Dr. Schramm please call **419.258.5641**.



Jacob Shaffer, APRN-CNP

Jacob Shaffer is a Certified Nurse Practitioner and Hospitalist for Paulding County Hospital. He attended the University of Saint Francis and joined the Paulding County Hospital team in 2017. Jacob serves as Paulding County Hospital's Hospitalist and provides care for individuals admitted to the facility for additional inpatient care, including those admitted to our swing bed rehabilitation program.



Wendell Spangler, MD

Dr. Wendell Spangler is a Board Certified Family Practice Provider at Paulding County Hospital. He attended the Medical College of Ohio and joined the Paulding County Hospital team in 2002. Dr. Spangler's clinic is located at Paulding County Hospital in the Medical Office Building. Clinic hours are Monday-Wednesday and Friday 8:30 am-4:30am, and Thursday 8:30 am-12:00 pm. To schedule an appointment with Dr. Spangler please call **419.399.1752**.



Janet Zeedyk, PA

Janet Zeedyk is a National Commission Certified Physician Assistant for Paulding County Hospital. She attended the University of Toledo and joined the Paulding County Hospital Team in 2014. Janet's clinic is located at our Antwerp Regional Medical Center. Clinic hours for Janet are Monday 8:30 am-6:00 pm, Tuesday-Wednesday 8:30 am-5:00 pm and Friday 8:30 am-4:00 pm. To schedule an appointment with Janet Zeedyk, PA please call **419.258.5641**.

*Clinic hours are subject to change. All clinics are closed from 12:00 pm-1:00 pm for lunch.

Women's & Men's Health Awareness



May is Women's Health Awareness Month

Celebrate and promote health and wellness for the important women in your life!

May is Women's Health Month and it is especially important for all women and girls to take care of their health. During the current pandemic we are facing, taking control of your health and wellness remains to be of the utmost importance. The key is to find what avenues work best for you on your health journey, then continue to work hard and remember it's okay to make your health a priority.

From screenings to well checks and fitness, Paulding County Hospital offers a variety of services. We are here for you providing the needed care, assistance and support to help you become the healthiest you!

Women's Health Services Offered at Paulding County Hospital



- **3D Digital Mammography**
 - State of the art 3D Digital Mammography offers a clear image and aids in detecting up to 40% more breast cancers. Please call 419.399.1131 to schedule your 3D Mammogram today!
- **Gynecology and Prenatal**
 - Appointments available by calling 419.238.3047
- **Pelvic Floor Rehabilitation**
 - Specialized treatment for the muscles that influence the control of bowel and bladder function. This specialty service provided through Paulding County Hospital's Therapy Department. Please call 419.399.1725 for more information.

June is Men's Health Awareness Month

Schedule a check-up today! Do it for yourself and those who count on you.

June is Men's Health Month. Help us heighten awareness for preventable health problems and promote early detection and treatment for both men and boys in our lives. The statistics on Men's Health paint a very grim picture, at Paulding County Hospital we are ready and willing to assist in helping these statistics change for the better.

- On average, men live about 5 years less than females
- Men make 1/2 as many Provider visits for prevention as women
- 1 in 2 men will develop cancer in their lifetime

Tips for Improving Health in Men



- **Eat Healthy**
 - Start by taking small steps, start by saying "no" to super-sizing your order. Aim to eat more fruits and vegetables daily.
- **Get Moving**
 - Choose activities and forms of exercise that you enjoy to stay motivated.
- **Make Prevention a Priority**
 - Many conditions can be detected early with regular check-ups from your Primary Care Provider.
 - Prostate examinations should be completed every 1-2 years, depending on your PSA test. Appointments can be scheduled by contacting your PCP or Paulding County Hospital Urology Clinic at 419.399.1136.



FITNESS & WELLNESS

for the Whole Family

available at



- **Fitness Centers**
 - Paulding County Hospital has two fitness centers equipped to serve your fitness and wellbeing needs. One fitness facility is located at Paulding County Hospital and the other is located at Antwerp Regional Health Center. A valid membership can be used at both locations.
 - *Personal Training available at both facilities by appointment only. Please call 419.399.1162 to schedule an appointment.*
- **Nutrition Counseling**
 - Available by appointment only, referring Provider to schedule.



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Specialized Care IN WHAT MOVES YOU



Orthopedic Care close to home!

Movement is something we all take for granted, that is until movement becomes difficult or even impossible. The Orthopedic specialists at Paulding County Hospital are committed to assisting in what moves you. Whether you are an athlete coming back from an injury or just want to continue enjoying life, we are here and ready to bring you back up to speed when orthopedic issues slow you down.

Every individual moves differently and has different needs, at Paulding County Hospital we consider your personal needs. We start by identifying the source of the problem, consider your personal situation and then work to develop the best course of treatment for you. Including you and your needs in the process every step of the way. Whether you need physical/occupational therapy or surgery, we are here providing excellence in care close to home.

Let us help you get back in the game or help you regain your movement so you can get back to the next adventure, the Orthopedic Clinics at Paulding County Hospital is here and ready to help.

Speak with your primary care provider for a referral or contact us at 419-238-9764, 260-436-8686 or 800-566-5659 for more information.

A MESSAGE FROM OUR CEO

Ron Goedde



Hello! I would like to start out by saying thank you to our incredible staff at Paulding County Hospital and to this great community we proudly serve! Through the COVID-19 pandemic we have really seen our community come together for the health and safety of others, proving that together we will make it through.

Paulding County Hospital offers a variety of specialty services to meet the needs of the community, close to home. Whether you need primary care, pain management, orthopedics, surgery, therapy, imaging, laboratory services, chemotherapy or an ER we are here to meet your needs. Our Primary Care Providers conveniently offer clinic locations throughout the county, with some offering extended hours. Whatever your healthcare needs may be, Paulding County Hospital is here to help, close to home!

Ron Goedde, CEO



ARTHRITIS TREATMENT

According to the Centers for Disease Control and Prevention, over 32 million Americans suffer from osteoarthritis. Osteoarthritis, also known as degenerative joint disease, is most common in individuals over the age of 45, but it can affect many people. Osteoarthritis commonly impacts the larger, weight bearing joints within your body, such as the knees, hips, and ankles. Although many Americans suffer from osteoarthritis, many may not realize the cause of their pain.

Here are some common warning signs to watch for:

- **Early morning stiffness**
- **Frequent pain or tenderness in any joint**
- **Inability to move a joint normally**
- **Grating, grinding, and cracking in joints**
- **Back or neck pain**

Most patients who have osteoarthritis manage their pain through exercise and over the counter pain relievers. Patients who have long-term pain should consider asking their physician about a referral to a pain management specialist.



Dr. John Buonocore, DO



Stacia Springer, APRN, CNP

The Paulding County Hospital Pain Management Clinic team and Dr. John Buonocore, DO and Stacia Springer, APRN, CNP are trained to develop balanced treatment plans to help get you back to your daily life activities.

If you are suffering from pain that you suspect is related to osteoarthritis, ask your physician about a referral to the Paulding County Hospital Pain Management Center. If you are interested in learning more, call the Pain Management Center at **419-399-1745** and get back to your life.

Centers for Disease Control and Prevention 2020, Osteoarthritis (OA), accessed 25 March 2020, <<https://www.cdc.gov/arthritis/basics/osteoarthritis.htm>>

Cisternas MG, Murphy L, Sacks JJ, et al. Alternative Methods for Defining Osteoarthritis and the Impact on Estimating Prevalence in a U.S. Population-Based Survey. *Arthritis Care Res (Hoboken)*. 2015 Aug 28. doi: 10.1002/acr.22721. PubMed PMID: 26315529. abstract

ADVANCED Stroke Care

WHEN EVERY SECOND COUNTS!

Are you or a loved one at risk for a stroke? Stroke is the fifth leading cause of death and the leading cause of disability in the United States. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts (or ruptures). When that happens, part of the brain cannot get the blood (and oxygen) it needs, so it and brain cells die.

When a patient comes to the Paulding County Hospital ER and appears to be exhibiting symptoms of a stroke, expert help is only seconds away. A local neurologist can observe the patient and assist the ER physician in stroke diagnosis. Most strokes can be reversed when treatment is initiated within three hours of the stroke's onset. If you suspect a stroke, act quickly using the FAST formula.

SPOT A STROKE

Use the letters in "FAST" to spot strokes and know when to call 9-1-1.



F



FACE

Ask the person to smile.
Does one side of the face
droop or is it numb?

A



ARMS

Ask the person to raise
both arms. Does one arm
drift downward?

S



SPEECH

Ask the person to repeat a
simple sentence, like "The
sky is blue." Is speech
slurred? Is the person unable
to speak or hard to
understand?

T



TIME

Time to call 9-1-1 and say,
"I think this is a stroke" if
someone shows any of these
symptoms, even if the
symptoms go away.

CALL 911 IMMEDIATELY

Time is important! Don't delay, and also note the time
when the first symptoms appeared. Emergency
responders will want to know.

STROKE RISK QUIZ

To reach Paulding County Hospital Emergency Department
in an emergency situation, please call 419.399.1140

Directions:

1. For each risk factor, select the box (higher risk or lower risk) that best applies to you.
Select only one box per risk factor.
2. Enter a 1 on the blank line next to each checked box.
3. Add up your total for each vertical column.



Risk Factors*	Higher Risk	Lower Risk
Is your blood pressure greater than 120/80 mm/Hg?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Have you been diagnosed with arterial fibrillation?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Is your fasting blood sugar greater than 100 mg/dL?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Is your body mass index greater than 25 kg/m ² ?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Is your diet high in saturated fat, trans fats, sweetened beverages salt or excess calories?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Is your total blood cholesterol greater than 180 mg/dL?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Have you been diagnosed with diabetes mellitus?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Do you participate in 40 minutes of moderate to vigorous physical activity 3-4 days a week?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Do you have a family history of stroke?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Do you smoke?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
TOTAL SCORE (add your points for each column)	_____	_____

Stroke Risk Results

Did you score higher in the "higher risk" column or are you unsure of your risk? Talk to
your Paulding County Hospital healthcare provider about how you can reduce your risk.

* Some stroke risk factors cannot be
changed such as age, family history,
race, gender, and prior stroke.

INSIDE THIS ISSUE



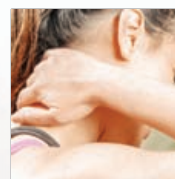
Welcome Home:
Meet your
PCH Providers



Women's & Men's
Health Awareness
Months



Specialized Care
In What
Moves You



Arthritis
Treatment



Advanced Stroke
Care - When Every
Second Counts

COVID-19 VACCINES AVAILABLE AT PAULDING COUNTY HOSPITAL

Paulding County Hospital has vaccine appointments available for all eligible groups who wish to receive the COVID-19 Vaccines. Appointments can conveniently be scheduled online at pauldingcountyhospital.com. Once on our website simply select "CLICK HERE to schedule your COVID—19 Vaccine Appointment." After answering a few questions you will then be able to select your preferred location, time, and vaccine brand from the options available. Currently, Paulding County Hospital is offering some extended vaccine clinic hours to better meet the needs of the community*.

For additional information please call the COVID Vaccine Clinic at 419.399.1163.

**Subject to change due to supply and demand of the vaccine.*

Paulding County Hospital is currently offering Pfizer Vaccines and able to vaccinate individuals age 16 and older who wish to receive the vaccines.



PAULDING COUNTY HOSPITAL FOUNDATION

Golf Outing

July 14th, 2021

Rain Date: July 21, 2021



**Location: Auglaize
Country Club**

Time: 9AM Registration - 10AM Shot Gun Start

If interested in a sponsorship or having a team in the event,
please contact: exec.dir@pauldingcountyhospitalfoundation.org or call 419-576-7882