Paulding County Hospital

Honetown Health Summer 2021 · Volume 1, Issue 2 The pauling county hospital.com

September is Prostate Awareness Month

Are you at risk?



Strengthen Your Child's Immune System



IMMUNIZATIONS

AVAILABLE IN PAULDING COUNTY

Forewell Dr. Kuhn

n life we all at times look forward to the day when we can retire. For Dr. Joseph Kuhn that day has become a bittersweet reality, as it is right around the corner! Earlier in 2021, Dr. Kuhn announced that he would be retiring in October of this year.

He will be greatly missed by not only his patients whom he has provided care to for decades, but also his colleagues and all those who had the privilege to learn from his years of experience.

Hometown Health got the chance recently to speak with Dr. Kuhn about his journey to becoming a provider at Paulding County Hospital, his practice in Payne and what the future holds.

IN THE BEGINNING

Dr. Kuhn grew up in Payne, Ohio. He attended grade school at St. John's Elementary, and was a graduate of Wayne Trace High School. GO RAIDERS! After high school, Dr. Kuhn attended Bowling Green State University and completed his undergraduate degree. He worked as a medical technologist in the labs at both Parkview and Paulding County Hospital. From there he went on to the Ohio University Heritage College of Osteopathic Medicine, and following internship and residency, became a Board Certified Doctor of Osteopathic Medicine.

In 1988, Dr. Kuhn began his practice in the building adjacent to the Emergency Department (currently the Respiratory/ COVID Vaccine Clinic). At that time Family Practice providers were not employed by the hospital, rather they were on their own.

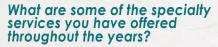
When did the practice in Payne first open?

Payne Medical Center was originally built by Dr. Farling between 1958-1959. Afterwards, Dr. Fanney practiced in Payne from 1980-1990. When he was ready to relocate to Florida he approached Dr. Kuhn to see if he had any interest in taking over the practice in Payne. That he was! Dr. Snyder, Dr. Fishbaugh, and Dr. Gray were very helpful in this endeavor.

Dr. Kuhn began practicing in Payne between 1990-1991. Where he has continued to "treat his patients like they are family" to this day.

The Payne Medical Center became affiliated with Paulding County Hospital when the need to switch over to electronic medical records (EMR) began in June 2014.

" Paulding County needs Paulding County Hospital"



When I started family practice Drs. also did OB, so I did that for 15 years. In addition to: school bus physicals, DOT physicals, serving as a high school team doctor for many years. In the summer before school starts, our office provides sports physicals to area athletes. This year many of the athletes were able to have their sports physical performed at the school.

(Dr. Kuhn and staff provided sports physicals at Paulding and Wayne Trace. Antwerp Regional Medical Center staff and Jacob Shaffer, APRN-CNP performed sports physicals at Antwerp Local Schools.)

For the past 26-27 years, as an Aviation Medical Examiner I have been providing pilot physicals for the FAA.

Do you have an area of medicine that you particularly enjoy most?

I really enjoy what I am doing!

When were you first elected as the county coroner?

I was first elected as the Paulding County Coroner in 2008. It is a requirement of every county to have a coroner.



What do you think the future holds for the medical field?

I think there will be even more changes to come. But there will still be a need for primary care.

What plans do you have after retirement?

I still plan to continue serving as County Coroner and County Health Commissioner. It will also afford me the opportunity to spend more time excercising and additional time with my wife, Evie.

Thank you to all of my





Dr. Nigel Hogan, DO 301 S. Main Street Payne, OH 45880



Melanie Banks, CNP 301 S. Main Street Payne, OH 45880

Dr. Nigel Hogan, DO and Melanie Banks, CNP will provide care for patients at the Payne Medical Center. To schedule an appointment please call 419.263.2947.

Payne Medical Center is closed from 12:00 pm -1:00 pm for lunch Monday through Friday.

A MESSAGE FROM OUR **Ron Goedde**

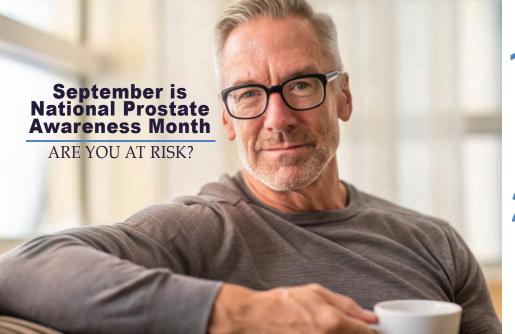


At Paulding County Hospital we strive to bring the services our community needs to them. This enables many to receive needed care without having to travel to a larger city. Whether you need to see a pain specialist or urologist **Paulding County Hospital is** bringing the specialist to you. Be on the look out for several new specialty providers in the coming months beginning to hold clinic days at Paulding County Hospital.

The beginning of the school year is right around the corner. Back to school immunizations, sports physicals and well child visits can still be scheduled with your child's **Paulding County Hospital primary** care provider.

Dr. Kuhn is a success story that all of Paulding County can be proud of. He exemplifies setting high goals for ones self and reaching them. We are very proud to be a part of his success story. Thank you Dr. Kuhn!

Ron Goedde, CEO



Out of 100 American men, about 13 will be

diagnosed with prostate cancer during their lifetime, and about

2 to 3 will die

from the disease. It's important to know the most common risk factors.

LL MEN ARE AT RISK FOR BEING DIAGNOSED WITH PROSTATE CANCER. A risk factor is anything that raises your risk of getting a disease, such as cancer. But having a risk factor, or even several risk factors, does not mean that you will get the disease. Many men with one or more risk factors never get prostate cancer, while others who are diagnosed with the disease have had few or no common risk factors. Here are some of the most common risk factors according to the American Cancer Society.

1. AGE

Prostate cancer is considered to be rare in men younger than 40 years of age. The chance of being diagnosed rises considerably after the age of 50. About 6 in 10 cases of prostate cancer are diagnosed in men over the age of 65.

2. RACE

Prostate cancer develops more often in African-American men than in men of any other races. African-American men get prostate cancer at a younger age and are more than twice as likely to die from the disease than other men.

3. GEOGRAPHY

Prostate cancer is most common in North America, NW Europe, Australia and on Caribbean islands. The reasons why this is could be due to advanced screenings and lifestyle differences.

4. FAMILY HISTORY

For some men genetic factors may put them at a higher risk of prostate cancer. A man's risk of developing the disease more than doubles if their father or brother has been diagnosed. The risk is also much higher for men with several affected relatives, especially if their relatives were young when the cancer was first detected.

*Remember that most men that have been diagnosed with prostate cancer do not have a family history of the disease.

5. GENE CHANGES

Several inherited gene changes (mutations) have been known to raise the risk of prostate cancer, but only account for a small percentage of cases. This includes:

Inherited mutations of the BRCA1 or BRCA2 genes, can increase the risk of prostate

Men with Lynch syndrome (or hereditary non-polyposis colorectal cancer), have an increased risk for a number of cancers, including prostate cancer.

FACTORS WITH LESS CLEAR EFFECTS

Additional factors that may contribute to an increased risk of being diagnosed with prostate cancer include:

- Obesity
- Smoking
- Chemical exposures
- Inflammation of the prostate
- Sexually transmitted infections
- Vasectomy

PSA is a substance the prostate makes, the test measures the level of PSA in the blood.

Digital Rectal

Speak with your provider to see which test is best for you.

> ▶ Discuss your potential risks with your primary care provider, and don't put off until tomorrow the preventive steps you can take today!



Dr. Daniel Murtagh Jr., MD Urology 419-399-1136



COMMONLY TREATED CONDITIONS

BACK PAIN

NECK PAIN

KNEE PAIN

HIP PAIN

SHOULDER PAIN

MIGRAINES

HEADACHES

NERVE PAIN

SCIATICA

ARTHRITIS PAIN

MUSCLE PAIN

CANCER PAIN

EPTEMBER IS PAIN AWARENESS MONTH. Approximately 20.4% of Americans suffer from chronic pain, making pain a major component of primary care visits. There are various factors that can cause and create pain, such as:

O FAMILY HISTORY

You may be more likely to develop conditions if you have a family history of the disease/diagnosis.

2 AGE

The risk of many types of pain injuries and diagnoses increase with age.

3 GENDER

Women are more likely than men to develop rheumatoid arthritis.

4 PREVIOUS INJURY

Some people who have experienced previous injuries have pain related to those injuries throughout their life.

5 OBESITY

Carrying excess weight puts stress on joints, particularly your knees, hips, and spine.

The Paulding County Hospital Pain Management Center diagnosis all kinds of pain. Dr. Buonocore, DO and Stacia Springer, APRN, CNP are board certified and trained in pain medicine. They create a balanced treatment plan for each patient that incorperates a variety of modalities, including minimally invasive interventional procedures,

medication management when appropriate, and other hospital-based services, such as physical or occupational therapy.

No one should live with debilitating pain. Aside from the physical issues caused by pain, many individuals also report psychological struggles, such as:

Fatigue Mood changes Stress Anxiety Depression Irritability
Restless nights of sleep

If you are experiencing pain that is impacting your daily life, talk to your primary care provider. A referral to the Paulding County Hospital Pain Management Clinic may be just what you need to get back to living.

To learn more about the Paulding County Hospital Pain Management Center, please call 419-399-1745 or visit pauldingcountyhospital.com.



Dr. John Buonocore, DO



Stacia Springer, APRN, CNF

Strengthen Your Child's Immune System

HOW VACCINES CAN HELP



National Immunization Awareness Month

Your child is exposed to thousands of germs every day in their environment.

This happens through the food they eat, air they breath, things they put in their mouth and germs we bring home to them.

Babies are born with immune systems are some deadly diseases they can't

That's why they need vaccines to help strengthen their immune system.

Vaccines use very small amounts of antigens to help your child's immune system recognize and learn to fight serious diseases.

Antigens are parts of germs that cause the body's immune system to go to work.





Thanks to scientific advances, today's vaccines can protect children from more diseases using fewer

Vaccines contain only a tiny fraction of the antigens that babies encounter in their environment every day.

How safe are vaccines?

This questions has naturally worried many parents. While it is true that there are some risks associated with vaccinations, the benefits far outweigh these risks.

In most cases, a vaccine dose can cause discomfort at the injection site. There is a very small risk of additional, more serious side effects. Be sure to have a discussion with your child's Paulding County Hospital primary care provider about any potential side effects your child or baby may experience.

Why do children need so many doses of certain vaccines?

The reason depends on whether the vaccine is live or inactive. With an inactive vaccine, each dose contains a fixed amount of disease antigen (virus or bacteria). Immunity is built in phases, with each dose boosts immunity to a protective level.

Live vaccines are different in that they contain a small amount of antigen which reproduces and spreads throughout the body. One dose produces immunity in most children. But often a second dose is recommended, because not all children respond to the first dose.

Can a child get a disease even after being vaccinated?

It is not very common, but it can happen. Depending on the vaccine, about 1% to 5% of children who are vaccinated fail to develop immunity. If these children are exposed to that disease, they could get sick. Sometimes giving an additional vaccine dose will stimulate an immune response in a child who may not have responded to 1 dose.

Sometimes a child is exposed to a disease just prior to being vaccinated, and becomes ill before the vaccine has enough time to work. Also, sometimes a child may become sick with something that is similar to a disease they have been vaccinated against.

Can a child actually get the disease from a vaccine?

Almost never. With an inactive vaccine, it is not possible. Dead viruses or bacteria cannot cause disease. With live vaccines, some children get what appears to be a mild case of disease. This is not harmful and can actually show that the vaccine is working. A vaccine causing full-blown disease would be extremely unlikely.

Can't so many vaccines overwhelm a child's immune system?

We may not know how many germs a baby's immune system can handle at one time, but it is considerably more than they will ever get from vaccines.

From the day a baby is born, their immune system has to deal with the thousands of germs they are exposed to on a daily basis.

Vaccines are so expensive, is there a way to reduce cost?

Most insurance companies cover some or all of the cost of vaccines.

There is also a national program called Vaccines for Children (VFC) which allows qualified families to receive free vaccinations for their children at participating provider offices. You can learn more about the VFC program at:

cdc.gov/vaccines/programs/vfc/index.html



IMMUNIZATION. POWER TO PROTECT.





Immunizations Available Monday - Friday in Paulding County

Paulding County Hospital Medical Office Building Paulding, OH 45879 419-399-1782 or 419-399-1752

Antwerp Regional Health Center 608 S Erie Street Antwerp, OH 45813 419-258-5641

Oakwood Medical Center 109 N First Street Oakwood, OH 45873 419-594-3520

Payne Medical Center 301 S Main Street PO Box 529 Payne, OH 45880 419-263-2947

s the summer begins to come to an end, now is the time to make sure your children are up-to-date on their vaccines. This will help to ensure that your children have a safe and healthy school year. School-age children from preschool all the way to college students

Vaccines are designed to help ensure your children's long-term health, as well as the health of your family, friends, classmates, and our community. Talk to your Paulding County Hospital Primary Care Provider to determine which vaccinations your child needs.

AGES 4 - 6

DTaP (Diphtheria, Tetanus, Pertuss Polio

MMR (Measles, Mumps, Rubella) Varicella Booster

Influenza

AGES 11 - 12

Tdap (Tetanus, diphtheria,

HPV (Human Papillomavirus) MenACWY (Meningococcal)

Influenza COVID - 19 (Pfizer approved **AGES 16 - 18**

MenACWY Booster

MenB (serogroup B Mengingoccal)

Influenza

COVID - 19 (Pfizer approved

Has your child missed a dose? There is still time! Your child can catch up on missed vaccine doses prior to 18 years of age, if the vaccine has not already been received. The following vaccines are applicable to be caught up:

Hepatitis A Hepatitis B Polio

MMR (Measles, Mumps, Rubella) Varicella Booster (Chickenpox)

Having your child receive every recommended vaccine will provide the best protection possible. Your child's primary care provider can assist with both routine and catch-up vaccinations. Call for an appointment today!

- Commercial insurance accepted
- VFC program vaccinations available

(VFC is a federally funded program providing no cost vaccines to eligible children)



If your child plays sports, you will need to have a physical exam performed by a provider to ensure he or she is healthy enough for activity. Even if your child does not participate in sports, it's a great idea to schedule a physical every year to track your child's physical development. Your child's Paulding County Hospital primary care provider is the best choice for conducting the exam because they are familiar with your child exam because they are familiar with your child and their medical history.

Call today to schedule an appointment! All clinic locations are closed from 12:00 pm - 1:00 pm for lunch.



Hometown Health

1035 West Wayne Street, Paulding, Ohio 45879 • 419-399-4080 • Summer 2021 • Volume 1, Issue 2

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Farewell Dr. Kuhn



Prostate Cancer **Awareness**



Pain Awareness Month



Strengthen Your Child's Immune System



Back to School **Immunizations**



PROTECT YOUR FAMILY

FLU SHOTS MADE EASY

Quadrivalent Vaccine - \$35 Cash Pay Patients Hi-Dose Quadrivalent Vaccine - \$75 Cash Pay Patients*

Flu vaccines are covered under most commercial insurance, Medicare and Medicaid plans.

Conveniently located at all Paulding County Hospital Clinic Locations (during office hours)

Paulding County Hospital Medical Office Building

Julie Arend, CNP - 419.399.1782 Dr. Halachanova, MD - 419.399.1752 Dr. Spangler, MD - 419.399.1752

Oakwood Medical Center

Dr. T. Hogan, MD - 419.594.3520

Antwerp Regional Medical Center

Dr Schramm DO - 419 258 5641 Janet Zeedyk, PA - 419.258.5641

Payne Medical Center

Dr. N. Hogan, DO - 419-263-2947 Melanie Banks, CNP - 419-263-2947

Please call to schedule a flu shot visit with your Paulding County Hospital Primary Care Provider.

> * Individuals must be 65 years of age or older to be eligible to rece



PAULDING COUNTY HOSPITAL FALL HEALTH FAIR

OCTOBER 18th, OCTOBER 19th & 21st

OSU Extension Building 503 Fairground Drive Paulding, Ohio 45879

Pre-registration packets will be available online and for pick-up at all Paulding County Hospital Clinic locations at a later date

Here when you need us most

Let us help you get back in the game!

Paulding County Hospital Emergency Services are available 24/7. For more information please call 419-399-1141.

Orthopedic Care close to home!

Athletes, do you need specialized care due to a sports related injury? Let the Orthopedic Clinics held at Paulding County Hospital help you recover from your injury. Convenient specialized care, close to home. It's a "win-win!"

For more information speak with your primary care provider or call 419-238-9764 or 260-436-8686.