



Dunlap Health Break

www.dunlaphospital.org



Fall 2010

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Spice Up Your Health This Fall!

Does the mere mention of jalapeños or the aroma of a bubbling pot of chili give you a warm, cozy feeling? Is your car sporting a bumper sticker that reads: "Will Brake for Curry!"? Do you say "YES" to hot sauce? Well here's something else to make you smile – spicy foods can also be good for your health. Both the capsaicin in chili peppers and the curcumin found in curry's prominent spice, turmeric, are loaded with antioxidants, and studies show they may offer a number of health benefits.

Chili peppers are also a great source of vitamin C and beta carotene, both known to contribute to a healthier you. You may also experience a boost in mood-lifting endorphins when you spice things up. Check out the spicy benefits for the following conditions:

Aches and pains. Curcumin may offer anti-inflammatory properties similar to a low-level dose of ibuprofen. And while topical creams containing capsaicin are already available to help ease the pain of arthritis, shingles and muscle stiffness, recent studies show that oral consumption of capsaicin may also help reduce inflammation. Pass the salsa!

Heart health and diabetes. These same anti-inflammatory properties can also help keep your heart in good shape. Another study showed that adding a little chili powder to a dish may help reduce insulin spikes after meals. *Note:* People with conditions such as high blood pressure, heart disease or diabetes should consult a physician before spicing up their menus.

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Driving?

Keep Your Focus on the Road

The National Safety Council estimates that more than one-quarter of all vehicle crashes in the U.S. are caused by drivers using their cell phones while driving. A driver talking on a cell phone is four times more likely to be in a crash. Cell phone use poses a much higher risk than other distractions, such as conversations with passengers.

These tips can help keep you safe:

- Silence or turn off your phone to reduce the temptation to answer a ringing phone, text message or e-mail. Or put the phone in the trunk or glove compartment.
- Use your voicemail greeting to alert callers that you will be unable to answer if you're driving.
- Pull off the road in a safe place if you need to use your phone.

Women's Care in Orrville Expands



Amelia Laing, M.D.

These are really exciting times for women's care in Orrville. Amelia Laing, M.D., board certified by the American Board of Obstetrics and Gynecology, has recently signed on a new associate to join her primary office in Orrville. Nicholas Sherock, D.O., a seasoned doctor with more than 15 years of experience, comes to us from a leading group practice in Canton. He brings a wealth of

knowledge in obstetrics and gynecology, having performed numerous deliveries and laparoscopic surgeries, as well as traditional open cases and prolapse surgeries. Dr. Sherock has extensive training and experience in cosmetic procedures, such as botox, juva derm and sclera therapy, and excellent patient relations. Dr. Sherock has family in the area, and is looking forward to continuing the personalized approach to women's care in Orrville and surrounding communities.

New Surgical Solutions

On another note, Dr. Laing has recently been performing laparoscopic hysterectomy, a newer procedure, and has been very successful with patients leaving the hospital a day sooner than with traditional surgery. Patients often recover with less pain and scarring and get back to work weeks sooner than with the open approach. The patient leaves with small scars, about a half-inch each, which translates into significantly less pain and less time before returning to normal activity. In fact, one patient requested to go back to work after a week! This is in comparison with six to eight weeks of recovery for traditional open hysterectomy.

Minimally invasive hysterectomy is offered for fibroid tumors, chronic pelvic pain and bleeding problems that are unresponsive to medical treatment. Minimally invasive surgery is also used for sterilization and investigation of pain such as with endometriosis. When surgically indicated, it is a cost-effective way to provide medical care while helping to maximize quality of life for the patient.

Orrville Hospital Foundation

New Harmonic Scalpel Advances Surgical Technology in Our Community

The Orrville Hospital Foundation made a purchase toward hospital equipment to better serve the community.

The Harmonic Scalpel is an ultrasonic energy-based cutting instrument manufactured by Ethicon Endosurgery, and is utilized during surgical procedures to simultaneously cut and coagulate tissue. The benefit of using the Harmonic Scalpel is that it requires fewer instrument changes during a procedure, allows for greater precision, minimizes lateral tissue damage and coagulates blood resulting in less bleeding than a steel scalpel.

It also has the capability of sealing off larger blood vessels during surgery than older forms of cauterization. Basically, it allows for quicker dissection of tissue with a more precise focus while providing better stability to promote the healing process. This shortens the length of surgery, helps decrease involvement of surrounding tissue and in some cases reduces recovery time.

"Currently we are using the Harmonic Scalpel for laparoscopic supracervical hysterectomies, laparoscopic assisted vaginal hysterectomies and total laparoscopic hysterectomies being performed by Dr. Amelia Laing and Dr. Bob Bowden," states

Brian Mahaney, Surgery Department Manager. "We are considering using it for some other cases, especially in general surgery.

"We received our Harmonic Scalpel through a very generous donation from the Orrville Hospital Foundation, and we would like to thank them," states Mahaney.

The mission of the Orrville Hospital Foundation is to provide continuous improvement regarding the health and well-being of our community, fund state-of-the-art technology and administer educational programs for the betterment of our patients. The goal of the Orrville Hospital Foundation is to expand local access to health care services, so patients are able to remain in the area to receive their needed care.



For more information about the Orrville Hospital Foundation, please visit www.orrvillehospitalfoundation.org.



Santosh Potdar, M.D., F.A.C.S.

Board Certified in General Surgery by the American Board of Surgery

Dr. Santosh Potdar, Director of Surgery, is an experienced general, trauma and transplant surgeon. He received his general surgery training at Allegheny Hospital in Pittsburgh, PA, and completed a fellowship at the University of Pittsburgh Medical Center. Dr. Potdar is also a member of many prestigious surgical societies of America.

Services

- Routine and complex general surgery
- Laparoscopic gallbladder surgery
- Hernia repair

- Inguinal hernia
- Ventral hernia

Complex Surgical Procedures

- Colon/rectal surgery
- Stomach surgery

- Liver/pancreas surgery
- Spleen surgery
- Small intestinal surgery
- Thyroid/parathyroid surgery
- Hiatal hernia surgery



To schedule an appointment or for additional information, please call **330-684-4797**.

Quality Surgical Care Close to Home

Santosh Potdar, M.D., F.A.C.S.



Dunlap
COMMUNITY HOSPITAL



dunlaphospital.org

Spice Up Your Health This Fall!

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Cancer. Numerous studies on both curcumin and capsaicin show they may help play a role in killing cancer cells, and capsaicin studies show it may reduce the expression of the cancer-causing gene, MDM2.

Alzheimer's disease. Curcumin has been shown to reduce plaque build-up in the brain, one of the factors in Alzheimer's. Researchers found that elderly adults who consumed curry throughout their lives demonstrated much stronger cognitive scores than those who consumed none.

Talk with Your Doctor

Some people may experience side effects when consuming capsaicin and curcumin, so if you do decide to pump up the spice volume in your life, start slow. As with any other natural supplement, it's best to talk with your doctor first before making significant changes to your diet.

Diabetes Self-Management Training (DSMT) Program and Medical Nutrition Therapy (MNT)

Dunlap Diabetes Depot is a warehouse of information. DSMT is a comprehensive program that provides participants with the knowledge to manage diabetes and make appropriate lifestyle changes. Passengers and trains of diabetes strategies travel in and leave daily. We welcome you to climb aboard the train to an improved state of health!

The goal of Dunlap's Diabetes Depot is optimizing glucose control to delay or prevent complications of diabetes such as infections, foot ulcers, amputations, kidney failure, blindness, heart disease and stroke.

An initial assessment and 12 hours of education are provided by health care professionals. Sessions are approximately two hours in length and scheduled at the convenience of the participant. Conversation maps are used to enhance learning. Group information sessions are available.*

Class Topics Available

- Diabetes overview and treatment
- Benefits of self-monitoring glucose
- Methods for evaluating glucose control
- Hypoglycemia
- Hyperglycemia
- Record-keeping

- Foot care
- Sick days
- Acute and chronic complications
- Behavior changes for successful diabetes self-management
- Meal planning (culturally specific)



What to Do Now?

A referral by your physician or primary care provider is required. Once you are referred, please call Dunlap's Scheduling Department at **330-684-4791** for an appointment at the Dunlap Diabetes Depot. See you soon!

* Most insurance providers cover initial and follow-up DSMT with a physician referral. Some insurance providers, including Medicare, cover MNT. Financial assistance is available for those who qualify.



October, November and December 2010 Calendar of Events

Oct. 21
6 p.m. "Stop Smoking by Hypnosis"

October

- 19 7 p.m. Lupus Support Group
- 21 Noon "Environmental Wellness" Mini Education Program
- 21 2-4 p.m. PrimeTime Health Plan (Conference Room)
- 21 5 p.m. "Weight Loss by Hypnosis" by Don Mannarino
- 21 6 p.m. "Stop Smoking by Hypnosis" (\$65 fee per class – register online at www.donmannarino.com)
- 25 6 p.m. Celiac Information Group

November

- 2 Election Day
- 2 9-11 a.m. Blood Glucose Screening
- 4 7 p.m. Diabetic Support Group
- 5 10 a.m.-2:30 p.m. Medicare Check-up Event conducted by Ohio Senior Health Insurance Information Program (OSHIP)
- 9 10 a.m.-noon Blood Pressure Screening
- 12 Auxiliary Book Fair
- 15 Medicare Open Enrollment begins
- 15 11:30 a.m. SecureCare Health Plan (Conference Room)
- 16 2 p.m. PrimeTime Health Plan (Conference Room)
- 16 2-4 p.m. Peak Flow (lung capacity), Body Fat Analysis
- 18 10 a.m. PrimeTime Health Plan (Conference Room)
- 18 Noon "Occupational Wellness" Mini Education Program
- 19 "Holiday Extravaganza" by Dunlap Activity Committee
- 22 6 p.m. Celiac Information Group

December

- 2 7 p.m. Diabetic Support Group
- 7 9-11 a.m. Blood Glucose Screening
- 13 11:30 a.m. SecureCare Health Plan (Conference Room)
- 14 1-3 p.m. Blood Pressure Screening
- 16 Noon "10 Lies About Wellness" Mini Education Program
- 27 No Celiac Meeting

Call **330-682-3010**
for more event
information.



All Health Screenings are FREE and open to the public. No age or membership requirement. All Health Screenings at Dunlap are conducted in the Patient Resource Center in the Main Lobby by Registration. No appointment necessary for screenings. All Educational Programs are FREE and open to the public. All Educational Programs are held in the Community Room unless noted. Reservations are preferred but not required.

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What's Inside:

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Diabetes Self-Management
Training Program

