

Caring

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2 { **LASTING LEGACY** CEO Al Gorman steps down after 16 years at Memorial Hospital.

4 { **FULLY EQUIPPED** Our surgery center celebrates six years of comprehensive service.

3 { **SPECIALIZED CARE** Discover all that the new center for physical health brings to the community.

6 { **PAIN, PAIN, GO AWAY** Meet the doctors trained to manage your neck or back pain.

Memorial Hospital
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Fremont, Ohio 43420

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Thank You, Great Leader and Friend

A look at how Al Gorman
changed Memorial Hospital

The opening of the Weitzel-Kern Surgery Center is one of many achievements for Al Gorman and wife Diane during his tenure at Memorial Hospital.



He loves a good joke, logs hundreds of miles on his bicycle every year and is a formidable opponent on the racquetball court. His formal name is John, but everyone knows him as Al.

Al Gorman arrived in Fremont in 1992 facing a significant challenge. Memorial Hospital was at a crossroads. The health-care market was changing, and the hospital was losing millions of dollars and in desperate need of renovation and updated technology.

Al was no stranger to this type of challenge. His most recent assignment was in Clarion, Pa., where he implemented a strategy that brought a struggling hospital to financial stability in just three years.

After meeting with Memorial Hospital's board and reviewing the hospital's situation, Al decided to accept the position of CEO at Memorial Hospital. At that time, he never guessed he would spend the next 16 years here.

Al and his wife, Diane, made their new home in Fremont. Diane, a nurse by profession, is a lovely, soft-spoken woman who quickly became a welcomed, familiar face around town. Together they are a dynamic team—with Al's endless energy and enthusiasm and Diane's kind-hearted demeanor, they became involved in numerous community groups and charity organizations. The couple has four children, 12 grandchildren and one great-grandchild. And anyone who knows Al and Diane knows their family is the most important aspect of their busy lives.

Taking on a Challenge

Al consulted with board members, physicians, staff and the community to get input

and develop a plan to make Memorial Hospital stronger and better than ever before. He introduced a concept to the organization called total quality management, which uses data and statistical process analysis to make critical decisions and focuses on quality in every aspect of the organization.

Over the next several years, the hospital's financial situation improved steadily. In the first two years, the hospital recovered from its negative financial position to a profitable one. During this time, the hospital grew and profits were reinvested in expanding the hospital and state-of-the-art technology that is critical to providing high-quality healthcare to the region. The medical staff grew as well—bringing key specialties and subspecialties to the region.

New Programs and Services

Among the important new programs introduced under Al's leadership are:

- HealthLink occupational medicine
- Pain management
- Expanded outpatient mental health services
- Sleep disorders center
- Summit Employee Assistance Program
- Community Health Plan Alliance
- Expanded technology in nearly every department of the hospital

Growing to Serve the Community

The surgery department was of immediate concern, as it was last renovated in the 1950s and was quickly becoming obsolete. Al knew the problem would

only get worse in years to come. As part of the hospital's master facility plan, Al, together with board members, physicians and staff, developed a plan to expand the hospital to include a new surgery center. In 2001, the Weitzel-Kern Surgery Center opened. Today, this extraordinary facility offers the community the finest in surgical care and technology.

Memorial Hospital is recognized for excellence in physical medicine and occupational health. But the growing demand for these services created an ever-increasing need for more space, updated facilities and equipment. In 2007, construction was completed on the Herbert-Perna Center for Physical Health.

Looking Ahead

Al accomplished much more than most people will ever realize in 16 years—including securing the hospital for future generations. With the Herbert-Perna project complete, significant changes in board membership and critical goals met, it makes sense to transition the leadership role to the next person who will take on the job of leading Memorial Hospital into the future.

Al doesn't plan to retire anytime soon and is considering a variety of new ventures. But he does want to spend time enjoying all of the wonderful things in life that we never seem to have enough time to do. The top of his list is visiting his growing family and riding his bicycle across the United States. Regardless of what he does or where he goes, he goes with our thanks and admiration. He truly is a great leader and friend. 🍀

In the Community

Outside his responsibilities at Memorial Hospital, Al Gorman is a leader in the community. Over the years, he has introduced or participated in programs and organizations to improve the health and well-being of the community, including:

- Community Care 5, a collaboration of five area hospitals to enhance healthcare services in the region
- Health Partners and Community Health Assessment, a joint program with other healthcare organizations dedicated to addressing key health issues
- Teen Pregnancy Prevention Program in Sandusky County
- Hospital Council of Northwest Ohio, as chairman

Al also is an active member in a variety of community organizations, including:

- Leadership Sandusky County
- Sandusky County YMCA, as board president
- His church
- Rotary
- Sandusky County Chamber of Commerce
- United Way of Sandusky County, as board president

In 1997, the Sandusky County Chamber of Commerce honored Al as Citizen of the Year. He also was selected for the Youth Asset Development Award in 2002.



Pediatric gym

Changing Lives— Step by Step

The new Herbert-Perna Center for Physical Health offers the best in physical medicine, rehabilitation and occupational healthcare

It's been just six months since the Herbert-Perna Center for Physical Health opened its doors. Since that time, hundreds of people in our community have benefited from the specialized care this extraordinary facility offers.

Featuring the latest in rehabilitation and fitness equipment, a therapeutic pool, pediatric gym and complete occupational health center, the Herbert-Perna Center for Physical Health is vital to the health and well-being of our community.

The Herbert-Perna Center for Physical Health features:

Physical Medicine and Rehabilitation

- Physical, speech and occupational therapy
- Strength training and sports medicine
- Cardio and aerobic training
- Therapeutic pool
- Pediatric gym
- Lymphedema therapy

HealthLink Occupational Health

- Private exam and procedure rooms
- Vision and audio testing
- Injury care
- Case management and wellness programs
- Drug testing 🍀

GET HEALTHY

For more information about the Herbert-Perna Center for Physical Health at Memorial Hospital, call **419-332-7321** or visit www.fremontmemorial.org.

Visit Our New Walkway

Memorial Hospital wanted to ensure that the entire community would benefit from the new Herbert-Perna Center for Physical Health. As a result, a walkway was constructed to surround the grounds.

Everyone is invited to take advantage of the walking path that is just less than 1 mile long. There are six exercise stations along the way, as well as beautiful landscaping and interesting historical landmarks—including the barn where Webb Hayes kept his beloved horse and fruit orchards that were planted by the Hayes family.

The Herbert-Perna Center for Physical Health Walkway is directly across from the mile-long walking path on the Rutherford B. Hayes Presidential Center grounds. You can cross over Memorial Parkway to complete both trails. It's a perfect opportunity to get some exercise and enjoy the beauty and historical significance of the area.



Strength training and sports medicine



Therapeutic pool



Vision and audio testing



Private exam and procedure rooms

Celebrating Six Years of Excellence

Weitzel-Kern Surgery Center provides state-of-the-art care close to home

In December 2001, Memorial Hospital opened the doors of the Weitzel-Kern Surgery Center to the public. More than 1,000 people attended a special open house that marked the beginning of a new era in healthcare for our community.

Care, in Comfort

The Weitzel-Kern Surgery Center is a model of efficiency and patient-centered care. Designed in large part by surgeons and nurses, the surgery center was constructed to accommodate the latest in technology—with a special focus on the comfort, safety and privacy of patients and their families.

"We looked at all of the features that are lacking in other facilities—and in our previous location—and integrated them into the design of our new surgery center," says Cindy Ott, MSN, Director of Surgical Services at Memorial Hospital. "We wanted people to have access to all of the advantages of a state-of-the-art surgery center close to home."

Comfort and privacy for patients and their families is a priority, and the Weitzel-Kern Surgery Center has

both. "We offer the convenience of a free-standing surgery center, supported by all of the resources of Memorial Hospital," says Sandi Foster, MSN, Memorial Hospital's Chief Operating Officer. "It's critically important—whether you are having a simple procedure or a complex surgery—that you are in a hospital fully equipped and staffed to handle any situation."

Surgery Is Our Specialty

The Weitzel-Kern Surgery Center is designed to accommodate a broad spectrum of surgical procedures, and features equipment for general and specialized surgeries. Complex orthopedic procedures such as total knee and hip replacement, spine surgery and minimally invasive surgeries are all performed regularly at Memorial Hospital—along with ophthalmology, otolaryngology (ear, nose and throat), laser,

laparoscopic and other specialized surgical procedures that may have only been available in larger communities.

Urology is one area that is growing at Memorial Hospital with the addition of lithotripsy, or shock wave therapy. "We are happy to offer this service to our patients who may have been required to travel to get this procedure in the past," Ott says.

The surgery department nursing staff comprises seasoned professionals who have dedicated their careers to surgical nursing. Several staff members have more than 20 years of experience. "Our nurses are your neighbors," Foster notes. "They truly care about their patients and the important work that they do every day." 🍀

HERE TO HELP

For more information on the Weitzel-Kern Surgery Center, or if you would like assistance looking for a doctor, call the Memorial Hospital physician referral line at **419-333-2792**.



Above and at right: General surgeons (from left) Michael Grillis, DO, Rick Wiecek, MD, and Ralph Peters, MD. Below: Andy Huddleston, DO, orthopedic/spine surgeon



Weitzel-Kern Surgery Center Facts

Number of surgical suites:

Six. Suite one is the largest and used in large part for orthopedic procedures. In addition, there are two special procedure rooms used primarily for endoscopies.

Average annual surgeries

(last three years):

Inpatient: 550
Outpatient: 2,200
Endoscopies: 2,300

Surgical categories:

Endoscopy	Genitourinary
Gynecology	Ophthalmology
General	Orthopedic
Podiatry	Spine
Otolaryngology (ENT)	

First surgery:

January 2002



Wade Young, MD, ophthalmologist

If You're Having Surgery

You have an important role as a patient to ensure that everything goes as smooth as possible on the day you have surgery—and before and after as well.

Prior to your surgery, you will be required to preregister over the phone or come to the hospital for preadmission testing. Either way, it's important you have the following information ready to ensure that your doctors and nurses have complete and accurate information about you.

1. Compile your medical history.

Include all prior hospitalizations and illnesses, plus current medical conditions and any other facts about your current health status.

2. Come with your medications. Bring all medications you are currently taking with you in the original pharmacy bottle to avoid any error in identifying the drugs you are taking.

3. Know your allergies. Make sure to tell your doctor and nurses about any allergies you have—including allergies to food, medication and other substances.

4. Be informed. Know what procedure you're having and why you're having it.

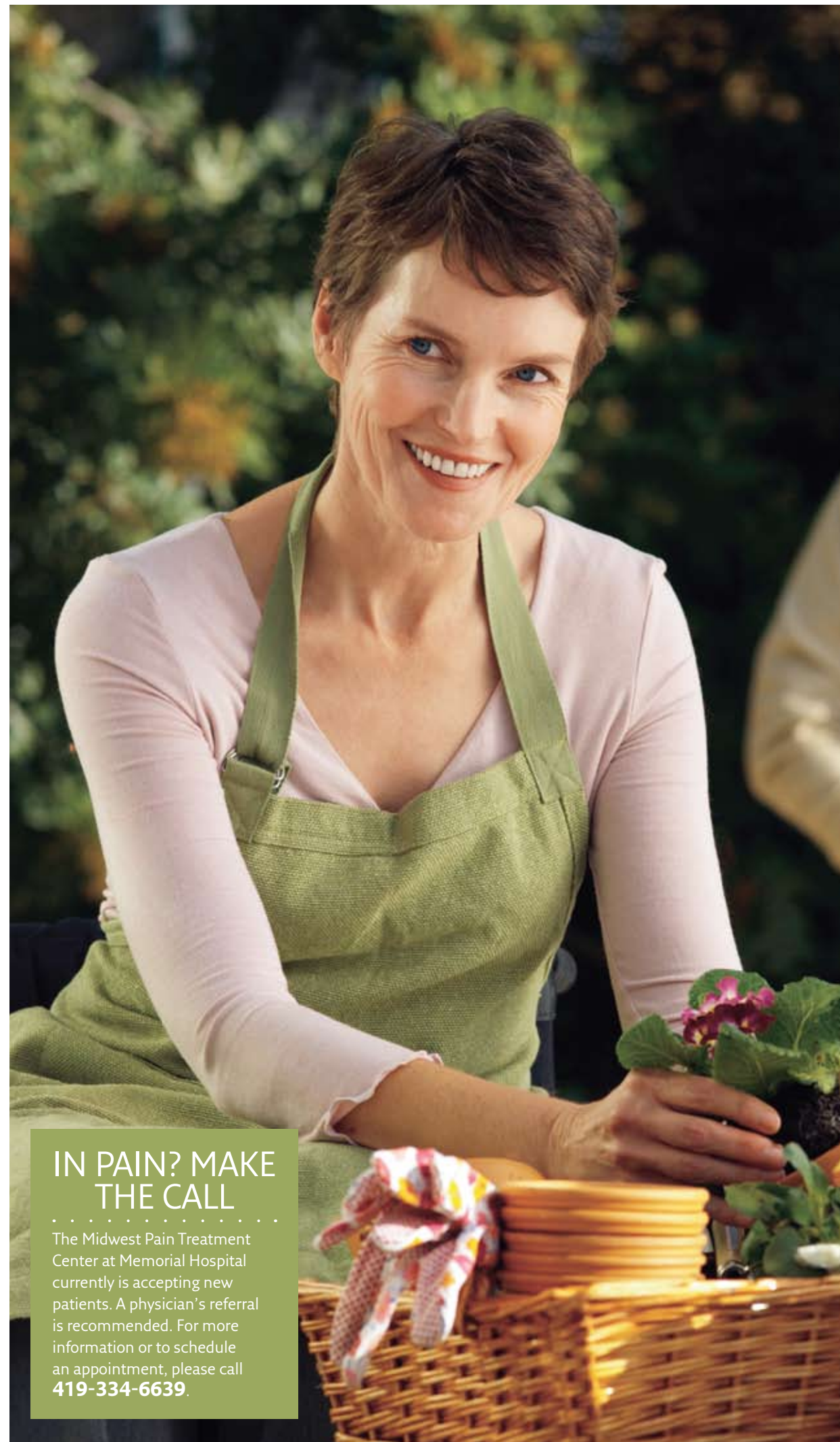
5. Have your questions ready. Write down any questions you have and bring them with you. Don't hesitate to ask questions. You have a right and a responsibility to know and understand what procedure you're

having and why, and what to expect before, during and after your surgery.

6. Bring a trusted friend or family member. Some people are a little nervous prior to surgery and may forget important information. It's always a good idea to have someone along to listen with you, ask questions and take notes.

7. Remember identification. Bring your driver's license and insurance card with you.

8. Leave your valuables at home. On surgery day, you don't want to be responsible for your personal items.



IN PAIN? MAKE THE CALL

The Midwest Pain Treatment Center at Memorial Hospital currently is accepting new patients. A physician's referral is recommended. For more information or to schedule an appointment, please call **419-334-6639**.

So Long, Suffering

Memorial's specialists can help you manage back or neck pain

It's not uncommon to experience some neck or back pain from time to time. In fact, most people do. Backaches are the second most common reason Americans go to the doctor—second only to headaches, according to the National Institutes of Health.

It's estimated that between 50 and 80 percent of Americans will suffer from some degree of persistent back or neck pain in their lifetimes. But for millions of Americans, backaches are much more than an occasional nuisance; they are chronic and often disabling—affecting their social lives, relationships and ability to perform their jobs.

There are a variety of reasons someone may experience severe back or neck pain. Occupation often is a factor. People who perform jobs that include heavy manual labor, vibration, prolonged sitting or driving,

heavy lifting, repeated twisting and bending, or high stress may be at higher risk for back pain. Other risk factors include chronic illness, surgery or injury.

What Causes Pain?

Pain typically is a reaction to signals transmitted through the body from the pain source—such as a sore back—through the nerves in the spinal cord and up to the brain, where they are perceived as pain.

The origin of some pain is neuropathic—which is caused by damage to nerve tissue, typically resulting in a burning or stabbing pain. One example of neuropathic pain is a "pinched nerve."

Nociceptive pain is caused by an injury or disease outside the nervous system. Typically, it is a dull ache or pressure. One example of nociceptive pain is arthritis pain.

Some people experience both types of pain.

All Pains Are Not the Same

Chronic back pain typically is described as deep, aching, dull or burning pain in one area of the back that sometimes travels down the legs. Chronic back pain can make daily activities increasingly unbearable over time and can last a long time. It can be the result of a previous injury that may have occurred a long time ago, or possibly have an ongoing cause such as nerve damage or arthritis.

Acute back pain often is described as a very sharp pain typically in the lower part of the back but may be more intense in one specific area, such as the right side, left side, center or lower part of the back. It can be intermittent—but typically is constant, ranging in severity. Approximately half of

all back pain patients have acute pain caused by contusion, a torn muscle or strained joint resulting from an injury.

Mechanical back pain is a form of acute pain aggravated by movement and worsened by coughing. It is typical of a herniated disc or stress fracture. Typically, movements of the spine cause increased pain—as well as poor posture, coughing and sneezing.

Diagnosis and Treatment

There can be a variety of causes for back and neck pain. If you experience persistent pain, it's important to contact your doctor to diagnose the source. You will need a complete physical examination, and your doctor may order diagnostic tests such as X-rays, MRIs, CT scans or other tests to show an injury or abnormalities in the spine, bones, joints and soft tissue.

New Procedures, New Hope

The Midwest Pain Treatment Center at Memorial Hospital continues to introduce procedures that offer new hope for patients suffering from pain. They include:

Spinal column stimulator. If you suffer from persistent pain six months or longer after neck and back surgery, you may be a candidate for a spinal column stimulator. This procedure works by sending mild electrical impulses to the spinal cord, which reduce pain signals to the brain. Typically, it is performed on an outpatient basis and is minimally invasive.

Disc compression. If you have persistent pain due to a small disc bulge or contained disc herniation, disc compression may be an option to relieve your pain. This outpatient procedure is performed to decompress the disc, reducing the pressure inside the disc and on nerve roots. Application of heat energy at controlled levels is used to decompress the disc—with the ultimate goal of relieving your pain.

Radio-frequency treatment. This is used in the long-term control of arthritis pain in the neck and lower back. This treatment is used to interrupt or destroy nerves that carry pain signals arising from spinal joints.

Pain-Management Specialists at Memorial

Memorial Hospital offers state-of-the-art treatment in pain management through the Midwest Pain Treatment Center on the second floor at Memorial Hospital.

The physicians at the Midwest Pain Treatment Center are board-certified specialists in the treatment of chronic pain and are experienced in the diagnosis and treatment of pain-related conditions. Over the years, they have built a reputation for excellence and compassion throughout the region.

Treatments provided by the Midwest Pain Treatment Center reflect the most advanced technology in the management of pain. These treatments are increasingly less invasive and typically are very effective in controlling pain.

Services provided by the Midwest Pain Treatment Center at Memorial Hospital include diagnosis and treatment for:

- Neck pain
- Back pain
- Persistent pain after back or neck injury
- Headaches
- Pain and headaches after whiplash injury
- Arthritis pain of the neck and lower back
- Nerve-damage pain
- Complex regional pain syndrome (reflex sympathetic dystrophy)
- Chronic pelvic pain
- Shingles pain
- Muscle pain
- Pain experienced by cancer patients

Meet the Physicians

Ned Lakshminpathy, MD
Board certified

Fellowship: New England Medical Center, Tufts University, Boston

Residency: Hospital of St. Raphael, New Haven, Conn.



Medical School:
Bangalore University, India

Panos Bakos, MD
Board certified

Fellowship: New England Medical Center, Tufts University, Boston

Residency: New England Medical Center, Tufts University, Boston



Medical School:
Aristotle University, Greece

Thomas Kindl, MD
Board certified

Fellowship: University of Michigan Hospitals, Ann Arbor, Mich.

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{physician directory

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419-333-4000

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NEED HELP?

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