Fall 2018 Community Focus

Wooster Community Hospital

Life

After Cancer: Better Than Ever
Read about Diana’s journey p. 5

Watson Health
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2018

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The fall Community Focus magazine is a promotional publication of Wooster Community Hospital (WCH) Health System. The intention of this magazine is to provide the reader general information about services available at WCH Health System and is not a substitute for consultation with a personal physician.

**Welcome Dr. Holly Kay Wyneski**

Female Urology: Specializing in women’s personal health.

**Getting You Back to Your Best**

Two local female athletes share their experience with ACL injuries, the importance of choosing the right surgeon, and the recovery process that got them back in the game.

**Life After Cancer: Better than Ever**

Diana Ogden takes you through her cancer journey and the team approach care received at WCH Health System and Wooster Cancer Care.

**Dr. Steven Walston, Radiation Oncologist**

Describes Patient Positioning and the Delivery of Radiation Therapy

**Know the Signs & Symptoms of a Heart Attack**

Mother’s Day Plans Saved by WCH TodayCare

Lindsay and Jeff Miller share their experience of seeing a physician from the comfort of their home.

**WCH Health System Campus Guide**

Medical Specialty Highlights

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Dr. Holly Kay Wyneski's life has been full of surprises. Growing up as a shy child in Seville, Ohio, she hardly imagined that her career would involve something as personal as women's health. Now, Dr. Wyneski fully embraces her nurturing, trusted role as a female urologist.

“I love taking care of ladies and hearing their stories,” Dr. Wyneski says. “I take care of more intimate things than I ever thought I would. I help make people’s lives so much more enjoyable.”

In high school, Dr. Wyneski excelled at science and math, but was undecided about her career. After her undergraduate studies at Youngstown State University, she followed her father’s advice and entered Northeast Ohio Medical University (NEOMED).

Dr. Wyneski completed her residency in urology at NEOMED in Akron, and opened her own practice in Richfield in 2017. The next year, she moved the practice to Wooster. As of July 2018, she is also a member of the WCH Health System active medical staff.

“The hospital is being very supportive of me and my practice, and seeing that there’s a need for what I do in the community,” Dr. Wyneski says. She has also found plenty of support outside of work. Proximity to her parents and church are two other reasons why Dr. Wyneski chose to return to the Wooster area with her husband, Matthew, and two daughters, Megan and Allison.

Wooster is also an excellent location for antique shopping, a favorite hobby of hers. Dr. Wyneski and her family also enjoy camping trips and visiting out-of-state relatives. As always, life continues to surprise Dr. Wyneski. Both her daughters developed a passion for dance, an unexpected adjustment for a mom who grew up playing sports with two younger brothers.

“I never thought I’d be wearing a shirt that says ‘Dance Mom!’” she says.

For more information contact 330.685.9920

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(W to R): Dr. Holly Wyneski, Matthew Wyneski, and daughters, Megan and Allison

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Dr. Holly Kay Wyneski

Joins

WCH Health System Active Staff

Female Urology - Women’s Personal Health

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For more information contact 330.685.9920

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WCH Health System Campus Guide

Medical Specialty Highlights
When you’re young and athletic and you’ve never been sidelined for anything serious, six to nine months off the field or court sounds like an eternity. That’s exactly what Zoe Chamberlin and Taylor Boley thought when each of them suffered a torn ACL (anterior cruciate ligament). Yet time has given them a little perspective. They’re both glad they listened to orthopaedic surgeon, Dr. Anne Marie Chicorelli, and stayed the course until the healing was complete.

For Zoe, the “accident” happened in her 8th grade year at Wooster High School during a lacrosse game. Dodging an opponent, she caught her foot in a hole and heard a “snap.” Nothing a little ice, rest and ibuprofen wouldn’t cure, she thought. However a week later during a tournament in Medina, “I was running and it just completely gave out,” said Zoe. “I knew something was really wrong.” An MRI revealed a torn ACL, and Zoe felt her world collapse.

“I wanted to make varsity in high school and work toward a college scholarship,” she said. “I cried a lot at first because I knew that my season was over.”

When she met with Dr. Chicorelli, she found her to be a “straight shooter. She was very up front with me and told me that it would be six to nine months before I was back on the field.” But she was also very encouraging, Zoe said. “She wasn’t going to release me until I was ready.” That meant months of hard rehabilitation but in the end, it was worth it.

After surgery, Zoe worked with HealthPoint physical therapists Erin Ransom and Wayne Gerrick. “They really pushed me,” she said. “It was really the first time that I tried to do something and couldn’t at times. It was very frustrating, but I knew they were pushing me so I would get better.”

Zoe was back on the field in March of 2017 and was one of two freshmen to make varsity. She started every game and scored 16 goals that season. She credits hard work and Dr. Chicorelli for much of her success.

“Dr. Chicorelli played basketball at Kent State and experienced a torn ACL. She pushed me while assuring me that it wasn’t the end of the world. It was nice to work with somebody that lived it and bounced back from it.”

Taylor, of Creston, grew up with three older brothers and sports were a part of her life from the get-go. In 4th grade she started organized sports by joining a softball league. From there she progressed to soccer, cheerleading, basketball and volleyball, her first love.

During a basketball game her sophomore year at Norwayne High School that she tore her ACL while coming down from a fade-away shot. Her trainer did a quick check on her in the locker room, but it wasn’t until she tried to run down the hall to get back in the game that she realized something was really wrong. “I couldn’t run,” she said.

She had an MRI and got the text from her mother while she was at school that her ACL was torn. “I cried” Taylor said. “The next eight months were the worst. I just kept wondering how fast I could get my life back.”

Taylor had surgery in January of 2017 and sat on the sidelines for the rest of the season. “Watching them play without me was awful,” she said. A few weeks after surgery, the “fun” started.

“Physical therapy was very difficult,” she said. “I cried a couple of times because I’m not used to not being able to do something. It was so frustrating. They pushed me really hard.”

Eight months later, almost to the day, she found herself back on the volleyball court. “It felt so good to be back with the team again,” she said. “It was the best feeling ever.”

Next year Taylor will be playing volleyball at Alderson Broaddus University, where she received a generous athletic scholarship.

Taylor concurs with Zoe in that Dr. Chicorelli “pulled no punches. She told me how it was and at first I didn’t want to hear it. But now I’m so grateful that she didn’t let me go back until I was ready. I would have probably reinjured myself. When I went back, I went back one hundred percent.”

Taylor’s experience did not go to waste. “The year after I tore my ACL, quite a few other students did too, and I was able to encourage them to work hard and believe in themselves.” Above all, she encouraged them, “listen to Dr. Chicorelli. She’s looking out for you and she’s right.”

For more information contact Ohio State Orthopaedics and Sports Medicine
330.202.3420
www.woosterhospital.org
For Diana Ogden, it wasn’t so much “if” she would get breast cancer, it was more a case of “when.” Diana, of New Pittsburgh, watched her mother and two aunts battle the disease and figured it was just a matter of time until it was her turn. In June of 2017, it was her turn.

Diana remembers the process well. A “suspicious” mammogram led to an ultrasound, which led to two biopsies, a cancer diagnosis, partial mastectomy, chemo and targeted biopsies, a cancer diagnosis, partial mastectomy, chemo and targeted biopsies. Her hair has grown back in and she is sporting a new cut. Her energy level is coming back, and this summer she was able to “plant a garden and pull weeds instead of watch them grow.” In her words, “Life is good.”

While the past year wasn’t easy, Diana has seen blessings along the way. Co-workers and family were a huge support, and Diana can’t say enough positive about her cancer care team, Drs. Ickarus & Walston and the nursing staff. Dr. Robotham was “awesome,” said Diana. “She took her time with me and answered all my questions. She insisted on a second biopsy when the first one came back negative. She probably saved my life.”

The oncology staff at WCH Health System earned Diana’s complete trust as well. “I went in terrified and broke down at first but they were wonderful. They were so kind and reassuring and eventually became like family. I came to know all about them and they soon knew all about my grandkids.”

“Little after Cancer: Better Than Ever”

Dr. Steven Walston
Radiation Oncologist

Patient positioning, which is essentially how patients are set up when they receive radiation therapy, is an important consideration for the delivery of radiation therapy. In addition to modern treatment planning technology, patient positioning can help with the avoidance of normal tissues in close proximity to the target region. Of major concern for patients with left-sided breast cancer who will receive radiation therapy is the close proximity of the left breast to the heart. While many patients can be treated in the traditional supine position safely, prone treatment delivery and deep inspiration breath hold are two techniques that can be employed to lower heart dose. Prone positioning involves having a patient positioned on their stomach to allow the breast to fall away from the chest wall and create a separation of the breast from the normal tissues. Deep inspiration breath hold positions patients on their back but delivers radiation therapy only when they breathe in deeply which acts to separate the breast away from the heart. When utilized correctly these positions allow for patients to receive an individualized treatment which maximally reduces radiation dose delivered to normal tissues and can therefore improve risk of toxicity. We offer both of these techniques at WCH Health System a member of the James Cancer Network at the OSUCCC – James.
**SIGNS & SYMPTOMS of a Heart Attack**

**MEN**
- Chest pain, squeezing, burning, or pressure
- Feeling overly full
- Pain in the upper back or down one or both arms

**WOMEN**
- Excessive fatigue (which is the number one symptom in women!)
- Chest pain, squeezing, burning, or pressure
- Feeling overly full
- Pain in the upper back or down one or both arms

**What to do**
if you are having any of these symptoms:

<table>
<thead>
<tr>
<th>Call 9-1-1!</th>
<th>EMS can start your treatments sooner and alert the hospital of your arrival.</th>
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</thead>
<tbody>
<tr>
<td>Nausea</td>
<td>Sweating</td>
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<tr>
<td>Anxiety</td>
<td>Jaw pain</td>
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<tr>
<td>Shortness of breath</td>
<td>Excessive fatigue</td>
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Providing Local Access to 24/7 Cardiac Care

Dr. Cyril Ofori
Invasive Cardiologist

Dr. Paul Moodispaw
Invasive Cardiologist

Dr. Daniel Newton
Interventional Cardiologist

**Your Accredited Chest Pain Center!**

**Better**
- Care
- Prognosis
- Quality of Life
- Communication

Hospitals that have earned the ACC Chest Pain Center with Primary PCI* Accreditation have PROVEN EXCEPTIONAL competency in treating patients with heart attack symptoms and have primary PCI available 24/7 every day of the year.

*PCI refers to percutaneous coronary intervention, also known as coronary angioplasty.

**Mother’s Day Plans Saved by WCH TodayCare**

Even minor illnesses can spread rapidly through a school, causing missed class and unhappy children. So when Lindsay Miller’s six-year-old son Jett came home with pink eye (or conjunctivitis), she knew she had to act quickly. Unfortunately, she could not get a doctor’s appointment until the following day, and Jett would have to miss school.

Unlike many kids, Jett did not want to miss school that week. It was May, and he was looking forward to a special Mother’s Day event that his class had been preparing. “When I told him he would be missing a day, he cried and cried,” Lindsay said.

A friend suggested WCH Health System’s telemedicine service, WCH TodayCare. So Lindsay downloaded the app, created a profile, and she and Jett met with a doctor on her phone.

The doctor confirmed pink eye after examining Jett through the phone’s camera. He ordered a prescription, which Lindsay was able to pick up that evening. Jett did not have to miss the Mother’s Day event, after all.

Lindsay said she would “definitely” use WCH TodayCare again. “It costs a lot less than going to the doctor’s office, paying the co-pay, and then, because we didn’t meet our deductible, we get another bill later.”

“‘It costs a lot less than going to the doctor’s office,’” — Lindsay Miller

The WCH TodayCare app is available for download at the App Store or Google Play. Users can access it 24/7 from any location.

www.wchtodaycare.com 855.635.1392

**www.wootherhospital.org**
Medical Specialties Close to Home

- Comprehensive Cancer Care
- Surgical Expertise
- The Cardiovascular Institute
  - Interventional Cardiology
- Wound Healing Treatment
- The Joint Center
  - Orthopaedics
- Women’s Specialty Center
  - Ultrasound
  - Breast Biopsy
  - Mammogram and Bone Density

MAIN CAMPUS Directory

1. Behavioral Health Services
2. Cardiovascular Institute
3. Comprehensive Cancer Care
4. Diabetes Clinic & Outpatient Services
5. Emergency Department
6. Free Valet Parking
7. Imaging
8. Inpatient Rehabilitation
9. Laboratory
10. Main Entrance

Patient Tower
1. Ground Floor Women’s Pavilion
2. 1st Floor Progressive Care Unit
3. 2nd Floor ICU and Medical Surgical
4. 3rd Floor Medical Surgical/The Joint Center
5. Surgical Services
6. Pharmacy
7. Transitional Care Unit
8. Women’s Specialty Center
9. Wound Healing
“My life is in Wooster, so is my Cancer Care.”

— Darlene Berresford