MISSION STATEMENT

To provide timely healthcare information to the people we serve in the Grand Lake region.

- COPD
- TIPS TO QUIT SMOKING
- MEDICAL STUDENTS
- HALO PROCEDURE

Healthcare reform is driving change in the way care is delivered across the country. Whatever your opinion is about the need for these changes, the fact that things are going to be different is stressful!

The Grand Lake Physician Practices remain committed to providing you with caregivers who are focused on you and who care about your well-being. They are here to help you achieve optimal health so you can live your life to the fullest.

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Chronic obstructive pulmonary disease (COPD) is one of the most common lung diseases. COPD is the third leading cause of death in the United States. It is estimated that 16 million people in the United States are affected with COPD.

COPD is a long term or chronic disease. There are two forms of the disease.
- **Chronic bronchitis**, which involves a long term productive cough.
- **Emphysema**, which involves destruction of the air sacs in the lungs over time.

Most people will have a combination of both conditions. Lung damage from COPD is irreversible.

Symptoms can develop slowly, so one may not realize they have COPD. Symptoms may include:
- cough with or without mucous
- fatigue
- increased respiratory infections
- wheezing
- shortness of breath when engaging in mild activity

Smoking is the leading cause of COPD. Other risk factors are workplace exposure to gases and fumes, heavy exposure to secondhand smoke and pollution. Cigarettes contain many hazardous substances that cause irreversible damage to the lungs when inhaled. The best way to slow down lung damage is to stop smoking.

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There are many methods to quit smoking. Examples are: Nicotine replacement therapy, gradually decreasing the amount of cigarettes you smoke, medication, and education and support programs.

There are five simple questions you can answer to see if you may have COPD:

* Are you over 40?
* Do you smoke?
* Do you need to rest after walking or climbing stairs?
* Do you have a chronic cough with mucous in the morning?
* Do you have frequent respiratory infections throughout the year?

If you answer YES to 3 or more questions you may want to consider discussing your lung health with your primary health care provider.

The best test for COPD is a lung function test called spirometry. This test involves blowing out as hard as possible into a machine to measure your lung capacity. Your provider may listen to your lungs with a stethoscope, as well as get X-Rays and CAT scans of your chest (pictures of your lungs). You may also need to have a blood test to measure the oxygen and carbon dioxide levels in your blood. This can also show how your lungs are functioning.

If you have COPD there are many things you can do to relieve the symptoms. There are medications that can be used to open the airways and reduce lung inflammation. These can be taken by inhalation. During flare ups you may need oxygen or steroids through an IV.

There is no cure for COPD but pulmonary rehabilitation and education can teach you to breathe in a more effective way so you can stay active and manage the symptoms.

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SMOKING IS THE LEADING CAUSE OF COPD...

Here are some resources to help you break the habit —

Ohio Tobacco Quit Line
800-QUIT-NOW (800-784-8669)

American Cancer Society
800-ACS-2345
www.Cancer.org

American Lung Association
800-242-8721
www.AmericanLung.org

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We are excited about some changes that are happening within our offices as we progress with our patient centered medical homes.

You ask what is changing? Here are three things we are doing...

1. For starters we began asking you for your e-mail address several months ago. We are putting it into our system so when our patient computer portal goes live we will be able to communicate with you about upcoming appointments, prescription refills, etc. We are also using email addresses to send your patient satisfaction surveys. This gives you a fast, secure way to give us your feedback about your time with us.

2. We are also working on ways we can help you stay current with important preventive care. We are developing reminder systems for mammography and immunizations to help you make sure these important things get done.

3. If you have diabetes or have high blood pressure you may notice a difference in your office visit. We are working on better ways to review your information and involve you in your care.

We know change is hard. We also know the idea that change is coming, and not knowing how it will affect you, is stressful. We want you to know that we are here for you and we are listening to you.
Medical Students at Grand Lake Health System

by Robert Gill, M.D.
Chief Medical Officer of Grand Lake Physician Practices

Grand Lake Hospital System is pleased to announce the affiliation with Boonshoft School of Medicine at Wright State University. We have joined them to educate the physicians of the future. You may see your physician with a medical student in training. This has been a time honored process, with the older and more experienced physicians training the physicians of the future. We will be asking patients if they would mind participating in this training process by allowing the medical student to help with their evaluation and treatment. This will in no way increase the cost to the patient. The visit may take longer because it is a training process. We hope that the medical student will see that practicing in this community is desirable which will help us bring new physicians to our area.

The reason we have started down this pathway with Boonshoft School of Medicine is because of the looming physician shortage that is occurring across the country and especially in rural communities. Boonshoft School of Medicine is one of the top schools in the nation in training primary care physicians for these communities. Our physicians have expressed an interest in training new physicians, and the school of medicine feels that our physicians and our healthcare system would be ideal for their students. It is our hope that Grand Lake Health System will be one of the premier programs of the future to train physicians in primary care with an interest in rural healthcare.

JTDMH OFFERS NEW PROCEDURE TO TREAT BARRETT’S ESOPHAGUS
The HALO procedure is now available to area residents

commonly known as the food pipe — is replaced by abnormal precancerous tissue. Patients with Barrett’s Esophagus may be at an increased risk for developing esophageal cancer.

The HALO procedure, also known as radiofrequency ablation therapy, removes abnormal precancerous cells from a patient’s esophagus. Removing the abnormal tissue lowers the patient’s risk for developing esophageal cancer. The minimally invasive outpatient procedure uses heat energy to destroy any abnormal cells. After the initial treatment, patients return for spot treatments every six to eight weeks and precancerous abnormal esophageal cells are destroyed in three to four treatments.

“We are very excited to offer the HALO procedure to patients suffering from Barrett’s Esophagus,” said Dr. Lance Bryant, General Surgeon, at Joint Township District Memorial Hospital. “This procedure allows us to treat patients with precancerous esophageal tissue effectively and with minimal side effects, possibly preventing the progression to esophageal cancer.

For more information on the HALO procedure, visit www.treatbarretts.com.