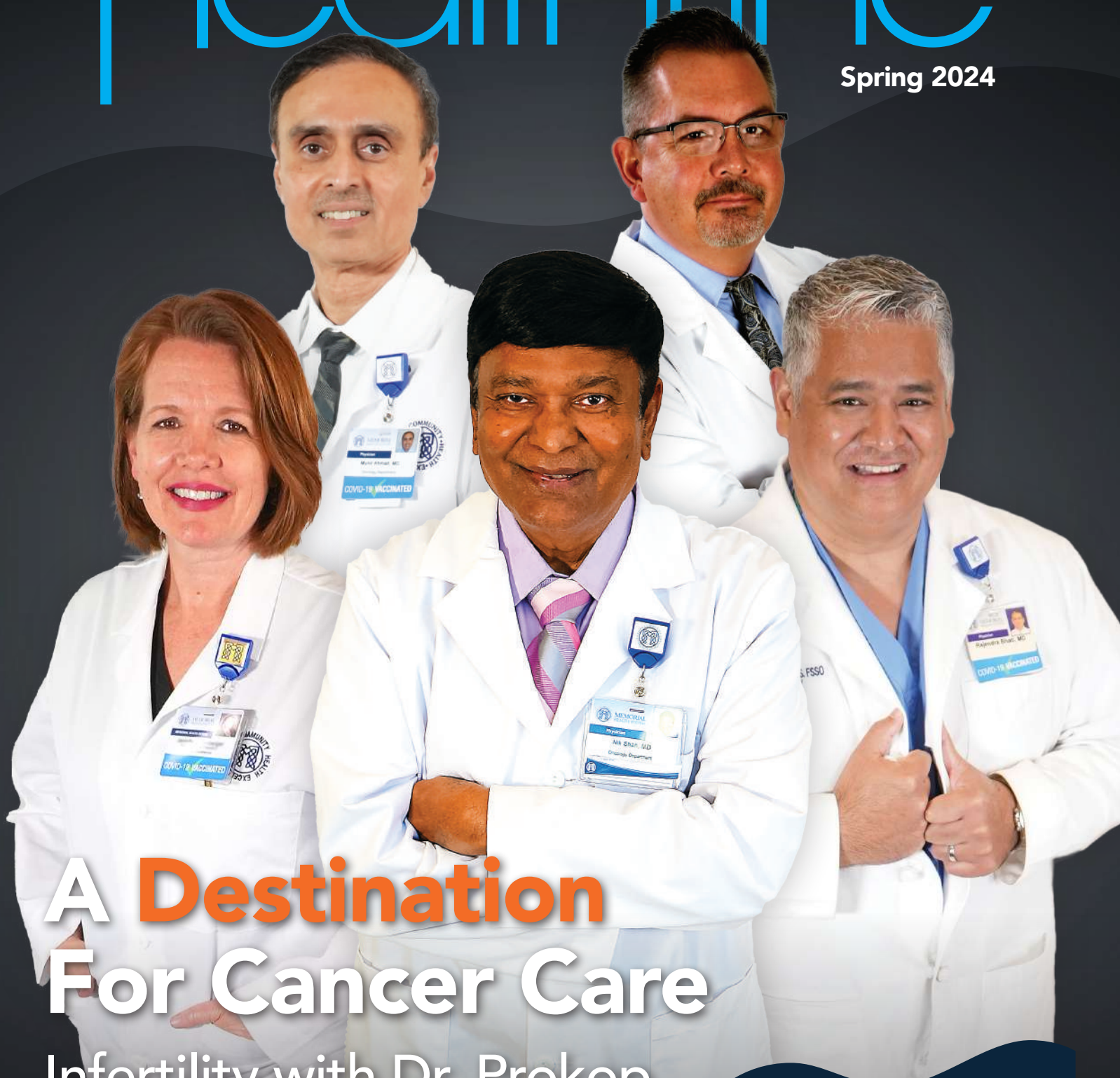


COMMUNITY Healthline

Spring 2024



A Destination For Cancer Care

Infertility with Dr. Prokop
Doing The Impossible



MEMORIAL
HEALTH SYSTEM

KEEPING YOU CLOSE TO HOME, THAT'S EXPECTING MORE!



As a patient with Memorial Health System, our goal is to keep your healthcare as close to home as possible. With aligned missions and values, we joined the Mayo Clinic Care Network to further achieve this goal by gaining access to Mayo Clinic research, knowledge, and insight from their experts. You no longer have to go looking for second opinions as a patient with Memorial Health System.

THAT'S EXPECTING MORE
Learn more at mhsystem.org/Mayo



PROVIDING EXCELLENCE

Dear friends,

When health challenges disrupt your daily life, we are committed to helping you get back on track through the dedication, expertise, and care of wonderful individuals across our system. In this issue, learn about some of our treatment options for a variety of women's health issues from one of the newest members of our team, Melissa Hutchinson, PA-C, and trusted women's health care provider, Gabrielle Prokop, MD from our Department of Obstetrics and Gynecology.

You'll also have an update on our new Pediatric Emergency Department (ED) where you can see skilled, fellowship-trained emergency care providers with experience directly dedicated to infants and children. There are many benefits to using a pediatric ED, including specialized equipment, testing protocols, as well as a kid-friendly environment to help children feel as comfortable as possible. Our care teams, working in connection with Akron Children's providers, are ready to see you at our Belpre Medical Campus.

You'll also learn about the difference we have made in several of our patient's lives, including Matt Hill who was diagnosed with cancer at the age of 18.

No matter what you need, you will find an increasing number of ways to connect with the care you deserve from the name you trust. Whether seeking care virtually from your phone or in person at a clinic, we will provide the excellent experience expected.

Stay tuned. There's still so much more to come as we open our new facility in Athens and continue to build our Women and Children's services. We continue to expand to meet your needs where and when you need us – whether that's with primary care or any specialty areas across our system. Thanks for following along!

Best Regards,

Scott Cantley
President & CEO
Memorial Health System



Sign Up

HealthLine is a FREE publication to the community. If you or someone you know would like to receive this publication, please visit mhsystem.org/Healthline and fill out an online form or contact Marketing at (740) 376-1972.

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KELLI CAWLEY, MD, AWARDED SILVER CERTIFICATE OF EXCELLENCE FROM NCORP

Memorial Health System (MHS) is proud to announce that Medical Oncologist, Kelli Cawley, MD, at the health system's Belpre Cancer Center, has been awarded the Silver Certificate of Excellence from NCI Community Oncology Research Program (NCORP).

NCORP is a national network that brings cancer clinical trials and care delivery studies to people in their communities. The NCORP network designs and conducts clinical trials in the

following focus areas: cancer prevention, screening, supportive care and symptom management, surveillance, health-related quality of life, and cancer care delivery.

Dr. Cawley has been recognized by NCORP officials for her cancer research during the 2023 year and for exceptional achievement in patient enrollments for NCI treatment and cancer control throughout the year.

"Access to clinical trials is an important component of the treatment of cancer for our patients," says Stacey Wyer, Director of Oncology for Memorial Health System. "We are so appreciative of the effort demonstrated by Dr. Cawley, as well as Lori Parker, our clinical research coordinator, for their dedication to improving outcomes



Kelli Cawley, MD, Medical Oncologist

of cancer treatment in the Mid-Ohio Valley. Receiving an exceptional achievement of recognition from the National Cancer Institute and Columbus NCORP is a testament to our commitment to advancing cancer research right here at home."

50 YEARS WITH MEMORIAL HEALTH SYSTEM

Over the past 50 years, Memorial Health System has seen an explosion of change and growth. From new campuses and providers to ever-expanding services and opportunities, things look very different than they did back then. Although we continue to evolve, one thing that has stayed consistent throughout those years is

an incredibly familiar face at Selby General Hospital—Ralph Mahoney.

Celebrating an incredible 50 years of service with Memorial Health System on February 8, 2024, Ralph has been a well-loved fixture at Selby General Hospital since the end of his senior year of high school back in 1974.

Ralph has an infectious smile and bright personality as he works hard to keep things running smoothly in the cafeteria. "Seeing Ralph come into

work is always a bright spot in the day," shares coworker Hannah Wolfe. "He is always happy, cheerful, and humming a tune. Ralph never forgets a face and always has kind words to say—we are honored to have him on our team!"

A dedicated and diligent employee, Ralph is a friend to all that he meets, which is indicated by the strong connections he's created during his time at Selby and the friendships that have endured throughout his tenure.

HEART MONTH RECAP

Our Department of Cardiology hosted our Heart Month Women's Luncheon on February 9!

Thanks to Memorial Health Foundation's generous donation, the luncheon was free for community

members and donors to come and enjoy delicious food provided by The Changed Plate.

Our cardiology experts, Jennifer Jones, MD, Geoffrey R. Cousins, MD, FACS, Jagdish Kandala, MD, MPH, FACC, and Lifestyle Medicine provider, Daniele Fuhrich, MD, provided heart-healthy education with a panel discussion for all!



Geoffrey R. Cousins, MD, FACS speaking at the Heart Month Luncheon.



Memorial Health System's Belpre Medical Campus, Pediatric Emergency Department

REGION'S ONLY PEDIATRIC EMERGENCY DEPARTMENT NOW OPEN

At the start of the new year, Memorial Health System opened the region's only Pediatric Emergency Department (ED), in partnership with Akron Children's, on the Belpre Medical Campus. The pediatric ED is located next to the main Emergency Department and is open daily from 2 p.m. – midnight.

Since the opening of the pediatric ED, most patients have come in exhibiting symptoms of cold and flu, COVID, RSV, asthma exacerbations, and new onset seizures, according to the Director of the Pediatric Emergency Department for Belpre Medical Campus, Brett Luxmore, DO.

"Memorial Health System has provided care for a long time to kids, what we have done is separated a special area for kids," says Dr. Luxmore. "The providers staffing the pediatric ED are all trained in pediatric emergency medicine."

Dr. Luxmore adds that recognition is key—kids are not little adults, and a provider needs to have treated a lot of children to develop an understanding of what they could have. For example, a specialized provider will be able to recognize that what is perhaps presenting as a basic cold could be something much more serious to a child. The pediatric ED will tailor care based on a child's developmental age with the illness they are presenting and create a workup that caters to those conditions.

"The care is going to be outstanding. I have worked with these providers for a very long time at Akron Children's and they provide specialized care," concludes Dr. Luxmore.

Our region's **only** Pediatric **EMERGENCY DEPARTMENT** IS NOW **OPEN**



mhsystem.org/EmergencyCare



KEEP UP WITH MEMORIAL HEALTH SYSTEM



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Scan with your phone to keep up with Memorial Health System news between issues, or visit our website at mhsystem.org/News

INFERTILITY WITH DR. PROKOP

Gabrielle Prokop, MD from the Department of Obstetrics and Gynecology shares some important insight into infertility as part of National Women's Health Week.

Is infertility a common issue?

Infertility is unfortunately a very common problem that we encounter, affecting up to 15% of couples.

How do we diagnose infertility?

Infertility is defined as the inability to conceive after 12 months of unprotected intercourse if the patient is less than 35 years old, or 6 months if they are 35 years or older.

However, evaluation may be required sooner in women who are not ovulating, have irregular cycles, or are diagnosed with endometriosis.

What are the first steps in evaluating infertility?

The first step for any patient who is concerned about fertility starts with monitoring menstrual cycles. Determining cycle length (from the first day of one period to the first day of the next) can help determine cycle regularity.

Additionally, monitoring ovulation predictor tests (usually cycle days 10-16) to evaluate if she is ovulating.

What are some common causes of infertility?

The most common causes of infertility that we see are anovulation (the failure of an egg to release during a menstrual cycle), tubal factor (blocked fallopian tubes), decreased ovarian reserve or premature menopause, uterine abnormalities, male factor, or an unexplained cause.

Are there any steps a patient can take to prevent infertility?

The best things to help with fertility are maintaining a healthy lifestyle including diet and exercise as well as decreasing alcohol and tobacco use. Otherwise, unfortunately, a lot of people who struggle with infertility have no way of predicting or preventing it.

What treatment plans are available for patients struggling with infertility?

First steps typically start with an evaluation to determine the actual cause which can include:

Blood work – looking at ovarian reserve, male hormone levels, thyroid, and other hormones such as prolactin as well as checking if the patient is ovulating

Semen analysis – evaluating partner's sperm (up to 40-50% of infertility is a male factor)

Ultrasound – looking to see if anything is abnormal with the uterus or ovaries

Hysterosalpingogram (HSG) – putting dye through the fallopian tubes to see if they are open

From there, management options include medications such as Clomid or Femara to help with ovulation and/or artificial insemination. Occasionally in cases where something is found to be severely abnormal, patients may require an immediate referral to a specialized infertility doctor.

Are there common misconceptions about infertility?

I think the most common misconception is the idea that conditions make it so that someone is never going to be able to have children. I have a lot of patients who have always thought this or have been told this, and it is very rarely the case. Another misconception is that birth control causes infertility. There is no scientific data proving this association.

It does tend to take a few months after stopping birth control for your body to go back to normal, but this should typically happen in about three months. If you are still not having periods on your own after around three months off of birth control, this is not normal, and you should see your gynecologist for evaluation.

Do you have any health tips for women trying to conceive?

Trying to get pregnant in general is very frustrating, whether you just started trying to conceive or have been trying for a long time. Do not hesitate to talk to your gynecologist if you are seeing irregular cycles or feel like something is wrong – if nothing else we can talk about appropriate timing and can consider labs.

I think it's also important to realize that it's common for it to take a few months to get pregnant – 80% of couples will conceive by six months and 85% of couples will conceive by 12 months. When trying to get pregnant, this is also a time to focus on eating a healthy diet, exercising, and cutting out any illicit substances, tobacco, or alcohol for both you and your partner to try to optimize your fertility. ♥

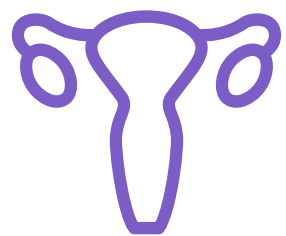


SCAN NOW, LEARN MORE!

Scan with your phone to learn more about the department of OBGYN.



LIVING WITH POLYCYSTIC OVARIAN SYNDROME



Melissa Hutchinson, PA-C, from our Department of Obstetrics and Gynecology (OBGYN) offers her insight into the most common hormonal disorder among women of reproductive age in the United States, polycystic ovary syndrome (PCOS). Named for the ovaries' appearance in some, but not all women with the disorder, PCOS affects about 1 in 10 women and is a diagnosis that our providers often encounter in their practice.

With our membership in the Mayo Clinic Care Network, our providers have access to extensive patient resources and the latest in research to help further educate our community on relevant and pressing health concerns.

According to the Mayo Clinic, PCOS is most often characterized by infrequent or prolonged menstrual periods, excessive hair growth, acne, or obesity.

While PCOS is not seen as necessarily difficult to diagnose, Melissa does say that she believes that there is definitely a possibility for a delay in diagnosis for some women.

“While there isn’t a cure for PCOS, it can be well managed. Women with PCOS

typically have multiple symptoms, so treatment usually requires a multifaceted approach to effectively manage them all. This often includes medication in addition to lifestyle changes. I usually stagger treatment goals to try to avoid overwhelming patients with too many things at once. Different medications and supplements can be used to regulate periods, aid in weight loss, encourage ovulation, and help decrease symptoms such as hair growth and acne. Dietary modifications and exercise can also play a huge role.”

Being diligent in managing PCOS symptoms, regardless of their severity, is an incredibly important part of living comfortably with the condition.

According to Melissa, “The most difficult part in managing symptoms is adhering to the lifestyle modifications that are often necessary for best control.” She continues to elaborate, saying, “Oftentimes, women find it much easier to take medications and supplements that may be prescribed, but taking the initiative to make the suggested dietary and exercise changes is often more difficult. Women who are self-disciplined enough to do both often have more complete control of symptoms.”

“Women with PCOS are more likely to develop type II diabetes, high blood pressure, and heart disease,” Melissa says. “PCOS is also often associated with an increased likelihood of obesity, which can lead to an abundance of lifelong complications on its own.”

While this condition affects women hormonally and metabolically, Melissa feels that it’s oftentimes the psychosocial aspect of PCOS that really affects a patient’s quality of life. “While the physical symptoms, such as irregular periods, acne, male pattern hair growth, and weight gain are problematic for many women, it’s the emotional effects and mood disorders, like anxiety and depression, often associated with PCOS that can cause a lot of strain on daily life.”

“You know your body better than anyone else. If you feel something is off, make an appointment and come prepared with a list of your symptoms and any questions or concerns you may have. We will work together to come up with a plan that will work best for you!”

If you are living with PCOS or believe that you may have PCOS, Melissa encourages you to take control of your health. ♥

Symptoms of PCOS



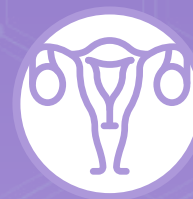
Menstrual Abnormalities

This is the most common symptom of PCOS and includes eight or fewer periods in a year, prolonged periods, frequent spotting, or no menstruation for four months or longer.



Excess Androgen

Often presented as excess facial/body hair, adult or severe adolescent acne, or thinning hair.



Enlarged Ovaries with Numerous Cysts

Having polycystic ovaries alone does not confirm a PCOS diagnosis—a woman must also have one of the other symptoms. Some women with polycystic ovaries do not have PCOS, and some women with PCOS have ovaries that appear normal.

To be officially diagnosed with the condition, a woman must have at least two of the above three symptoms.



INTERESTED IN LEARNING MORE?

Scan the QR code below for Mayo Clinic PCOS resources



As a member of the Mayo Clinic Care Network, Memorial Health System has special access to Mayo Clinic resources that can be shared with our patients and community.



MEMORIAL HEALTH SYSTEM



MAYO CLINIC CARE NETWORK Member

DOING THE IMPOSSIBLE

Meet our latest "Thrivor" - Matt Hill

Thrivor: someone who not only is a cancer survivor but thrives in spite of their cancer diagnosis.

“You have cancer.” I will never forget the moment a doctor looked me in the eyes and told me those three words. I was 18 years old, a senior in high school; my world stopped. In the span of a few minutes, I heard him say I would receive an amputation of my right leg, nine months of intensive chemotherapy, and I would have to put the dreams I had for my life on hold.

I first spoke the words that would become my life’s mission.

“When Faced with The Impossible, Be Impossible, and you will certainly Do the Impossible.”

Nothing prepares you for this. To be a child facing a cancer diagnosis was not in my plan, it never is. Yet, despite the pain and suffering and impossible challenges I would battle over the coming year, what I was least prepared for was my front-row seat to witness the very best of humanity. From the start of this journey, I was blessed to have the support of an incredibly strong family, team, and community behind me. I realized I could use this tragic diagnosis as a unique opportunity to bring strength to not only myself, but those around me. We could take this seemingly impossible challenge and build ourselves into people who can overcome it.

That year, though nearly fatal, changed my life. It showed me that we all have potential far greater than we would ever allow ourselves to believe. It demonstrated to me the boundless generosity of the human heart and the unrelenting strength of the human spirit. Now, 10 years later, I am honored to serve as an Oncology Pharmacist for Memorial Health System, where I work alongside many who provided care to me in my darkest times. It has allowed me the opportunity to give back, serving those battling the very same tragic diagnosis.

In October 2022, I announced my intention to run the full Columbus Marathon in 2023, raising \$26,200 for Childhood Cancer Research along the way. I was once again facing

the impossible. However, this time, it was to show kids fighting cancer today that there is life after cancer. They can go on to find their passion and purpose in life, chase their dreams, and ‘Be Impossible’; just as I have been honored to do. Once again, I didn’t know what to expect from this journey, and once again, this incredible community demonstrated to me the very best of humanity. Countless individuals reached out in support, gave donations, and helped spread our message. In total, this community raised over \$32,000 for kids fighting cancer, and it will stay right here in Ohio to help kids in our community.

On October 15th, 2023, I toed the line with 20 other athletes who had joined Team Impossible to run the Columbus Marathon, and it was truly one of the greatest honors of my life. Every step of that race was a victory. This journey was far beyond anything I could have dreamed. Together, we gave hope to those who had none, and that is the greatest gift one can give. Team Impossible continues to work every day to ‘Be Impossible’ in the face of the impossible, so we may ultimately do the impossible...for kids! ♥

We could ‘Be Impossible’ ourselves; and at my high school graduation that year,



EVOLVING WITH MEDICINE, THAT'S EXPECTING MORE!

Nik Shah, MD
Medical Oncologist

As the first medical oncologist of the Mid-Ohio Valley, Nik Shah, MD joined the Belpre Cancer Center team to help further extend the commitment Memorial Health System demonstrates to being a destination for cancer care in the region.

THAT'S EXPECTING MORE
THAT'S MEMORIAL HEALTH SYSTEM
mhsystem.org/Cancer



MEMORIAL HEALTH SYSTEM

A DESTINATION FOR CANCER CARE

Nik Shah, MD, The First Medical Oncologist of The Mid-Ohio Valley

Memorial Health System is proud to have Medical Oncologist, Nik Shah, MD, as a provider at our Belpre Cancer Center! Dr. Shah is best known for being the very first medical oncologist in the Mid-Ohio Valley.

Dr. Shah grew up in Ahmedabad, India with his parents and three brothers before relocating to Parkersburg, West Virginia in 1979. Inspired by a long line of family members who were doctors before him, he knew early on that he wanted to pursue medicine.

As he approaches his 51st year of providing cancer care in the area, Dr. Shah states that he was excited to join Memorial Health System where the technology, resources, and care is all located in one place for patients.

“I’ve never seen a cancer center with all services in one location,” states Dr. Shah, “and I’m excited to be part of a team that provides the best quality of care.”

Dr. Shah reflects that much of his motivation for wanting to go into the field of oncology stems from experiences he encountered during medical school. At that time, he would often visit his uncle, who he describes as his hero, in New York where he practiced medical oncology. While observing his uncle’s career, Dr. Shah realized that his passion for research and education aligned with the growing field of oncology.

After completing his training, Dr. Shah’s noticeable talent and dedication to his practice actually had many

mentors pulling him towards the field of cardiology; but keeping the years of shadowing beneath his uncle in mind, he began looking for opportunities in medical oncology.

At first, Dr. Shah considered positions in Boston, Massachusetts and Albany, New York before being referred to an opportunity in Akron, Ohio. During his travel from Boston to Ohio to explore further opportunities, Dr. Shah came across a job posting for a medical oncologist in Parkersburg, West Virginia.

“Radiation oncology had been in the area, but back then, a patient would need a written prescription for chemotherapy treatment,” Dr. Shah reflects.

“I truly just wanted to bring care to the area so patients wouldn’t have to travel to Morgantown or Columbus.”

Nearly 50 years later, Dr. Shah is happy to be with the Memorial Health System team and with everyone who contributes to cancer care.

“I just feel like everyone is dedicated to the patient,” Dr. Shah states.

“We have a dietitian, social workers, mid-level providers, and nurses that are all dedicated to working with us providers to give the best care possible for our patients.”

Dr. Shah continues by saying, “I’m so excited to be here because we provide the best quality of care with the best team of providers. We all know Dr. Cawley for her dedication and work with patient care. We know the radiation oncology providers too, Drs. Vasan and Ahmand, and Dr. Bhati for surgical oncology.”

Rajendra Bhati, MD, explains that welcoming Dr. Shah to the team only further extends the team’s commitment to being a destination for cancer care for the region.

“The spectrum of the team we have here represents not only a younger generation, but also a more senior experienced generation that has seen medicine evolve. Dr. Shah was the first medical oncologist in the Mid-Ohio Valley. He participated in a lot of clinical trials that are responsible for some of the decisions we make today in medicine.”

Dr. Bhati continues. “Think about it, I’m just ten years out of training compared to Dr. Shah who is 50 years. I think between all of us, our patients are going to get the comprehensive treatment plan they deserve.”

Memorial Health System is honored to have Dr. Shah on the team. Together, our goal is to provide the kind of care most people would only expect to receive in larger cities—we bring all the technology and world-class providers to you. ♥



SCAN NOW, LEARN MORE!

Scan with your phone to learn more about our cancer services!



Belpre Medical Campus' 807 building, home to the cancer center.

A Team Made For You. That's Expecting More!



Munir Ahmad, MD
Radiation Oncology



Rajendra Bhati, MD
Surgical Oncology



Kelli Cawley, MD
Medical Oncology



Douglas Keyser, MD
Radiation Oncology



Nik Shah, MD
Medical Oncology



Srini Vasan, MD
Radiation Oncology

LEARN



Prioritizing General Wellness on World Health Day

From Sports Medicine provider, Wisler Saint-Vil, MD, MBA

Our health often takes a backseat in a world that moves at an ever-increasing pace. World Health Day, observed on April 7th, serves as a timely reminder to reevaluate our priorities and focus on what truly matters—our well-being.

General wellness is more than the absence of diseases. It is about a holistic approach including physical, mental, and emotional health. In recent years, the World Health Organization (WHO) has also altered its course, realizing the importance of wellness.

Therefore, one should aim for wellness. It is about cultivating the right kind of habits.

Three Pillars of Wellness

Wellness is complex. However, physical, mental, and emotional wellness are still the most important dimensions.

To stay well, start by focusing on physical health. That means focusing on regular exercise and nutrition. Exercise is regularly engaging in activities such as weightlifting, running, swimming, or other physical activities. To better support these efforts, take to a balanced diet and optimal nutrition.

The next step towards wellness is ensuring a healthy mind. For this, practice mindfulness, meditation, and breathing exercises. It is also about prioritizing sleep and taking frequent breaks to recharge your mental batteries.

Emotional wellness can be built by focusing on social connections or relationships. So, surround yourself with the right kind of people and

additionally, focus on nurturing relationships by paying attention to others and their emotional needs.



Wisler Saint-Vil, MD, MBA

Unsure on how you can get started? It is always a good idea to consider wellness coaching! Remember, wellness is not an event but rather a journey.

mhsystem.org/SportsMedicine

EAT



Beans and Rice

Serves: Three to Four
Prep time: 15 minutes
Cook time: 40 minutes
Ingredients:

4 cups cooked (or two 15 oz cans rinsed and drained) black, red, or pinto beans
 1-1 1/2 cups of water or low-sodium vegetable stock
 1 tbsp Bragg Liquid Aminos, low sodium soy sauce, or tamari
 1 tsp chili powder (more or less to taste)
 2 cups or 1 can of diced tomatoes
 1 cup corn, fresh, frozen, or canned
 1 cup red, yellow, or green pepper, fresh or frozen, chopped
 3 cups cooked brown rice, or other whole grain (quinoa, barley, spelt, wheat berry, etc.)



Optional ingredients

Onion, chopped
 1 can water chestnuts, drained
 Hot peppers diced or whole
 Cilantro, chopped
 Avocado as a garnish on top, sliced or diced
 Salsa/hot sauce as a garnish on top

Directions:

Heat beans with water or vegetable stock, and add liquid aminos, soy sauce, or tamari (whichever you choose), and chili powder.

Other ingredients can be placed in separate bowls to add on top as desired in a buffet style or mixed in and heated to have a one-pot meal.

MOVE

Strength Training at Home

Getting to the gym for a weight workout is not always easy. Some people work unique hours and jobs, don't have access to a gym, or would simply rather be in their own space for a workout. Luckily, strength training can be done almost anywhere that there is space with the right equipment!

Strength training, or resistance training, improves muscle strength, power, endurance, and size. It's different than weightlifting or powerlifting, which are sports that are most known for lifting the heaviest amount of weight. Strength training is the use of weights or resistance bands that forces your muscles to work against gravity. Over time, your body builds and strengthens muscle mass.

Strength training can help with the following:

- Reducing body fat
- Increasing body metabolism (this allows your body to burn more calories each day!)
- Reducing symptoms of chronic conditions like arthritis, diabetes, or osteoporosis

30-minute home weight-training workout:

- Dumbbell chest press
- Dumbbell rows
- Dumbbell squats
- Hip lifts
- Dumbbell shoulder/overhead press
- Dumbbell arm curls



Building strength

As you get stronger, exercises may get easier! To keep moving towards your goal:

- Gradually increase the amount of weight you use to build strength
- When you are able to lift a weight between 8-15 times, you can increase the amount of weight you use at your next workout session

Information above provided by the Health Library

Belpre Medical Campus
 803 Farson Street | Belpre, Ohio
 (740) 423-3619
 Monday – Friday | 7 a.m. – 2:30 p.m.
 Dine-In | Carry-Out | Delivery



SHARE

Looking for more ways to live a healthier life? Find more healthy lifestyle tips and recipes at LiveMemorialWell.com



MEMORIAL
HEALTH
FOUNDATION

NEWBORNS, NEW HEARTS, NEW STARTS & NEW BEGINNINGS THAT'S EXPECTING MORE!

GEOFFREY R. COUSINS, MD, FACS
Cardiothoracic Surgeon

HEATHER D. STRAIGHT, DO
Primary Care

PETER P. FILOZOF, MD
Obstetrics and Gynecology

NIK M. SHAH, MD
Medical Oncologist



2022 - 2023 ANNUAL REPORT

Memorial Health System is excited to welcome four locally acclaimed pioneering physicians to support our teams specializing in **Obstetrics, Cardiovascular, Primary Care, and Oncology** with new treatments and unique procedures. We are committed to excellence by providing top-tier healthcare to our local community with access to advanced medical care - right here at home.

THAT'S EXPECTING MORE
THAT'S MEMORIAL HEALTH SYSTEM
mhsystem.org



MEMORIAL
HEALTH SYSTEM



MAYO CLINIC
CARE NETWORK
Member





BETTERING THE LIVES OF OUR COMMUNITY

I am delighted to present the highlights of our accomplishments for fiscal year 2022-23 (October 1 to September 30) on behalf of Memorial Health Foundation. Your unwavering generosity has enabled us to make a profound difference in the lives of individuals within our community. It is with great pride that we share the remarkable success we achieved throughout the year, marked by unprecedented achievements at several of our cornerstone events.

18TH ANNUAL FASHION SHOW: HOLLYWOOD NIGHTS

Our annual fashion show, sponsored by Eramet, brings together local businesses, cancer survivors, and their loved ones for a fun-filled evening to support two of our cancer center patient initiatives.

Our Hollywood Nights fashion show was able to raise over \$128,000 to help members of our community—a new record for the event! Proceeds from this event go towards our cancer center's Breast Health Initiative and the Cancer Center Patient Emergency Initiative. We are incredibly grateful for our wonderful models, all of whom are patients and cancer

survivors, who participated in this important event.

GIVING TUESDAY 2022

Observed on Tuesday, November 29th, Giving Tuesday is a global movement created to provide ordinary people with the opportunity to do extraordinary good by donating to charitable causes they are passionate about. For this year's Giving Tuesday, 201 donors came together to raise \$281,584 to support any of the 30 Memorial Health Foundation patient initiatives.

While we are incredibly grateful for any and all donations during Giving Tuesday, Memorial Health Foundation would like to thank three local businesses for their generous support: Morrison Inc., Peoples Bank Foundation, and Pioneer Pipe and the Pioneer Group, for their donations of \$25,000, \$15,000, and \$20,000, respectively.

We would also like to recognize the internal contributions donated by a group of providers within Memorial Health System. Robert Behnke, MD, Dan Breece, DO, Renee Caslow, DO, Richard Hoyt, MD, and Joseph Zacharias, MD issued a challenge of \$40,000 to other

providers within the system, and ultimately decided to honor that pledge despite the challenge not being met.

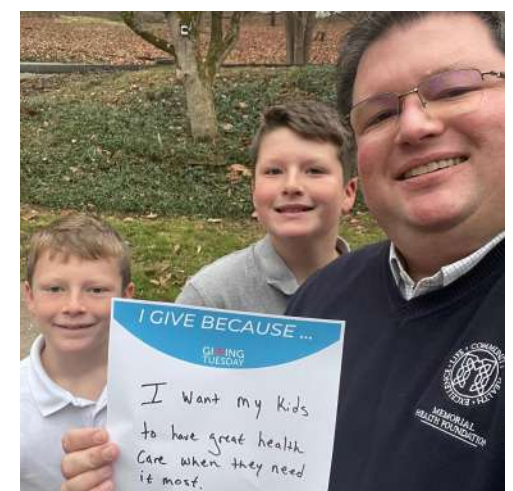
In all, this Giving Tuesday was a resounding success! Many different patient initiatives were helped, with the initiatives receiving the greatest amount of support being the G.R.A.C.E Trust Employee Assistance, ICU Renovation Initiative, and Area of Greatest Need Initiative.

We extend our appreciation for your steadfast support and boundless generosity. Your contributions to Memorial Health Foundation are not just financial investments; they are investments in the well-being and vitality of our community. Rest assured, we remain dedicated to leveraging every gift received to enact tangible, positive change in the lives of those we are privileged to serve.

Thank you for standing alongside us in our endeavors throughout the past year. We eagerly anticipate the opportunity to continue collaborating with you as we strive to enhance the health and overall quality of life within our community.

In health and with gratitude,

Jarrett S. Stull, CFRE
Executive Director





COMMITMENT TO A UNIFIED VISION

BOARD OF TRUSTEES – 2022-2023

Donn Schafer - Chairperson
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EX-OFFICIO

Michael Archer, MAHCI, Chair
Scott Cantley, President and CEO, Memorial Health System
Jarrett S. Stull, CFRE, Executive Director



Memorial Health Foundation Board of Trustees visit Washington County Career Center for a demonstration of the SynDaver, an important learning tool for medical students that was purchased in part through a grant from Memorial Health Foundation.

IN MEMORIAM*

Though this annual report is to celebrate the success of Memorial Health Foundation and to share with our community the profound effects of our collective fundraising endeavors, it would not be appropriate if we did not take a moment to reflect upon and acknowledge the two very important Trustees that we lost in 2023.

Melissa Montgomery joined our board in 2023 and was a loyal supporter and ambassador of the Foundation's mission long before she became a Trustee. Melissa was a friend, mentor, and a beacon of inspiration and dedication within Memorial Health System. Melissa was passionate about the Foundation and the vision of the new Women and Children's Hospital, and she will be missed by all who had the privilege to work with her.



Dwight Kim Poole, DDS, served on the Foundation Board of Trustees since 2014, with many of those years serving as the board secretary. His dedication to serving the people of the Mid-Ohio Valley was evident in everything that he did, and his service on the Board of Trustees was no different. Dr. Poole was a pleasure to be around, and his warmth and knowledge have been missed by all who had the pleasure of knowing him.



INVESTING IN OUR COMMUNITY



A brand-new Sistersville General Hospital, replacing the existing hospital, was announced in June 2023, and since then there has been much excitement among community members.

Featuring a world-class lab and diagnostic testing center, a 4,500-square-foot emergency department, eight inpatient rooms, community rooms for classes and meetings, and more space for on-site care, this 30,000-square-foot facility is a highly anticipated addition to the Sistersville area.

The building of a new facility such as Sistersville General Hospital would not be possible without investment from local and state governments. Thanks to support from West Virginia Governor Jim Justice, over \$9 million was awarded to the project from the West Virginia Water Authority's Economic Enhancement Grant Fund—one of the biggest grants ever awarded by the organization. Support from local municipalities was also vital to the success of the project—they committed 10% of their American Rescue Plan funds to help fund the hospital.

COMING
IN 2025

Just announced:
Plans for a new
SISTERSVILLE GENERAL HOSPITAL

A new 30,000-square-foot facility will provide the community with a modern hospital required for today's care. Expanded and enhanced services will ensure patients can remain close to home when they need medical care.

Facility Features Include:



A new 4,500 square foot emergency department



Community spaces for meetings, events, and educational classes



Dedicated space for on-site care



8 inpatient rooms



State-of-the-art lab & diagnostic testing center

mhsystem.org
   

 **MEMORIAL HEALTH SYSTEM**
Expect More



EXPANDING HEALTHCARE IN OUR REGION



LARGEST-EVER HEALTHCARE INVESTMENT IN SOUTHEAST OHIO, THAT'S EXPECTING MORE.

In July of 2023, Memorial Health System was incredibly excited to announce the planned construction of our brand-new Women and Children's Hospital located at our Belpre Medical Campus and developed in partnership with Akron Children's. This facility, the largest healthcare investment ever made in Southeast Ohio, will be the region's only women and children's hospital and will be responsible for closing many existing critical care gaps in our area.

This project is made possible by an unprecedented \$30 million investment from the state of Ohio, as well as incredibly generous donations from community organizations and members.

One such donation received includes \$1 million from Hall Financial Advisors presented by founding partner and CEO Christopher Hall, his wife, Kimberly, and

their partners Jeremiah and Lyndsey Kuhn, Robert and Amber Blaszky, and Brett and Leslie Bronski.

In a statement about the upcoming build, Mr. Hall expressed his thoughts surrounding the hospital by emphasizing how special it is for our area, saying that a dedicated center like this "right here in the Mid-Ohio Valley," is something that is typically only experienced in more urban areas, making the build itself "remarkable."

Another significant \$1 million donation came from the Dave and Arlene Archer Family presented by Dave Archer, his wife Arlene, and their family members Michael and Stacy Archer, Kevin and Jill Witucky, and Kathy and Justin Schalitz.

"The building of the first Women and Children's Hospital in southeast Ohio is truly a game changer

for the people of the Mid-Ohio Valley, and our family is proud to support this project and the benefits it will bring to the women and children of our region." -Mike Archer, Chairman, Memorial Health System Board of Trustees

We would also like to acknowledge the incredible support and donation from longtime Memorial Health Foundation supporter, Peoples Bank, whose President and CEO, Chuck Sulerzyski, announced a commitment of \$2.5 million to the project.

It is through incredible support like this that we can help make a positive difference in the lives of our loved ones, friends, neighbors, and co-workers.

Memorial Health System is humbled and honored by the state of Ohio's commitment to improving healthcare in southeast Ohio with the unprecedented \$30 million investment, enabled by Ohio State Representative, Jay Edwards, in the construction of the region's only Women and Children's Hospital in partnership with Akron Children's Hospital.

Together with the state of Ohio and Akron Children's Hospital, Memorial Health System looks forward to a future of continued collaboration, innovation, and improved health outcomes for the communities it serves.



CLOSER TO HOME

1,600 births will remain local. People needing NICU-level care in our region are currently traveling at least two hours away to get the specialty care needed for their children.



SPECIALTY CARE

The Women and Children's Hospital fills existing care gaps currently causing patients to travel for care.



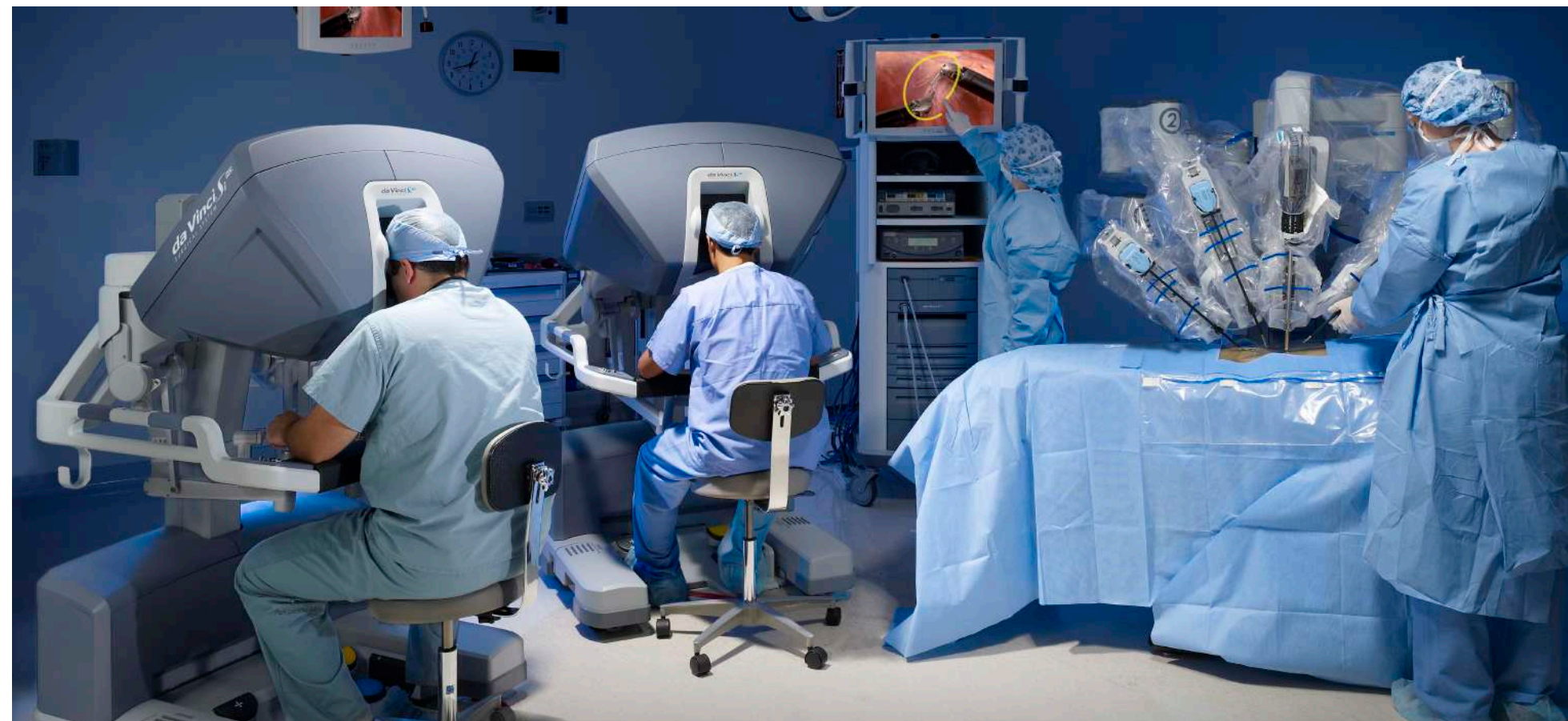
LEVEL II NICU

200 NICU infants can stay closer to family and loved ones. In 2021, approximately 40% of NICU infants were cared for at facilities outside the service area.




MODERN FACILITIES

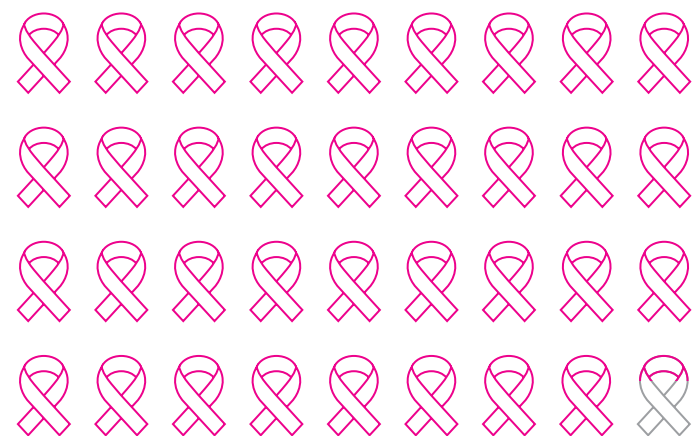
Built to care for the postpartum mother and newborn with the adaptability for the nursery option.



BREAST HEALTH INITIATIVE

Screenings for uninsured and under insured patients


 = Five patients assisted by the Breast Health Fund.

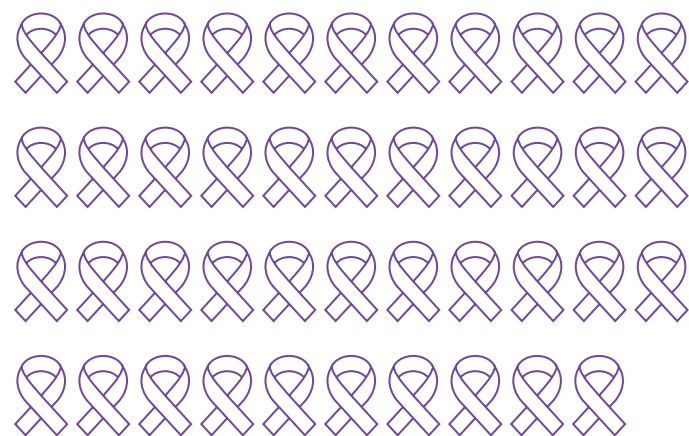


\$64,029 in funds assisted **176** patients.

CANCER CENTER PATIENT EMERGENCY INITIATIVE

Support for medications, transportation, and more.


 = Five patients assisted by the Cancer Center Patient Emergency Fund.

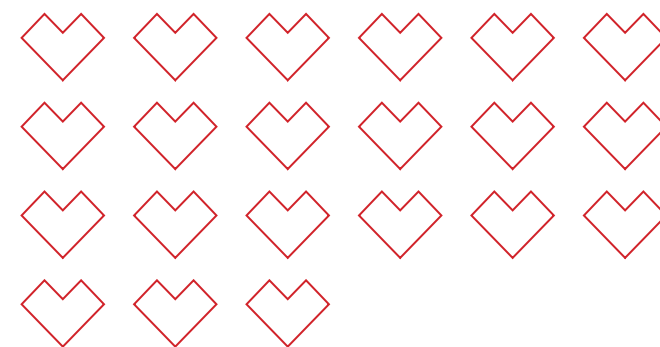


\$74,943 in funds assisted **215** patients.

G.R.A.C.E TRUST EMPLOYEE ASSISTANCE INITIATIVE

Support for employees of Memorial Health System who faced unforeseen events.

 = One employee assisted by the G.R.A.C.E Initiative.



\$14,900 in funds assisted **21** employees.

TOTAL ENDOWMENT FOR THE 2022-2023 FISCAL YEAR

\$29,942,296

This is the total number of funds invested to further ensure the long-term health of our community and the success of Memorial Health System.

TOTAL GRANT FUNDS AWARDED

\$269,561

This is the total of all patient funds awarded from the internal grant initiatives that are managed by Memorial Health Foundation.

Total grant funds assisted **1,850** patients.



REVIEWING THE 2022 - 2023 FISCAL YEAR

Memorial Health Foundation realized \$5,126,877.00 in non-operating expenses benefiting designated funds that directly support patient care or enhance programs throughout Memorial Health System.

REVENUE

Contributions	\$5,126,877
Federal & State Grants*	\$49,478,015
Investment Income	\$2,212,453
Total Revenue	\$56,817,345

* Federal and State grants totaling \$49,478,015.00 were awarded to support Memorial Health System.

EXPENSES

Program	\$194,978
Salaries/Wages/Benefits	\$352,421
Rental	\$13,200
Utilities	\$1,377
Total Expenses	\$561,976

INTERNAL GRANTS

Emergency Management Regional Disaster Exercise Moulage Services	\$300
Sistersville General Hospital Swing Bed Activities	\$1,000
Postpartum Hemorrhage Rapid Response Unit	\$11,500
Sistersville FARMacy 2023—Education in Wellness	\$15,000
Sepsis Reduction Initiative	\$79,000

EXTERNAL GRANTS

Friends of the Museums, Inc. AED & Training	\$1,000
Pleasants Co. Sheriff - Medical Trauma Kits for cruisers	\$2,000
ARC of MOV Health and Wellness Program	\$4,000
GoPacks AmeriCorps Vista - School & Volunteer Coordinator	\$5,000
FaithLink Give Local MOV	\$7,500
Miller Prosthetics Amputee Center Programming	\$9,000
O'Neill Center Economic Vehicle for Transportation	\$10,000



SCAN NOW TO LEARN MORE
mhsystem.org/foundation/grants



IMPACT OF A DONATION

OVER 1,000 TEDDY BEARS DONATED IN MEMORY OF GRAYSON SHREVE



SCAN NOW TO LEARN MORE ABOUT GRAYSON
mhsystem.org/foundation/stories

When Grayson Shreve passed away at only two months old, his family found themselves wanting to do something special in his memory.

Grayson's aunt, Ashley DeSenze, learned of the health system's Teddy Bear Initiative— which gifts stuffed animals to patients in the emergency department and hospital— from a previous co-worker whose grandson received a bear (and still has it). After learning about the initiative, Ashley knew how she could carry on Grayson's memory while also supporting other pediatric patients in the area.

Memorial Health Foundation's Teddy Bear Initiative has been available to patients for 37 years, after being established in 1986. This Initiative provides a complimentary stuffed animal to comfort patients when treated throughout Memorial Health System.

Ashley rounded up support through a Facebook page, flyers, and even an Amazon wish list to make it easy for people to support the cause. When Ashley asked the owner of Almost Heaven Bath & Beauty if they would be willing to hang up a flyer for the cause, they went a step further; they offered to sell teddy bears at a wholesale price for customers to purchase and then donate. The locally owned gift shop collected 104 bears in Grayson's memory.

Overwhelmed by the outpouring of love and support, Grayson's family ultimately collected 1,011 stuffed animals from people in West Virginia, Ohio, Pennsylvania, Virginia, and even as far away as Texas! The family also created and attached memorial tags to each bear with a photo of Grayson. In the future, Grayson's family plans on collecting stuffed animals for the Teddy Bear Initiative annually on his birthday. They even have a goal to collect stuffed animals from all 50 states.

ABOUT THE TEDDY BEAR INITIATIVE

Bring comfort, joy, and a touch of adventure to the lives of our little heroes. Your generous donations to the Teddy Bear Initiative will enable Memorial Health Foundation to continue the cherished tradition of providing each child with a treasured stuffed animal—a loyal companion throughout their medical journey. These cuddly friends will serve as their sidekicks, embarking on grand adventures and providing a source of strength and solace.





REVIEWING OUR POPULAR EVENTS



FUND RUN GLOW

Held on October 8, 2022, our annual Fund Run GLOW event was an evening filled with fast-paced excitement! With over 200 participants decked out in fun costumes and glowing accessories, a total of \$11,008 was raised to directly support local patients through three of Memorial Health Foundation's patient-centered initiatives: Bridges Forward Stroke & Brain Injury Support, Diabetes Education, and Bariatric Exercise. Thanks to our community, we can further support the health of those within our region.

NATIONAL PHILANTHROPY DAY 2022

Held on November 15, 2022, at the Marietta Country Club, our celebration of National Philanthropy Day was a stunning success and a shining testament to the spirit of philanthropy within our health system! 65 local philanthropists and supporters of Memorial Health Foundation gathered together for an informative luncheon surrounding the charitable work being carried out in our health system. Our keynote speaker for the event was Maninder Bedi, MD, who shared with us information about the Watchman Procedure. Memorial Health System is the only provider within a 65-mile radius that performs this lifesaving procedure which helps cardiac patients say "goodbye" to blood thinners.



GOLF OUTING 2023

With 24 participating teams, our 24th Annual Golf Outing was a day filled with laughter, camaraderie, and a shared sense of purpose. Thanks to generous sponsorships and player support, a total of \$47,835 was raised towards the purchase of a portable X-ray machine for Selby General Hospital. A greatly anticipated addition to Selby, this portable X-ray machine eliminates the need for unnecessary patient transports and adjustments during exams, ultimately streamlining processes and improving patient experience.




LEGACY OF SERVICE

FOUR DECADES OF DEDICATION: COLLEEN COOK'S JOURNEY WITH MEMORIAL HEALTH FOUNDATION

In 1981, Memorial Health Foundation was established with one goal: to ensure that everyone in our community receives the care they deserve. From the Foundation's beginnings, where meetings convened at Broughton's headquarters, to the present day in 2023 where tens of millions of dollars have been raised to support local patients, Memorial Health Foundation's growth has been nothing short of extraordinary. Amidst this remarkable journey, one member of the Board of Trustees has been a consistent presence, since nearly the Foundation's inception.

Colleen Cook, JD, and her connection with Memorial Health Foundation is deeply rooted in its history. Samuel Cook, her father, worked alongside Carl Broughton who created the Foundation to support Memorial Health System and its patients. Colleen's journey is profoundly influenced by her father's legacy, and she proudly carries forward the torch he lit. She speaks of her father's influence, saying, "My father [Sam Cook], was involved in the community. I couldn't escape it; it was part of my father's legacy, and I am honored to continue his work." She continues describing her father's leadership by saying, "It was always assumed that if we were of reasonable intelligence, we were successful in our work, that we would give back to the community."

Jarrett Stull, Executive Director for Memorial Health Foundation states, "Much like her father, Colleen can walk into a meeting today and secure a million dollars. It is remarkable."

Colleen comments on her impressive anniversary by stating, "I can't believe it. I didn't know that it was my 40th year. Time went by in the blink of an eye, much like life does." For Colleen, these four decades have been defined by unwavering dedication to the Foundation's mission. Colleen's true measure of success lies not in personal achievements, but in the tangible impact she has had. "I just hope that at the end of it," she shares, "I can look back and know it made a difference."

Colleen's inspiring journey serves as a powerful reminder that each one of us has the capacity to make a meaningful difference in our community and have a transformative impact on those within it.

To gain a deeper insight into Colleen's remarkable journey and her dedication to Memorial Health Foundation, we invite you to watch her full interview. To access the interview, scan the QR code provided or visit our website at mhsystem.org/Foundation. In this conversation, Colleen shares her experiences, insights, and the pivotal moments that have shaped her incredible 40-year journey.



**SCAN NOW
TO LISTEN
TO THE FULL
STORY**
[mhsystem.org/
foundation/
stories/](https://mhsystem.org/foundation/stories/)

CAN EXTRA SALT HURT YOUR KIDNEYS?

From a Mayo Clinic nephrologist, Dr. Ivan Porter II

Sodium, a mineral that the human body needs to function well when combined with the mineral chloride, makes table salt.

Sodium is added to many processed foods, including packaged and frozen meals. Many recipes call for salt for flavor, but according to Dr. Ivan Porter II, a Mayo Clinic nephrologist, adding too much salt to your diet is not a good thing.

A recent study in the Journal of the American Medical Association found that adding salt to your food can increase your risk of chronic kidney disease.

Your kidneys balance the amount of sodium in your body and if you're getting too much, it builds up in your blood.

Your heart works harder to pump and increases blood pressure, raising the risk of heart disease, stroke, and kidney disease.

The recommended daily limit of sodium is 2,300 milligrams or about 1 teaspoon. Dr. Porter recommends reading food labels and cutting back on the saltshaker by using salt-free seasonings.

"Sometimes you can either stop or reverse some of the initial damage that happens with chronic kidney disease. The longer that the process goes on, the more severe it is, the less likely it is to be able to get back to healthy kidneys. And that's when we have to think about things to replace kidney function like dialysis or transplant."

– Dr. Ivan Porter II



24 Hour Nurse Line



(844) 474-6522

Our registered nurses (RN) take calls 24 hours a day, 7 days a week. With special training, our team can help talk through your concerns, review your symptoms, and point you in the right direction of care. Call for free anytime you need.



As a member of the Mayo Clinic Care Network, Memorial Health System has special access to Mayo Clinic resources that can be shared with our patients and community.



World-class FRIENDS, FAMILY, & NEIGHBORS

Nothing we do would be possible without an outpouring of community support. We are so grateful for those that inspire, encourage, and contribute to our health system.



National Wear Red Day was a huge success! Our teams across the health system came together to raise awareness for American Heart Month.



Erin Miller and our hospital therapy dog, Gidgit, gave back to Memorial Health System with their annual "Chemo Comfort Bag" giveback!



The Waterford Grange donated 150 teddy bears to Memorial Health Foundation's Teddy Bear Initiative, beating their personal best and collecting over 200 bears total!



Meet a hometown hero, Shirley Harmon! For the past five years, Shirley has crafted and donated hundreds of hats for patients who are often facing challenging times for their health.



Our first cohort of graduates from our Medical Assistant Resident Program! Look for these amazing team members around the health system; they will be taking great care of you and your loved ones.



A grateful patient sent Tammy Lee, NP, from our Department of Endocrinology a note of gratitude with a beautiful bouquet to thank her for taking them on as a patient, and for also getting a medication approved by insurance within one day with the help of medical assistant, Lee Brunoni!

CLASSES



FACEBOOK LIVE EXERCISE CLASSES

Memorial Health System Facebook Page (@mhssystem) Every Friday | 11 - 11:45 a.m.

Classes can be found anytime in the "Videos" section under the playlist: "Move!" on our Facebook page.

GROUP EXERCISE CLASSES

Frontier Shopping Center 148 Gross Street, Suite A Marietta, Ohio Call (740) 568-5380 for information or additional class details.

Cost: \$10 per month (unlimited) or \$5 drop-in fee per class.

Variety Class (Intermediate/Advanced): Mondays and Wednesdays; 8:30 - 9:30 a.m.

Tai Chi (Easy): Mondays and Wednesdays; 9:45 - 10:30 a.m. *Variety classes include strength/body weight training, pound, Zumba, yoga, flexibility, and more!

A MATTER OF BALANCE

Frontier Shopping Center 148 Gross Street, Suite A Marietta, Ohio.

Schedule varies by month. A Matter of Balance is a four week, evidence-based falls prevention class. No cost to participate! Must register to attend. Call (740) 568-5380 to sign up.

MORE THAN A MAKEOVER

Belpre Medical Campus 807 Farson Street Belpre, Ohio (1st Floor Conference Room) April 15; 10 a.m. - Noon Call (740) 423-3617 or (740) 568-5632 for more information.



SCREENINGS

FREE COMMUNITY HEALTH SCREENINGS

Frontier Shopping Center 148 Gross Street, Suite A, Marietta, Ohio 8:30 - 10:30 a.m.

Have your blood sugar, blood pressure, and weight checked for free! Walk-ins are welcome and no appointment is needed! Call (740) 568-5232 for more information.

HEARING SCREENING

Wayne Street Medical Campus 800 Wayne Street, Suite 111 Marietta, Ohio April 24 | 9 - 10:45 a.m. May 22 | 9 - 10:45 a.m. June 26 | 9 - 10:45 a.m.

MOBILE MEDCHECK

John Dodge Senior Center Beverly, Ohio Every second Thursday 9 a.m. - Noon

Lower Salem Village Hall Every fourth Tuesday 9 a.m. - Noon (blood sugar, blood pressure, and weight checks)



REDUCED COST DRIVE THRU LAB SCREENING

Belpre Medical Campus 805 Farson Street, Belpre, Ohio May 4 | 7 - 11 a.m. RSVP at (740) 568-4731 \$45 for women \$55 for men.

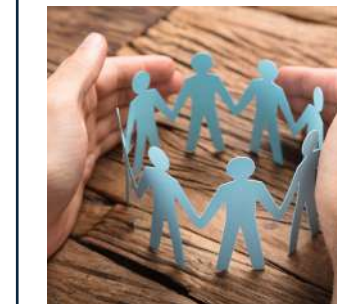
Screening includes: A1C, complete blood count, complete metabolic lipid panel, lipid profile, thyroid (TSH), PSA (men only).

You must register in advance to attend.

SUPPORT GROUPS

BARIATRIC EDUCATION & SUPPORT

Call (740) 434-0565 for information about support groups and educational sessions.



CANCER SURVIVOR SUPPORT GROUP

Belpre Medical Campus 807 Farson Street Belpre, Ohio (1st Floor Conference Room) Last Thursday of each month | 1 - 2 p.m. Call (740) 401-0257 or (740) 568-5632 for more information and for the updated schedule of sessions.

DIABETES EDUCATION CENTER CLASSES & SUPPORT GROUPS

Belpre Medical Campus 803 Farson Street, Suite 100 Belpre, Ohio

Individual counseling, group classes, and dietitian visits for people with diabetes and their families. Please call (740) 568-1702 for more information.

HEAD AND NECK CANCER EDUCATION/ SUPPORT SERVICES

Belpre Medical Campus 807 Farson Street, Belpre, Ohio (1st Floor Conference Room) June 11 | 1 - 2 p.m. Call (740) 568-5632 for more information.

SENIOR DIABETES SUPPORT GROUP

Belpre Senior Center 1614 Washington Blvd, Belpre, Ohio April 25 | 1 p.m. June 27 | 1 p.m. August 22 | 1 p.m.

SLEEP APNEA SUPPORT GROUP

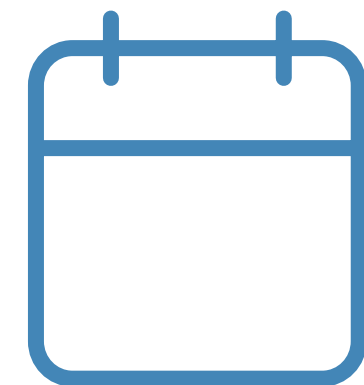
Broughton Health Center 210 North 7th Street Suite 100 Every third Tuesday of each month 5:30 - 7 p.m. Call (740) 568-5310 for more information.

STROKE SUPPORT GROUP

Please call (740) 434-0538 for details.

SWEET & SOUR CLUB: DIABETES YOUTH SUPPORT GROUP

Diabetes Education Center April 16 | 6 - 7 p.m. May 21 | 6 - 7 p.m. June 18 | 6 - 7 p.m. Call (740) 568-1702 for more information. FREE to participate!



EVENTS

BLOOD DRIVES

In partnership with American Red Cross

Marietta Memorial Hospital, Strecker Conference Room, Marietta, Ohio May 1 | 10 a.m. - 4 p.m.



Marietta Memorial Hospital, Strecker Conference Room, Marietta, Ohio June 17 | 10 a.m. - 4 p.m.



Belpre Medical Campus, 807 Farson St., Conference Room (south end of building); June 24 | 11 a.m. - 4 p.m.



MEMORIAL HEALTH SYSTEM GOLF OUTING

Marietta Country Club Friday, May 17

For more information contact Memorial Health Foundation at 740.374.4913 or foundation@mhssystem.org.



Please note: Scheduled events are subject to change based on circumstances. Call the listed contact if you would like to know if the activity is still taking place.

You Are Always the Priority

Our Department of Primary Care provides you with expert-level, compassionate care.

mhssystem.org/PrimaryCare





MEMORIAL
HEALTH SYSTEM

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DELIVERING THE FUTURE, THAT'S EXPECTING MORE!

With Peter Filozof, MD having over 20 years of experience and helping upwards of 10,000 babies make their grand entrance into the world, and Melissa Hutchinson, PA-C offering individualized, lifelong care, the two newest additions to Memorial Health System's team are not planning on slowing down anytime soon!

THAT'S EXPECTING MORE
mhsystem.org/WomenAndNewborn



MEMORIAL
HEALTH SYSTEM



MAYO CLINIC
CARE NETWORK
Member