



# Connections

## Helping our community thrive

In the short span of time since Berger partnered with OhioHealth, we have advanced the quality and availability of local health care by bringing exceptional new specialists, programs and services to you. The partnership has helped us:

- Offer more local services and enhance employee training that ensures you receive the best care—without having to leave home.
- Recruit more primary care and specialty physicians.
- Gain support and insight from our OhioHealth strategic partnership specialist and reduce costs through an approved purchasing program. This enables us to overcome industry challenges while retaining affordability.

Together with OhioHealth, Berger has a strong umbrella to weather potentially turbulent times in the health care industry. We are passionate about bringing the best quality health care to our community. We believe that if we continue to improve, our community will prosper.

Take a closer look into our services to see how our teamwork is enhancing your care.

### Cancer care

OhioHealth is a certified member of the MD Anderson Cancer Network® — a program of MD Anderson Cancer Center — and a world-renowned leader in cancer care devoted exclusively to advancing cancer care, research, education and prevention. MD Anderson Cancer Center



In the small amount of time since the partnership, we have had an approximate 25 percent increase in new patients that we have proudly retained and provided cancer care to.

has nationally recognized cancer care protocols and best practices, and those come to Berger through our partnership with OhioHealth. Our new medical oncologist—Sudhathi Chennuru, MD—is an MD Anderson Cancer Network® Certified Physician, practicing at certified hospital OhioHealth Grant Medical Center, where she participates in multidisciplinary planning

conferences with MD Anderson Cancer Network® and other member hospitals across the United States. Having this specialist at Berger gives us access to world-renowned experts and the ability to care for our community in inventive ways. The expertise of this physician allows us to provide cancer patients in our community the most

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Berger Health Foundation  
600 North Pickaway Street  
Circleville, OH 43113

### Berger Health System online resources

We are a Community Hospital with advanced specialized services and access to over 175 physicians to care for you.



Find us at [www.bergerhealth.com](http://www.bergerhealth.com),



[www.twitter.com/bergerhealthsys](http://www.twitter.com/bergerhealthsys),



[www.youtube.com/bergerhospital](http://www.youtube.com/bergerhospital) and



[www.facebook.com/bergerhealthsystem](http://www.facebook.com/bergerhealthsystem).



# Check it out

## Some must-do screenings and self-exams

**T**here's no denying how popular DIY projects are today. We love to roll up our sleeves and get it done. But what about health screenings that can alert us to possible health problems? Can we tackle some of those ourselves too?

You'll need a doctor for most screening tests and exams, of course. But you can do some checks yourself, often with a doctor's input or recommendation. Examples of both are at right. Keep in mind, these are generalized guidelines. You may need screenings earlier, more often or not at all. Ask your doctor what's right for you.

**For more information or to find a provider go to [www.bergerhealth.com](http://www.bergerhealth.com).**

## At home

- **Monitor your blood pressure.** Your doctor may have you use a portable monitor at home if, for instance, you have borderline high blood pressure or your readings might be high only at the doctor's office.
- **Check your skin for cancer.** Frequent (such as monthly) self-skin checks may help you find cancer early. Changing moles, blemishes or other worrisome-looking areas on your skin should be shown to your doctor.
- **Measure your waist.** Place a tape just above your hipbones, exhale and measure. A waist greater than 40 inches for men or 35 for women boosts type 2 diabetes and heart disease risks.
- **Check your feet if you have diabetes.** Your doctor may have you look for and report any sores or other problems before they become major infections.
- **Step on a scale.** Type the results (plus your height) into a body mass index (BMI) calculator, like this one, to see if you're overweight or obese: [www.morehealth.org/bmi](http://www.morehealth.org/bmi).



## At a provider's office

- **Mammograms.** From ages 45 to 54, women should have yearly breast cancer screenings, switching to every two years after that.
- **Blood pressure checks.** Have your doctor check your blood pressure at least every two years—and more often if you have certain conditions, such as heart disease or diabetes.
- **Cholesterol blood tests.** Start at 35, or age 20 if you have risk factors such as diabetes, high blood pressure or heart disease.
- **Colonoscopy.** Starting at age 50, colonoscopies or other screening tests are recommended for both men and women to help prevent colorectal cancer or find it early.
- **Pap tests.** Starting at 21, regular Pap smears help guard against cervical cancer in women.

## Helping our community thrive

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promising outcomes and a brighter future.

### Heart and vascular

Electrophysiologist Seth Rials, MD, has joined cardiologists Gregory Lam, MD, and Daniel Mudrick, MD, and nurse practitioner Monica Riffle, CNP, at Berger. The addition of Dr. Rials has allowed Berger to expand access to heart and vascular care.

Berger now offers an arrhythmia and device clinic to local patients who have an abnormal heartbeat, such as atrial fibrillation. This enhances the vascular clinic services offered by our other

providers. The partnership has opened new opportunities in heart and vascular services that help us better support our patients' needs.

### Neuroscience

As a member of the OhioHealth Stroke Network, we're able to use telemedicine to diagnose a stroke quickly. We have three OhioHealth neurologists who see patients at Berger—Bryan Berger, MD, Ken Mankowski, MD, and Obinna Moneme, MD. Also, we now offer OhioHealth Delay the Disease, a life-changing exercise and wellness

program designed to empower people living with Parkinson's disease. We offer monthly support group meetings and weekly exercise classes for Parkinson's patients and their caregivers to help them cope with the day-to-day challenges of the disease.

We are also teaming up with the community. Through the expansion of our Parkinson's specialties, Berger has supported community events such as the fifth annual Parkinson's Walk for a Cure, which raised \$11,000 for the cause. The money was divided between the Parkinson's Disease Foundation and the Berger Health Foundation, which supports Parkinson's patients and families in the area. We are truly humbled by the wonderful event turnout and thankful

to reside in a community with such strong support.

### eICU

This past spring, we enhanced our intensive care unit (ICU) by connecting to the OhioHealth electronic intensive care unit (eICU). The two-way audio-visual system provides extra monitoring of our patients' intensive care needs.

The eICU team makes "rounds" to each patient's room to check whether a patient may need additional care or assistance. When this happens, an OhioHealth eICU nurse or doctor notifies the patient's bedside care team.

Being kept updated on our patient's needs improves care and provides a higher quality experience.

## CALENDAR OF EVENTS


**Monday, Sept. 19, noon**

### Berger Health Foundation Golf Outing

**Pinnacle Golf Club**

**1500 Pinnacle Club Drive, Grove City**

The golf classic is a chance for participants to enjoy a day of golf, giveaways, food and drink, silent auction, and networking—all while

 supporting and enhancing health and wellness in Pickaway County. To register as a player, call **740-420-8209**.

**Friday, Oct. 14, 7 p.m.**

### Night Game Tackling Cancer

**380 Clark Drive, Circleville**

The seventh annual game will feature the Circleville Tigers playing host to the Liberty Union Lions during week seven of the high school football season.

**Wednesday through Saturday, Oct. 19 to 22**

### Circleville Pumpkin Show

**Downtown Circleville**

Visit Berger's Main Street booth at the 109th annual Circleville Pumpkin Show.

### Volunteer for life

Social activities may add more years to your life—and more life to your years. One way to make social connections while giving back

 to your community: volunteering. Find opportunities at [www.bergerhealth.com/volunteers](http://www.bergerhealth.com/volunteers).

### Community conversations

OhioHealth palliative care specialist Charles von Gunten, MD, was the keynote speaker for our community book read, the *Being Mortal* series, which ran from February through May this year. Dr. von Gunten is a pioneer in new approaches to pain and symptom management and in improving education and practice standards in palliative medicine. Dr. von Gunten provided information and insight to the community on the importance of having end-of-life decisions finalized while you are still in good health.

### Top-ranked care

Berger has provided high quality health care to Pickaway County

residents for more than 85 years.

Our partnership with OhioHealth ensures that in the ever-changing medical field, we will continue to provide top-ranked care—and help our community thrive.

A stronger community is the product of a stronger health care system. Our partnership secures Berger's ability to retain and recruit strong physicians and health care professionals to better serve you.

We are optimistic about what the future holds. We are confident that we will continue to achieve the strongest health care opportunities for our community through our OhioHealth partnership.

## Accountability counts at Berger

### Fiscal highlights (per audited financials)

	2015	2014
Net charges for patient services	\$67,341,340	\$65,685,629
Non-operating revenue and donations	\$160,355	\$297,640
Other operating revenue	\$1,934,846	\$2,768,596
<b>Total revenue</b>	<b>\$69,436,541</b>	<b>\$68,751,865</b>
Salary and wages	\$22,016,835	\$22,034,476
Employee benefits	\$4,617,546	\$6,334,841
Operating supplies and other	\$19,234,463	\$19,362,914
Professional services and consultant fees	\$4,096,469	\$5,603,196
Purchased services	\$6,904,926	\$6,866,539
Depreciation and amortization	\$4,250,453	\$4,410,201
Interest expense	\$617,010	\$630,985
State hospital assessment	\$1,135,801	\$1,048,178
<b>Total expenses</b>	<b>\$62,873,503</b>	<b>\$66,291,330</b>

### Major areas of community support

2014	
Medicaid loss	\$4,900,201
Medicare loss	\$3,677,771
2015	
Charity care	\$562,888
Bad debt	\$3,387,768
Community health improvement services	\$237,967
Community benefit operations	\$163,948
Women's and children's services	\$17,000



### A CHANCE TO DO GOOD

Berger Health Foundation is supported by donations from generous community members like you. Please consider making a gift online or learn more at [www.bergerfoundation.org](http://www.bergerfoundation.org).





## What you need to know about opioids

It's tough to live with chronic pain, but millions of Americans do. That's one reason why prescription opioids are so popular.

"These powerful medications are good at relieving pain in the short term," says Jill Barno, MD, Vice President of Medical Affairs at Berger Health System. "They also help people with active cancer and people receiving hospice or palliative care cope with pain. But opioids come with some serious risks, including the risk of addiction and unintentional overdose and death."

As many as 1 in 4 people who take opioids for a long time become addicted to the drugs (a condition known as opioid use disorder). And more than 165,000 people in the U.S. died from opioid overdose between 1999 and 2014.

### Names to know

Well-known brand-name painkillers, like Vicodin, Percocet and OxyContin, are opioids. So are generic drugs, such as:

- Hydrocodone.
- Oxycodone.
- Buprenorphine.
- Codeine.
- Fentanyl.
- Hydromorphone.
- Methadone.
- Morphine.
- Oxymorphone.

### Finding solutions

To help curb opioid addiction and overdose deaths, the Centers for Disease Control and Prevention has issued new guidelines for prescribing the drugs to treat chronic pain. The guidelines encourage doctors to start low and go slow when prescribing

opioids in order to reduce the risks linked to long-term use. (The guidelines don't apply to cancer patients or those receiving hospice or palliative care.)

"If you're living with chronic pain, talk with your doctor about the risks and benefits of taking opioids," Dr. Barno suggests. "Be honest about any personal history of drug or alcohol addiction. Also discuss other ways to help manage your pain, such as physical therapy, exercise and nonopioid medications."

Then if your doctor does prescribe an opioid, be sure to:

- Never mix the drug with alcohol—and don't take it with other substances or medications without your doctor's OK.
- Never take more of the medication than prescribed.



Jill Barno, MD

- Never share the medication with friends or family. And keep it locked away and well out of reach of curious children and teens.
- Alert your doctor if you experience side effects from an opioid—such as constipation, nausea, vomiting, dry mouth, sleepiness, confusion or decreased sex drive—or if you need to take more of the medication to get the same pain relief.

Additional source: Substance Abuse and Mental Health Services Administration