



Knox Wise

2023 Summer Edition

TIPS for
**keeping
your kids
healthy this
summer**

REDUCE FINE LINES
AND WRINKLES
WITH THE HELP OF BOTOX

STAY CONNECTED
TO YOUR CARE TEAM

Knox Community 
HOSPITAL



highlights from our CEO



Pediatrics



Botox



Connections Fitness



Bruce D. White, CEO

As Ohioans, many of us wait anxiously all year for the summer months to finally arrive so we can spend ample time outdoors enjoying nature and soaking up the sun. In this issue, pediatrician Dr. Erika Basil shares tips for keeping your kids healthy, active, and happy during the unstructured summer months. Read what she has to say about sun protection, water safety, nutrition, sleep, and more.

It's important for people of all ages to wear sun protection because the sun's damaging rays are one of the biggest contributors to fine lines, wrinkles and premature skin aging. But for those of you who didn't follow this advice in your youth, Dr. Suzanne Helming offers

Botox and cosmetic fillers that can help you regain that youthful appearance. On page 6 she talks about why having a physician trained in facial plastics means more optimal, natural looking results for patients.

With our Centerburg Health & Wellness Center now open for business, our specialty physicians are starting to schedule appointments for routine care and procedures in their offices in this location. Providers in obstetrics and gynecology, orthopaedics, general surgery, pain management, and podiatry will offer many of the same services they offer in their Mount Vernon office. See the article on page 3 to learn how to make an appointment.

I'm excited to tell you about a new service KCH is rolling out for patients with chronic health conditions like cardiovascular disease, respiratory issues, and diabetes. It's a free service to qualifying patients that allows you to stay connected with your KCH care team between doctor's appointments — helping them to better monitor and manage your health. Better yet, it only requires a phone to participate, and you don't have to leave your home.

One of the most important components of staying healthy is staying physically active throughout all ages and stages of life. For some this is easier than for others. If you're the type of person who needs accountability when it comes to fitness, consider joining our medically supervised Connections Fitness Center with two locations to serve you.

Be well,

Bruce D. White, CEO



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SPECIALTY CARE CLOSE TO HOME

Pregnancy and women's care, orthopaedics, pain care, and surgical appointments available at Centerburg location

If you live or work in Centerburg, doctors' appointments just got more convenient for you! Currently, KCH specialists from obstetrics and gynecology (OB/GYN), orthopaedics, general surgery, pain care, and podiatry are offering appointments certain days of the week at the KCH Centerburg Health & Wellness building located on Columbus Road.

OBSTETRICS AND GYNECOLOGY (OB/GYN)

We are excited to be extending prenatal care and gynecological services closer to you! At the Centerburg location, all our Physicians will be there on a rotating basis. We want you to know that all prenatal office visits can be completed at the Centerburg office, while prenatal ultrasounds will be completed at our main location in Mount Vernon. As the patient gets closer to the due date, they can choose to continue going to the Centerburg office or come to the main office, depending on their provider preference, as the same provider will not be there every week. Other services that are offered at this location are annual visits, pap smears, contraceptive counseling, fertility counseling, and premenopause and menopause care. Please note these are not all the services at this location at this time.

To schedule an appointment, call [740.326.3531](tel:740.326.3531).

PODIATRY

Dr. Abigail Elliott is looking forward to expanding her patient base and is now accepting appointments in the Centerburg Health and Wellness Center. She is offering a wide variety of services including, but not limited to, ingrown nails, foot pain, post-op visits, gout, and plantar fasciitis. She is also offering surgery consultations and is able to do some procedures at this location including cortisone injections, as well as nail avulsions. To learn more about what this office has to offer or to schedule an appointment call [740.397.4262](tel:740.397.4262).

Please be aware that we may add additional services, providers, and service lines in the future. The listing of services is not complete, and you should call the office or visit KCH.org to view a complete list of what is offered at the Centerburg location.

THE CENTER FOR PAIN MANAGEMENT

Dr. Andrew McNicol will be seeing a wide variety of conditions and doing minor procedures in the Centerburg Health and Wellness Center. Conditions we treat include, but are not limited to, arthritis in the neck or lower back, back and neck pain, nerve damage or muscle spasms, and sciatica. Basic procedures such as bursa injections, trigger points, occipital nerve blocks, synvisc, and steroid injections in shoulders and knees. Call [740.393.9866](tel:740.393.9866) to schedule your appointment or consultation today!

GENERAL SURGERY

Dr. Aevan McLaughlin is excited to expand her service area and is seeing patients in the Centerburg location; other providers may join her in the future, so stay tuned! She will be offering consultations on conditions such as abdominal pain, appendicitis, cholecystitis, heartburn, and hernias, to name a few. Dr. McLaughlin also has the added benefit of caring for weight management patients, which will be a great asset to the community and those interested in bariatric surgery. To schedule an appointment, call [740.393.9024](tel:740.393.9024).

ORTHOPAEDICS

Dr. Gregory Cush is seeing patients in the Centerburg location; other providers may join him in the future. Dr. Cush will be seeing patients and offering consultations and care for things like rotator cuff pain, joint pain, fractures, breaks, tendon tears, and post-op visits. With our ability to take x-rays on-site, it's easier than ever to receive great care close to home. To schedule your appointment, call [740.393.9898](tel:740.393.9898).

TIPS for keeping kids healthy this SUMMER

School's out for summer!

While kids are rejoicing, parents may be struggling to find a balance between a free-for-all and a more structured routine. Here are some tips from pediatrician Dr. Erika Basil for how to keep your kids healthy and happy this summer.



Sun safety

Kids over the age of 6 months should always wear sun protection when outside regardless of whether the sun is shining or behind the clouds. To adequately protect the skin, you need a sunscreen containing a minimum of SPF 30. This type of sunscreen will block 90% of damaging UV rays that cause sunburn. In children under 6 months, it is preferable to use zinc oxide or mineral oil sunscreen, long sleeve protective clothing and a hat.



Nutrition

Setting the stage for healthy eating habits in childhood and adolescence is not only important for proper growth and development, but it also helps prevent obesity related diseases later in life. Empty calories from added sugars and solid fats contribute to 40% of daily calories for kids ages 2-18 years—affecting the overall quality of their diets. While occasional treats are fine, try to offer a variety of fruits and vegetables at snack and mealtimes. Replace sugary beverages like pop and juice with water or calorie-free flavored water or low-fat milk.



Water safety

Never take your eyes off young children around water, not even for a minute. Swim in places where a lifeguard is on duty. Enroll kids in swimming lessons as soon as they are old enough. Make sure backyard pools have a fence, alarm, and a locked gate.





Sleep

While they may not have to be up as early during the summer, kids should still try and stick to a routine wake and sleep schedule. Limit screen time, especially before bedtime. Have kids turn off TVs, computers, phones, tablets, and video games at least 1 hour before bed and don't let kids keep screens in their bedrooms.



Prevent Summer Brain Drain

In as little as one month, kids start to lose some of the skills they learned in school, especially if they aren't regularly using them. Help kids stay current by incorporating skills you are already doing – like measuring out ingredients when cooking dinner, taking them to the library to borrow books, writing letters or emails to out of town family, and even reading street signs when you are out and about.



Activity

The amount of physical activity children need depends on their age. Kids ages 3 through 5 need to be active throughout the day for proper growth and development. Children and adolescents ages 6 through 17 should be active for 60 minutes every day. Encourage age-appropriate activities they enjoy like walking, running, hiking, skating, bicycling, swimming, playground activities, or free-time play. Activities can range from team or individual sports to recreational activities. Make sure kids wear protective equipment like helmets, wrist pads, or knee pads for activities where there may be a high risk of injuries (think biking, riding scooters, and skateboards).



While we hope your child remains healthy and accident-free this summer, the pediatricians at KCH are available for same day sick visits, minor injuries, routine well visits, sports/school physicals and presurgical visits. Providers are also on call to answer your questions after hours in case of emergencies.



To schedule an appointment with one of our pediatric providers, call 740.399.3745.



Reduce Fine Lines and Wrinkles with the Help of Botox

REVERSE THE SIGNS OF AGING



Do you look at yourself in the mirror and see someone who looks older than they feel? Facial lines, wrinkles, and crow’s feet can often make us look older than we are. But there is good news. Botox injections and facial fillers are popular alternatives to invasive plastic surgery and are also very safe and effective when performed by someone with experience.



“The benefit of Botox is to temporarily reduce the underlying muscle activity that causes moderate to severe frown lines, crow’s feet, and forehead lines in adults to help them look visibly smoother.”

While cosmetic procedures are often not covered by insurance, Dr. Helming’s office partners with Allé Aesthetics Loyalty Program and accepts their coupons and promotions. The cost and number of injections needed varies based on which area of the face is being treated. Dr. Helming also offers one free cosmetic consultation to discuss products and procedures with anyone interested in learning more.

To schedule an appointment, call 740.397.0700.



Dr. Suzanne Helming

At KCH, Dr. Suzanne Helming, a board-certified head and neck and facial plastic surgeon, performs facial aesthetic injections, using Botox and cosmetic fillers to lift and contour cheeks, improve hollowing of the eyes, plump or offer subtle fullness in lips, contour in the chin, and soften the look of smile lines. The advantage of having a physician trained in facial plastics means more optimal, natural looking results for patients.

“The benefit of Botox is to temporarily reduce the underlying muscle activity that causes moderate to severe frown lines, crow’s feet, and forehead lines in adults to help them look visibly smoother,” said Dr. Helming. “These are places in the face that lose volume and contribute to the appearance of aging.”

The results of Botox can last up to four months, while facial filler longevity differs depending on the product and the location on the face.

“Movement breaks the product down faster so injections around the mouth (which is in constant motion) tend to last about a month shorter than other areas of the face,” said Dr. Helming.



CONNECTIONS FITNESS CENTERS

THIS IS WHO WE ARE. THIS IS WHAT WE DO.

“I joined Connections Fitness to improve my strength, but I keep coming back for other things, as well. I like their yoga classes and have learned some things from their nutrition classes. The staff are knowledgeable, fun, and focused on my wellness.” – Beth Waller, member

CONNECTIONS FITNESS

provides a state-of-the-art medical fitness center with a safe environment, qualified degreed and certified staff, medical oversight, clinical integration, and monitored outcome measures. This helps us to focus on the prevention and treatment of chronic disease through regular participation in physical activity, health education, and nutrition. Our full-service membership-based business provides access to:

- various weight equipment
- aerobic exercise equipment
- group exercise classes
- warm-water pool for gentle exercises
- expanded hours of operation
- bi-annual fitness assessments
- Fitness Center equipment orientation
- both Connections Fitness locations (Centerburg & Mt. Vernon)
- nutrition services (with support from registered dietitian)
- Wellness to Go lectures
- personal training (discounts)
- nutritional counseling
- massage therapy
- Visionary Meals (healthy meal prep service)

We also provide physical and occupational therapy services to the community by improving healthcare access for recovery from surgeries and accidents, caring for those with pain and other musculoskeletal concerns affecting their daily activities.

What is Connections Fitness?

Our facilities focus on preventing and treating lifestyle-related diseases, illnesses, and injuries through regular participation in physical activity and health education.

What kind of services do you offer?

We are not a typical “gym” or “health club” but a lifestyle. Our Exercise Physiologists (EP) provide bi-annual fitness assessments, group exercise classes, aquatics classes, personal training, weight loss training, nutrition counseling, and health & wellness workshops.

What separates you from other typical “gyms” or “health clubs”?

When choosing our Connections Medical Fitness Center, you choose safe and better outcomes. We provide clinical integrations and medical oversight from our educated staff.

How can members expect to benefit from a Medical Fitness Center?

Opportunities to assess your baseline fitness information and discuss specific goals. Each member is provided a personalized exercise plan for their needs, re-evaluation and progress check, and periodic check-ins with their EP and program progression.

What assistance do you provide for someone who has rarely exercised?

Fitness assessments and personalized exercise plans created by Exercise Specialists; supervised fitness center and group exercise classes led by Certified Fitness Instructors.

How can you help someone who has chronic diseases or is medically challenged?

Medical oversight, medical integration, qualified staff, and clean and safe environment; we use physical activity, nutrition, and health education to treat and prevent chronic illnesses.

Can you provide members with specifically-measured data and health information?

Biometric data and a body composition analysis are provided during the member’s fitness assessment.

What is the cost of your membership?

Our extremely competitive rates provide access to a full-service membership. Currently, we offer 50% off enrollment fees plus the first month free to the first 50 people joining Connections Fitness.

1375 Yauger Rd. • 740.393.9875

kch.org/connections-fitness

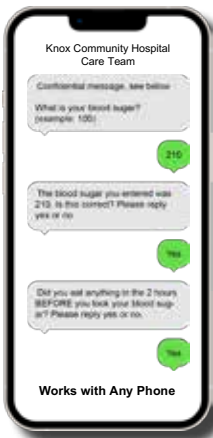
 KCHRehabAndWellness



FIRST 50 to respond will receive
50% OFF
enrollment and the first month **FREE.**

STAY CONNECTED TO YOUR CARE TEAM FROM THE COMFORT OF YOUR HOME

KCH is rolling out a new program for our patients with chronic health conditions like cardiovascular disease, respiratory issues, and diabetes. Designed to help patients stay healthy from the comfort of their own home, this is a free service that only requires a phone (mobile or landline) to participate. Eligible patients can expect to receive a phone call, email or KCH Connect message directing them how to enroll in this new service.



KCH Connect is a great way to stay connected between doctor appointments and to better manage your health issues.

Once enrolled, you will receive weekly messages or phone calls asking about your condition specific symptoms. So, whether you are diabetic or asthmatic, questions will be geared specifically to you and your condition(s). One

of the many benefits of KCH Connect is the ability to receive immediate help from a Knox Community Hospital care manager if you respond with worsening symptoms or health concerns.

Whether your preferred mode of communication is text messages or phone calls, they will arrive at the time of day of your choosing. It only takes a few minutes each week to respond to messages. In order to stay actively enrolled in the service, you will need to respond a minimum of once per week.



How Does KCH Connect Work?

- Knox Community Hospital is launching KCH Connect to help you stay healthy from the comfort of your home.
- This is free with no additional costs to you.
- All you need is a phone to participate.
- You will receive weekly messages or phone calls asking about your condition specific symptoms.
- Get immediate help from a Knox Community Hospital care manager if you respond with worsening symptoms or health concerns.
- The messages or phone calls will arrive at a time that you choose. It only takes a few minutes each week to respond to messages.
- **Be sure to respond at least once a week to stay active on KCH Connect!**

Why Should I Enroll?

- It's a great way to stay connected with your Knox Community Hospital care team between doctor appointments.
- **Enrolling in the program will help you and your Knox Community Hospital care team better manage your health.**
- Breathing Quality
- Blood Sugars
- Heart Health

PLEASE NOTE: This service is not intended to replace any communications you already have with your care team and is not intended to replace 911 or emergency services. Call 911 if you're experiencing an emergency.

Interested in learning more or enrolling in the program? Call 740.399.3728.