

# Connections

*Your Tri-State Region Connection  
for Specialized Medicine*

*Fall 2018*



**CDC Director Visits Huntington  
Regional Health Summit**

**Oncoplastic Surgery Provides  
Positive Cosmetic Outcome after  
Tumor Removal**

**Rock Steady Boxing Helps  
Patients Reduce Parkinson's  
Disease Symptoms**

*Kevin N. Fowler*  
President & CEO, Cabell Huntington Hospital

# Family Urgent Care Center

When you or your loved one suffers minor injuries and illnesses, Cabell Huntington Hospital (CHH) is prepared. The Cabell Huntington Hospital Family Urgent Care Center, just off the Fifth Street exit of Interstate 64, is open to serve patients seven days a week from 8 a.m. to 11 p.m. and offers urgent care for children and adults with board-certified providers who ensure patients receive medical care quickly and effectively. No appointments are necessary.

The center provides a wide range of quality urgent care services to the community including:

- upper respiratory infections such as colds and flu
- rashes and other skin conditions, such as poison ivy and sunburn
- strep throat
- urinary tract infection
- allergies
- sinus infections
- sprains and strains of all kinds
- minor fractures
- minor burns
- minor cuts that may require stitches

The center also provides sports physicals for local high school athletes and has an on-site Lab and X-Ray.



"The emergency room, or ER, is for true emergencies, such as heart attacks, strokes, major traumas, major fractures and serious illnesses," said Gary Cremeans, MD, medical director of the CHH Urgent Care and assistant professor, Marshall Family

and Community Health, Marshall University Joan C. Edwards School of Medicine. "Urgent care, on the other hand, is designed to take care of patients who have needs that are not life-threatening, but are important and urgent care fills the gap when a primary care physician is not available, but ER care isn't necessary."

**For more information about the CHH Family Urgent Care Center please call 304.525.2273 or visit us on the web at [www.cabellhuntington.org](http://www.cabellhuntington.org).**

## CDC Director Visits Huntington – Regional Health Summit



Cabell Huntington Hospital's Regional Health Summit welcomed Centers for Disease Control and Prevention Director Dr. Robert Redfield to Huntington on Monday, Aug. 27, to discuss the opioid epidemic and the local response.

In addition to providing the keynote presentation at the Regional Health Summit, Redfield toured Lily's Place with U.S. Rep. Evan Jenkins, R-W.Va.

"A national crisis like the opioid epidemic requires a national response, and West Virginia and Appalachia have been hit particularly hard by this crisis," Jenkins stated. "CDC Director Redfield spoke with state and local leaders about how we can work together to combat this national crisis."

Redfield has called the opioid epidemic, "the public health crisis of our time," according to a *Washington Post* report published just after his appointment to the directorship in March, adding that the crisis is a medical issue rather than moral failing and must be addressed as such.

"If any of you have tried to access care for addiction in this nation, I can guarantee you it's complicated," he said in an agency-wide address in March. "It needs to not be complicated."

Redfield's visit follows U.S. Surgeon General Jerome Adams, who headlined the last Regional Health Summit in May.

Following Redfield's address a panel of five community leaders discussed their organizations' programs and services that have led the way to reducing the impact of the opioid epidemic in the community. Dr Kevin Yingling, chairman of the Cabell Huntington Board and professor of Internal Medicine at Marshall University Joan C. Edwards School of Medicine served as the moderator of the discussion.

# Opioid Reduction Act Provides a Roadmap for Pain Management

Cabell Huntington Hospital is joining hospitals across the state in understanding and implementing the WV Opioid Reduction Act that became effective June 7. This new legislation, introduced by Gov. Jim Justice in March, encourages providers to prescribe alternative methods of pain management such as physical therapy and other non-pharmacologic measures prior to prescribing opioid medications. It also limits the initial prescription of an opioid to a seven day supply at the lowest effective dose in most situations, and adds requirements for education and counseling.

The law now also mandates “narcotic contracts” for patients receiving ongoing opioid therapy. These contracts require patients use a single prescriber and pharmacy to obtain controlled substances. The patient must notify their prescriber within 72 hours of any emergency that requires an opioid (ER visit, for example). If the patient fails to honor the narcotic contract, the provider may terminate the patient/provider relationship or continue to treat the patient without prescribing an opioid.

If there is a need to issue a third prescription for an opioid for a patient, the provider must attempt to refer the patient to a pain clinic or pain specialist.



Hoyt Burdick, MD

“Our number one priority is patient safety,” said Hoyt Burdick, MD, senior vice president and chief medical officer at Cabell Huntington Hospital. “This new law stresses the use of alternative methods for pain management and redefines responsible prescribing of other Schedule II controlled substances.”

In addition, the new law limits the amount of opioids that can be prescribed in an emergency room setting to a four-day supply. The bill also limits prescribing Schedule II opioids for minors to a three-day supply with the additional requirement of documenting education and risks discussed with the parents or guardians.

“The law establishes new regulatory requirements for responsible opioid and controlled substance prescribing,” stated Dr. Burdick. “The potential benefit of these laws and any unintended consequences remain to be seen, but both Ohio and Kentucky previously passed similar laws.”

The bill does not apply to patients with cancer, in hospice or end-of-life care, patients in long-term care or those with an existing provider-patient relationship established before January 1, where there is an established and current opioid treatment plan reflected in the patient’s medical record. For questions or more information regarding the Opioid Reduction Act please visit [www.wvlegislature.gov](http://www.wvlegislature.gov).

## Cabell Huntington Hospital and Marshall Health Now Making House Calls for Frail and Homebound

Cabell Huntington Hospital (CHH) in partnership with Marshall Health is now making house calls. The new CHH Home Care Medicine provides pre and post-acute care for homebound patients ages 18 and older, throughout the Tri-State. Skilled and highly trained physicians and nurse practitioners provide many of the same services received in a physician's office within the comfort of the patient's home.



"Our goal is to deliver a smooth transition of care," said Cynthia Pinson, MD, CMD, medical director for CHH Home Care Medicine and assistant professor in the Department of Family and Community Health at the Marshall University Joan C. Edwards School of Medicine. "Patients can receive experienced, quality care wherever they live."

CHH Home Care Medicine offers:

- physical examinations
- disease management
- medication management
- coordination of lab and X-ray services
- coordination of care (hospice, home health and hospitalization)



A physician referral is not necessary to receive services. Patients who qualify for services must be at least 18 years of age and considered frail or homebound. Patients who reside in a nursing home and/or assisted/non-assisted living facilities also qualify for services with the consent of the patient and/or relative or legal guardian. Medicare, Medicare with supplemental insurance, Medicare with Medicaid and private insurance are all accepted.

**For an appointment or questions please call our friendly and caring staff at 304.529.7004 in Huntington or 304.720.0210 in Charleston, Monday through Friday from 8 a.m. to 4:30 p.m.**

## Marc A. Subik, MD, returns to Marshall Internal Medicine



Mark Subik, MD

Marshall University Joan C. Edwards School of Medicine, Marshall Health and Cabell Huntington Hospital Medical and Dental Staff welcome Marc A. Subik, MD, to their gastroenterology teams of providers.

Subik, a board-certified, fellowship-trained gastroenterologist, has been named an associate professor in the department of internal medicine at the Joan C. Edwards School of Medicine. He is certified by the American Board of Internal Medicine, with subspecialty certification in gastroenterology.

Subik's tenure as faculty at Marshall's school of medicine dates from 1984 through 1999; including appointment as chief of the section of gastroenterology from 1987 to 1999. He served as head of the section of gastroenterology at the Huntington VA Medical Center from 1999 to 2004. Most recently, Subik has been practicing at Charleston Gastroenterology in Charleston.

He earned his medical degree from Upstate Medical University in Syracuse. He then completed his internal medicine residency at Marshall University. Subik's advanced training includes a gastroenterology fellowship at Baylor College of Medicine in Houston. Subik specializes in treating a wide range of gastrointestinal disorders, including irritable bowel syndrome (IBS), ulcerative colitis, acid reflux disease (GERD) and more.



Subik is accepting new patients and referrals at Marshall Internal Medicine, an outpatient department of Cabell Huntington Hospital, located in the Erma Ora Byrd Clinical Center at 1249 15<sup>th</sup> Street in Huntington. To schedule an appointment, call 304.691.1000. Subik is also seeing patients at the Marshall Internal Medicine location at Marshall Health Teays Valley, 300 Corporate Center Drive, Scott Depot. **To schedule an appointment, call 304.691.6910.**

# Oncoplastic Surgery Provides Positive Cosmetic Outcome after Tumor Removal

A diagnosis of breast cancer can threaten not only a woman's life, but her self-confidence after surgery and treatment. With new techniques, surgeons are able to achieve optimal cosmetic results and improved quality of life for breast cancer patients. Oncoplastic surgery is performed on patients with breast cancer to reshape the breasts after tumor removal. The procedure combines plastic and reconstructive surgery techniques with breast cancer surgery so that the appearance of the breast can be preserved to provide the best possible cosmetic outcome.



Jack Traylor, MD

"In many cases, a lumpectomy can leave a significant breast deformity and patients must schedule reconstructive surgery to reshape the breast," said Jack Traylor, M.D., breast surgeon at the Diagnostic Breast Center at the Edwards Comprehensive Cancer Center and associate professor in the department of Surgery at the Marshall University Joan C. Edwards School of

Medicine. "Oncoplastic surgery need for two surgeries by doing both procedures at the same time."

During oncoplastic surgery the tumor is removed and the breast is reshaped. Often, the opposite breast will need reduction or a lift to achieve the closest breast symmetry. According to Traylor, each patient is unique. He can either perform both procedures or have a plastic surgeon join him so the patient essentially undergoes one surgery.

"We evaluate and assess patients as candidates for oncoplastic surgery," Dr. Traylor explained. "The breast and tumor size determines whether I can perform both procedures or as a team approach with the plastic surgeon."

Dr. Traylor has completed over 50 hours of extensive training in oncoplastic surgery at the Postgraduate Institute for Medicine.

Mary Legenza, MD, board certified breast cancer surgeon at the Edwards Comprehensive Cancer Center and the first certified Hidden Scar Breast Surgeon in the state of West Virginia has also completed training in oncoplastic surgery through the American Society of Breast Surgeons and Innuity.



Mary Legenza, MD

"With oncoplastic surgery or Hidden Scar breast surgery the consideration is to eliminate as much scarring or vacancy in the breast as possible so that looking in the mirror is not a constant reminder of a woman's cancer journey," Legenza said. Dr. Legenza is assistant professor in the department of Surgery at the Marshall University Joan C. Edwards School of Medicine

**For more information about oncoplastic surgery call the Diagnostic Breast Center at the Edwards Comprehensive Cancer Center at 304.399.6600 or visit us on the web at [www.edwardsccc.org](http://www.edwardsccc.org).**



# Marshall Pharmacy offers discounted pricing

Through its newly created CHHRx program, Marshall Pharmacy, in collaboration with Cabell Huntington Hospital, is now offering discounted prescription pricing for low-income patients.



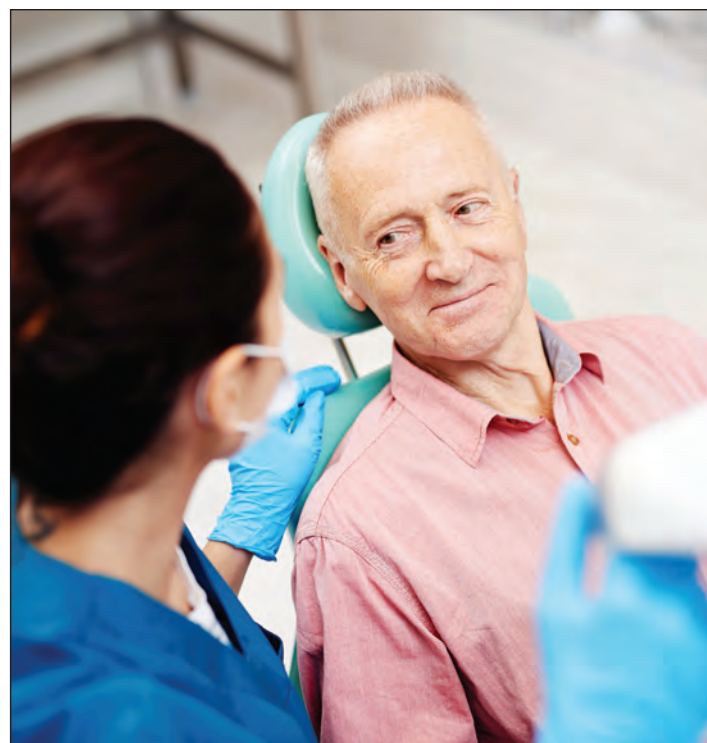
The CHHRx program is designed to provide prescription discounts to individuals with incomes below the 200% federal poverty level, including those who:

- are uninsured or underinsured;
- are within a Medicare coverage gap;
- have a medical hardship or need copay assistance; and/or
- require specialty drugs with large copays.

Individuals must be established patients at either Marshall Health or Cabell Huntington Hospital to apply. Patient discounts are effective immediately upon program approval; however, proof of income must be provided to receive validation status for one year. If proof of income is not provided within seven days, the discount card will expire.

Approved patients pay the discounted cost of the prescription plus a \$10 dispensing fee. Pricing varies based on the type of medication. All of the cardholder's household members who are established patients can also receive discounts through the program. The card may be used at either Marshall Pharmacy location—inside the Marshall University Medical Center, 1600 Medical Center Drive, Huntington, or the Erma Ora Byrd Clinical Center, 1249 15<sup>th</sup> St., Huntington.

**For more information about the program, please contact Blaine McGinnis, financial counselor, at 304.691.6872 or [mcginnisb@marshall.edu](mailto:mcginnisb@marshall.edu). For referrals, please direct patients to call 304.691.6872 or stop by the Marshall Pharmacy in the Marshall University Medical Center.**



## Saturday dental care available at Marshall Health

Appointments are now being accepted for Saturday dental care at Marshall Dentistry & Oral Surgery.

In an effort to increase patient access to dental services and convenience, the Huntington-based practice is now seeing patients by appointment from 8 a.m. to 1 p.m. on the second and fourth Saturday of each month.

Malav Shah, DDS., will see Saturday patients for a variety of general dentistry services, including teeth cleanings, fillings, bridges/crowns, whitening, veneers and more.

## Myers joins team of dental providers



William T. Myers, DDS

William T. Myers, DDS, has joined the Medical and Dental Staff at Cabell Huntington Hospital. Myers specializes in preventive, restorative and prosthodontic services as well as cosmetic procedures including veneers and whitening.

He earned his degree from the West Virginia University School of Dentistry in Morgantown. He is an associate professor in the Department of Dentistry, Oral and Maxillofacial surgery at the Joan C. Edwards School of Medicine. He has more than 30 years of experience serving the Huntington community.

Marshall Dentistry and Oral Surgery is located inside the Fairfield Building at 1616 13<sup>th</sup> Avenue, Suite 201, adjacent to Cabell Huntington Hospital.

**For more information or to schedule an appointment, call 304.691.1247.**

# Welcome new physicians to Cabell Huntington Hospital & Marshall Health



Casey Patick, MD

## Patick joins Marshall Pediatrics

Casey Patick, MD, a physician specializing in the care of infants and children, has joined the Medical and Dental Staff at Cabell Huntington Hospital.

Patick earned her medical degree and completed a residence in pediatrics from Marshall University Joan C. Edwards School of Medicine where she is an assistant professor in the Department of Pediatrics.

Patick is accepting new patients and referrals at Marshall Pediatrics, an outpatient department of Cabell Huntington Hospital, located in the Marshall University Medical Center at 1600 Medical Center Drive. **For more information or to schedule an appointment please call 304.691.1300.**



Kelly Cummings, MD

## Cummings, Roy provide specialized care in OB/GYN, high-risk pregnancy

Kelly Cummings, MD, and Ally Roy, MD, experienced obstetrician-gynecologists have been welcomed to the Medical and Dental Staff at Cabell Huntington Hospital.



Ally Roy, MD

Cummings, a board certified maternal-fetal medicine specialist, earned her medical degree from the Marshall University Joan C. Edwards School of Medicine (JCESOM), where she also completed an obstetrics and gynecology residency. She completed a fellowship in maternal-fetal medicine at the University of Arkansas for Medical Sciences in Little Rock, Arkansas. She is certified by the American Board of Obstetrics and Gynecology. She is an assistant professor in the Department of Obstetrics and Gynecology at the JCESOM. She specializes in high-risk pregnancies, including cases of preterm labor, placenta previa, miscarriage, multiple births, preeclampsia and gestational diabetes.

Roy, a general obstetrician-gynecologist, earned her medical degree from JCESOM where she also completed a residency in obstetrics and gynecology and served as chief medical resident. She is an instructor in the Department of Obstetrics and Gynecology at the JCESOM.

Cummings is accepting new patients and referrals at Marshall University Medical Center, an outpatient department of Cabell Huntington Hospital, 1600 Medical Center Drive, Huntington and at Marshall Health Teays Valley, 300 Corporate Center Drive, Scott Depot. **For appointments, call 304.691.1400.**

Roy is accepting new patients at Marshall Obstetrics and Gynecology, 5170 Route 60 East, Huntington, and at Marshall Health–Teays Valley, 300 Corporate Center Drive, Scott Depot. **For appointments, call 304.691.1800.**



Matthew Bullock, DO

## Fellowship-trained joint replacement specialist joins surgery team

Matthew W. Bullock, DO, MPT, a board-certified, fellowship-trained orthopedic surgeon has joined the Medical and Dental Staff at Cabell Huntington Hospital.

Orthopedic surgeons diagnose and treat injuries, disorders and diseases of the body's musculoskeletal system. This system includes bones, joints, ligaments, muscles, nerves and tendons. Bullock specializes in all aspects of hip and knee replacement, including revision surgery and infections. He is also skilled in minimally invasive total hip replacement and robotic partial knee resurfacing.

Dr. Bullock earned his medical degree from the West Virginia School of Osteopathic Medicine in Lewisburg before completing a residency in orthopedic surgery at Mercy St. Vincent Medical Center in Toledo, OH. Bullock's advanced training includes an orthopedic adult reconstruction fellowship at Wake Forest Baptist Hospital in Winston-Salem, NC. He is an assistant professor in the Department of Orthopaedics at the JCESOM.

Bullock joins joint replacement specialists Ali Oliashirazi, MD and Felix H. Cheung, MD at Marshall Orthopaedics, an outpatient department of Cabell Huntington Hospital, located in the Marshall University Medical Center at 1600 Medical Center Drive in Huntington. **To schedule an appointment please call 304.691.1262.**



Jonathan Cuda, MD

## Jonathan Cuda, MD, dermatopathologist joins Marshall Pathology

Jonathan Cuda, MD, a board-certified dermatopathologist, has joined the Medical and Dental Staff at Cabell Huntington Hospital. Dr. Cuda specializes in diagnosing skin diseases at the molecular level with special interests in inflammatory dermatitis, skin cancer, alopecia and cutaneous lymphoma.

Dr. Cuda graduated from Marshall University School of Medicine in 2006, earning the Bertha and Lake Polan Award for maintaining a 4.0 GPA throughout medical school. He completed his residency in anatomy and pathology and a fellowship in surgical pathology at Johns Hopkins Hospital where he served as chief resident. He also completed a fellowship in dermatopathology at Stanford University.

Dr. Cuda is an associate professor in the Department of Pathology at the Marshall University Joan C. Edwards School of Medicine, where he serves as the Director of the Dermatopathology Division. **For information or to set up an appointment call 304.526.2217.**



# Cabell Huntington Hospital Awards and Accreditations



### **Cabell Huntington Hospital Receives Get With The Guidelines® – Stroke Gold Plus**

CHH has received the Get With The Guidelines® – Stroke Gold Plus, Honor Roll Elite award from the American Heart Association and the American Stroke Association. This is the fifth year in a row that CHH has received this designation and the fourth year receiving Gold Plus and Honor Roll Elite status.

CHH earned the award by meeting specific criteria and standards of performance designed to help hospital teams follow the most up-to-date, evidence-based guidelines with the goal of speeding recovery and reducing death and disability for stroke patients.

According to the American Heart Association/American Stroke Association, stroke is the fifth leading cause of death and a leading cause of adult disability in the United States. On average, someone in the U.S. suffers a stroke every 40 seconds, someone dies of a stroke every four minutes, and nearly 800,000 people suffer a new or recurrent stroke each year.

Get With The Guidelines® is the American Heart Association/American Stroke Association's hospital-based quality improvement program that provides hospitals with tools and resources to increase adherence to the latest research-based guidelines. Developed with the goal of saving lives and hastening recovery, Get With The Guidelines® has touched the lives of more than six million patients since 2001.

### **Get With The Guidelines® – Resuscitation Silver Plus Quality Achievement award**

The Hoops Family Children's Hospital and Cabell Huntington Hospital (CHH) has received the Get With The Guidelines® - Resuscitation Silver Plus Quality Achievement award Neonate/Infant Patient Population and the Resuscitation Bronze Award for the Adult Population from the American Heart Association (AHA). These awards

are presented for implementing specific quality improvement measures outlined by the AHA for the treatment of patients who suffer cardiac arrests while in the hospital.

"Our team is committed to pursuing best practices and is dedicated to helping our patients have the best possible outcomes," said Edward Pino, MD, medical director of the Hoops Family Children's Hospital. "We are pleased to be recognized by the American Heart Association for our dedication and achievements in treating neonates and infants."

More than 200,000 adults and children have an in-hospital cardiac arrest each year, according to the American Heart Association. The Get With The Guidelines-Resuscitation program was developed with the goal to save lives of those who experience in-hospital cardiac arrests through consistently following the most up-to-date research-based guidelines for treatment. Guidelines include following protocols for patient safety, medical emergency team response, effective and timely resuscitation (CPR) and post-resuscitation care.

CHH earned these awards by meeting specific criteria and standards of performance designed to help hospital teams follow the most up-to-date, evidence-based guidelines with the goal of speeding recovery and reducing death and disability for patients who suffer in-hospital cardiac arrests in the hospital. In order to achieve Silver Plus status, staff complied with the quality measures set forth by the American Heart Association for one year. Bronze status was acquired after four months of quality measure compliance.

Get With The Guidelines – Resuscitation builds on the work of the American Heart Association's National Registry of Cardiopulmonary Resuscitation, originally launched in 1999 and has collected in-hospital cardiac arrest data from more than 500 hospitals. Data from the registry



and the quality program give participating hospitals feedback on their resuscitation practice and patient outcomes. The data also help improve research-based guidelines for in-hospital resuscitation.

### **Cabell Huntington Hospital receives Mission: Lifeline® NSTEMI Bronze Quality Achievement Award**

CHH has received the Mission: Lifeline® NSTEMI Bronze Quality Achievement Award for implementing specific quality improvement measures outlined by the American Heart Association for the treatment of patients who suffer heart attacks.

Every year, more than 250,000 people experience an ST elevation myocardial infarction (STEMI), the deadliest type of heart attack, caused by a blockage of blood flow to the heart that requires timely treatment.

CHH earned the award by meeting specific criteria and standards of performance for the quick and appropriate treatment of NSTEMI (Non-ST-elevation myocardial infarction) heart attack and providing emergency procedures to re-establish blood flow to blocked arteries.

The American Heart Association's Mission: Lifeline program's goal is to reduce system barriers to prompt treatment for heart attacks, beginning with the 9-1-1 call, to EMS transport and continuing through hospital treatment and discharge. The initiative provides tools, training and other resources to support heart attack care following protocols from the most recent evidence-based treatment guidelines.

### **Cabell Huntington Hospital's Nuclear Medicine and PET/CT Receive Accreditation**

Following an extensive review of hospital procedures and safety measures, Cabell Huntington Hospital has received a three-year accreditation from the American College of Radiology for its Nuclear Medicine and PET/CT (positron emission tomography - computed tomography) services used to diagnose and treat cancer and other diseases.

The ACR gold seal of accreditation is awarded only to facilities meeting ACR Practice Parameters and Technical Standards after a peer-review

evaluation by board-certified physicians and medical physicists who are experts in the field.

Image quality, personnel qualifications, adequacy of facility equipment, quality control procedures and quality assurance programs are assessed. The findings are reported to the ACR Committee on Accreditation, which subsequently provides the practice with a comprehensive report that can be used for continuous practice improvement.

The ACR, founded in 1924, is a professional medical society dedicated to serving patients and society by empowering radiology professionals to advance the practice, science and professions of radiological care. The College serves more than 37,000 diagnostic/interventional radiologists, radiation oncologists, nuclear medicine physicians, and medical physicists with programs focusing on the practice of medical imaging and radiation oncology and the delivery of comprehensive health care services.

### **Wound Healing Center Receives RestorixHealth's Center of Excellence Award**

CHH's Wound Healing Center is a recipient of RestorixHealth's Center of Excellence Award. Only centers that meet or exceed national wound care quality benchmarks, in areas including healing outcomes and safety, along with a patient satisfaction rate of 96 percent or higher, can achieve this prestigious designation.

The Wound Healing Center is dedicated to the care of patients with chronic, non-healing wounds such as those resulting from diabetes, circulatory problems, or injury resulting from radiation. The approach to wound care is aggressive and comprehensive, coordinating traditional and advanced therapies and techniques that are proven to reduce healing time and improve healing rates.

The center is staffed with a multi-disciplinary team of physicians along with nurses and technicians with advanced training in wound care and hyperbaric medicine. Integrating a team of wound care professionals optimizes patient care, while offering the most advanced healing options.

The Wound Healing Center is located at 1600 Medical Center Drive, Suite 2500, and is open Monday - Friday, 8 a.m. to 4:30 p.m. For more information, please call 304.399.3510.



# #CHHCares *in the Community*



## **Concert for a Cure**

Cabell Huntington Hospital and St. Mary's Medical Center hosted Concert for a Cure presented by IBM Watson Health™ Saturday, Aug. 25 at 6 p.m. at Barbourville Park Amphitheater in Barbourville. Proceeds from the event benefited cancer patients in need at both St. Mary's Medical Center and Cabell Huntington Hospital. Performing at the event was Dear John: A Tribute to John Lennon and Credence Revived. All cancer survivors were honored during the event.



## **City Mission Rededication**

The Huntington City Mission reinstated its lunch program after a \$40,000 donation from Cabell Huntington Hospital and numerous donations from the community. The mission averages 130 meals during lunch each week.



## **Hotdog Festival**

The 14<sup>th</sup> Annual Hot Dog Festival was held on July 28 in downtown Huntington. Hot dog vendors from all across the state gather in one location for the Tri-State to enjoy and help raise money for the Hoops Family Children's

Hospital. To date, the Hotdog Festival has raised more than \$200,000 for the Hoops Family Children's Hospital.



## **Gift Shop Ribbon Cutting**

A ribbon cutting ceremony on June 11 marked the completion and opening of the new An Added Touch Gift Shop at Cabell Huntington Hospital.

The newly constructed gift shop, formerly located in the atrium on the ground floor, is now between the new parking garage and Marshall Health entrance. In addition to giftshop, the structure provides a climate-controlled connector from the parking garage to the hospital.

# *Your Partners for Life.*





### Honduras team sees record number of patients

The Herd for Honduras team saw a record-breaking 2,837 patients in five days last week on its 10<sup>th</sup> annual medical mission trip to Honduras. The 2018 group included 57 members.



### 2018 Children's Classic

The Cabell Huntington Hospital Foundation presented a check for \$118,000, raised from the 2018 Hoops Children's Classic on Sept. 10. The children of Dr. Frank Shuler, MJ and DJ Shuler, also presented a check for

\$5000, raised from the Change for Children program. All proceeds benefit the Hoops Family Children's Hospital.



## Marshall Sports Medicine Institute

Marshall Athletics | Marshall Health | Cabell Huntington Hospital

### Jasko named head team physician for Marshall Athletics



John Jasko, MD

John J. Jasko, MD, a fellowship-trained, board-certified orthopaedic surgeon was recently appointed the head team physician for Marshall Athletics.

As head team physician, Jasko oversees and coordinates the duties of 20 sports medicine physicians, chiropractors, eye doctors, dentists and subspecialists who generously donate their time and talents to Marshall Athletics. Jasko and his staff also work closely with the certified athletic trainers and athletic training students who provide the first line, day-to-day care for Marshall athletes.

"I am honored to be chosen for this position and to follow in the footsteps of my mentor, Dr. Charles Giangarra," Jasko said. "I feel privileged to be part of the Marshall sports medicine team who is dedicated to keeping the Thundering Herd as healthy as possible. We work seamlessly with the coaches and everyone at Marshall Athletics to keep our student athletes safe at practice and on game day."

Jasko has more than 15 years of experience in orthopaedics and sports medicine. He specializes in all aspects of sports medicine and arthroscopic surgery, as well as treating knee ligament injuries, ACL reconstruction, meniscus tears, shoulder dislocations, shoulder instability, sports-related elbow injuries, ankle sprains and ankle ligament and tendon injuries. He is also skilled at rotator cuff repairs of the shoulder and shoulder replacement for arthritis.

An associate professor in the Department of Orthopaedic Surgery at the Marshall University Joan C. Edwards School of Medicine, Jasko has provided sports medicine care for Marshall University athletes since 2010. He also currently serves as a team physician for local high schools and has previously served as a consulting physician for the NFL's Tennessee Titans.





## Rock Steady Boxing Helps Patients Reduce Parkinson's Disease Symptoms



Approximately 60,000 Americans are diagnosed with Parkinson's disease each year. Although there is no cure for this progressive nervous system disorder that affects movement, research has shown that regular aerobic exercise might reduce the symptoms of the disease. Cabell Huntington Hospital's Senior Services has partnered with the Huntington YMCA to offer an opportunity to fight back against Parkinson's disease through the Rock Steady Boxing program.

Rock Steady Boxing, a unique exercise program, based on training used by boxing pros, and adapted to people with all levels of Parkinson's disease, involves regular exercises such as stretching, bicycling, running, jump-roping, balancing and non-contact boxing, led by experienced trainers.

"This program serves both men and women and can be modified to fit each patient's needs," said Teresa Sexton RN, MSNeD, director of Nursing and Senior Services at Cabell Huntington Hospital. "We are fortunate to bring this program to our patients as a fun way to stay active and help reduce the symptoms of Parkinson's disease."

The Rock Steady Boxing Method was developed in Indianapolis in 2006 and now has more than 470 Rock Steady Boxing programs around the world.

"Two members of Senior Services and two YMCA trainers are now certified coaches of Rock Steady," Sexton explained. "Although the class itself is designed for people with Parkinson's disease, this is a good opportunity for caregivers and family members to provide encouragement as corner coaches during the program to keep their loved one motivated and engaged so they get the full benefit of the classes."

Rock Steady Boxing classes are every Monday and Wednesday at the Phil Cline YMCA at 2 p.m. Participants are asked to wear comfortable, loose-fitting clothing. Boxing gloves and equipment will be provided for use during the class.

**Registration is required by calling 304.526.2695.**