

Holzer Clinic Community Connection



John M. Sullivan, MD, Holzer Clinic's Vice President and Jim Blevins, Holzer Clinic Associate Administrator present a donation to the O.O. McIntyre Park District Board of Directors

Announcing O.O. McIntyre Park District's **HOLZER CLINIC** Hike and Bike Trail



Holzer Clinic is proud to partner with O.O. McIntyre Park District to complete development of the O.O. McIntyre Park District's **Holzer Clinic Hike and Bike Trail**.

The completed portion of this scenic pedestrian trail follows the former CSX railroad right-of-way between Woodland Centers on State Route 160 and Haskins Park along Mill Creek Road in Gallipolis. Ultimately, this trail will stretch 28 miles from southern Vinton County through Gallia County to Gallipolis, and extending on to Kanauga. The fully accessible O.O. McIntyre Park District's Holzer Clinic Hike and Bike Trail, now smoothly paved and appropriately marked, is open to all walking and non-motorized cycling traffic.

Holzer Clinic's financial support, coupled with a grant from the Ohio Department of Natural Resources Clean Ohio Trail Fund will pave the way for this much anticipated concept to become a reality.

O.O. McIntyre's full trail features gentle grades through rolling farmland, short stretches through small towns and over steel bridges. Whether you are walking, jogging or cycling you are sure to gain infinite health benefits from one of the easiest and most convenient forms of exercise in which the entire family can participate.



We hope to see you along the trail!

New Access Clinic... NOW OPEN!!!

Welcoming **ALL NEW PATIENTS**...

The goal of the Access Clinic is to make it easy for residents in the Gallia and surrounding counties to establish with a primary care physician. Many families in the area rely on Urgent Care and the Emergency Room to provide primary care services which are more expensive and lack continuity of care. The Access Clinic can and will help. The Access Clinic is staffed by a certified nurse practitioner, Ida Evans, CFNP under the direction of Medical Director Gregory Mickunas, MD. In most cases patients can be seen within a couple of days. This concept offers people a chance to be evaluated and treatment started. Once the evaluation is complete, a determination is made as to what type of primary care physician would most suitably meet the needs of the patient. The patient does not have the hassle of trying to find their own physician. The Access Clinic is located adjacent to our Family Practice Clinic on the first floor of the main clinic facility in Gallipolis, Ohio.

For an appointment call 740-441-3296

IN THIS ISSUE:

- **Access Clinic Now Open**
...Page 1
- **New Physician Spotlight**
...Page 2
- **OBESITY EPIDEMIC: Helping children fight obesity**
...Page 3
- **Dr. Dachowski Receives Outstanding Physician Award**
...Page 4
- **Steven Miller, MD receives board certification**
...Page 4



Holzer Clinic
90 Jackson Pike
Gallipolis, OH 45631

R. Arturo Roa, M.D., FACS and the Liberty Circle Centers of Excellence Joins Holzer Clinic....



R. Arturo Roa, M.D., FACS

“Providing a decade of delivery of expert specialty care to the Tri-State region.

Bringing you the highest quality ENT care from Johns Hopkins, University of Michigan and University of Pennsylvania.”

Holzer Clinic is proud to announce that **R. Arturo Roa, M.D., FACS and staff at the Liberty Circle Centers of Excellence** will join our team of skilled professionals on October 15, 2007. **Holzer Clinic Liberty Circle** is a Proctorville, Ohio based state-of-the-art medical facility featuring expert specialty care in the treatment of all disorders of the ear, nose, throat, head and neck of infants, children and adults.

Dr. Roa has been providing residents of the Tri-State region with exceptional ENT care for more than a decade. He is the current President of the West Virginia Academy of Otolaryngology - Head and Neck Surgery. Dr. Roa received his Medical Degree from the University of Michigan Medical School in Ann Arbor, Michigan. He completed his residency at the Hospital of the University of Pennsylvania's Department of Otorhinolaryngology - Head and Neck Surgery in Philadelphia, Pennsylvania and has served as the Assistant Professor of Otolaryngology – Head and Neck Surgery at Johns Hopkins University School of Medicine in Baltimore, Maryland. Dr. Roa resides in Lawrence County with his wife Ann Marie and their ten children.

Dr. Roa will continue to conduct procedures at Three Gables Surgery Center, St. Mary's Medical Center and Cabell Huntington Hospital. However, as an added convenience, he will now also have the ability to perform services at the Holzer Clinic Ambulatory Surgery Centers.

Holzer Clinic is a multiple discipline health care system of over 120 physicians providing care in more than thirty areas of expertise. With ten locations throughout southeastern Ohio and western West Virginia, Holzer Clinic provides ***“Medical Excellence, coupled with Local Caring”***.

Holzer Clinic is accredited by the Accreditation Association of Ambulatory Health Care.

For more information or to schedule an appointment with Dr. R. Arturo Roa at Holzer Clinic Liberty Circle call **740-886-9370**.



Holzer Clinic Liberty Circle
96 Township Road 369, Suite 101
Proctorville, OH 45669

Quality Orthopedic Care

Just Minutes Away...

Russell P. Clarke, MD

Over 30 Years Experience



HOLZER CLINIC
446.5401



The Emergency Team You Depend On,
From the Name You Trust



HOLZER CLINIC

With Over 150 Years Combined of Board Certified Emergency Medicine Experience



OBESITY EPIDEMIC: *Helping Children Fight Obesity*

by Christa Grady, MPT



Do you remember your childhood days of summer spent outside playing kickball or spotlight tag? Unfortunately, most children of today will never know the fun of the great outdoors. Most children at this time spend the majority of their time in front of the television and/or computer. This has led to the obesity epidemic that is sweeping the industrialized nations. In fact, over the past two decades the prevalence of overweight U.S. children doubled from ages 6 to 11 and tripled for the American teenager. Approximately 25 million U.S. children and adolescents are overweight or

nearly overweight. With this rise in obesity, children are beginning to have other health problems related to obesity such as diabetes, high blood pressure, asthma, liver disease, metabolic syndrome, sleep disorders, and high cholesterol. In addition, the child may experience psychological problems including low self-esteem, behavior and learning problems, and depression.¹

What is the cause for this epidemic? Many factors can increase the child's risk of obesity including poor nutrition, inactivity, genetics, psychological factors, and family factors.¹ Two less common reasons are hormonal and genetic disorders. However, the more common reason for childhood obesity is lifestyle choices regarding both diet and exercise.

What is the screening process? A health care professional can calculate your child's body mass index or BMI to measure body fat based upon height and weight. For a child, this number is compared to a growth chart for children of that particular child's age and gender. In other words, the child will be compared to other children of the same sex and age to determine if the child is overweight for his or her age and height. However, the BMI does not consider the child's body frame. Thus, a complete weight assessment must be performed as well. The weight assessment will include the child's individual history of growth and development, dietary habits, activity level, and the family's weight-for-height history.

How do we treat this problem? Weight loss for a child is recommended for children over the age of 7 or for younger children who have related health concerns. Weight loss should be slow and steady. The child should eat three well balanced meals each day including a real carbohydrate, healthy protein, healthy fruit, and non-starchy vegetable. The child may also eat two healthy snacks throughout the day. Children should not be put on fad diets or skip meals. Children should avoid sweetened beverages, fast food, refined sugars, and white flour bread.² Encourage the child to drink plenty of water throughout the day. The parent should not use food to comfort or reward the child. Remember the parent is the one buying the groceries and should be setting the example for the child. In addition, add physical activity into the child's day by limiting the amount of time in front of the computer or television, find fun activities the child enjoys, get outdoors, and do the activities as a family. The U.S. Surgeon General recommends that children get 60 minutes of moderate physical activity a day.¹ Diet and exercise should be improved for the entire family not just the child. Praise the child for their efforts in choosing a healthier lifestyle.

Finally, numerous organizations exist to help children make healthier choices. For instance, All Family and Children Exercise Simultaneously or PACES is a program involving the parent and the child that encourages 15-45 minutes of exercise every weekend throughout the year, but will be highlighted on May 10, 2008. Other programs include WE CAN (Ways to Enhance Children's Activity and Nutrition), My Pyramid. Gov, Energize Your Life, and FruitstandVeggiesMatter.gov. Also, a physical therapist is a great resource to help the child develop fitness and wellness oriented program to establish a healthier and more active lifestyle. For additional information please contact us at 740-446-5411 for your nearest Holzer Clinic Rehabilitation Department

References:

- 1 The Mayo Clinic. Childhood Obesity article [website]. Available at: <http://www.mayoclinic.com/health/childhood-obesity/DS00698/DSECTION=5> Accessed on: September 24, 2007
- 2 Schwarzbein D. Deville N. The Schwarzbein Principle: *The Truth about Losing Weight, Being Healthy, and Feeling Younger*, Deerfield Beach, FL: Health Communications Inc, May 1999

Holzer Clinic

Outstanding Physicians... Outstanding Performances...








Holzer Clinic recognizes one of our most outstanding physicians for exceptional care provided to the patients of the Holzer Center for Cancer Care.

Each year the American College of Surgeon's Commission on Cancer recognizes physicians who go above and beyond the regular scope of their duties. **Dr. Alice Dachowski** is one such physician.

She is one of only 57 physicians nationwide to have been bestowed the great honor of being named a recipient of the Commission on Cancer's Cancer Liaison Physician Outstanding Performance Award.

As a Cancer Liaison Physician, Dr. Dachowski is a volunteer providing leadership and support for our facility's cancer program. She manages Commission on Cancer activities not only at the facility but also throughout our community.

With this award, Dr. Dachowski is recognized for exceptional performance by

-  **Improving the quality of care delivered**
 -  **Contributing to the Commission on Cancer Approval status of the Holzer Center for Cancer Care**
 -  **Exceeding Cancer Liaison Physician expectations to strengthen our Cancer Program**
 -  **Demonstrating cancer control leadership in the community**
- And...**
-  **Serving as a champion and role model for all Holzer staff**

In addition to her demanding duties as a surgeon, Dr. Dachowski finds time to conduct free skin and breast screenings. She provides health and cancer related presentations to organizations and groups throughout the region. Additionally she is an advocate for The Ohio Breast and Cervical Cancer Project and is a member of The American Society of Breast Surgeons.

To learn more about the Holzer Clinic Center for Cancer Care or our community events, call (740) 446-5474 or toll-free at 1-800-821-3860.

"Congratulations to **Alice Dachowski, MD**, for receiving the Commission on Cancer's prestigious Cancer Liaison Physician Outstanding Performance Award. She is one of only 57 physicians nationwide to be chosen for this honor. This award is presented to physicians who go above and beyond their regular scope of duties. The Holzer Center for Cancer Care would like to thank Dr. Dachowski for her outstanding commitment and dedication to the health of her patients."



**HOLZER
CLINIC**

www.holzerclinic.com

Congratulations

to

Steven Miller, MD

Board Certified by the

American Board of Orthopaedic Surgery, Inc.

