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www.summersvillememorial.org



PUBLISHED FOR THE FAMILIES AND FRIENDS OF SUMMERSVILLE MEMORIAL HOSPITAL

**March is National Colorectal Cancer Awareness Month**

Colorectal cancer is cancer of the colon or rectum, the last two sections of your body's digestive system. After lung cancer, colon cancer is the most common cause of cancer deaths for men and women combined. The rate of people diagnosed with colorectal cancer is higher among African-Americans than any other population group in the United States.

You can help prevent colorectal cancer by maintaining a healthy weight and eating healthy foods like fruits, vegetables, and whole grains from breads, cereals, nuts and beans. Regular exercise and not smoking are also important measures to minimize your risk. Recent research has found that daily calcium and folic acid supplements, taken over a long period of time, may reduce the chances of developing colorectal cancer.

Detection is the second step to beating the disease. When detected early, 90 percent of all colorectal cancer cases are curable and the disease is more effectively treated. The simplest screening test is a fecal occult blood test, which looks for small amounts of blood in the stool that could not normally be seen. More complicated procedures such as flexible sigmoidoscopy or colonoscopy are used to visualize the inside of the colon and rectum. Both of these screening tests are completed as outpatient in a clinic or hospital.

Men and women who are at average risk for colorectal cancer should begin routine screening at age 50. If you have a personal or family history of colorectal cancer, colorectal polyps (grape-like growths on the lining of the colon and rectum) or inflammatory bowel disease (like Crohn's or ulcerative colitis), you are at a higher than average risk for colorectal cancer and should notify your primary care manager so you can be tested earlier. See your provider immediately if you have any of the following symptoms: unexplained change in bowel movements, chronic diarrhea or constipation, blood in the stool, persistent abdominal pain, unexpected or sudden weight loss, chronic tiredness or unexplained fatigue.

To make an appointment to discuss colorectal cancer screening, call the Rural Health Center at 304-872-7027.

**USE YOUR HEAD WHEN RIDING ATVS**

Spring is just around the corner and ATVs will be roaring through the trails in Nicholas, Webster and surrounding counties. Unfortunately, emergency department visits across West Virginia will hearing the roaring of ambulances bringing in victims of ATV accidents. The Consumer Products Safety Commission reports that there were 3,200 ATV-related deaths between 1982 and 1998. 35% of these deaths involved children and teenagers under the age of 16. There were 54,000 ATV-related injuries treated in U.S. hospital emergency departments in 1997 alone. Over one half of all individuals injured in ATV accidents did not wear any type of protective equipment. 22% of the injuries involved the head. The average cost per injury in an ATV accident is \$20,655. West Virginia had the highest ATV related fatality rate among all states from 1990-1998 at 5.6 per 100,000. 101 individuals died in WV from 1996-1998. Injuries that did not result in death often result in fractures, paralysis or serious brain injuries and yield the individual unable to function as he/she did prior to the accident. How can we change these numbers?

- ATVs are not toys. They are motorized vehicles.
- Children should not operate ATVs. We do not give children the keys to our cars. Why do we give them the keys to the ATV?
- Wear head protection
  - A helmet is the most important piece of safety gear for an ATV operator. The helmet MUST BE designed for the ATV, not biking, skateboarding helmets. The helmet should have a label from the American National Standards Institute (ANSI), Department of Transportation (DOT) or the Snell Memorial Foundation. Correct sizing is very important.
  - Eye protection- goggles or glasses with hard-coated polycarbonate lenses protect the eyes from rocks, twigs, branches, flying dirt, insects or water that can cause the driver to lose control or damage your eyes.
  - Body protections
    - Gloves-protect hands from scrapes and improve grip
    - Boots- protect the feet from trail debris and keep feet properly on the footrest to maintain control and balance of the ATV
    - Body wear- long sleeve shirts or jackets, long pants protect the skin from scratches and scrapes, and weather conditions.
- Make sure that the ATV is in good repair
  - Tire and wheels-makes sure that the air pressure in the tires is at the level recommended by the manufacturer
  - Check for cuts and gouges
  - Tighten axle nuts and secure by a cotter pin
  - Make sure that controls and cables are in working order.
  - Brakes should be properly adjusted and foot shift firmly fastened
  - Lights and electrical systems should be in good working order
  - Oil and fuel levels should be regularly checked and maintained
  - Chain and/or driveshaft chassis should be inspected, adjusted and lubricated. Check for nuts and bolts loosed by vibration.
- Avoid steep or treacherous terrain where the incidence of overturning the ATV is likely.

Remember, ATV's are not toys. They are motorized vehicles and improper use can result in serious injuries.

**MONTHLY CALENDAR  
MARCH 2006**

**Educational Presentation**  
**Colon Cancer Awareness**  
Presented by Paul Conley, DO  
Rural Health Center  
Summersville Memorial Hospital

Tuesday, March 14, 2006  
10:45 a.m. - 11:30 a.m.  
Summersville Senior Center

\*Presentations are free and open to the public. Lunch will be served after the presentation. A \$1.00 donation is requested for lunch. No registration is necessary.

**SMH In Action**



*Pictured left to right: Jay Copley, PA-C, Stanley Morris, MD, Ehab Awad, PA-C, Joe Dawson, DO, Tim Lewis, FNP-C, Chris Tipton, PA-C, and Robert Fler, MD.*

SMH Emergency Department (ED) is truly a place of action. The ED saw 20,707 patients last year. This is a 7% increase over 2004. The ED treats patients with minor illnesses/injuries in the Professional Care Center section of the ED while the more acutely ill patients are seen in the main section of the Emergency department. The ED is staffed 24 hours per day 7 days per week with physicians. To assist in treating the less acute patients and keep waiting times low, the ED employs midlevels during peak hours. Midlevels are nurse practitioners or physician's assistants who have advance training to diagnose and manage many illnesses and injuries. SMH is pleased that over the past year we have drastically decreased our AVERAGE waiting time. The **AVERAGE** ED visit, from the time of sign in to discharge or hospital admission is slightly over two hours. This time can change drastically depending on the ED volume or the tests required to complete the visit. SMH ED hopes to move to a larger area in the next few years to better accommodate patients and emergencies. The ED is under the direction of a medical director, Dr. Robert Fler. Emergency/trauma care is the coordination of efforts of the Emergency physician/midlevel, nursing, lab, x-ray, respiratory therapy, registration, social services and consulting physicians and specialists.



**OUTPATIENT SERVICES**

**Caridac Rehab / Pulmonary Rehab**  
304-872-8516

**Dietation Consultation**  
304-872-8512

**Emergency Care**  
304-872-8448

**Laboratory Services**  
304-872-8442 /  
304-872-8539

**Outpatient Nursing Services**

- Chemotherapy
  - Blood Transfusions
  - IV Therapy
  - Injections
- 304-872-8491

**Physical Therapy- Summersville Sports Medicine**

304-872-8563

**Radiology Services**

- General Diagnostic Services

- MRI
  - Mammography
  - Nuclear Medicine
  - CT Scan
  - Ultrasound
- 304-872-8464

**Respiratory Care Services**

304-872-8529

**Rural Health Center**

- Internal Medicine
  - Family Practice
- 304-872-7027

**Surgical Services**

- Preadmission
  - Ambulatory Surgery
- 304-872-8599  
304-872-8492

**Summersville Sleep Diagnostic Center**

304-872-8403

**Summersville Surgical Associates**

304-872-8404

**Summersville Womens' Health Center**

- OB/GYN
- 304-872-8535

**Providers List**

**Physicians Providers**

**Emergency Medicine**  
Joseph Dawson, DO  
Robert Fler, MD  
Michael Gregory, DO  
Stanley Morris, MD  
Matt Tymowski, MD

**Internal Medicine**  
Paul Conley, DO  
Marvin Wurth

**Ophthalmology**  
John Lackey, DO FAAO

**Family Practice**

Bruce Greenberg, MD  
Sunita Greenberg, MD  
Wesley Olson, MD  
Stephen Shank, MD  
James Shumate, DO  
Richard Trenbath, MD  
Margaret S. Wantz, MD  
Mark Wantz, MD

**Orthopedics**  
William R. Carson, MD

**Pediatrics**  
Scott Luthman, MD  
Purificacion T. Salgado, MD  
Mark Tomsho, MD

**Mid-Level Providers**

Jay Copley, PA-C  
Ehab Awad, PA-C  
Tim Lewis, FNP-C  
Eve Johnson, MS PA-C  
Judy Spencer, PA-C  
Chris Tipton, PA-C

**General Surgery**

Yancy Short, MD  
Stephen Wilson, MD

**Gynecology and Obstetrics**

Michael Lassere, MD  
Lukasz Rostocki, MD

**COME SEE US**

on the web at  
www.summersvillememorial.org  
Or call our medical and physician service at 304-872-8402