

# SmartHealth

Spring 2011

Need relief from pain? Suffer no more. Visit Gamaliel Batalla, M.D., at Affinity Medical Center's Pain Management Center

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What's Happening: Register for an upcoming community class or event at Affinity Medical Center. **Page 8**



Are you in need of a physician? Find quality care for your entire family

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Celebrating an entire year of healthier women. Join us for the Healthy Woman One Year Anniversary on May 5 with keynote speaker Dale Smith Thomas **Page 4**

Affinity Medical Center  
875 Eighth St. NE  
Massillon, OH 44646

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Smart Health

## Get Involved—Volunteer!



Volunteers enjoy a wide variety of benefits including the satisfaction of helping others, the development of new skills and making of new friends. See **page 7** for more information on volunteering at Affinity Medical Center.



### WHAT ARE YOU DOING ABOUT ... **BUILDING BONE STRENGTH EARLY ON?**

Osteoporosis affects more than half of the American population older than 50, according to the National Osteoporosis Foundation. That's why it's important to start improving our bone strength at a young age. A little change in lifestyle can go a long way.



#### **THINKING ABOUT IT**

About 85 to 90 percent of bone mass has developed in men and women by age 20. Focusing on increasing bone health in adolescence may prevent osteoporosis later in life.



#### **WORRIED ABOUT IT**

Eighty percent of people affected by osteoporosis are women. To break the cycle, it's important to encourage healthy habits in young girls, such as getting enough calcium and vitamin D.



#### **IGNORING IT**

That soda habit affects your bone health. Think about replacing cola with calcium-fortified juice or nonfat milk. Soda has none of the nutrients you need to strengthen bones.



#### **ACTING ON IT**

Choose foods high in both calcium and vitamin D. Yogurt and cereal have substantial amounts of both, so you'll be sure to get your daily amount. Go to [bestbonesforever.gov](http://bestbonesforever.gov) and click "fun stuff" for recipes to keep you and your children's bones healthy and strong!

### HOW TO

## Outsmart Alzheimer's

You may have a steel-trap memory today, but tomorrow could be a different story. Alzheimer's disease is expected to affect up to 13.5 million people by 2050, according to the Alzheimer's Association.

We can't control our genetics or time, but a few simple lifestyle choices will contribute to staying sharp:

**Make olive oil your friend.** Foods high in mono- and polyunsaturated fats reduced the risk of Alzheimer's by 40 percent, according to a study of 2,100 people conducted recently by Columbia University. Use olive oil in salads or cooking, and eat cold-water fish such as salmon, halibut and tuna at least a couple of times per week.

**Save your skull.** Head injuries increase the likelihood of future problems, including dementia and Alzheimer's. Wear your seat belt in the car and a helmet when biking or skating.

**Work out your mind.** Never stop learning. Constantly reading, writing, playing mind games and challenging yourself with puzzles, like crosswords, will elevate your cognitive skills.

**Eat your veggies.** Dark-colored vegetables contain the highest levels of brain-healthy antioxidants. That means spinach, sprouts and broccoli, to name a few.

### COPING WITH CHANGE

With age comes many physical and mental changes to our bodies. For some, dealing with these changes, in addition to losing lifelong companionship and personal independence, can cause depression, mood swings, confusion, withdrawal and even suicidal thoughts.

At Affinity's Senior Mental Health Unit, we offer comprehensive mental health services, specially designed to help seniors cope with the challenges of aging. To see whether the Affinity Senior Mental Health Unit is right for you or your loved one, call **330.837.7290**.



### RECIPE



## Quinoa Salad with Feta Vinaigrette

Although not botanically a grain, delicate-tasting quinoa shares health benefits with whole grains, potentially reducing your risk of heart disease and type 2 diabetes.

**Salad Ingredients:** 1 c. quinoa • 1 c. small grape tomatoes, halved, or 1 medium tomato, diced • 2 Tbsp. pitted, sliced ripe olives • 1 small red or yellow onion, chopped • 1 small green bell pepper, cored, seeded and diced • 1 large celery rib, chopped

**Vinaigrette Ingredients:** ¼ c. vegetable broth • 4 ½ tsp. white wine vinegar • 1 ½ Tbsp. olive oil • ¼ c. reduced-fat feta cheese crumbles • ½ tsp. crushed dried oregano • ¼ tsp. dried crushed basil • ¼ tsp. salt • ¼ tsp. pepper

**How To:** Using fine mesh sieve, rinse quinoa under cold running water until water runs clear. • Place quinoa in small pot with 2 c. water. • Bring to boiling. • Reduce heat to low, cover and simmer 15 minutes or until water is absorbed. • Cover and set aside 5 minutes. • Fluff quinoa with fork. • Place in large salad bowl and set aside to cool. • Add tomatoes, olives, onion, bell pepper and celery to salad. • Toss gently.

For the dressing, combine broth, vinegar, oil, feta cheese, oregano, basil, salt and pepper in a cup. • Stir well. • Pour over salad and toss.

Makes 4 servings.

**Nutritional information per serving:** 250 calories, 9 g total fat, 8 g protein, 32 g carbohydrates, 8 mg cholesterol, 350 mg sodium and 4.5 g dietary fiber.

# Relief from Pain

Aching. Burning. Numbness. Pressure. Pins and needles. There are many words people use to describe pain. But they often note one commonality: Pain drastically affects their quality of life. Suffer no more. Get relief at Affinity Medical Center's new Pain Management Center. **The Pain Management Center has relocated to its newly renovated office space at 2815 Aaronwood Ave., Massillon.**

The new Center provides patients with more efficient service and a more accommodating waiting area and facility to focus on high-quality, personalized and compassionate healthcare for the increasing patient volume.

Affinity's vision for the Pain Management Center is to provide quality patient care, updates on the latest treatments for pain and exceptionally good customer service.

## TREATING THE WHOLE YOU

Our professionals understand that chronic pain affects your whole being. It is normal to feel anger, sadness and hopelessness. Our experts at Affinity Pain Management Center take a comprehensive approach to pain relief and develop a personal treatment plan to relieve your pain while caring for your psychological and emotional well-being and improve your quality of life. Call **330.834.4792** to see whether the Affinity Pain Management Center is right for you.



*Close to you.*

# Pain Management Center

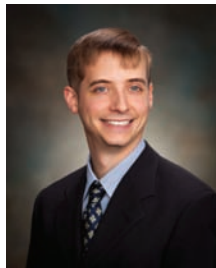
## Board Certified Staff



**Jamesetta Lewis, DO**  
Director,  
Chronic Pain  
Management



**Gamaliel Batalla, MD**  
Chronic Pain  
Management



**Michael Smith, PA-C**  
Chronic Pain  
Management

## Treating Pain Sources:

- ✓ Fibromyalgia
- ✓ Headaches
- ✓ Arthritis
- ✓ Cancer
- ✓ Trauma
- ✓ Hemophilia
- ✓ Sports Injuries
- ✓ Neck Pain
- ✓ Shingles
- ✓ Pancreatitis
- ✓ Facet Syndrome
- ✓ Cystic Fibrosis
- ✓ Lyme Disease
- ✓ Surgery Recovery
- ✓ Sickle Cell Anemia
- ✓ Sympathetic Dystrophy
- ✓ Nerve Disorder Sciatica
- ✓ Myofascial Pain Syndrome
- ✓ Back Pain/Herniated Discs

## Procedures Including:

- ✓ Pain Medication Management
- ✓ Nerve Blocks and Injections
- ✓ Epidural Steroid Injections
- ✓ Osteopathic Manipulative Medicine (OMM)
- ✓ Electric Stimulation Therapy (TENS)
- ✓ Physical and Occupational Therapy
- ✓ Radiofrequency Ablation
- ✓ Neurostimulation (Spinal Cord Stimulators)
- ✓ Intrathecal Drug Delivery System
- ✓ Psychotherapy Referrals
- ✓ Surgical Referrals
- ✓ Suboxone Therapy for Narcotic Addiction and Opioid Dependency



PAIN MANAGEMENT CENTER

2819 Aaronwood Ave. • Massillon OH 44646  
Patient Scheduling: 330.834.4792  
Fax: 330.834.4793

[AffinityMedicalCenter.com](http://AffinityMedicalCenter.com)

HEALTHY  WOMAN™  
AN AFFINITY MEDICAL CENTER RESOURCE

*Celebrating an entire year  
of healthier women.*



Keynote speaker: Dale Smith Thomas  
Founder/CEO Winners By Choice, Inc.

Join us in celebrating the one year anniversary of Healthy Woman by attending a free Women's Health Expo. Afterward, we invite you to attend a special dinner including a fashion show and keynote speaker, Dale Smith Thomas. Featured on the Dr. Phil Show, her real, direct approach to helping others is unique, challenging, empowering and entertaining. For more information about Dale visit [www. WinnersbyChoice.com](http://www.WinnersbyChoice.com)

Healthy Woman is a comprehensive education resource, designed to empower women with the knowledge and confidence to make informed health care and well-being decisions for themselves and their loved ones. The free Expo will offer information about health, communication, relationships and life-balance issues.

**Free Women's Health Expo**

4 – 6:30 pm, Thursday, May 5, 2011  
The University Center – KSU Stark  
6000 Frank Ave. NW., North Canton

**Dinner, Fashion Show & Guest Speaker**

Begins at 6:30 pm, after the expo.  
Tickets are \$20 and can be purchased through the Healthy Woman Department by calling 330.830.1650.  
Fashions provided by Dillard's.

For more information, visit [www.AffinityMedicalCenter.com](http://www.AffinityMedicalCenter.com)



**JOIN  
"HEALTHY WOMAN"  
ONLINE**

Connect with other health-minded women in your community today! Share helpful hints and engage in meaningful conversations—all in one convenient, online community. To register, visit [AffinityMedicalCenter.com](http://AffinityMedicalCenter.com) and click the "Healthy Woman" link.



presented by:

**HEALTHY WOMAN™**  
AN AFFINITY MEDICAL CENTER RESOURCE

## Girls on the Run 5k Event

Healthy Woman, an Affinity Medical Center Resource, is the presenting sponsor of the Girls on the Run of Stark County 5K event. Join us for the biggest all-female 5K in the area.

**Saturday, June 4**  
8 a.m.  
Walsh University  
Runners and walkers are welcome!

**WOMEN ONLY!**

**FREE Women's Expo**

**Friday, June 3**  
5-8 p.m. &  
**Saturday, June 4**  
6-11 a.m.



### BORN TO RUN

To register for the New Balance Girls on the Run of Stark County 5K presented by Healthy Woman, an Affinity Medical Center Resource, visit [gotrstartkcty.org](http://gotrstartkcty.org) and register today!

**HEALTHY WOMAN™**  
AN AFFINITY MEDICAL CENTER RESOURCE



Meet the women from Healthy Woman Advisory Council

**Go red. Go you.**

Affinity Medical Center's Healthy Woman program is proud to sponsor the American Heart Association's Go Red for Women. This initiative celebrates the passion and power of women when they band together to wipe out heart disease and stroke.

Please join us May 5th at The University Center at KSU Stark for a FREE Women's Health Expo, beginning at 4 p.m., followed by dinner, fashion show and keynote speaker - Dale Smith Thomas. For dinner tickets, call 330-830-1650.

Learn more at [www.AffinityMedicalCenter.com](http://www.AffinityMedicalCenter.com)

# Are You in Need of a Physician?

IF YOU'RE LOOKING FOR AN EXPERIENCED DOCTOR WHO OFFERS PERSONALIZED CARE, CHOOSE ONE OF THE CARING PHYSICIANS AT AFFINITY MEDICAL CENTER



**Sarah Abang, M.D.**

Affinity Family Physicians  
464 Etheridge Blvd., Suite 1, Canal Fulton  
330.854.9777

**Same-day Appointments Available**

Office hours: Monday, Tuesday, Wednesday and Friday – 9 a.m. to 6 p.m.



**Scott W. Blumer, D.O. (left)**

**George W. Vogelgesang, D.O. (right)**

Affinity Specialty Physicians – Ear, Nose and Throat  
3545 Lincoln Way E., Massillon  
330.837.3559

Office hours: Monday, Tuesday and Friday – 8 a.m. to 5 p.m.



**Charles Conklin, D.O. (left)**

**Alan Meshekow, D.O. (right)**

Affinity Specialty Physicians – General Surgery  
323 Marion Ave. N.W., Suite 100, Massillon  
Phone: 330.832.8800

Office hours: Monday, Tuesday, Thursday and Friday – 8 a.m. to 5 p.m.



**Jeffery A. Duffey, M.D. (left)**

**Joseph Alan Cook, D.O. (right)**

Affinity Family Physicians  
830 Amherst Road, Suite 103, Massillon  
Phone: 330.834.4725

**Same-day Appointments Available**

Office hours: Monday, Tuesday, Thursday and Friday – 8 a.m. to 7 p.m.



**Ernest Richard DeGidio, D.O.**

Affinity Family Physicians  
2860 Lincoln Way E., Massillon  
330.832.3127

**Same-day Appointments Available**

Office hours: Monday through Thursday – 8 a.m. to 5 p.m.  
Friday – 8 a.m. to noon



**Charles W. Wallace, M.D.**

Affinity Family Physicians  
6225 Frank Ave. N.W., North Canton  
330.497.6555

**Same-day Appointments Available**

Office hours: Monday, Thursday and Friday – 8 a.m. to 5 p.m.  
Tuesday – 8 a.m. to 7 p.m.



# Sharing Is Caring

## Teaching kids to be little philanthropists

Do unto others as you'd have them do unto you. It's the Golden Rule and something you likely learned at a young age. Today, parents and educators are teaching children the value of philanthropy, and kids are becoming a powerful force in making their communities and the world a better, brighter place.

• *By Kelly Kramer*



**Children helping children is a wonderful concept in principle and a great way to teach philanthropy. What are some practical ways for children to reach out to people their own ages?**

It's important to discover tangible, meaningful experiences for young philanthropists, but the most valuable key to the experience, says Greg Pope, Association for Healthcare Philanthropy chairman, is encouragement. "Challenge your children to create dolls for a children's hospital—dolls that can be used to teach patients about their illnesses or upcoming surgery," he says. "Even the youngest of children can participate in fundraising walks, runs and other events."

Introductory experiences can go a long way toward creating a lifelong passion for helping others. "It's safe to say that early exposure to philanthropy can lead to a lifetime of giving," Pope says. "Even children can understand the importance of the gifts they've made."



**How can children and their families become involved with their local hospital?**

Creativity is key when it comes to building philanthropic relationships between children and their community hospitals. Children usually can't physically volunteer inside hospitals, so alternatives like lemonade stands, bake sales, blanket drives and letter-writing campaigns go a long way.

"Some organizations even offer kits to host a fundraising backyard carnival or prebuilt lemonade stands with instructions," Pope says. "These are great ways for children to experience philanthropy and have fun. Often, children are inspired to get involved in healthcare philanthropy during or following the illness of a loved one, and there are many creative ways to do that."



**Why is it important to teach children philanthropy? At what age can children begin to understand the concept?**

It's never too early to help children build their philanthropic muscles and, according to Barbara Dillbeck, Learning to Give director at the Points of Light Institute, children are born with a natural tendency to give and share. "Adults can nurture that empathy by modeling philanthropic behavior and involving their children in giving and volunteering," she says.

Although philanthropy education starts formally in preschool or kindergarten, where educators actively teach about the value of contributing to the civil society, young children are able to understand and are eager to demonstrate that they have "time, talent and treasure" they can give for the common good. "Parents and other leaders may incorporate children into decisions about where and what to contribute or donate and discuss why," Dillbeck says. "Families also influence children through their family, culture and faith-based traditions of giving."



## GET INVOLVED. VOLUNTEER.

Whether working directly with patients or in nonpatient areas, the Volunteer Services Department contributes to the overall quality of care patients at Affinity Medical Center receive. For more information on volunteering at Affinity, please contact Vohn Kolm, director of Volunteer Services, at **330.833.6855** or email [vohn.kolm@AffinityMedicalCenter.com](mailto:vohn.kolm@AffinityMedicalCenter.com).



# Affinity Medical Center's Calendar of Events



## MAY

### Healthy Woman One Year Anniversary Event

- Thursday, May 5, 4 to 6:30 p.m.

FREE Women's Health Expo at The University Center at Kent State University - Stark Campus. Exhibits will include health screenings, a relaxation room, photo booth, Dillard's bra fittings, entertainment, makeup consults, jewelry, hairstylists, nutrition, fitness and more.

6:30 p.m.—Dinner, fashion show (fashion provided by Dillard's), and guest speaker Dale Smith Thomas, CEO/Founder of Winners By Choice Inc. For more information, please call 330.830.1650.

### Glucose and Cholesterol Screenings

- May 17 and July 19, 8:30 to 11 a.m.
  - Affinity Medical Center, Conference Room 1, off of the Eighth Street lobby
- Lipid profiles, \$15.  
For a screening, call 330.830.3258.

## JUNE

### Diabetes Support Group

- June 16, 6 p.m.
  - Affinity Medical Center, Conference Room 1, off the Eighth Street lobby
- Led by a nurse educator or a dietitian, the diabetes support group features various guest speakers on important health and lifestyle issues that have an impact on individuals with diabetes. Call 330.837.6815 for more information.

### New Balance Girls on the Run 5K presented by Healthy Woman, an Affinity Medical Center Resource

- Saturday, June 4, 8 a.m.
  - Walsh University, 2020 E. Maple St., North Canton.
- Runners and Walkers are welcome! WOMEN ONLY!  
• FREE Women's Expo: Friday, June 3, 5-8 p.m., and Saturday, June 4, 6-11 a.m.  
To register for the New Balance Girls on the Run of Stark County 5K presented

by Healthy Woman, an Affinity Medical Center Resource, visit [gotrstartkcty.org](http://gotrstartkcty.org) and register today!

## CHILDBIRTH CLASSES

For more information, or to register for childbirth classes, please call 330.830.3400.

### Breastfeeding

- May 3, 6 to 7:30 p.m.
  - July 5, 1 to 2:30 p.m.
- Designed for moms and moms-to-be considering breastfeeding, this class covers the basics and benefits of breastfeeding.

### Baby Basics

- May 12, 1 to 3 p.m., or July 14, 6 to 8 p.m.
- The basics of taking care of baby, for every mom and her support person.

### Big Brothers/Big Sisters

- May 13, 6 to 7:30 p.m., or July 8, 6 to 7:30 p.m.
- This 1½-hour class is designed to help prepare young children for the new arrival. This is a special

time for mom and dad to accompany children on a tour of the unit and learn more about becoming a big brother or big sister.

### Just the Facts

- May 24, 9 a.m. to noon, or July 26, 6 to 9 p.m.
- This one-time class offers information on what expecting mothers need to know during the final trimester. Delivery support persons are encouraged to attend.

### Infant CPR

- June 7, 1 to 3 p.m.
- The Infant CPR childbirth class is a single-session class that provides instruction on performing CPR techniques on children from birth to 8 years.

### Weekend Wonder

- Friday, June 17, 7 to 9 p.m., and Saturday, June 18, 9 a.m. to 2 p.m.
- This is a two-day extensive class that offers a variety of birthing methods and offers a more comprehensive approach to childbirth.



## TAKE CARE OF YOU

For more information on upcoming Healthy Woman events, please visit [AffinityMedicalCenter.com](http://AffinityMedicalCenter.com) or call 330.830.1650.