

Better HEALTH

Promote.
Preserve.
Restore.



ORTHOPEDICS
NO BONES ABOUT IT.



ORTHO PEDICICS

NO BONES ABOUT IT.

As our population ages, access to orthopedic care becomes more and more important to our community. Fortunately, there's never been a better time to come to DeKalb Health for orthopedic care.

In the past year, we've made infrastructure enhancements to our campus including the creation of on-site orthopedic physician suites, diagnostic areas and treatment facilities. Now, patients can receive the highest quality orthopedic treatments available much closer to home: North Campus serves as a hub for often interrelated services like orthopedics, rehabilitation and business health, providing convenience for clinicians, as well as patients who may frequent several of these care destinations in their treatment journey.

In addition to gold standard facilities, our experienced team of physicians boasts expertise in many sought-after procedures and non-surgical options to help restore patients to health. Our comprehensive list of services includes complete bone, joint and spine care, with treatment available for a complete range of orthopedic conditions, including bone conditions, trauma, athletic injuries, joint disorders, spinal issues and muscle care.

With that said, our orthopedic program doesn't just benefit those who have experienced an illness or injury. Our orthopedic physicians and staff also lend their expertise to many programs, like our annual Student Athlete Physicals Day held in North Campus' new Rehabilitation Center.

The event is a free service offered to athletes who participate in sports programs at schools that receive sports medicine support from DeKalb Health. During this popular event, hundreds of student athletes from DeKalb Central, Garrett, Prairie Heights, Hamilton and Lakewood receive on-site physical screenings to ensure they are healthy enough to participate in sports.

Whether they're providing direct care to orthopedic outpatients and in-patients, supervising our school trainers or performing surgeries, orthopedic specialists are in high demand at DeKalb Health.

FOOT AND ANKLE

- Achilles tendon repair
- Arthrodesis 1st metatarsal phalangeal joints and lesser joints
- Bunionectomy
- Calcaneal osteotomy
- Chevron osteotomy
- Excision soft tissue mass or ganglion cyst-foot
- Flexor tenotomy
- Hardware removal ankle or foot
- Lapidus procedure
- Open reduction internal fixation ankle or foot fractures
- Plantar fasciotomy
- Tendon transfer

HAND, ELBOW, SHOULDER AND MICROSURGERY

- Shoulder arthroscopy
- Rotator cuff repair
- Palmar fasciectomy
- Endoscopic carpal tunnel release
- Open carpal tunnel release
- Trigger finger release
- Ulnar nerve decompression
- Ligament reconstruction tendon interposition with flexor tendon transfer
- Shoulder arthroscopy
- Mass excision hand, finger, wrist
- Lateral epicondylectomy with epicondylar repair

SPINAL

- Posterior lumbar discectomy
- Posterior lumbar decompression
- Anterior cervical decompression and fusion

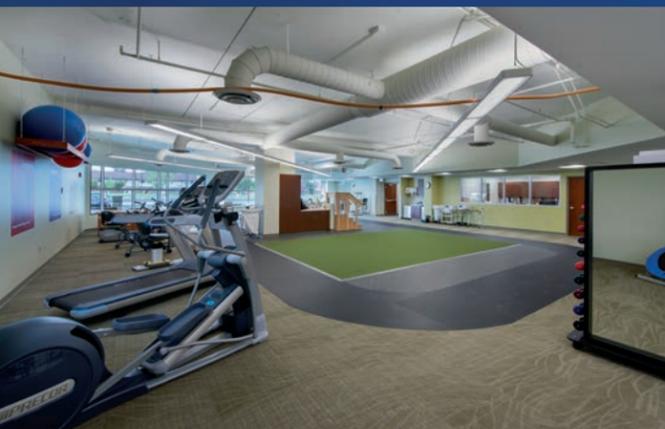
ORTHOPEDECS OF THE KNEE, HIP, SHOULDER AND SPORTS-RELATED INJURY

- Achilles tendon repair
- ACL reconstructions
- Anterior hip arthroplasty
- Emergency fracture repairs
- Hip injections
- Knee arthroscopy
- Meniscal repair and meniscectomy
- Quadriceps tendon repair
- Total knee arthroplasty



DEKALB HEALTH'S CONTINUUM OF CARE

THE OPTIMAL ORTHOPEDIC EXPERIENCE



PHOTOS OF NORTH CAMPUS PICTURED ABOVE AND BELOW

At DeKalb Health, we understand that, at its best, orthopedic care isn't siloed or standalone. In fact, we believe it takes a wealth of providers and services to provide the optimal experience.

That's where DeKalb Health's continuum of care comes into play. From our first touch with patients at preadmission check in, to the last physical therapy session, DeKalb Health is able to provide a comprehensive orthopedic care experience close to home, and all under one roof.



SURGERY

Our orthopedic surgical specialists are on call 24 hours a day, seven days a week. While a hospital stay may be required in some cases, many of our surgical procedures are available on an outpatient basis. Our surgical staff works closely with DeKalb Health team members in the Med Surg Inpatient Unit, the Surgery Recovery Unit, Home Health Care and with the specialist in pain management and infection control to make each patient's stay as safe and comfortable as possible.



PAIN MANAGEMENT

To say there can be pain associated with orthopedic care is an understatement. For many patients, pain is a very real part of orthopedic conditions, treatment and recovery.

Fortunately, DeKalb Health offers pain management and physiatry options, and is the only hospital in the northeast region currently utilizing pain ball, specialized nerve blocks for pain management. When used by our fellowship-trained orthopedic surgeons, this proven technique has been shown to decrease narcotic consumption and help patients manage pain in a safer, lower-risk way. Deployed with a team approach between the orthopedic surgeon and anesthesiologist, this strategy allows for better recovery, and quicker overall recuperation.



PHARMACY

PharmaCare is a full-service retail pharmacy, featuring over-the-counter items, vitamins and natural supplements, orthopedic supports and breast feeding supplies. DeKalb Health PharmaCare also offers prescription compounding and customized medications for those seeking to avoid sugar, preservatives, dye or lactose. For those that don't like the taste of their medicine, the pharmacists can flavor pediatric and other liquid medications, even compounding veterinary medications to meet your pet's needs.

DeKalb Health PharmaCare accepts e-prescriptions from area providers and offers even more convenience in the form of free prescription delivery to the Auburn, Garrett and Waterloo areas. PharmaCare is open Monday through Friday, 9 a.m. to 6 p.m. and Saturday, 9 a.m. to 12 noon. For more information, please call 260.925.8000 or 800.791.3251.



PHYSICAL THERAPY

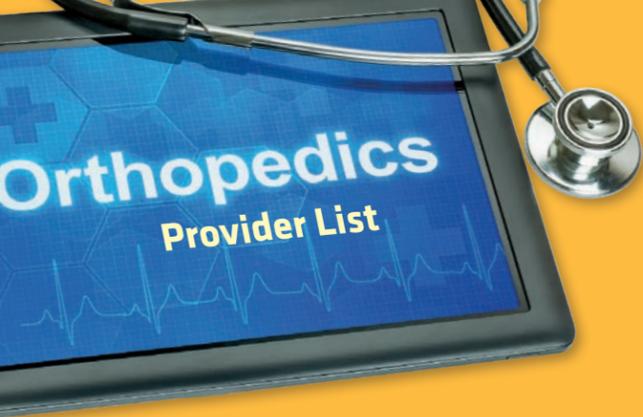
DeKalb Health's Physical and Occupational Rehabilitation Services is one of its busiest departments. It saw nearly a 40 percent growth in visits between 2009 and 2013 alone.

Since its opening in 2015, the new DeKalb Health Rehabilitation Center has allowed this busy department to help DeKalb Health meet the current patient recovery needs, and to keep pace with expected growth in this segment in the future. The North Campus facility includes treatment and diagnostic areas for both physical and occupational therapy and dedicated expertise for orthopedic care.

Easy access to these services is critical to patients recovering from orthopedic surgery or injury. Physical and occupational therapy helps these people regain or improve their physical functions, or overcome problems with movement as a result of sports injuries, accidents, strokes or other movement disorders. Whether it's joint and muscle movement or tasks like getting out of bed and walking, DeKalb Health's team of physical therapists and physical therapy assistants concentrate on helping our patients regain mobility and perform tasks again.

DeKalb Health Rehabilitation is available at the DeKalb Health campus in Auburn Monday through Friday or in Garrett at the Judy A. Morrill (JAM) Center on Tuesdays and Thursdays. PLEASE NOTE: A physician referral is required. To schedule an appointment for either location, contact our Rehabilitation Services Department at 260.920.2632.





ORTHOPEDICS

FORT WAYNE ORTHOPEDICS

800.566.5659 | Bldg 1316, Door 36, Lot E | Mon-Fri, Weekly



Gage M. Caudell, DPM

Dave Daugherty, PA-C

Jason Hanna, MD

Chad Henderson, PA-C



Kevin A. Rahn, MD

Niles D. Schwartz, MD

Alex Villavicencio, RN, OR

RECONSTRUCTIVE FOOT & ANKLE SPECIALISTS

260.432.7600
Bldg 1310, Door 53, Suite E
Tues, Weekly



Jonathan Norton, DPM—Specialty Clinic

PHYSIATRY/PAIN MANAGEMENT

PHYSICAL MEDICINE CONSULTANTS

260.432.1800 | Bldg 1316, Door 36, Lot E | Mon, Wed, Monthly



Thomas Lazoff, MD

Davia Stensland, MD

Mark Zolman, MD

NEURO SPINE & PAIN

260.436.2416
Bldg 1310, Door 53, Suite A
Fri, Bi-Weekly



David J. Lutz, MD, FAAPM—Specialty Clinic

Health Risk Appraisals

The first step on the path to a healthier lifestyle is information. Get a snapshot of your personal wellness with a Health Risk Appraisal from our wellness experts at the **YMCA of DeKalb County**, located at 533 North Street in Auburn.

For only \$40, the screening will provide a health report card, assessing height, weight, BMI, body fat, blood pressure, lipid panel and glucose.

Tuesday, August 23, 6 – 9 a.m.
Tuesday, November 15, 6 – 9 a.m.

To learn more or to schedule your own Health Risk Assessment, call 260.920.2572.



Coming Soon: DeKalbHealth.com

In the coming months, we'll debut our new DeKalbHealth.com. Check back soon for enhanced features, content and a vibrant new look and feel!



The Curiosity Shop has a new home in Garrett

The DeKalb Memorial Hospital Fundraising Guild, Inc. (also known as the hospital Auxiliary) is relocating the Curiosity Shop, a specialty resale shop, from its current building in Auburn at South Union Street to a new location in Garrett at 1209 South Randolph Street.

For years, the Auxiliary has raised funds through its resale shop to benefit DeKalb Health. Now, in a reversal of fortune, the Hospital is working to help the Curiosity Shop relocate and raise funds for its new space, formerly occupied by the Movie Gallery. Moving day is scheduled for Saturday, July 16.

Plans are underway to renovate the front façade and interior, and update the signage at the new store location. Once the move is complete, the Union Street location in Auburn will be for sale.

The community can expect to hear more about a grand opening in the coming weeks. Donations are being accepted at both locations. To learn more about how you can help, contact A.J. Kuhn, Auxiliary President, at 260.925.6746.



MY ORTHOPEDIC EXPERIENCE

BY RAYNELL MILLS

It's easy for us to tell you about the amenities, programs and quality care our orthopedics team can provide—but you don't have to take our word for it. Raynell Mills graciously shared her thoughts on her patient experience and what made her come back for a second ortho procedure:

I was born and raised in Auburn, and I have always trusted the awesome professionals associated with DeKalb Health. I am a person who always believes in sticking to what works, and I have never been let down by the care given at DeKalb Health. Choosing DeKalb Health and Fort Wayne Orthopedics for my surgeries was a given—it's a great advantage when you are facing the unknown to have faith you have put these procedures in good hands.

Orthopedic surgeon Dr. Jason Hanna totally changed my life. I have grown to not only trust and respect him, but to love the compassion he shows to his patients. When I first saw him for knee replacement surgery, I was well over 300 pounds. He stated to me he would not do the surgery because it was far too risky for a woman of my height and weight, and said I had

to lose weight before he could help me. I have to admit I cried. I felt so defeated and so discouraged, and felt there was no hope for me.

I went home that night defeated, but thought about everything he said to me. I put myself on a strict diet and I lost more than 40 pounds. When I returned to see him, Dr. Hanna was so proud of me, he made a point of making me feel special. He stepped out of the office and he told the entire staff about my weight loss—and set up the surgery.

I have since lost over 70 pounds. Losing the weight helped my healing progress tremendously. I am able to walk better, stand straighter and do more things. I honestly feel I owe Dr. Hanna for giving me that wake-up call I needed. Trust me, whoever reads this, YOU CAN DO IT—you just have to have faith and determination to see it through.

I have a beautiful grandson that was born on March 18, 2016. When he was two weeks old, I saw the doctor again to set up a hip replacement surgery. I told him I had to be able to take care of my grandson and

be able to walk him to the park, so we had to get this done now! I had the surgery on May 31, and am doing great. I received the anterior approach for hip replacement surgery. Many people don't know that this can be done at DeKalb Health. I'm looking forward to watching my grandson and living a full life again. Thank you, Dr. Hanna, for being the one I needed to see and needed to hear.

As far as the staff at DeKalb Health, I have to say I was treated so well throughout the entire process. A month after my knee replacement surgery, I developed a bowel blockage, and had to be admitted to the hospital. I have never seen such awesome nurses as the ones that took care of me—they went far and beyond the call of duty to show caring and compassion. Thank you to all the staff who cared for me from the beginning of my surgeries through the end of the surgeries, the therapy department, the surgical department and the after care—what awesome people you all are and thank you DeKalb Health for everything you did for me. More importantly, thank you for making me feel special and showing that you cared.

Walk-In Clinic

EXPANDED HOURS AND PLANS FOR RELOCATION

Healthcare just got a little more convenient for DeKalb County residents. The hospital's Walk-In Clinic, once only open evenings and weekends, is now seeing patients during normal business hours.

In addition to expanded hours, plans are underway to relocate to a larger venue. In the interim, services are being provided at 1310 East Seventh, Suite C and patients should park in Lot C and enter Door #53.

Treatment is available for a wide range of minor, non-emergency and non-urgent health concerns, including minor illness, injuries and/or burns, cold/flu, and respiratory infections. Our providers are also approved to perform school-sanctioned physicals for the State of Indiana. Forms are available at ihsaa.org.

No appointment is required to be seen, and most major health insurance plans are accepted. If required by insurance, a co-pay will be assessed at the time of service.

For more information, call 260.920.2000.





1316 East Seventh Street · Auburn, Indiana 46706

Better HEALTH is a publication of DeKalb Health Marketing Department. Please call 260.920.2555 with your comments or questions. The information in this publication is not intended for the purpose of personal medical advice, which should be obtained directly from a physician. *Better HEALTH* may not be reproduced without written authorization from the Marketing Department of DeKalb Health, 1316 East Seventh Street, Auburn, Indiana 46706. Copyright ©2016. All rights reserved.



Visit DeKalbHealth.com
for a complete schedule.

FAMILY BIRTHPLACE at DeKalb Health

All classes are held at the DeKalb Health Family BirthPlace Conference Room located on the 2nd Floor, 1316 E. 7th St., Auburn. For more information or to register for a class, please contact Julie Wagoner at 260.920.2780.

BREASTFEEDING CLASSES

Let us help you with all of your questions concerning breastfeeding or bottle feeding.

4 p.m. – 6 p.m. Fee \$5. Free to Family BirthPlace Patients. Registration required.

AUG: 1 | OCT: 3

BREASTFEEDING SUPPORT GROUP

Are you new to breastfeeding? Trying to figure out how to maintain your milk supply when returning to work? Just want to meet other breastfeeding moms? Join us! Every Monday, 1 p.m. – 2 p.m. FREE to all.

CHILDBIRTH CLASSES

Fee \$20. Free to Family BirthPlace patients. Each class consists of three 2-hour sessions. Registration required. 6 p.m. – 8 p.m.

JUL: 5, 12, 19 | OCT: 4, 11, 18

PRENATAL CLASS BLAST

Saturday. One day class with hour lunch break on your own. Fee \$20. Free to Family BirthPlace patients. Registration required. 9 a.m. – 4 p.m.

AUG: 6 | NOV: 5

HEALTHY EXPECTATIONS

Come to DeKalb Health's Family BirthPlace to pick up your FREE prenatal vitamins. Free vitamins available to all women of childbearing age.

SCHEDULE A PRIVATE TOUR

Family Birthplace Tours are available any time. We recommend an advance call so we can ensure there are rooms available to view.

DEKALB HEALTH CAR SEAT CLINIC

DeKalb Health Central Business Office, 1700 E. 7th St., Auburn. Certified technicians on-site to check proper installation and safety. Contact DeKalb Health Car Seat Hotline at 260.920.2551.

SUMMER 2016 CALENDAR OF EVENTS

ADVANCED LIFE SUPPORT TRAINING

• **ACLS (Advanced Cardiac Life Support)**

3rd Fri. of every odd month 8 a.m. – 4 p.m., DeKalb Health Central Business Office Training Room, 1700 E. 7th St., Auburn. Registration required, contact the AHA Training Coordinator Office at 260.333.7683.
JUL: 15 | SEP: 16

• **PALS (Pediatric Advanced Life Support) in Association with Parkview Health**

2nd Wed. and Thurs. of every even month (except August), 8 a.m. – 4 p.m. Registration required, contact the EMS Training Office at 260.333.7683.
AUG: 10, 11 | OCT: 12, 13

ALCOHOLICS ANONYMOUS. NO FEE

For more information, call 260.927.8902 or visit www.serenityhouseinc.org.

• **OPEN MEETINGS**

Weekdays, Mon. – Fri. at 12 noon
Weekends, Sat., Sun. at 10 a.m.
Speaker Meeting Wed. and Sat. at 7 p.m.
Serenity House (Barn), 2438 CR 50, Auburn

• **WOMEN ONLY**

907 South Main St., Auburn
Every Fri. 9 a.m., Sun. 5 p.m.

BLOOD DRIVE (WALK-INS WELCOME)

DeKalb Health Employee Parking Lot F 1316 E. 7th St., Auburn, 12:30 p.m. – 6 p.m. Sign up at GiveBloodNow.com (Sponsor code: DeKalb). For more information, contact Brenda at 260.920.2612 or Ashley at 260.920.2609.

AUG: 24 | OCT: 19

CELIAC SUPPORT GROUP

6:30 p.m. at DeKalb Health Office Building #1314, Conf. Rm. 303, 1314 E. 7th St., Auburn. Contact Anna Hartman at 260.925.6058.
OCT: 6

CPR/FIRST AID CLASSES

DeKalb Health Central Business Office Training Room, 1700 E. 7th St., Auburn. Registration required, contact the EMS Training Office at 260.333.7683.

• **Adult** – 3rd Tues. of every even month, 6 p.m. – 10 p.m.
AUG: 16 | OCT: 18

• **Pediatric** – 3rd Tues. of every odd month, 6 p.m. – 10 p.m.
SEP: 20 | NOV: 15

• **Healthcare Provider** – 3rd Wed of every month, 7:30 a.m.
JUL: 20 | AUG: 17 | SEPT: 21 | OCT: 19

DIABETES SELF-MANAGEMENT EDUCATION

PATIENT REFERRAL NEEDED. Contact Vicki Faux, RN, CDE at 260.920.2652. One-day session, offered monthly. 8 a.m. – 3:30 p.m. DeKalb Health Office Building #1314, Board Room, 1314 E. 7th St., Auburn.

JUL: 5 | AUG: 1 | SEPT: 6* | OCT: 03
(*This is a Tuesday)

DIABETIC SUPPORT GROUP

2nd Thur. of even months. Sponsored in part by DeKalb County Council on Aging. 1:30 p.m. Heimach Senior Activity Center, 1800 E. 7th St., Auburn. Contact Vickie Faux, RN, CDE at 260.920.2652 or Meg Zenk at 260.925.3311.

AUG: 11 | OCT: 13

HIP ON HEP C SUPPORT GROUP

3rd Fri. of every month, 6 p.m., DeKalb Health Office Building #1314, Conf. Rm. 303, 1314 E. 7th St., Auburn. Contact Christie Soaper at 260.927.8180.

JUL: 15 | AUG: 19 | SEPT: 16 | OCT: 21

MULTIPLE SCLEROSIS SUPPORT GROUP

3rd Mon. of every month, 7 p.m. DeKalb Health Office Building #1314, Conf. Rm. 303, 1314 E. 7th St., Auburn. Contact Neal Esselburn at 260.637.3820 or 1234neal.ms1@frontier.com.

JUL: 18 | AUG: 15 | SEPT: 19 | OCT: 17

SMOKING CESSATION "FREEDOM FROM SMOKING"

Tues./Thur. 5 p.m. – 6 p.m., DeKalb Health Cardiopulmonary Rehabilitation Department. Park in Lot A, enter Door 3. To preregister contact Cardiopulmonary Department at 260.920.2571. \$55



OPEN HOUSE

Coming later this summer! Meet the providers and take a sneak peak of their new office suite, located on the campus of DeKalb Health at 1316 East Seventh Street, Suite 3. (Check the DeKalbHealth.com event calendar for updated information.)

Find us on [facebook](https://www.facebook.com/DeKalbHealth)
Or visit us at DeKalbHealth.com