

ADENA HEALTH

FOCUS

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**Adena
helps save
firefighter's
livelihood**

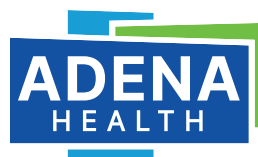
**Why our
joints ache
after 50**

**Pair of Adena
orthopedic
surgeons beating
the odds**

**Close-to-home
option for Circleville**

**Experienced
physicians say AOSI
structure benefits
patient care**

Meaghan Tranovich, MD
Orthopedic Surgery



Why our joints ache after 50

It's all about just wear and tear, but it's not inevitable

If your body is feeling stiff, creaky, achy, and swollen, congratulations: You've likely reached the half-century mark.

If you're over 50, you've probably noticed it. It hurts to get out of bed. It hurts to sit down. It hurts to get up. It seems like there's pain everywhere. But what is it about turning 50 that makes us so aware of our aching joints?

"I tell my patients that 50 is still young," says Neel Patel, MD, orthopedic surgeon at Adena Orthopedic and Spine Institute. "It's around age 50 is when people start becoming a little more active again because their kids are now in college or they find themselves with more free time. That's when they go back to things they were doing before, so I think that's where a lot of people recognize that things hurt."

There can be many causes of your daily discomforts, but the most common is osteoarthritis — a wear-and-tear disease caused when the tissue (or cartilage) between your bones breaks down, causing joint pain.

It may also be rheumatoid arthritis (RA), an inflammatory condition where the tissue that lines your joints is essentially attacked by your immune system, causing stiff, swollen joints that can cause fever, fatigue, and loss of appetite.

One factor that doesn't cause joint pain: age.



Neel Patel, MD, orthopedic surgeon at Adena

"It's not a symptom of aging; it's a symptom of activity level," Dr. Patel says. "At the end of the day, it's wear and tear. You're going to have pain if you're too sedentary and not using your joints enough or if you're extremely active and overusing them."

Pain isn't necessarily part of the aging process. If your joint pain is affecting your daily activities, it may be time to see an orthopedic specialist.

"Most people come for treatment with acute pain after they've started doing something they haven't done in a while or they just started a different activity," Dr. Patel says. Stopping that activity, along with resting it and icing it, usually takes care of it in about half the cases.

If you're concerned about the connection between your age and your health, Dr. Patel says they're two separate things.

"Age isn't determinant on pain," he says. "It really depends on how healthy you are. A lot of people still think they're in their 30s, but their bodies don't agree. Just because you could do 800-pound squats in your 30s doesn't mean you should be doing them in your 50s."

When something hurts in your bones, ligaments, muscles, or joints, let the experts with Adena Orthopedic and Spine Institute help get you back to the activities and life you love.

Adena Health helps save firefighter's livelihood



Firefighter Jeremy Stiver

Anyone who works in a physically demanding profession knows that a serious injury can pose a significant threat to your livelihood.

That was the situation facing firefighter Jeremy Stiver last year.

"I was carrying a full-size mattress down the stairs and I missed a step," he recalled. "I bent my right leg back so it caught the next step down and bent back and I basically slammed it onto the hardwood floors. When I rolled over, I noticed my kneecap was not where it was supposed to be."

His wife, Nicole, immediately called the Adena Orthopedic and Spine Institute and was able to get Jeremy an appointment for the next day – a Friday – with Dr. Neel Patel. The Stivers rushed to the emergency department later that day when the pain became intense.

Going into the visit with Dr. Patel, the couple did so with troubled minds that the injury was serious enough to jeopardize Jeremy's ability to do his job with Washington Township Fire & EMS in Dublin.

"Just on a standard call for a basic fire alarm, we're wearing about 60 pounds of gear and carrying between 15 to 40 pounds of equipment," he said. "If it's a multi-story building, we need to be able to wear that and carry it up however many flights to investigate. If it's a working fire, we have to carry that same equipment and wear that same gear and maneuver a heavy hose line."

On non-fire calls, the job also takes a physical toll responding to auto accidents, EMS runs, and the need to perform CPR.

He had other practical concerns, as well, for the financial health of the family – worries shared by his wife, who is a caregiver with Adena.

Those concerns weren't calmed after an x-ray and follow-up MRI revealed that fall had ruptured the patellar tendon in a multidirectional tear. While a standard tear would take about 90 minutes to address in surgery, the severity of Jeremy's injury was going to take about three hours to repair.

"Dr. Patel really set us at ease, right at our very first appointment," Jeremy said. "He was able to quickly identify the problem and knew the sense of urgency with getting the surgery scheduled. We were looking at it like it could have been a career-ender, but Dr. Patel was looking at it like an opportunity to get somebody back to their normal functioning. His ability to keep the situation calm and knowing that he could do it is a big deal as a patient."

The surgery went well, but that didn't end Dr. Patel's involvement. Jeremy said that Dr. Patel set the tone for the months of rehabilitation to come.

"He's almost like talking to a person in your family you can trust and lean on in setting realistic goals and getting encouragement," Jeremy said. "Dr. Patel definitely takes the time to explain things."

Slightly more than five months after his injury, Jeremy was fully cleared to return to work.

Learn more Adena Orthopedic and Spine Institute services at adena.org/AOSI.

Call 740-779-4598

Pair of Adena Health orthopedic surgeons **beating the odds**



Meaghan Tranovich, MD, and Nicole Meschbach, MD

When Dr. Meaghan Tranovich and Dr. Nicole Meschbach joined Adena Orthopedic and Spine Institute in late 2021 and early 2022, they knew that they were something of an anomaly in their field.

At the time, it was estimated that only about 6.5% of practicing orthopedic surgeons in the United States were women. While that figure is slowing rising, with some estimates at the start of this year sitting at 11%, there's still work to be done to boost female participation in the profession, and both Dr. Meschbach and Dr. Tranovich are doing their part to make that happen.

"I think it has a lot to do with stereotypes and misconceptions about the practice and the field," Dr. Meschbach said. "I think people believe you have to be a big, burly football player to do this, and what I

tell them is if you're having to use that much force or be that brutal, you're probably doing something wrong – there's a lot of finesse to it. I also think that because there are so few females, there are few female mentors as well, so women in general just aren't exposed to the field to realize it's a great career opportunity."

Both women are trying to become part of a change that they say is occurring. Each is involved in mentorship roles for medical students and residents with the Ruth Jackson Orthopaedic Society, where they can help break down those stereotypes.

Through their performance inside the surgical suite, the pair present as perfect examples of why women should be involved in performing orthopedic procedures.

Dr. Meschbach is a board-certified orthopedic adult and reconstructive surgeon who is also certified in robotic-assisted surgery. She performs hip and knee replacements, partial knee replacements and revisions, fracture fixation around implants, infection treatment around implants, and sees several patients regarding second opinions. She also joins Dr. Neel Patel at Adena Health in bringing an anterior hip replacement technique to southern Ohio.

"That technique is something I feel very comfortable with, and about 80% of my hip replacements are done using the anterior approach," Dr. Meschbach said. "The reason I like it so much is because you don't have to cut muscle or tendons – you just go in between muscle groups to get down to the hip. It's a smaller incision – I would call it 'muscle-sparing' because you don't have to injure muscle to get to the hip, and in the first six weeks, it has a much quicker recovery."

Dr. Tranovich, meanwhile, is sports medicine-trained and handles primarily shoulder and knee arthroscopy and everything that goes along with it, including anterior cruciate ligament (ACL), meniscus and rotator cuff surgeries, total knee replacements, and traumas. She, like Dr. Meschbach, is certified in robotic-assisted joint replacement, which research has shown helps make needed cuts more accurate in hip and knee replacements.

Both women became interested in providing orthopedic care as the result of injuries. Dr. Meschbach, who played Division I college soccer at DePaul University, had four knee surgeries as the result of her athletic career. Dr. Tranovich was active in dance until suffering a back injury. Those experiences, they said, help them identify and empathize with their patients – several of whom are young athletes anxious to get back in the game or to normal activity levels quickly – and achieve better patient response to treatment options.

As both doctors continue to establish themselves at Adena Health, Dr. Meschbach recommends that young women considering a career in orthopedics utilize the resources offered by the Ruth Jackson Orthopaedic Society and that they look into the offerings of The Perry Initiative, a national organization inspiring women to become leaders in engineering and medicine. Dr. Tranovich, meanwhile, encourages women interested in an orthopedic surgery career to pursue one.

"You just have to know what you're doing and you can do it," Dr. Tranovich said. "It doesn't matter how big or small you are and it doesn't matter what gender you are."

Have a sports injury? Go to adena.org/aosi.



Experienced physicians say AOSI structure benefits patient care



Mark Lesh, MD, orthopedic surgeon

While Dr. Mark Lesh and Dr. Clinton Hartz each took different, but lengthy, journeys to joining Adena Orthopedic and Spine Institute (AOSI) team, both were attracted by the exciting blend of experience and young talent within the facility.

Putting that blend together under one roof, they say, has definitely enhanced patient care.

“It’s made a huge difference,” Dr. Hartz said. “Coming from some of the bigger academic institutions, I’ve always been able to bounce things off colleagues and ask questions. It’s nice to have that high level experience around you. We’re all collegial and feel comfortable that we can just run down the hall and ask questions to a couple of our surgeons to get added insight, and patients love that we have that contact and can talk to each other so easily.

“At the same time, with the newer talent, it ensures that we’re doing things that are up and coming in the field and are on par with the more evidence-

based medicine. It keeps everybody up to date on the current literature and discussions. It’s nice to mentor the younger physicians and see the experiences they bring to the table.”

Dr. Lesh agrees, saying the structure and process put in place in large part by AOSI Medical Director Dr. James Fleming Jr. has led to a true team approach across the entire spectrum of care within the facility.

Both Dr. Lesh and Dr. Hartz brought a wealth of experience with them when joining Adena Health.

Dr. Lesh’s practice is about evenly split between sports medicine procedures and joint replacements, including such things as knee arthroscopy, ACL reconstructions, shoulder injuries, arthroscopic rotator cuff repairs, robotic-assisted partial knee replacement, and total knee replacement with patient-specific instrumentation.

Dr. Hartz, meanwhile, handles all types of typical musculoskeletal procedures, including such things as non-operative injections, tendinopathies, musculoskeletal ultrasound, concussion management, and several others. With his background in sports medicine having involved stints as a team physician for a pair of universities, including seven years caring for athletes at The Ohio State University, Dr. Hartz was attracted to the way Adena’s program is structured.

“Building the new AOSI, the way they developed the sports medicine model, and the way Dr. Fleming has tailored this model to sports really interested me,” he said. “There are a lot of great

providers coming through here, so I believe we can make a huge impact in the region and even across the state.”

Both physicians feel that, bringing so many orthopedic-related specialties together under one roof helps build a team approach, and fosters collaboration and consultation among colleagues as well as staff interaction with patients.

Ultimately, the goal is helping patients make the best decision regarding their care.

“The bottom line regarding joint replacement surgery is that it’s an elective procedure,” Dr. Lesh said. “I’m never going to tell someone they have to have a knee replacement - that’s not how it goes. This is a quality of life issue, so the patient has to decide if the pain in their knee is interfering with the things they want to do to the point they’re willing to undergo a procedure

to get them where they want to be. Everybody crosses that bridge at a different time. When it’s appropriate, I offer it, but medical decision-making isn’t the doctor deciding what the patient needs. It’s a combination of the doctor and the patient working together to determine the options that are in the best interests of the patient.

Dr. Hartz feels that the experience he’s gained teaching others over the years also helps him as he educates his patients in the medical decision-making process.

“I’m big into the idea that we’re a team,” he said. “I’m not just going to tell you what you need to do. We’re going to discuss the options and come together with a game plan that works best for you, for your work, for your home life. I’m not just going to dictate what needs to be done. I like to educate my patients and give them options to make the best decisions.”

Close-to-home option for Circleville

When you’re suffering shoulder soreness, neck, or back pain, or need sports medicine services, the last thing you want to do is suffer through a long car ride to get help.

The 2022 opening of Adena Orthopedic and Spine Institute-Circleville means that residents of Pickaway County and the surrounding area don’t have to do so any longer.

“We are truly a regional health system, and our focus is being able to keep people here, close to home, for their care with providers who are in this community every day,” said Adena Health President and CEO Jeff Graham. “It’s exciting to see the continued growth in Pickaway County and, specifically, in Circleville. We’re thankful to be a part of that with the expansion of our Adena Orthopedic and Spine Institute.”

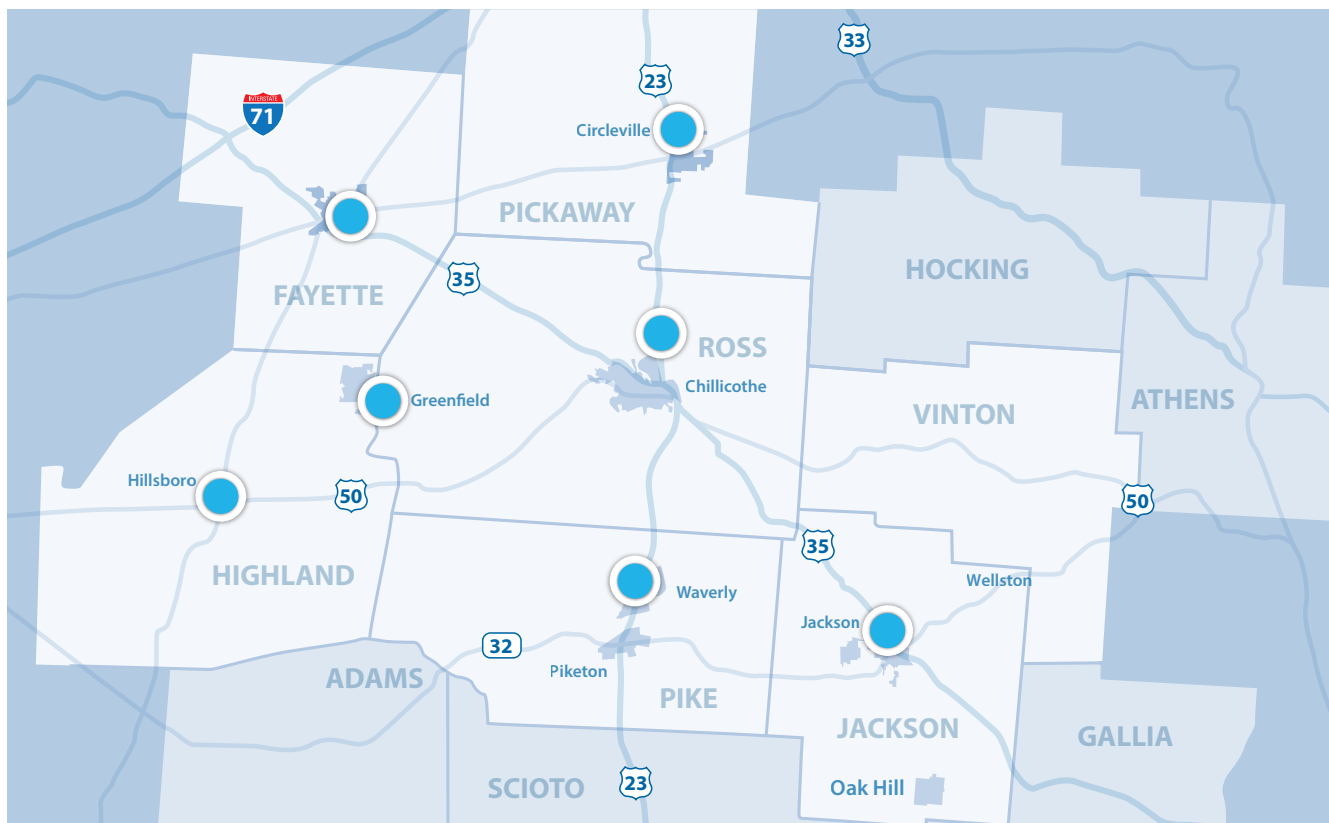
The 3,000-square-foot clinic, located in Circleville Plaza directly alongside Adena Urgent Care-Circleville, represents an expansion of the quality care that has been offered at Adena Orthopedic and Spine Institute in Chillicothe since that facility opened in 2021. That care is part of Adena’s nationally accredited orthopedics program provided by specialists in orthopedics, spine care, sports medicine, neurology, podiatry, and interventional pain management.

Several physicians in the Circleville facility rotate from the Chillicothe location, along with Dr. Steven Barrientos, who previously practiced at Adena Health’s Circleville primary care clinic.

With the latest service expansion, patients now are staying close to home to receive the quality orthopedic care needed to maintain an active lifestyle through minimally invasive procedures that speed recovery times.

Call Adena Orthopedic and Spine Institute-Circleville at 740-779-4598

7 convenient AOSI locations



Adena Orthopedic and Spine Institute

272 Hospital Rd, Chillicothe, OH 45601

Adena Orthopedic and Spine Institute - Circleville

166 Summit Avenue, Circleville, OH 43113

Adena Health Center - Jackson

1000 Veterans Drive, Jackson, OH 45640

Adena Greenfield Medical Center

550 Mirabeau Street, Greenfield, OH 45213

Adena Pike Medical Center

100 Dawn Lane, Waverly, OH 45690

Adena Health Center - Hillsboro

160 Roberts Lane, Hillsboro, OH 45133

Adena Fayette Medical Center

Medical Arts Building 1, 1450 Columbus Avenue
Washington Court House, OH 43160

For more information, go to Adena.org/AOSI.