

A D E N A H E A L T H

FOCUS

Volume 4
Issue 1

Care that
is moving
forward

Growing our team.
Expanding services.
Investing in the
future of care.





Struggling with deep hip or groin pain?

Are you dealing with sharp groin pain or hip pain when sitting?

Pain that flares up when you walk, run, twist, or squat? Maybe even a clicking or catching deep in your hip? It may be more than a pulled muscle.

These symptoms are common in people with:

- Labral tears
- Hip impingement (FAI)
- Cartilage damage
- Loose fragments inside the joint

If you've tried rest, ice, or physical therapy and your hip still isn't improving, the real issue may be inside the joint. That's something you can't see or fix immediately, but Adena Health has the expertise to help.

Many patients describe this pain the same way:

*"It feels **deep, sharp, and keeps coming back** no matter what I do."*

There's a minimally invasive treatment option available right here in southern Ohio.

Adena is the only health system in the area offering **hip arthroscopy**. This small-incision procedure treats conditions like hip impingement and labral tears to help you get back to the things you love — without traveling to Columbus or Cincinnati.

The procedure is performed by David Pettit, MD, an orthopedic surgeon fellowship-trained in sports medicine and hip arthroscopy. He grew up in Portsmouth and is committed to bringing advanced orthopedic care close to home. "

The benefits of hip arthroscopy over a traditional open procedure are that it's much smaller incisions, it's minimally invasive, and it results in a faster recovery and less pain," says Dr. Pettit. "You go home the same day and sleep in your own bed after surgery."

If these symptoms sound familiar, it may be time to take the next step.

You don't have to guess what's going on with your hip — and you don't have to keep living with daily pain or giving up activities you love.

Our team treats all kinds of bone, muscle, joint, and tendon issues and offers the latest surgical and non-surgical treatment options to help you feel your best. With on-site diagnostics, convenient locations, and a patient navigator who's with you through the entire process, we'll help you every step of the way.



Find out if hip arthroscopy could be the solution for your pain. Learn more at Adena.org/HipArthroscopy.



"I am excited to bring hip arthroscopy to this region. Orthopedic surgery is largely elective. It's really about quality of life, so if a patient says their pain is bad enough to have surgery, that's when it's time to have a surgical discussion."

David Pettit, MD



Expert care from fingertips to shoulder

For Yeshuwa Mayers, MD, helping patients regain mobility and live without pain is about more than treatment — it's about partnership and trust.

Dr. Mayers' approach emphasizes:

- Clear communication
- Shared decision-making
- Care plans that reflect each patient's goals and lifestyle



As one of the newest orthopedic surgeons to join Adena Orthopedic and Spine Institute, **Dr. Mayers provides patient-centered care for conditions affecting the hand, wrist, elbow, and shoulder.**

Fellowship-trained in hand surgery, he treats a wide

range of upper extremity conditions, including arthritis, nerve compression, fractures, tendon injuries, and joint replacement.

Whether caring for a traumatic injury or a chronic condition, his focus remains the same: helping patients move better, feel better, and return to the activities that matter most.

Dr. Mayers was drawn to Adena Health for its commitment to **community-focused care** and the opportunity to deliver advanced orthopedic services close to home.

Now caring for patients throughout the area, he brings both expertise and compassion to every interaction, providing the kind of care he would want for his own family.



Orthopedic care you can trust — all in one place

From hips to hands and everything in between, Adena Orthopedic and Spine Institute offers expert care close to home.



Scan the QR code or visit Adena.org/AOSI to learn more. To schedule an appointment, call 740-779-4598.



98%

of Adena Orthopedic and Spine Institute patients said they were **satisfied** with their care - one of the highest scores in the region.

A clear plan for our future of care

When I was named Adena Health's President and Chief Executive Officer last October, I was deeply honored to be chosen to lead this organization – to honor its 130-year history of caring for our communities and its strong commitment to the future.



That future is guided by Adena 2030, our five-year plan shaped by feedback from our providers, caregivers, and patients and launched earlier this year. This plan is designed around one simple promise: to make health

care easier to access, consistently high in quality, and more personal for you and your family.

Health care is evolving, and so are the needs of the people we serve. More families are managing complex conditions and looking for care that's both advanced and close to home. Adena 2030 is how we meet those needs, while staying true to our mission of service, compassion, and excellence.

Today, Adena is recognized as a top place to work – because we know great care starts with great

caregivers. We are also consistently honored by national and state organizations for quality, innovation, community impact, meeting rigorous standards across more than a dozen areas of care.

These recognitions reflect our continued focus on delivering safe, reliable, and compassionate care for every patient, every day.

Here's what Adena 2030 means for you:

 **Easier access to care** — with convenient services, expanded options, and care designed around your schedule.

 **High-quality care you can depend on** — delivered with a focus on safety, excellence, and your overall experience.

 **Supported, engaged care teams** — because when caregivers thrive, patients receive better, more compassionate care.

 **Responsible growth and stewardship** — keeping Adena strong, stable, and here for our communities for generations to come.

 **Thoughtful expansion and innovation** — new services, facilities, and approaches designed around your changing health needs.

Adena 2030 is more than a strategic plan – it's a commitment. A commitment to listening, improving, and growing alongside the communities we serve.

Thank you for trusting Adena with your care.

I am honored to lead this organization as we build the future of health, together.

Handwritten signature of Kathi Edrington in black ink.

Kathi Edrington, DNP, MBA, RN, NEA-BC, CENP, CPHQ, FACHE, president and chief executive officer



New Adena Fayette Medical Center opening in 2027

Step inside tomorrow

Construction is well underway on the new Adena Fayette Medical Center, and while the doors won't open until next year, you don't have to wait to experience what the future of care in Fayette County will look like.

Walk through the new hospital before it opens with an interactive virtual tour. Get a closer look at key areas and see how every detail is being planned around comfort, privacy, and high-quality care.

You'll move through select spaces including:

- Main entrance and lobby
- Emergency department areas
- Inpatient rooms
- Surgical spaces
- Waiting rooms

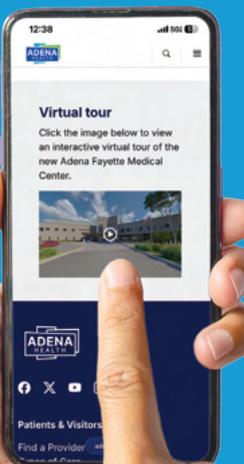
Get a sense of what patients and families can expect from arrival through every step of care.

This early look highlights how the new Adena Fayette Medical Center is being built to create a more welcoming, supportive care experience – one designed to serve our community for years to come.

Stay connected to what's next



Take the virtual tour online at Adena.org/FayetteTour or scan the QR code.



When should a spot be checked?

Changes in your skin can sometimes be an early sign of skin cancer, one of the most common cancers in the U.S.

Many skin growths are harmless, but **changes in size, color, shape, or texture are worth a closer look.** When skin cancer is found early, treatment is often simpler and highly effective.

Some people are at higher risk and benefit from annual or more frequent screenings, including those with:

- A personal or family history of skin cancer
- Fair skin, freckles, or light-colored hair and eyes
- A history of severe sunburns or tanning bed use
- Numerous or unusual moles
- A weakened immune system



Watch out for:

- New or changing spots
- Moles that look uneven or dark
- Sores that don't heal
- Itchy, scaly, or painful areas

"You don't need to know what a spot is to know it doesn't feel right. That's why we're here."

Mary Jo Kendrick, MD



Call 740-779-8580 to schedule a skin check, or visit Adena.org/Dermatology to learn more about our services.



Relief from enlarged prostate – without incisions

Men experiencing urinary problems from an enlarged prostate now have access to a **highly effective, minimally invasive option** at Adena Health.

The Holmium Laser Enucleation of the Prostate, or HoLEP, procedure treats benign prostatic hyperplasia (BPH) by removing excess prostate tissue – without external incisions and often as an outpatient procedure.



Why HoLEP matters:

- No surgical cuts
- Short recovery time
- Effective even for larger prostates
- Long-lasting relief (repeat procedures are rarely needed)

Matthew Christian, MD, has already helped hundreds of patients find relief using this advanced approach, and he's here to help others regain comfort, confidence, and quality of life.

Common signs that indicate it may be time to seek care:

- Urinary symptoms that don't improve with medication
- Ongoing issues after previous procedures
- Pain, bladder stones, or catheter dependence

Help is available for an enlarged prostate.



Call 740-779-4370 or scan QR code to learn more about the HoLEP procedure.



Sleep better – without the mask

If Continuous Positive Airway Pressure (CPAP) therapy hasn't worked for you – whether it's too loud, uncomfortable, hard to clean, or difficult to travel with – the Sleep Center at Adena Regional Medical Center offers another option for obstructive sleep apnea:

Inspire upper airway stimulation therapy

Inspire is a small implantable device that works with your natural breathing to keep your airway open during sleep. A breathing sensor sends gentle stimulation to the nerve that controls tongue movement, helping prevent airway blockage – **without a mask or bedside machine.** Patients turn the device on and off with a handheld remote.



The device is placed during a short outpatient procedure, with the **stimulator implanted beneath the skin in the upper chest** and a small sensing lead positioned to detect breathing patterns.

Most patients return home the same day. Adena's Sleep Center team, including specially trained ENT surgeons, helps determine whether Inspire may be right for you.



Learn if Inspire could be an option for you.

Call Adena Sleep Center at 740-779-7286 or scan the QR code to learn more.



Start your weight loss journey with support that works

With GLP-1 therapies in the news and many people looking to reach their weight loss goals this year, **Adena Health's Weight Management Program** offers more than just medication – it provides personalized support every step of the way.



From lifestyle coaching to **safe, effective treatments, including GLP-1s**, our team helps you create a plan that fits your goals and your life.

Our program helps you:

- **Create a care plan** tailored to your goals and needs
- **Get nutrition counseling** that fits your lifestyle
- **Learn fitness strategies** that actually work for you
- **Receive motivational coaching** and emotional support
- **Explore medication options**, including GLP-1 therapies, prescribed and monitored by our team

Whether you're just starting out or looking for extra support, we're here to help you reach your goals and improve your overall health

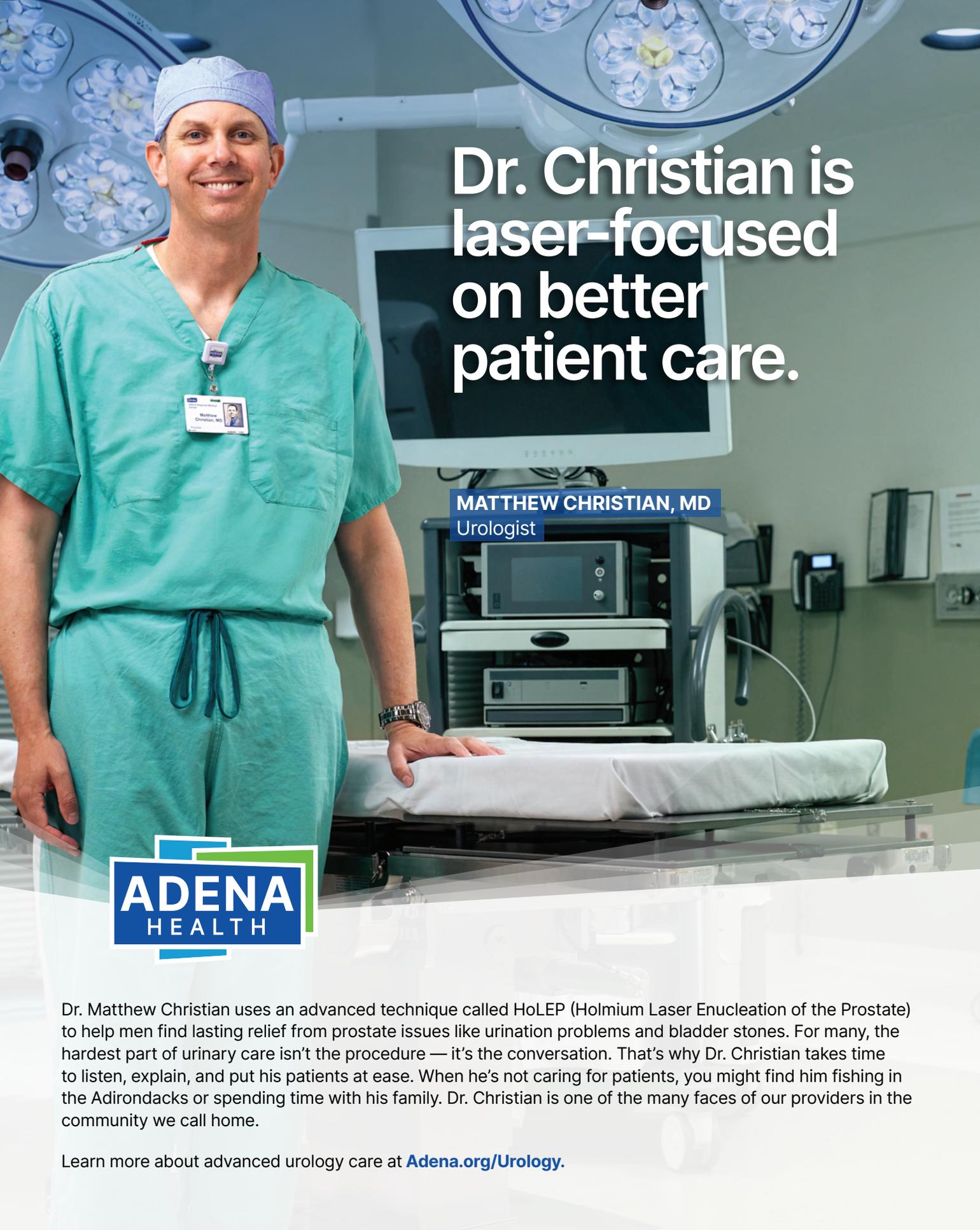
Take the first step toward your healthier self.



Call 740-779-8400 to learn how to begin your weight loss journey today.

Scan the QR code to request an appointment with Tiffani Strange, DNP



A photograph of Dr. Matthew Christian, a urologist, standing in an operating room. He is wearing teal scrubs, a blue surgical cap, and a name tag that reads "Matthew Christian, MD". He is smiling and has his right hand resting on a table covered with a white cloth. In the background, there are large surgical lights and medical equipment.

Dr. Christian is laser-focused on better patient care.

MATTHEW CHRISTIAN, MD
Urologist

The Adena Health logo, featuring the word "ADENA" in a large, bold, white sans-serif font above the word "HEALTH" in a smaller, white sans-serif font. The text is set against a dark blue rectangular background with a white border. The logo is partially overlaid by a white, semi-transparent banner at the bottom of the page.

ADENA
HEALTH

Dr. Matthew Christian uses an advanced technique called HoLEP (Holmium Laser Enucleation of the Prostate) to help men find lasting relief from prostate issues like urination problems and bladder stones. For many, the hardest part of urinary care isn't the procedure — it's the conversation. That's why Dr. Christian takes time to listen, explain, and put his patients at ease. When he's not caring for patients, you might find him fishing in the Adirondacks or spending time with his family. Dr. Christian is one of the many faces of our providers in the community we call home.

Learn more about advanced urology care at Adena.org/Urology.