

## GET BACK IN THE GAME AFTER AN ACL TEAR

An ACL tear is one of the most devastating injuries for an athlete involved in cutting or pivoting sports, such as football, basketball, soccer or skiing. The ACL (anterior cruciate ligament) is a ligament that connects the femur bone and the tibia bone in the center of the knee joint.

“The ACL is the most important ligament providing stability to the knee. It prevents the tibia from rotating out of position and is essential for athletic activities that involve cutting from side to side. A torn ACL can be a challenging sports injury, so it is very important to navigate the best treatment options when deciding on ACL reconstruction surgery,” said fellowship-trained Orthopaedic Surgeon Jason Boyd, M.D.

### INNOVATIVE APPROACH TO RECONSTRUCTION

ACL reconstruction is a surgery to remove the torn ligament and replace it with a tendon from another part of the knee or a tendon from a cadaver; the removed tendon is called a graft. In younger athletes, there is a higher success rate when taking the graft from the patient’s own knee; this is called an autograft. There are three main choices for autograft: patella tendon, hamstrings tendon and quadriceps tendon.



**Jason A. Boyd, M.D.**  
*Fellowship-Trained Orthopaedic Surgeon*

### Orthopaedic Care TRUSTED BY THE PROS



As an associate team orthopaedic surgeon to the **Atlanta Falcons** and the **Georgia Tech Yellow Jackets** during his fellowship training, **Dr. Boyd** has treated this torn ACL ligament injury many times.

The quadriceps tendon is the large tendon that sits just above the kneecap and connects the quadriceps muscles of the thigh to the upper part of the kneecap. The quadriceps tendon is much larger than the patella tendon and hamstrings tendon, and has less variation.

“The quadriceps tendon graft is one of the strongest and most reliable grafts available around the knee and is my graft of choice for ACL reconstruction. In my experience, this graft may improve surgical outcomes while maximizing knee stability, which allows athletes to rehab effectively and ultimately get back to the sport or activity they love.”

*Continued inside*

# A MESSAGE FROM OUR CEO

As the region's only independent and not-for-profit hospital, we are committed to improving the health of our community by providing access to exceptional primary and specialty care services. One of the most important ways that we fulfill our mission, To Serve, To Care and To Heal, is through our many talented physicians, who bring advanced training, medical expertise and leading-edge procedures to our area. Since September, we've added four expertly-trained physicians to our medical staff:

- **Dr. Jason Boyd, Orthopaedic Surgery/Sports Medicine Fellowship:** As the associate team orthopaedic surgeon to the Atlanta Falcons and the Georgia Tech Yellow Jackets during his fellowship training, Dr. Jason Boyd brings an innovative approach to sports medicine and orthopaedic surgery, joining Dr. Lee Simon and Dr. Dominic Peters at Salem Orthopaedic Surgery.
- **Dr. Elaine Boyd, Family Medicine:** Board-certified family medicine physician Dr. Elaine Boyd is practicing with Dr. Vidya Counto at the Columbiana Family Care Center at Firestone Farms, where she provides a full range of health care services to the community, with a special interest in women's health.
- **Dr. Anna Orlando, Internal Medicine:** Dr. Anna Orlando has joined Dr. Maria Ryhal at SRMC Primary Care in Lisbon, which is a growing practice serving the heart of Columbiana County. Dr. Orlando provides a full range of primary care services for patients 18 and older.
- **Dr. Ranga Brahmamdam, Hematology/Oncology:** Dr. Brahmamdam completed his Internal Medicine training at Columbia University in New York, and his specialty training in Hematology and Oncology at the University of Cincinnati. He uses the latest cancer-fighting treatments to treat patients dealing with cancer and blood disorders at our University Hospitals Seidman Cancer Center at SRMC.

On behalf of our entire SRMC staff and Board of Directors, we welcome each of these physicians to the communities we serve.

Anita A. Hackstedde, M.D.  
President/CEO



at



## Welcomes Dr. Brahmamdam Fellowship-Trained in Hematology and Oncology

**Medical Degree:** Guntur Medical College, India

**Internal Medicine Residency:** Columbia University, New York

**Fellowship:** University of Cincinnati

**Honors:** Cincinnati Magazine's "Best Doctors" selection for 10 yrs



"As a fellowship-trained hematologist/oncologist, I have 23 years of experience treating cancer patients, with a special interest in helping those with blood cancers such as leukemia, lymphoma and myeloma," Dr. Ranga Brahmamdam said. "My vision is to provide leading-edge cancer care with compassion, as we serve patients at the doorstep of their communities."

Dr. Brahmamdam joins Dr. Ayla Kessler at the University Hospitals Seidman Cancer Center at Salem Regional Medical Center, which offers local access to expert cancer care and innovative treatment options.

**WORLD-CLASS CANCER CARE IN SALEM**

# STAY HEALTHY THIS FLU SEASON

It's easy to catch the flu, especially during flu season; but getting a flu shot and taking some simple steps for prevention can help you stay healthy.

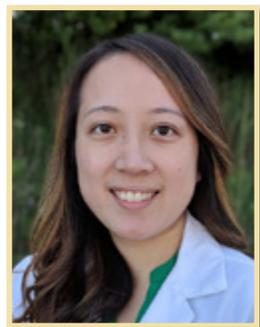
## What is the Flu?

According to family medicine physician Dr. Elaine Boyd, "Influenza, or the flu, is a viral infection in the nose, throat and lungs that is usually spread when an infected person coughs or sneezes. While seasonal flu viruses are detected year-round, flu activity often increases in October in the U.S., and can last as late as May."

"Flu can cause severe illness and may even lead to life-threatening complications – especially in children, adults age 65 and older, pregnant women and those with certain chronic health conditions," she added. "Most healthy adults become contagious the day before they have symptoms, and remain infectious for up to 5-7 days after their symptoms appear."

## Flu Vaccine

Dr. Boyd says that the best way to prevent the flu is by getting the flu vaccine. "I recommend that everyone over the age of six months should receive the yearly flu vaccine, with few exceptions. Though the yearly flu vaccine does not provide 100% protection against the flu, getting vaccinated can still help to reduce the severity and duration of flu symptoms. The flu vaccine is safe for most people, and contains a killed or weakened virus that cannot give you the flu. You should talk to your doctor or health care provider to see if the vaccine is right for you."



## Healthy Habits

"Even if you've already gotten your flu shot, it's still important to practice healthy habits like washing your hands with soap and warm water," Dr. Boyd advised. "It's especially important to clean your hands before eating and after coughing, sneezing, blowing your nose or touching 'high-touch' surfaces like doorknobs, shopping cart handles and phones."

**Elaine Boyd, M.D., is accepting new patients at the Columbiana Family Care Center, 116 Carriage Drive at Firestone Farms TownCenter in Columbiana, 330-482-3871.**



COLD VS. FLU		
SYMPTOMS	COLD	FLU
Fever	Rare	High
Headache	Rare	Common
General Aches, Pains	Slight	Usual
Fatigue, Weakness	Mild	Intense
Extreme Exhaustion	Rare	Usual
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Common
Cough	Common	Common

# PREVENTION IS A KEY TO GOOD HEALTH

Preventive care may be easy to overlook if you're feeling well, but it's actually one of the most important things you can do for your health. According to internal medicine physician Dr. Anna Orlando, "Preventive care includes routine screenings, immunizations and check-ups. Even when you're feeling healthy, these services can help prevent problems down the road or detect diseases in their early stages, when they are easier to treat."



## WHAT SCREENINGS DO I NEED?

Preventive health screenings look for diseases before a person experiences symptoms. The tests you need and when you need them depends on your age, gender and risk factors. While you should talk with your doctor about the screenings recommended for you, Dr. Orlando offers some general guidelines starting at the following ages:

<b>AGE 18 AND BEYOND:</b>	<ul style="list-style-type: none"><li>• <b>Blood pressure check</b> at least once a year</li></ul>
<b>20s &amp; 30s AND BEYOND:</b>	<ul style="list-style-type: none"><li>• <b>Cervical cancer screening (for women):</b> "Cervical cancer may not cause symptoms until it's in advanced stages," Dr. Orlando said. "Getting regular pelvic exams and Pap tests beginning at age 21 can help prevent cervical cancer or find it early, which increases the chances of successful treatment."</li><li>• <b>Lipid/cholesterol screening</b> at least every 4-6 years</li><li>• Ask your doctor about <b>updating any immunizations</b> that you might need</li></ul>
<b>40s &amp; 50s AND BEYOND:</b>	<ul style="list-style-type: none"><li>• <b>Mammogram (for women):</b> "Women in their 40s at average risk for breast cancer should talk to their health care providers about when to begin mammography screening," Dr. Orlando advised. "Early detection of breast cancer through annual mammograms greatly improves a woman's odds of surviving this disease."</li><li>• <b>Colonoscopy:</b> "A colonoscopy can find pre-cancerous growths so they can be removed before they turn into cancer, as well as detect cancer early when treatment may be most effective. Your doctor may recommend screening beginning at age 45-50, depending on your family health history and risk factors."</li><li>• <b>Blood sugar screening</b>, based on your diabetes risk</li></ul>
<b>AGE 65 AND BEYOND:</b>	<ul style="list-style-type: none"><li>• <b>DEXA bone density screening</b> to check for signs of bone loss</li></ul>



"I recommend scheduling an annual wellness exam with your physician to discuss ways to stay healthy, the screenings you need and updates to vaccines such as those for flu, pneumonia, tetanus and shingles," Dr. Orlando added.



**Anna Orlando, D.O., is accepting new patients at SRMC Primary Care in Lisbon, 38506 Saltwell Road, 330-424-1404.**

# GET BACK IN THE GAME...

Continued from front page

## WHAT TO EXPECT FROM QT GRAFT SURGERY

With the Quadriceps Tendon (QT) graft, a new ligament is harvested and made from your own quadriceps tissue. "We use a small incision at the top of the knee to take the central portion of the quadriceps tendon. This is performed using specialized instruments that limit damage to the surrounding tissues," Dr. Boyd said.

ACL reconstruction surgery is done on an outpatient basis, with patients returning home a few hours after the procedure has been completed.

Crutches will be used for 2 to 3 weeks. Physical therapy starts immediately with home exercises followed by a formal rehab protocol that was developed at **Emory University** and is used by the **Atlanta Falcons**, **Atlanta Hawks** and **Georgia Tech University**. An athlete's return to competition after surgery is typically 9 to 12 months.



### Benefits From Quad-Tendon Graft Approach:

- Less frontal knee pain
- No hamstring weakness
- One of the strongest tendon grafts
- Can be performed in athletes still growing or done growing

## ABOUT DR. BOYD

Dr. Boyd provides a wide range of orthopaedic procedures for sports and work-related injuries, arthritis, chronic tendon pain and other conditions. In addition to ACL reconstruction, his special interests include:

- Rotator Cuff Repair
- Shoulder Replacement
- Cartilage Preservation

Dr. Boyd has conducted and published his research in numerous professional journals, and has presented his findings regionally and nationally including at the annual meeting of the American Academy of Orthopaedic Surgeons (AAOS).

**For information or to schedule an appointment with Dr. Boyd, contact Salem Orthopaedic Surgery at 330-332-7840 or visit [www.salemorthopaedicsurgery.com](http://www.salemorthopaedicsurgery.com).**



## Skilled Care Transitions

SRMC was recently awarded Medicare certification for a new service that allows patients to receive skilled care in their hospital rooms versus transferring to a separate skilled nursing unit. "Swing Bed" is Medicare's term to describe a hospital room that can switch from being used for inpatient care to skilled care, when a person is ready to leave the acute care level of a hospital stay, but isn't yet well enough to return home. Skilled care patients benefit from staying in a private hospital room; combined with outstanding care from our staff.



*"Three days after my shoulder replacement surgery was performed by Dr. Jason Boyd, I transitioned from an inpatient stay to the Hospital's swing bed program to continue my recovery. My care was excellent! It was a great comfort to be able to remain in the same hospital room, with nurses I was familiar with."*

*"The therapy I received allowed me to regain my strength, confidence and independence for a safe return home. I'm doing very well after my surgery. Dr. Boyd is one of the most compassionate, caring doctors I have ever known!"*

~Jane Crowe, RN, Former SRMC Patient

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This publication is not meant to replace professional medical advice or services. Individual health problems should be brought to the attention of appropriate health care professionals.

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**SRMC Medical Imaging at  
Firestone Farms TownCenter**

## NEW CT SCANNER

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- Low Radiation Dose

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- Ultrasounds

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