

## WELCOME DR. GLASS

Aultman Hospital is pleased to welcome Ericka Glass, M.D., to our team. She is trained to care for pelvic fractures and other complex orthopaedic trauma cases.

Glass earned her degree from Medical College of Ohio in Toledo, completed her residency in orthopaedic surgery at Summa Health System and did a fellowship in orthopaedic trauma at Allegheny General Hospital in Pittsburgh.



■ Drs. John Riestler and Ericka Glass (right) review patient charts with Case Manager Cathy Colley and Patty Russell, RN, (left) unit director of Main 5 orthopaedics inpatient unit at Aultman Hospital.

## Veteran Surgeon Wants Orthopaedic Patients to Regain Their Activities



■ Dr. John Riestler celebrates his arrival at the top of Cotopaxi in Ecuador at 19,300 feet. A volcano is in the background.

### The community can thank a bucking horse for giving it a passionate orthopaedic surgeon named Dr. John Riestler

At just 17 years old, he endured a back injury from falling off of a horse. That experience made him interested in orthopaedics and helping others.

"I'm no stranger to what it's like to be a patient," he said referring to the three back surgeries he has had. "Just like I did, patients count on surgeons to do their best, and do it right, so they can get back to a normal life."

Defining a normal life is different for everyone. "Some people have surgery so they can shop or play golf without pain. Others just want to be able to take care of themselves and maintain their independence," Riestler said. "That's what I love about it. It's a very rewarding profession."

Normal for Riestler is biking around Stark County, skiing in Colorado and mountaineering in the Western U.S. and even Ecuador, where he and his son conquered a 19,000-foot mountain covered in snow and ice in 10 days.

Although mountaineering is very difficult and can cause bad altitude-related headaches, Riestler says there's just something about it. "It's

fun and challenging at the same time. It's a good motivator to keep you in shape, too."

He and his 25-year-old son are preparing to climb the highest peak in North America in May 2012 – Alaska's Mount Denali. The three-week expedition will be very demanding physically and mentally.

"For me, being active reinforces how important my job is. I truly understand why patients want to get back to their normal activities. I love my hobbies and want patients to be able to do theirs as well," said Riestler.

#### JOINT REPLACEMENT

During his 25-year career, Riestler has cared for about 300 patients each year needing a hip or knee replacement, as well as many emergency orthopaedic surgeries while he is on call in the Aultman Emergency Department (ED).

"I have a passion for total joint replacements, especially knees. I love the technical aspect of surgery. It's very fun for me," he said.

Riestler also enjoys working with patients to understand their expectations and determine if he

can meet their needs. "Everyone is different based on their injury, age and desired outcome. Some people walk in wanting to have a replacement, while others are exploring shots or medications for pain. Others just want reassurance that they are doing the right thing, which could be to do nothing."

When it comes to a hip or knee replacement, Riestler conveys there's no magic timeline. He often counsels patients that it's OK to wait. "There's no rush, but it's time to move forward when you can't sleep at night from the pain or if it is affecting your life," he explained.

For other orthopaedic injuries, Riestler suggests giving tolerable pain six weeks to diminish before seeing a specialist or a family doctor. However, fractures or trauma cases should go to the ED immediately.

Putting a fractured arm or leg back in place on a young child is also very rewarding for Riestler. "I like it because the injury looks terrible, but it's not that hard to fix. The child is fully recovered in a short period of time as well."

TOO MUCH  
**JOINT PAIN?**

Test your risk factors at  
**JointAware.com**

FAST | FREE | FREE FIRST VISIT WITH  
AN AULTMAN PROFESSIONAL

**AULTMAN**  
Aultman is My Hospital™  
for Orthopaedic Care.

Don't have Internet? Request a form at  
330-363-7600 or toll-free 800-393-9337.



■ Shahad Salah tries out her new artificial left leg at Yanke Bionics before going back to Baghdad. Dr. John Riestler helped straighten her mangled leg in 2009 at Aultman Hospital before she could be fitted with the prosthesis.

#### CARING FOR THE UNINSURED

One child Riestler will not forget is a 6-year-old girl that he operated on in 2009 who lost her left leg when a terrorist missile struck her grandparents' house in Baghdad; her right leg was mangled as well.

She had already undergone six surgeries in Iraq to remove shrapnel from the right leg, but the leg remained twisted because of damage near her knee.

Shahad Salah was brought to Ohio by the nonprofit organization Palestine Children's Relief Fund so she could be fitted with a prosthetic device for her left leg.

Technicians at Akron-based Yanke Bionics suggested Shahad would need surgery to straighten her right leg before she could be fitted with an artificial left leg.

Riestler graciously donated his time and performed the surgery to help Shahad. "How could you say 'no' to anyone in need, especially a little girl?" he asked. "You always want to help."

He is appreciative of others that donated to make it happen: Aultman Hospital surgical and inpatient services as well as Smith & Nephew for the hardware. "It's a team effort. Everyone has to be willing to help," he said.

Shahad quickly learned to walk on her prosthetic, but



■ This file photo from 2009 shows Shahad Salah as a 6-year-old. Portage County based Palestine Children's Relief Fund organized her trip from Baghdad to Northeast Ohio and Aultman Hospital for medical care.

according to Riestler she is in a lot of pain. "I'm reviewing her X-rays to see what's going on and to determine what options she has."

Although he loves to help, the news is troubling to him. "This is the drawback to mission trips and caring for someone remotely. You don't know what happens and if there's anyone to care for the patients locally."

Caring for patients without insurance is nothing new to Riestler's practice or Aultman Hospital. "It's what we do," he said. "People don't realize how many people in Canton get hurt

and don't have insurance. We still care for them, but it doesn't attract the newspaper and TV headlines like our care for Shahad did."

Riestler is appreciative of the community, his partners and Aultman Hospital for providing a good place for him to practice. Although he loves the mountains and ski slopes, he's never been drawn to leave Stark County after coming here decades ago to be closer to his wife's family.

"I like a small, quiet community. This was a good place to raise my three boys," he said.

AULTMAN: A CENTER OF  
EXCELLENCE FOR ...



ORTHOPAEDICS

AULTMAN



CENTER of EXCELLENCE



## Orthopaedics

Many orthopaedic problems need more than one medical service. You may require emergency room treatment, medical treatment, surgery, therapy, medical equipment for the home or intense on-site rehabilitation.



## Heart

Aultman Hospital has been named one of the nation's 50 Top Cardiovascular Hospitals by Thomson Reuters for 2011. At the Aultman Heart Center, prevention is a priority. Our education and risk factor identification programs can help you keep your heart healthy.



## Cancer

The Aultman Cancer Center is a fusion of ideas, technology, talent and compassion. The physicians associated with Aultman Cancer Center evaluate and design individual patient treatment plans based on the type, stage and aggressiveness of the patient's disease.



## Neurosurgery/ Stroke

Trauma or illness involving the brain, spinal cord or nervous system can be a frightening experience for a patient and loved ones. Take comfort in knowing you are in the hands of some of the region's most skilled neurological experts, neurosurgeons and stroke specialists.



## Women/Children

Together with our patients, the Aultman Birth Center is promoting and uniting families for life. We take a team approach to providing the best care for you and your baby — under one roof.



## Emergency/ Trauma

Aultman's Emergency/Trauma Center, staffed by board-certified physicians, is designed to allow the fastest access possible to the latest in emergency-care technology.



## Critical Care Medicine

Going to an intensive care unit (ICU) can be a very emotional experience. Aultman patients receive specialized care from our Intensivist Program and our dedicated group of critical care nurses, critical care pharmacists, respiratory therapists and intensivists.

**AULTMAN**  
Aultman is My Hospital™

# A TOTAL JOINT REPLACEMENT CAN END YOUR DISCOMFORT

According to Orthopaedic Surgeon Tim Conlan, M.D., hip and knee replacements are proven operations with excellent outcomes for those with pain that limits their activities or daily functions

"It's time to talk to your doctor about a replacement when conservative therapies such as weight loss, physical therapy and anti-inflammatory medications don't alleviate joint pain," said the veteran surgeon who performs more than 350 hip and knee replacements a year at Aultman Hospital.

The No. 1 goal of joint replacement is pain relief, but Conlan warns that the pain must be from arthritis.

"We are replacing the arthritic joint not the ligaments that may also be causing stiffness. Other issues maybe causing pain too, so a joint replacement doesn't solve everyone's problems," he said.

Surgical patients who are prepared and are proactive in their care have the best outcomes. Conlan suggests patients:

- Get educated about the condition and procedure.
- Do pre- and post-operative therapy as the surgeon prescribes.
- Be active to achieve the best possible medical state prior to surgery and then remain active.

Assistance and support from loved ones are critical components for a few weeks after surgery, especially at home.

"Patients do best when they recover at home with loved ones, but the family must be willing to help out. A rehab facility is a safe, effective option for those without a support system, but we really encourage patients to recover at home when possible," Conlan said.

Aultman offers a "pathway" educational class for joint replacement patients and their care coaches prior to surgery. The two-hour free session is taught by experienced registered nurses from Aultman's Main 5 orthopaedic nursing unit.

"Our goal is to reduce their anxiety and help them be as prepared as possible," said instructor Marilyn Rothermel, RN. "We discuss everything from the hospital experience and pre- and post-operative therapy to home care safety and equipment needs, the role of a loved one as a 'care coach' in the recovery process and most importantly pain."

Louisville-resident Jerry Kerzan attended the class prior to his first



knee replacement in August. "I really enjoyed it and thought it was well worth the time invested. It took a lot of fear out of the experience because I wasn't going into the surgery blind," said the 70-year-old carpenter by trade. "Since the replacements, my knees don't ache like they did!"

Although it's a painful procedure and recovery, most people should expect to only replace a joint once. "Today's implants have characteristics that allow them to wear better. A patient's age and activity level also determine the duration of an implant," said Conlan.

### MINIMALLY INVASIVE TECHNIQUES

Orthopaedic specialists frequently offer minimally invasive surgery (MIS) options to achieve many benefits for patients.

Conlan and Dr. Jeffrey Dulik have been performing hip replacements with an "anterior approach" (front of the body) since 2007 and other knee and hip MIS techniques since 2000.

### TALK TO YOUR DOCTOR ABOUT JOINT REPLACEMENT SURGERY IF:

- PAIN INTERFERES WITH SLEEP.
- PAIN IS TOO SEVERE TO PERFORM EVERYDAY ACTIVITIES SUCH AS PUTTING ON SHOES OR GETTING OUT OF A CHAIR.
- PAIN MEDICATIONS NO LONGER HELP.
- PAIN LIMITS ACTIVITIES YOU LOVE.
- THE JOINT HURTS ONE OR MORE DAYS PER WEEK.

"Gone are the days when the only way to replace a hip was to place the patient in a lateral (side) position and make an incision 8-12 inches long," said Dulik. "We consistently see excellent patient results with the anterior approach. With just a 3- to 5-inch incision, patients experience less pain and faster healing."

The patient benefits from the technique because it allows preservation of the primary support muscles, nerves and soft tissues surrounding the joint.

According to Conlan and Dulik, other benefits include:

- **FASTER REHABILITATION:** There is more stability so therapy can be reduced to half the traditional 6-8 weeks. Patients are moving directly after surgery, utilizing a walker and progressing to a cane sometimes within 24 hours. A quicker return to activities of daily life is often seen.
- **BETTER RECOVERY TIME:** The majority of patients are discharged the day after surgery. Patients stay in the hospital if needed, but it's rare to have a patient stay beyond two days after surgery.
- **FEWER COMPLICATIONS:** Early movement after surgery can decrease the incident of deep vein thrombosis (blood clots in legs) and other complications. Narcotic pain-reducing medications can be discontinued earlier.
- **LITTLE TO NO HIP PRECAUTIONS:** Patients can position their legs as tolerated at any time after surgery, and there's a very minimal chance of dislocation.

In addition, these outcomes result in higher patient satisfaction and lower overall health care costs.

### FREE HEALTH TALK

Orthopaedic Surgeon Tim Conlan, M.D., will discuss minimally invasive total hip and knee replacements on Thursday, July 14, from 6-7:30 p.m., at Aultman West in Massillon, in conjunction with Aultman's Health Talk speaker series. Aultman Therapy staff will also be on hand beginning at 5:30 p.m. to answer questions about rehabilitation and post-surgery therapy options. Seating is limited, and registration is required. Call 330-363-TALK (8255).

## Cardiologist Becomes Satisfied Patient without Pain

Running is an excellent way to stay in shape and relieve stress, but it can also cause joints to wear out prematurely.

That is exactly what 54-year-old Dr. John Paulowski experienced last summer. The avid runner with 30 years of marathons under his shoes found that he could no longer

run let alone walk.

"My hip started bothering me five or six years ago; then it became so painful I could only walk about 20 yards before needing to sit down," said Paulowski.

Paulowski is an interventional cardiologist, so he's well aware of surgery and rehabilitation. "The

doctor confirmed I needed a hip replacement. Aultman gave me a great experience from surgery to post-operative care including therapy."

Dr. Jeffrey Dulik performed a minimally invasive hip replacement on Paulowski at Aultman West in August.

"Recovery was so much faster with the noninvasive approach. I was up walking that night," he said, "home within 48 hours and walking without a cane within three weeks."

Although he didn't find physical therapy painful, Paulowski got frustrated when he lacked strength. "The therapists were very motivating, and the home exercises really helped," he said.

On nearly a daily basis, Paulowski saves lives as the medical director of Aultman's Cath Lab providing emergency intervention for heart attack patients. "The pain not only affected my athletics and personal life, but also my ability to work as an interventional cardiologist."

Although patients with a joint replacement can no longer run or participate in other "pounding sports" such as tennis and racquetball, Paulowski stays in shape by bike riding and exercising on an elliptical trainer.

"I hope everyone else has the same experience I did — everything was just great!" Paulowski said.



Dr. John Paulowski spends time with his wife Marylie, son John Allan and daughter Hannah.

## Orthopaedic Surgeons Practicing at Aultman



Rakesh Arora, M.D.



Brian Blake, M.D.



Raymond Candage, M.D.



Mark Cecil, M.D.



Daniel Charlick, M.D.



Jeffrey Cochran, D.O.



Mark Coggins, M.D.



Tim Conlan, M.D.



H. Steven Coss, M.D.



Jeffrey Dulik, D.O.



Ericka Glass, M.D.



Joseph Hellmann, M.D.



Gerald Klimo, M.D.



Michael London, M.D.



Michael Lykins, D.O.



Alexander Michael, M.D.



Daniel Moretta, D.O.



George Papacostas, M.D.



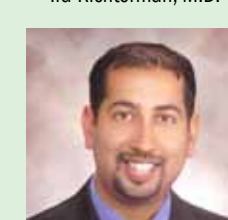
Anthony Pentz, M.D.



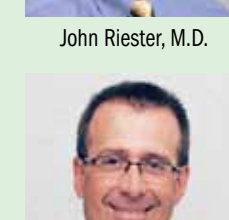
Ira Richterman, M.D.



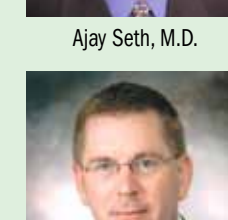
John Riestler, M.D.



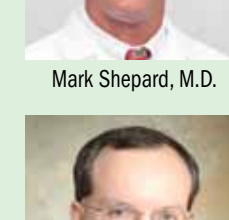
Ajay Seth, M.D.



Mark Shepard, M.D.



Vincent Wake, M.D.



Thomas Watson, M.D.