

# LIFETIME

C O N N E C T I O N

## GOT COVID?

- HELP PREVENT A HOSPITAL STAY
- LESSEN SEVERITY OF SYMPTOMS
- INCREASE CHANCE OF RECOVERY



## WVU MEDICINE CAMDEN CLARK NOW OFFERING ANTIBODY INFUSION COVID-19 TREATMENT

WVU Medicine Camden Clark is now offering monoclonal neutralizing antibody infusion therapy to those who test positive for COVID-19 within 10 days and meet the criteria for therapy, in order to keep those with mild to moderate cases of COVID-19 from being admitted to the hospital. The U.S. Food and Drug Administration issued an emergency use authorization for two monoclonal antibody therapies manufactured by Eli Lilly and Regeneron for the treatment of outpatients.

COVID-19 monoclonal antibody therapies are neutralizing antibodies and can provide passive immunity to COVID-19. When given early after contracting COVID-19, the antibodies block entry of the virus into human cells by binding to the receptor

binding domain on the spike protein of the virus.

In studies to date, monoclonal antibody therapy has shown a possible benefit in reducing progression to severe disease and potentially the need for hospitalizations in high-risk patients. Those who are 65 years old and above, with a positive COVID diagnosis and one mild or moderate symptom, can qualify for the medication within 10 days of being tested. Those under the age of 65 with a chronic medical condition, like diabetes or heart disease, can also qualify.

According to Dr. Walter Kersch, Camden Clark's Chief Medical Officer, "We're trying to identify early those in our community

who, based on other criteria such as age and/or chronic conditions, might progress to hospitalization after testing positive. The whole premise is to keep people out of the hospital. Our older population, and those

*continued on page 3*

2021  
WINTER

 **WVU Medicine**

CAMDEN CLARK  
MEDICAL CENTER



### A few words from Joyce...

93-year-old mom spent both Christmas and New Year's in the hospital, and she continues to battle some of the effects of COVID.

Those of us at Camden Clark appreciate your support and understanding, as we've put specific guidelines in place within the hospital, as well as made changes to our hospital visitation policies. While these were difficult decisions, they were made with your health and safety in mind.

I do have hope that we're moving in the right direction as we begin the administration of vaccines. And it's exciting to see West Virginia doing so well with its vaccination effort. In this issue, you'll find

The past ten months have been difficult for all of us, and it will certainly be a time that we won't forget! Let me start by saying that I miss you all, and I look forward to the time when we can be together face-to-face. While I've been able to talk with some of you on the phone, there are so many others that I've had no contact with at all! Please know that you're in my thoughts, and I hope you're doing well.

I'm sure many of you have been touched by COVID. Both my husband and I were very fortunate to have milder cases. My

information about the monoclonal antibody infusion therapy which is being administered at WVU Medicine Camden Clark, and can help keep those who qualify, with mild to moderate cases of COVID-19, from being admitted to the hospital.

We continue to remind everyone that it's safe to get the medical care you need. This is especially important for those with chronic conditions, such as diabetes and heart disease. We have policies and procedures in place to keep you safe at both our primary and specialty care clinic offices. Those offices continue to offer telemedicine options for those who are interested.

And while our Health & Wellness Center has extra cleaning measures in place, there are multiple fitness options available for those who continue to feel safer exercising in their own home. This issue also includes information about "Dining with Diabetes" classes that are being offered virtually by the WVU Extension office.

Please take care of yourselves and stay well! We look forward to planning future events and activities when the time is right. And as always, please don't hesitate to give me a call at (304) 424-2055, if you have any questions or concerns.

Joyce Hubner  
Lifetime Partners Program Manager

## Minimally Invasive Surgery More Advanced Than Ever – smaller incisions – fewer complications – shorter hospital stays –



With tools like the da Vinci Xi surgical robot, WVU Medicine Camden Clark's minimally invasive surgical techniques are more advanced than ever. Patients who need surgeries like colorectal, gallbladder, hernia repair, or a hysterectomy can now have fewer complications, shorter surgery times, smaller incisions, faster recovery times, and less down time. Getting you back to what matters most!

Shawna Grimm, M.D. is a general surgeon who specializes in da Vinci robotic-assisted and laposcopic minimally invasive procedures. She received her medical degree from Lake Erie College of Osteopathic Medicine in Erie, PA and completed her General Surgery Residency at the University of Des Moines Mercy Medical Center in Des Moines, IA. Dr. Grimm worked as a paramedic during medical school and was a hospital employed general surgeon at Mon Health Center before moving to Huntington, WV. She comes to us from Marshall University's General & Trauma Surgery Department—a Level 2 Trauma Center—where she specialized in trauma surgery while logging over 200 cases on the da Vinci Xi surgical robot.



# STROKE - Time is Brain

By Muhammad Rizwan Husain, MD

## STROKE AWARENESS: BE FAST

**B**

**BALANCE:**  
sudden loss  
of balance

**E**

**EYES:**  
sudden loss  
or blurred  
vision

**F**

**FACE:**  
smile,  
does one  
side droop?

**A**

**ARMS:** raise  
both arms,  
does one  
drift down?

**S**

**SPEECH:**  
difficulty  
speaking or  
understanding

**T**

**TIME:** call  
9-1-1 if you  
see any of  
these signs

According to the most recent report from the CDC, stroke is the fifth leading cause of death in the United States, and it can lead to severe irreversible disability with significant loss of productive years of life. Most importantly, stroke is both preventable and treatable.

Research shows that during a stroke roughly 2 million brain cells die every minute, and for every hour of stroke that goes untreated, the brain ages about 3.5 years. This demonstrates the urgent need to identify symptoms of a stroke and to be able to get to a hospital in time. At WVU Medicine Camden Clark Medical Center, a Joint Commission Certified Primary Stroke Center, we provide 24/7 coverage for all patients who present with stroke symptoms.

The American Heart Association/American Stroke Association recommends a clot busting medication called alteplase (famously called TPA) to be administered to all eligible patients having a stroke within the first 4.5 hours of the start of their symptoms. This limited window of treatment opportunity makes it important that patients arrive at the hospital as soon as they or their family members suspect that they might be having a stroke. If individuals have any such symptoms, though not limited to, vision loss, balance issues, trouble walking, face weakness or asymmetry, droopy smile, or speech difficulty, then they should come to the emergency room immediately where they will be urgently evaluated for a stroke. An easy way to assess for stroke symptoms at home is to remember “BE-FAST” which

means B-Balance, E-Eyes, F-Face, A-Arm, S- Speech, T-Time is brain, call 911.

An important aspect to be aware about, is that the majority of strokes occur due to a blockage in the blood vessel in the brain, while a minority occur due to bleeding into or around the surface of the brain. Many patients usually take an aspirin at home prior to coming to the hospital when they suspect that they might be having a stroke. I would strongly advise against this, because if someone is having a stroke due to a brain bleed, taking an aspirin will worsen it. The only way to know the type of stroke would be by getting a CT scan of the brain in the hospital. At WVU Medicine Camden Clark, all strokes are evaluated immediately in the emergency room, and later followed with a comprehensive multidisciplinary workup to identify the cause of the stroke and how to prevent future strokes from happening. Remember, strokes are both preventable and treatable and always remember to BE-FAST (Balance, Eyes, Face, Arm, Speech, Time) as Time is Brain!



Dr. Husain is an Assistant Professor of Neurology (WVU Medicine), a Vascular (Stroke) Neurologist, and is on staff at WVU Medicine Camden Clark Medical Center.

## COVID

continued from page 1

with underlying medical conditions, have a greater chance of being hospitalized if they contract this virus. And we've had success keeping some people with moderate disease from being hospitalized.”

The hospital has a plan in place where eligible patients, recommended by their physicians, can receive the intravenous treatment through an infusion clinic at the hospital. The therapy is for the treatment of COVID positive patients with mild to moderate symptoms.

For those who test positive and are interested in determining if they may qualify for this treatment, timing and communication with your primary care physician are key. After results are received, those who test positive should contact their primary care doctor as soon as possible.

Time is of the essence, as treatment should be administered within 10 days of being tested. Your doctor will make the referral to the clinic. A nurse practitioner makes sure you qualify and meet the necessary criteria. After that, an appointment is scheduled. The actual infusion takes

place at the hospital and lasts about an hour. Following the infusion, the patient is monitored for an additional hour with health personnel looking for any side effects (nausea, dizziness, diarrhea), which are usually mild and only occur in 3-4% of patients.

WVU Medicine Camden Clark wants to be sure this treatment gets to those who need it the most. But, even with treatments and vaccines, doctors are still urging those in the community to follow the three W's – wear masks, watch your distance and wash your hands regularly.

# EXERCISE: The Best Medicine for Older Adults



Exercise has countless benefits for those of all ages, including a healthier heart, stronger bones and improved flexibility. But according to the American Academy of Family Physicians, older adults receive even more benefits from exercise than younger people. From reducing the risk of an injury to preventing chronic disease, exercise is an important way to ensure long-term health and wellness.

As a result of being inactive, seniors are more likely to be hospitalized and prescribed medicine. Inactivity can also cause frequent trips to the doctor for preventable health problems.

By simply exercising, you can prevent conditions like heart disease and dementia and improve mental function and emotional health. Regular exercise may delay and even prevent diseases like diabetes, stroke, heart disease, osteoporosis and high blood pressure.

## Benefits of exercise for older adults include:

### Better Mental Capacity & Mood

It's normal to experience a decline in memory and cognitive ability as you age. However, scientists have found a correlation between physical activity and slower mental decline. When a person exercises, it causes blood to flow to the brain and promotes cell growth. As a result, seniors can limit the impact of mental decline through exercise. Exercise can help alleviate symptoms of depression and improve your mood in general.

### Preventing Falls

When it comes to preventing falls, the importance of exercise for seniors cannot be underestimated. Seniors are more likely to fall and become injured; in particular, broken hips are a common problem for this age group. With regular exercise, however, seniors enjoy better balance and fewer falls.

### Better Sleep

Seniors are more likely to have insomnia and sleep disorders than any other age group. Once sleep quality declines, it can impact one's physical, emotional, and mental health. By getting

regular exercise, seniors can improve the quality and duration of their sleep each night.

### Improved Quality of Life

Maintaining functional independence is something that most older adults want. Regular exercise inclusive of strength and balance training can help accomplish this. Exercise can also boost life expectancy. Even a moderate amount of physical fitness can increase someone's life by years. While it is better to have a lifetime of physical activity, it is never too late to enjoy the benefits of fitness.

Don't underestimate simple, low-key exercises. Even walking the dog or gardening can provide health benefits. While finding exercise opportunities is not always easy, the key is to find something you enjoy doing, and start at a level that is easy to maintain!

## OUR HEALTH & WELLNESS CENTER IS OPEN!



Camden Clark's Health & Wellness Center continues to remain open with specific guidelines in place. Because of physical distancing, group class sizes are limited. Members are asked to call ahead on class day for space availability. Masks must be worn when entering and exiting the facility, but are not required while exercising. Extra cleaning and sanitation protocols are being followed throughout the day to help keep everyone safe.

Currently, the Center is open only to members, which means the free water classes for Lifetime Partners are not being offered until further notice. For those still wanting to exercise in the safety and comfort of your own home, Seniorcize classes are available live on the Center's Facebook page on Monday and Wednesday mornings at 10:00 am. Several other Seniorcize videos are available on Facebook. Select classes are also being offered to Health & Wellness Center members on Zoom.

For more information about the Health & Wellness Center, please call (304) 424-2348.



# WVU Medicine Transplant Alliance Performs State's First Dual-Organ Transplant



(From left to right) Marco Caccamo, D.O., dual-organ transplant recipient Nark Kumaravelan, and George Sokos, D.O.

Nark Kumaravelan has gained a new perspective and appreciation for selfless acts of kindness and giving. The 48-year-old Fairmont resident received the gift of life, when the WVU Medicine Transplant Alliance, the state's only multi-organ transplant program, performed West Virginia's first dual-organ transplant at J.W. Ruby Memorial Hospital. Kumaravelan received both a new heart and kidney from an unnamed donor.

"I'm so grateful to the transplant team at WVU Medicine for their amazing work, and I'm most grateful to the donor and the donor's family," Kumaravelan said, "I know my life is

being extended through the generosity and kindness of that person; I'll honor that gift each and every day through my own acts of kindness."

Kumaravelan had both chronic heart disease and kidney failure. His surgeons and care teams expect him to make a full recovery. "He's been a great patient, and all signs point to the transplants being a success," said Michael Shullo, Pharm.D., associate vice president of transplant services at WVU Medicine.

The delicate and complex transplants took nine-and-a-half hours to complete, with the transplant teams first transplanting the new heart, followed by the kidney. Between the two surgeries, Kumaravelan recovered briefly in an intensive care unit.

The Transplant Alliance team is extensive with dedicated transplant professionals managing all aspects Kumaravelan's care. Heart transplant surgeons Vinay Badhwar, M.D. and Jeremiah Havanga, M.D., M.P.H., performed the heart transplant. Transplant cardiologists George Sokos, D.O., Marco Caccamo, D.O., and Christopher Bianco, D.O., provided pre-

and post-operative cardiology care. Lynsey Biondi, M.D. and Roberto Lopez-Soltis, M.D. performed the kidney transplant with transplant nephrologists Dinesh Kannabhiran, M.D., and Vishy Chaudhary, M.D. providing pre- and post-operative kidney care.

"Our commitment is to continue to expand complex services such as this to ensure West Virginians across the state have quick and easy access to the most advanced specialty care," Albert L. Wright, Jr, president and CEO of the West Virginia University Health System, said. "We want every West Virginian to know we are here for them and ready to provide them the most complex care they might need."

West Virginia has one of the highest rates of kidney failure in the country, and heart disease and kidney disease are among the leading causes of death for West Virginians. Within that context, WVU Medicine set out to establish the state's first and only multi-organ transplant center, the WVU Transplant Alliance, which today serves people from across the state and broader region.

## Internal Medicine Resident Physicians Accepting Patients



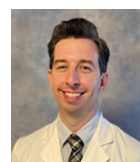
Teaching new and future healthcare providers is an important part of our legacy at WVU Medicine Camden Clark. From the early days of the Camden Clark School of Nursing to our designation as a statewide campus site for the West Virginia School of Osteopathic Medicine, learning has taken place in our halls. Additionally, we have hosted countless other students of various nursing and health-related schools

through the years. Our administration saw the potential benefits of training physicians and in 2009 started an Internal Medicine residency program. This program continues to provide three years of post-graduate training that culminates in internal medicine board certification. Internal medicine physicians, or internists, are thought of as experts in diagnosis, in treatment of chronic illness, and in health promotion and disease prevention.

Our internal medicine program currently consists of 18 physicians who, for at least a period, call Camden Clark and the Mid-Ohio Valley home. You will likely see them if you visit our hospital, as they admit and care for patients and rotate through a variety of consulting services. Our resident physicians also provide primary care services to patients through the Camden Clark Internal Medicine Clinic. The clinic is located on the ground level of the North Tower. Here, our

residents treat a variety of diseases and care for patients from all backgrounds. As the teaching clinic for the WVU School of Medicine program, patients benefit from an environment where there is a focus on innovation, frequent use of current medical literature to guide clinic decision making, supervision by clinical faculty, and inpatient services provided by our residents. Patients become part of our team, who strive to improve the wellbeing of individuals and of our community.

**Need a primary care doctor?  
Need to be seen quickly?  
Call 304-424-4575**



**Michael D. Cheshire, DO, FACOI**  
Medical Director, Camden Clark  
Internal Medicine Clinic

# URGENT CARE HAS MOVED



WVU Medicine Urgent Care in Parkersburg has moved! As of February 10, the Urgent Care location at the Lakeview Shopping Center has closed and moved to the clinic location at 4 Rosemar Circle in Parkersburg.

# Patient Care Mail



## Have a loved one in the hospital with us?

Send them an encouraging note with CareMail!

Online visitors can email a friend or family member in our hospital. All emails will be delivered the following business day. Your email is like a postcard. It will be viewed by the Camden Clark staff who print and deliver it, so please don't send confidential information. We cannot deliver email to patients in our emergency room, those having outpatient procedures and diagnostic testing, or those who have chosen not to be listed in our hospital directory. Email will not be forwarded once the patient has left the hospital.



**It's easy to do—  
try it today!**



**Scan with your smart  
phone's camera app.**

**PLEASE NOTE:** Currently adult inpatients may receive one visitor per day from Noon-7 pm. Changes can be found on our website or by calling (304) 424-2111.

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## MANAGE YOUR MEDICAL NEEDS ELECTRONICALLY

- Fast Lab Results
- Online Scheduling
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- Message Your Doctor
- Virtual Visits

**MyWVUChart.com**

## WVU EXTENSION SERVICE

### Dining with Diabetes now offered virtually!

A program for people with diabetes, their family members and caregivers



Participate from home

Registration required

Computer or mobile device with internet access needed to participate  
4-class series begins March 10

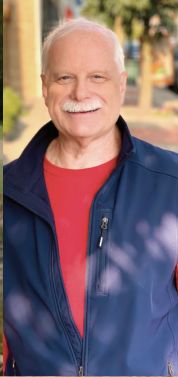
**Class dates: March 10, 17, 24, and 31 at 11 am**

Learning and discussion | Demonstrations | Ideas for simple and healthy foods

Classes offered at no charge through WVU Extension Family and Community Development. Class size is limited. **To register, or for more information, please call (304) 424-1960.**



## "I'M A LIFELONG RESIDENT OF MARIETTA BUT I KNEW THE MOST TRUSTED CARDIAC CARE IN THE AREA WAS AT CAMDEN CLARK"



"Genetics and not exercising put me at a higher than average risk for heart problems. I knew that I needed to go down to Parkersburg for the best care in the area."

Tom Vannoy, Marietta, OH



*Tom is an avid cyclist who puts his heart into riding every day, around Marietta and beyond, with friends.  
See Tom's story at [yourheartatcamdenclark.org](http://yourheartatcamdenclark.org)*

"My father passed away at 71 from a heart attack, and my grandfather died of a heart attack at 65, so I understood that with my family history of heart disease, the deck was stacked against me. After my wife died of a massive heart attack at the age of 58, I decided to start taking better care of myself. I started riding my bicycle and walking regularly."

"Genetics caught up with me however and I had a heart attack on a Sunday night. I'm a lifelong resident of Marietta, but I knew the most trusted Cardiac Care team in the area was at WVU Medicine Camden Clark."

"I knew and trusted Dr. Geoffrey Cousins because he operated on my brother-in-law. So I was aware of Dr. Cousins' great reputation and the award-winning heart program at WVU Medicine. I headed to Parkersburg where I trusted my heart to Camden Clark and am glad I did. I felt very comfortable knowing I was in good hands."

"Now I'm back to walking, riding my bike, and living life. Trusting WVU Medicine Camden Clark for my heart surgery—staying right here at home—is the best decision I ever made. I would never go anywhere else."



## HEALTH SCREENING POSTPONED

As we traditionally do, Camden Clark provides low-cost blood screening events as a public service to the Mid-Ohio Valley community at various times throughout the year, as a way for our residents to monitor and manage potential health issues. The first event of the year - usually held in February - will be delayed until a date to be determined this Spring due to our continued desire to remain vigilant in protecting everyone, as well as our attention to the community vaccination effort. We will communicate the new date as soon as we have determined the best time frame.

## 2021 WINTER



We're well aware that travel has been a valuable part of our Lifetime Partners program for over 20 years. As we look ahead with cautious optimism and consider the possibility of offering travel during the latter part of this year, we have started planning a few trips. Plans are tentative, and details are still being finalized. Please watch upcoming newsletters for additional information.

### BUS TRIPS

Wednesday, July 28: Cleveland Indians vs. St. Louis Cardinals in Cleveland  
September 27-30: Pigeon Forge/Gospel Quartet Convention

### PREMIER WORLD DISCOVERY presents...

**Landscapes & Lighthouses of Coastal Maine (October 9-13):** This trip includes a five-night stay in Kennebunkport, Maine; Boston City Tour; Lobster Boat Cruise; Conway Scenic Railroad; Portland Head Lighthouse; Cape Neddick Lighthouse; Maple Sugar House Visit; and Kancamagus Highway, one of America's most scenic drives.

**Magnolia Trail & the Heart of Texas (November 6-10):** This trip features Magnolia Market at the Silos & HGTV Fixer Upper Tour. Other highlights include Dallas City Tour and Historic JFK sites and locations; George W. Bush Presidential Library; and Southfork Ranch.

For questions or more information, please contact [joyce.hubner@wvumedicine.org](mailto:joyce.hubner@wvumedicine.org) or by calling (304) 424-2055.

## AARP SMART DRIVER CLASSES Cancellation Extended

Although COVID cases are declining and vaccinations are increasing, safety continues to be of utmost importance. Therefore, AARP has decided to extend the cancellation of all in-person Smart Driver Safety classes until September 1. These classes were developed to help drivers age 50 and older improve their skills and be safer drivers longer. Classes cover age-related physical changes and rules of the road. Most insurance companies offer a discount for completion of the class. The class is available online at [www.aarpdriversafety.org](http://www.aarpdriversafety.org). Discounts are available for AARP members, as well as for those with AARP Medicare Supplement Insurance. Please watch upcoming newsletters for further updates.

