

# Your **Community Wellness Calendar**

Magruder Hospital • 615 Fulton Street • Port Clinton, Ohio 43452 • 419-734-3131 • [magruderhospital.com](http://magruderhospital.com)



## *Inside...*

**Service Highlight: General Surgeon, Dr. Ray Fuller**

Each month Magruder Hospital will publish a list of screenings, programs and special events, which the public is welcome to attend. Please note that certain events require appointments or physician referrals in order to attend. Thank you for your support of Magruder Hospital.

## *Dates & Information...*

Wellness Programs & Special Events  
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COVID Testing & Vaccines

# Service **Highlight:** Dr. Ray Fuller, General Surgeon

Magruder Hospital's General Surgeon, Dr. Ray Fuller provides a wide variety of surgical services here at the hospital. Some of the more common services included in his scope of practice are:

- Screening/Diagnostic Scopes, including Colonoscopy and Endoscopy
- Surgical Interventions, including Appendectomy, Gall Bladder, Hernia, Colectomy, Other Abdominal Surgeries, Lymph-node biopsies
- Office Excisions, including Skin Lesions and Skin Cancer
- Hemorrhoid treatments, including Surgical Removal and In-Office Banding
- Breast Care, including Exam/Consults, Biopsies, Surgeries

Dr. Fuller graduated from medical school at The Ohio State University College of Medicine, and completed his surgery residency at the University of Toledo Medical Center. He is certified through the American Board of Surgery and is a Fellow of the American College of Surgeons.

Dr. Fuller's office is located in the medical office building behind Magruder at 611 Fulton Street, Suite C.

If you or someone you know would like more information, please contact his office at 419-732-6500.



## Wellness Programs

### Lake Erie Sports Medicine

Magruder Lake Erie Sports Medicine has so much to offer for those who are looking to relax, feel better and get active. Call 419-732-4033 for more information about wellness, massage therapy, dry needling and more.

### Lab Work & Testing

Magruder Hospital will continue to offer the monthly lab screening on the 2nd Thursday each month between 8am and 11:30am at the Magruder Community Clinic 730 Jefferson Street in Port Clinton. Appointments are required and can be made by calling 419-301-4304. The \$20 screening includes a Basic Metabolic Panel (glucose, BUN/Creatinine, calcium, potassium, sodium, chloride, CO2) and a Lipid profile (Total Cholesterol/LDL/HDL/Triglycerides), as well as a Blood Pressure check. As an added bonus, individuals can add on a PSA test for an additional \$5 and/or a Hemoglobin A1C test for an additional \$5.

### Flu Shots

Regular and High Dose Flu Shots will be available at The Pharmacy at Magruder (located in the same building as Urgent Care). No appointment required. The Pharmacy is open Monday through Friday 9am to 6pm and Saturday/Sunday 9am to 5pm. We can bill insurances – bring your cards. The Pharmacy will be closed Thanksgiving Day, Christmas Day and New Years Day. If you plan to receive your flu shot from your Magruder Medical Group Primary Care Provider, please call their office to make an appointment.

# Education & Outreach

## American Red Cross Blood Drives

The American Red Cross will host a blood drive at Magruder on Friday, January 7, 2022 from 11am to 4pm. To schedule an appointment call 1-800-REDCROSS, visit [www.redcrossblood.org](http://www.redcrossblood.org) or call 419-732-4061. You can always find nearby blood drives by going to that same website and entering your zip code.

## Medicare Open Enrollment

Magruder has several staff members who are trained OSHIIP (Ohio Senior Health Insurance Information Program) volunteers who can help answer Medicare questions during open enrollment, and for those who will be new to Medicare. Call 419-732-4061 for Community Outreach Director Rachel, or 419-734-3131 and ask for Patient Financial Counselors Kim or Michelle. You can also reach out to OSHIIP directly at 1-800-686-1578.

## Wellness **Tip**: Your Family Health History

In addition to eating healthy, keeping active and managing stress, knowing and sharing your family health history is also important to your overall health. The CDC has good information and resources about gathering and using your family health history.

- Talk to your family. Write down the names of your close relatives from both sides of the family: parents, siblings, grandparents, aunts, uncles, nieces, and nephews. Talk to these family members about what conditions they have or had, and at what age the conditions were first diagnosed. Asking these questions could help:
  - Do you have any chronic diseases, such as heart disease or diabetes, or health conditions, such as high blood pressure or high cholesterol?
  - Have you had any other serious diseases, such as cancer or stroke? What type of cancer?
  - How old were you when each of these diseases or health conditions was diagnosed? (If your relative doesn't remember the exact age, knowing the approximate age is still useful.)
  - What is your family's ancestry? From what countries or regions did your ancestors come to the United States?
  - What were the causes and ages of death for relatives who have died?
- Record the information, on paper or using a digital resource, and update it whenever you learn new family health history information.
- Share family health history information with your healthcare provider and other family members. If you are concerned about diseases that are common in your family, talk with your doctor at your next visit. Even if you don't know all of your family health history information, share what you do know. Family health history information, even if incomplete, can help your doctor decide which screening tests you need and when those tests should start.
- If you have a medical condition, such as cancer, heart disease, or diabetes, be sure to let your family members know about your diagnosis. If you have had genetic testing done,

share your results with your family members. If you are one of the older members of your family, you may know more about diseases and health conditions in your family, especially in relatives who are no longer living. Be sure to share this information with your younger relatives so that you may all benefit from knowing this family health history information.

Knowing about your family health history of a disease can motivate you to take steps to lower your chances of getting the disease. You can't change your family health history, but you can change unhealthy behaviors, such as smoking, not exercising or being active, and poor eating habits. Talk with your provider about steps that you can take, including whether you should consider early screening for the disease. If you have a family health history of disease, you may have the most to gain from lifestyle changes and screening tests.



# Enrichment

## Volunteer Opportunities

Join the Magruder Auxiliary & Volunteers with over 100 volunteers who provide over 12,000 hours of service each year. Individuals can volunteer a couple hours a month to multiple times a week, or with projects and events as needed throughout the year.

Contact Kathy Gallogly at [kgallogly@magruderhospital.com](mailto:kgallogly@magruderhospital.com) or 419-734-3131 ext. 3256.

## Travel

VIP Club On The Go Trips: These trips are not limited to just VIP members - friends and family of VIP members, as well as the general public, may participate in the trips. For further information or reservations contact Marty at 419-265-2479 or Michele at [mmueller@magruderhospital.com](mailto:mmueller@magruderhospital.com)

Charleston, SC - June 6-11, 2022. \$709 double occupancy

Boston, Salem & Cape Ann- October 13-18, 2022 \$619 double occupancy

Tropical Costa Rica- Departing March 14, 2022 9 days 14 meals \$2198 per person double occupancy includes airfare from Detroit.

California Dreamin': Monterey, Yosemite & Napa Departing July 18, 2022 8 days 12 meals \$2,999 per person double occupancy includes airfare from Detroit

Iceland's Magical Northern Lights Departing November 6, 2022 7 days 10 meals \$3,399 double occupancy per person includes airfare from Detroit

## COVID Testing

All COVID testing is done at the Magruder Community Clinic 730 Jefferson Street, Port Clinton. We offer COVID testing for pre-operative (regardless of where surgery is being done) with a provider order as well as symptomatic and exposure testing with a provider order. Providers can fax orders to 419-732-2864.

Magruder also offers Self-Pay COVID testing for travel, return to school, college, work and events that require COVID test results. Patients can pay via credit card when scheduling and results are available within 72 hours. The PCR COVID test costs \$165 and can be scheduled by calling 419-301-4304.



## COVID Boosters

Magruder offers Moderna COVID Boosters by appointment only at The Magruder Community Clinic (730 Jefferson St in PC), as well as The Pharmacy at Magruder (at the end of the building after the ER). To schedule an appointment go to [magruderhospital.com](http://magruderhospital.com)

The Ottawa County Health Department also offers COVID Boosters. Check their facebook page and their website at [ottawahealth.org](http://ottawahealth.org) for dates and times.