

Health Connections



FISHER | TITUS

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2025**

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Award-Winning Medical Care

Honored to Serve Our Community.

Awards aren't just distinctions—they're reflections of the care and dedication behind every patient interaction at Fisher-Titus.

We're proud to share two tremendous honors we received in 2025 that highlight our commitment to you. This year, Fisher-Titus was named one of the Top 100 Rural & Community Hospitals by The Chartis Center for Rural Health. This national recognition is reserved for hospitals that demonstrate outstanding performance in quality, outcomes, and patient satisfaction—and it's only possible because of our dedicated staff who walk our halls and care for patients every day.

And we're just as proud that Newsweek named Fisher-Titus one of America's Best Maternity Hospitals for the sixth consecutive year. For growing families in and around Huron County, this national honor reaffirms that compassionate, world-class care begins right here in Norwalk—care that tens of thousands of babies have experienced over the years.

These aren't just awards. They're milestones in the journey we've taken with you since 1917. From your first visit to your latest check-up, we strive to make each experience seamless, safe, and healing.

Thank you for trusting us with your health, your family, and your future.

Brent Burkey, MD

President & CEO, Fisher-Titus



Supporting Workplace Wellness

Fisher-Titus Occupational Health & Wellness partners with local businesses to promote healthier, safer workplaces. Our customizable service packages are designed to meet the unique needs of employers—whether you're managing Bureau of Workers' Compensation (BWC) cases, consortium membership and random administration, or launching a wellness initiative to reduce injuries and improve employee health.

OUR SERVICES

We offer a wide range of services, including:

- ♦ Injury care
- ♦ Hearing & vision testing
- ♦ Drug & alcohol screening
- ♦ Physicals (pre-employment & routine)
- ♦ Lab work (e.g., Hep B Titers, cholesterol, blood sugar)
- ♦ Vaccinations (Hep B, Hep A/B Combo, Flu, Tetanus)
- ♦ Consortium memberships for Department of Transportation (DOT) and Drug-Free Workplace

We're growing to meet area employer needs—if your business has a specific request, we're happy to explore new services.

NOW SERVING BELLEVUE AND WILLARD

We now offer services at the following locations:

- ♦ **Norwalk – 368 Milan Ave** | Monday–Friday, 7am–4pm | Walk-ins and appointments daily
- ♦ **Willard – 230 Walton St E** | Drug and alcohol testing walk-ins 9am - 2pm daily | BWC & physicals Friday mornings by appointment | Other services available by appointment daily
- ♦ **Bellevue – 521 N Sandusky St** | BWC & physicals Tuesday mornings by appointment | Drug and alcohol testing and other services available by appointment daily



"The Fisher-Titus Occupational Health team truly understands our employees, takes the time to care for their needs, and prioritizes what matters most—getting them healthy and back to work as quickly as possible."

Lake Erie Construction Company

Accepting New Patients



Anne Hill, PA Digestive Health

Specializes in gastroenterology and hepatology, treating conditions of the esophagus, stomach, intestines, colon, pancreas, liver, and gallbladder.

Fisher-Titus Medical Center

282 Benedict Ave
Med Park 3, Suite 800
Norwalk, OH 44857



Lon Castle, MD Heart & Vascular Care

Cardiac electrophysiologist with 50 years of experience, specializing in arrhythmias like atrial fibrillation and ventricular tachycardia.

Snyder White Heart & Vascular Center

272 Benedict Ave
Norwalk, OH 44857



Jeanne Elkin, MD Pediatrics

Offering flexible evening and Saturday appointments, making it easier for families to access the pediatric care they need.

Fisher-Titus Pediatrics - Norwalk

282 Benedict Ave
Med Park 2, Suite B
Norwalk, OH 44857



Matthew Moy, MD Primary Care

Specializes in family and sports medicine. He will collaborate with athletic trainers and serve as the school physician for Western Reserve.

Fisher-Titus Wakeman Health Center

24 Hyde Street
Wakeman, OH, 44889

Fisher-Titus Norwalk Primary Care

280 Benedict Ave, Suite A
Norwalk, OH 44857



Akash Shah, MD Primary Care

Providing care for patients of all ages and is offering same-day appointments for more flexible scheduling.

Fisher-Titus Family Medicine - New London

187 W Main Street
New London, OH 44851



Sahar Bakhsh, MD Primary Care

Passionate about educating patients on disease prevention and risk reduction to promote healthier lives.

Fisher-Titus Norwalk Primary Care

280 Benedict Ave, Suite A
Norwalk, OH 44857



Shauni Bobbs, DO Primary Care

Brings a patient-centered approach to healthcare, serving as the first point of contact for a wide range of medical needs, from routine checkups to managing chronic conditions.

Fisher-Titus Bellevue Health Center

21 Sandusky Street
Bellevue, OH 44811

Fisher-Titus Norwalk Primary Care

280 Benedict Ave, Suite A
Norwalk, OH 44857

Schedule an appointment today!

Visit FisherTitus.org/Appointments



SCAN ME

Keeping Students Healthy

As summer fades and backpacks come out, Fisher-Titus helps local students start the school year strong. From sniffles in the classroom, to sprains on the field, and more, our school nurses, athletic trainers, and therapists are ready to keep kids healthy, safe, and thriving.

CARE IN THE CLASSROOM

School nursing is more than just treating illness—it's about promoting wellness and building healthy habits for students. Our school nurses are embedded in local districts to support students' physical and emotional health every day.

They care for common classroom concerns such as:

- ♦ Seasonal illnesses: colds, flu, strep throat, COVID-19
- ♦ Playground bumps and bruises
- ♦ Bug bites and poison ivy
- ♦ Headaches, stomach aches, and stress-related symptoms

Their work also focuses on prevention and teaching:

- ♦ Proper handwashing and hygiene
- ♦ Healthy eating habits
- ♦ Importance of sleep and hydration

School nurses also help students navigate anxiety, fatigue, or changes in routine. By working closely with teachers, counselors, and families, they become

important partners in each child's development.

Our school nurses serve Norwalk City Schools, Norwalk Catholic Schools, New London, Monroeville, and South Central Local Schools.

PREVENTING INJURIES AND PROMOTING RECOVERY

As students gear up for fall sports and extracurriculars, Fisher-Titus athletic trainers are on the sidelines—ready to prevent injuries and support recovery. They act as a bridge between physicians, coaches, parents, and student athletes with a goal of safe athletic participation and quick, effective rehabilitation.

Some of the most common injuries our Athletic Trainers manage include:

- ♦ Concussions
- ♦ Ankle sprains
- ♦ Knee tendinitis

Athletic trainers educate students on protective measures, monitor recovery, and help athletes return to play safely, ensuring that students can compete with confidence.

You can find our athletic trainers at Norwalk City Schools, Norwalk Catholic Schools, Willard City Schools, Monroeville, New London, Plymouth, South Central, and Western Reserve Local Schools.

Start the school year strong with a wellness check.

Schedule an appointment at FisherTitus.org/Appointments



SCAN ME

REHABILITATION THERAPIES

In addition to nursing and athletic training, we offer therapy services at select schools to support students with developmental, physical, and communication needs.

- ♦ **Physical Therapists** improve mobility, strength, and coordination to better participate in school activities and daily routines. Available at Norwalk City Schools, Norwalk Catholic Schools, and New London Local Schools.
- ♦ **Occupational Therapists** help students develop the fine motor skills, sensory processing, and daily living abilities needed for success in the classroom and beyond. Available at Norwalk Catholic Schools and New London Local Schools.
- ♦ **Speech Therapists** assist with speech, language, and communication challenges to enhance learning and social interaction. Available at Willard Elementary.

These therapists work closely with school staff and families to create personalized care plans that help students reach their full potential—academically, socially, and physically.



Supporting Women

At Fisher-Titus, breast health is more than a service—it's a commitment. From routine screenings to advanced diagnostics, we empower women to take charge of their health with confidence.

WHAT TO KNOW

Mammograms are vital for early detection, often identifying breast cancer before symptoms appear when treatment is most effective. Women ages 40 to 49 (or starting at 35 if you have a family history) should talk to their physician about when to start and how often to have a screening mammogram. A diagnostic mammogram may be needed for a follow up on screening abnormalities or concerns found during a self-exam.



“We empower women to take charge of their health with confidence.”

Learn more at FisherTitus.org/BreastHealth

NEWEST AND MOST ADVANCED TECHNOLOGY

We now offer stereotactic breast biopsy, Contrast-Enhanced Mammography, and 3D AI technology, all made possible by our new state-of-the-art equipment. This allows for precise, minimally invasive tissue sampling and improved diagnostic accuracy. Our contrast-enhanced mammography will be available to high-risk patients or when deemed necessary for dense breasts. We are proud to be the only facility in the area offering this specialized exam. AI technology enhances accuracy and reduces false alarms, helping our radiologists make faster, more confident decisions.

Whether it's your first mammogram or a follow-up, our team is here to walk with you in your breast health journey. Early detection saves lives, and we're ready to help you take that step.

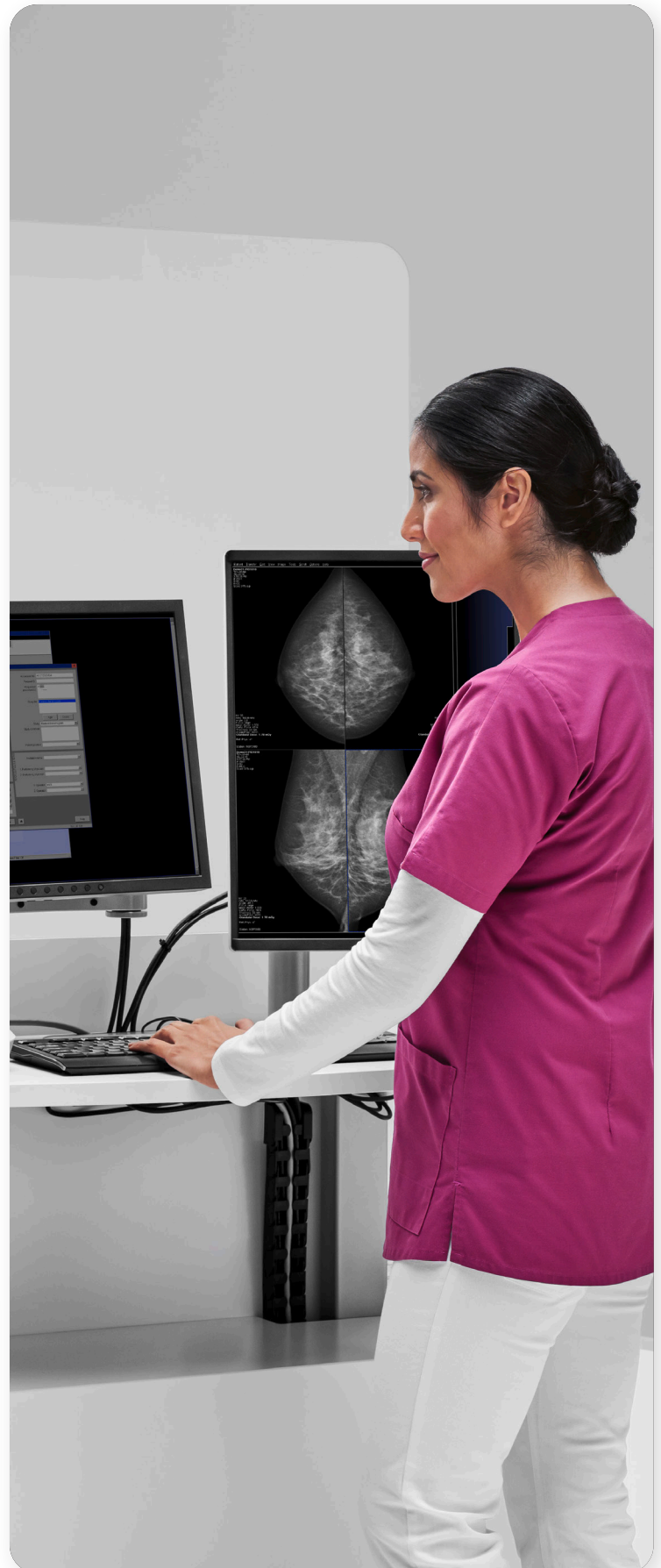
NEED SUPPORT?

The Fisher-Titus Foundation's Breast Health Fund, supported by annual community contributions, helps cover out-of-pocket expenses for mammography services, especially for individuals who are uninsured, underinsured, or facing financial hardship. This support reflects our shared commitment to early detection and improved breast health outcomes.

If you have concerns about the cost of a mammogram, contact Fisher-Titus Financial Assistance at 419-668-8101, ext. 6278.

Schedule a mammogram.

Fisher-Titus offers walk-in and same-day mammogram appointments for your convenience. To schedule and learn more, scan the QR code.



Surgical Care, Close to Home

At Fisher-Titus, our general surgeons Dr. John Mourany and Dr. Michael Nill provide expert care across a wide spectrum of procedures. From colonoscopies, hernia repairs, and gallbladder removal to abscess drainage and lymph node biopsies, patients receive personalized, advanced treatment using robotic-assisted, laparoscopic, and traditional techniques. Same-day appointments are available for various procedures.

With locations in Norwalk and Bellevue, Dr. Mourany and Dr. Nill combine cutting-edge technology with local accessibility to deliver safe, expert care.



**John Mourany
MD**



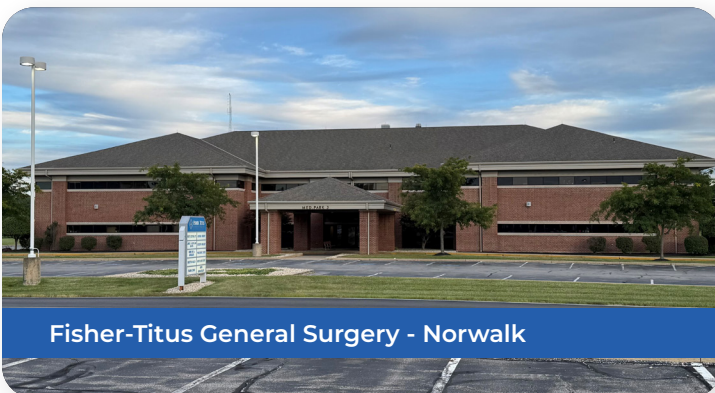
**Michael Nill
MD, FACS**

VASCULAR TREATMENT

Dr. Mourany offers advanced vascular care with minimally invasive options to treat varicose and spider veins. Procedures like Radiofrequency Ablation (RFA), Venaseal, and Sclerotherapy provide targeted relief from swelling, pain, and visible veins—helping patients return quickly to regular activity.

SPECIALIZED BREAST HEALTH SERVICES

Both Dr. Mourany and Dr. Nill diagnose and treat breast abnormalities through procedures such as needle core biopsies, stereotactic biopsies, infusaport (port) placement, lumpectomies, and total mastectomies—ensuring thorough, timely care for every patient.



Fisher-Titus General Surgery - Norwalk



Fisher-Titus General Surgery - Bellevue

Have questions or want to schedule a consultation?

Call 419-668-5222 or visit FisherTitus.org/Surgery

CPR TRAINING

Heartsaver First Aid & CPR

Thursday, October 23rd; 4-9 p.m. Cost is \$60.
Thursday, November 13th; 4-9 p.m. Cost is \$60.

Pediatric First Aid & CPR

Thursday, December 11; 4-10 p.m. Cost is \$60.

All classes are held at
Fisher-Titus Medical Center in Norwalk, Ohio.
Register by calling 419-660-2713.

FOR YOUR HEALTH

American Red Cross Blood Drives

Friday, September 26th, 10:30 a.m. – 4:30 p.m.

Blood Drives at Fisher-Titus Medical Center are in the Jennings Auditorium. To schedule your appointment, call 1-800-RED-CROSS or visit www.RedCrossBlood.org and enter sponsor code: FTMC.

Stroke Support Group

Next meetings: September 24th, October 22nd
3 p.m. – 4 p.m.
Fisher-Titus – Christ Room

Have you or a loved one experienced a stroke? Join our monthly Fisher-Titus Stroke Support Group, led by Jason Strong, Mara Seiler, and Karen Daniel. We connect stroke and traumatic brain injury survivors, their families, and caregivers and provide them with education, inspiration, and support.

Alzheimer’s Caregiver Support Group

Next meetings: October 1st, November 5th,
December 3rd
10 a.m. – 11 a.m.
Fisher-Titus – Christ Room

Alzheimer’s Association support groups, conducted by trained facilitators, are a safe place for individuals caring for a loved one with dementia to develop a support system, exchange practical information on challenges and possible solutions, talk through issues, share feelings and concerns, learn about available resources, and more. Call 800.272.3900 with questions or register for the group.

30% OFF

At the Fisher-Titus Gift Shop

Good for one item excluding flowers, food products, and medicine. (Only for Gift Shop items, not for Auxiliary sale events.) Expiration 12/31/2025

FISHER-TITUS AUXILIARY SALES

Fall Market

Monday, September 22nd, 10 a.m. – 5 p.m.
Tuesday, September 23rd, 7 a.m. – 2 p.m.

Fisher-Titus Patient Pavilion Lobby.

Books Are Fun Auxiliary Sale

Monday, September 29, 8 a.m. – 4 p.m.
Tuesday, September 30th, 7 a.m. – 4 p.m.

Fisher-Titus – Christ Room.

Robert’s Shoe Auxiliary Sale

Monday, October 6th, 11 a.m. – 5 p.m.
Tuesday, October 7th, 7 a.m. – 2 p.m.

Fisher-Titus – Patient Pavilion Lobby.

Getting ready for the holidays? Christmas and holiday themed items will be available in the Gift Shop starting **November 3!**

2025 LAB SCREENINGS

Lab screenings provide access to inexpensive health evaluations and can detect your risk of developing a medical condition such as diabetes. Appointments are required. Cash, credit cards, and checks accepted. Call 419-660-2646 to schedule your appointment.

Health Screenings Include:	
Blood Analysis* Includes complete blood count (with differential), basic metabolic panel, lipid panel, hepatic profile.....	\$45
Prostate Specific Antigen (PSA) Test	\$30
Hemoglobin A1c	\$30
Thyroid Test (TSH)	\$25
Vitamin D	\$35

**12-hour fasting required. You may drink water and take regular medications.*

Upcoming Screenings

Tuesday, September 16th, 7-10 a.m.
Fisher-Titus Medical Center - Christ Room
272 Benedict Ave, Norwalk

Tuesday, October 21st, 7-10 a.m.
Fisher-Titus Wakeman Health Center
24 Hyde Street, Wakeman

Tuesday, November 18th, 7-10 a.m.
Fisher-Titus Family Medicine - Milan
2114 State Route 113 East, Milan



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272 Benedict Ave.
Norwalk, OH 44857

Health Connections is published by the Marketing Department at Fisher-Titus Medical Center. It is designed to provide readers with the latest, most accurate information regarding health and hospital news and events. If you would like to receive this publication, visit fishertitus.org/publications to sign up.

We value and respect your privacy – if you wish to be removed from the mailing list, please visit fishertitus.org/publications and complete the form.

Fisher-Titus does not discriminate against any person on the basis of race, color, national origin, disability, or age in admission, treatment, or participation in its programs, services and activities, or in employment, or on the basis of sex in its health programs and activities. For further information about this policy, contact our Compliance Office at 418-668-8101.

Start the School Year Strong!

Schedule your child's wellness visit today—
because a healthy school year starts with a healthy kid.

Our trusted pediatric and family medicine
providers offer:

- ♦ Immunizations
- ♦ Sports physicals
- ♦ Developmental checkups
- ♦ Nutrition & mental health support

**Scan the QR code to schedule
or call 419-660-2900**

