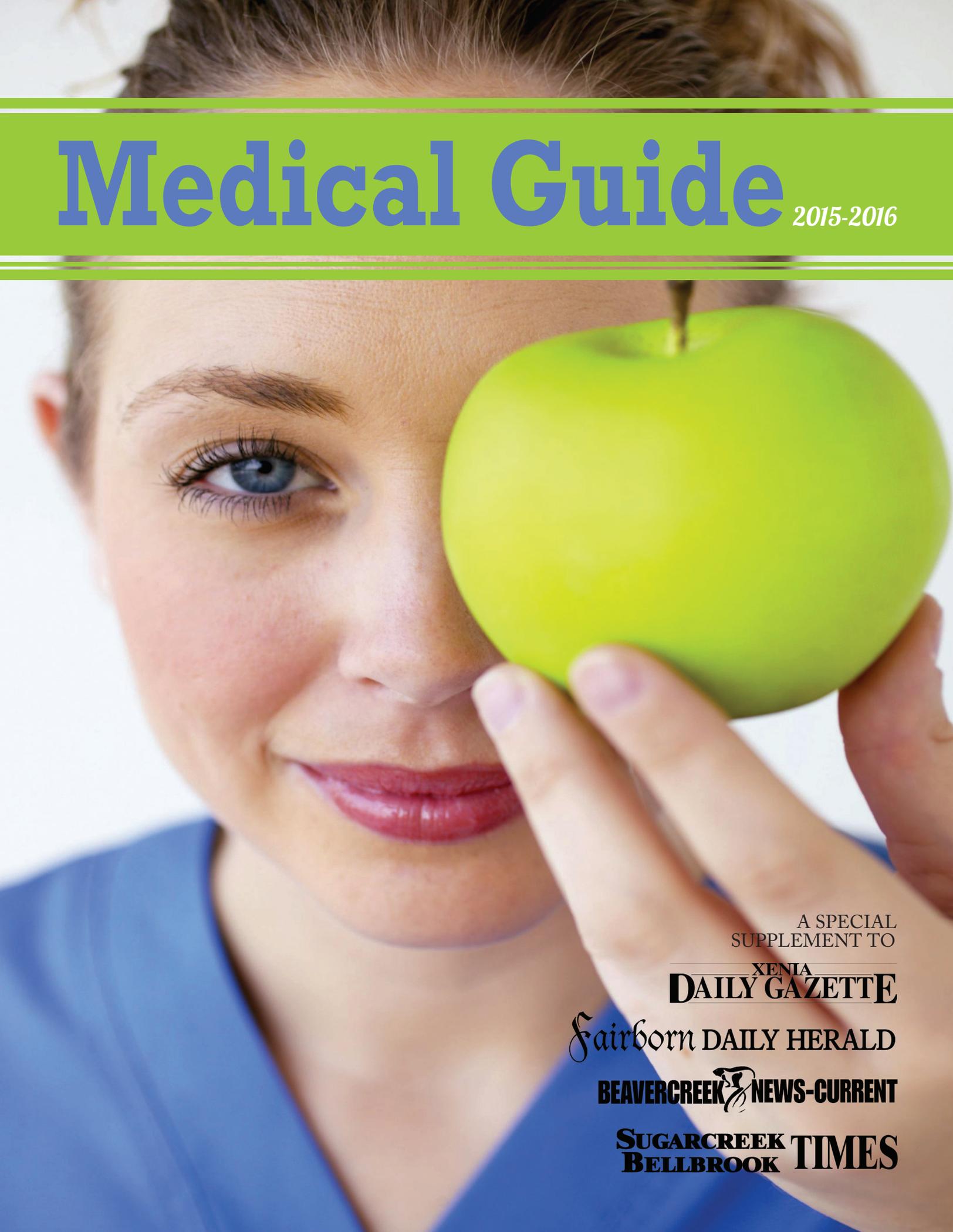


Medical Guide 2015-2016



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- Cancer Center
- Outpatient therapies
- Cardiac therapy
- Wound Care

INPATIENT SERVICES

- Private rooms
- Room services
- Wi-fi access

Cancer screenings men should consider

Cancer screenings play an important role in cancer prevention. Screenings may not prevent people from getting cancer, but they can detect the presence of cancer before a person begins to experience any signs or symptoms. Screenings also can help doctors catch cancer before it metastasizes, or spreads, to areas of the body outside the area where it originated.

Many women get routine mammograms to detect for breast cancer, but women are not the only ones who should include cancer screenings in their healthcare routines. Men also can benefit from screenings, discussing the pros and cons of each with their physicians during routine health examinations.

Colon cancer

Men should begin getting screened for colon cancer at age 50, though those with family histories of colon cancer or other colon issues should begin even earlier, as family history increases a man's risk of developing colon cancer. Colon cancer screenings may discover a type of growth known as a polyp, which is typically benign and can be removed before it develops into cancer. The American Cancer Society notes that men have various options to choose from with regard to screening for colon cancer. Such options include a colonoscopy, a stool DNA test and a camera pill. Speak to your physician about these options and discuss your family history, which will influence how frequently you need to be screened for colon cancer.

Lung cancer

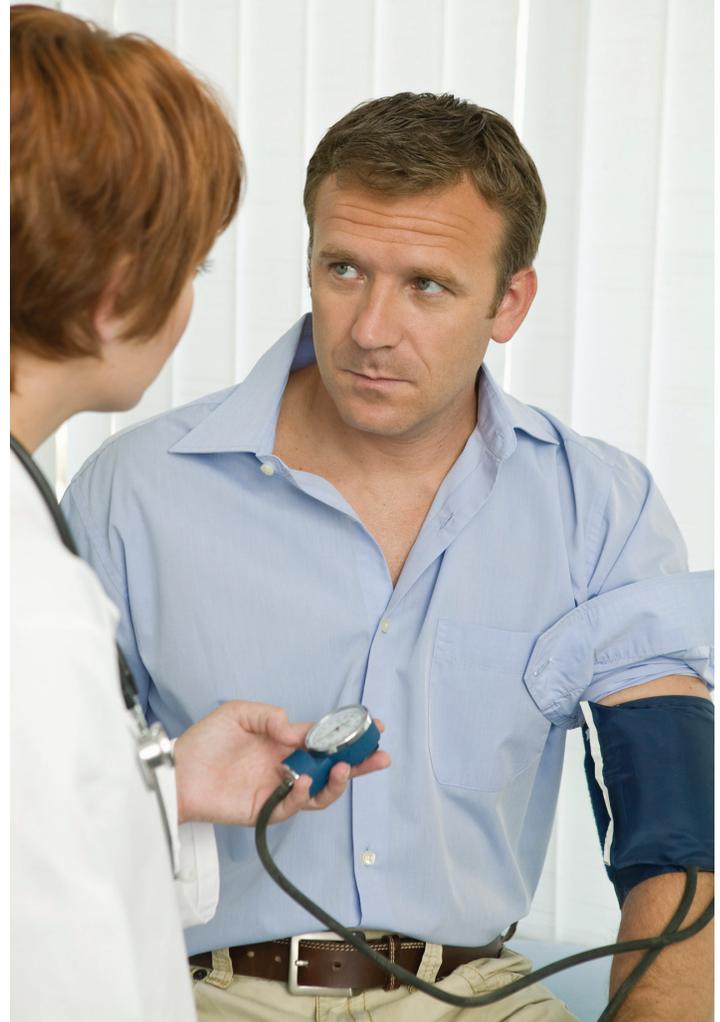
Screening for lung cancer is most important for men who

currently or recently smoked. The United States Preventive Services Task Force recommends annual screening for lung cancer with low-dose computed tomography (LDCT) for men between the ages of 55 and 80 who have a 30 pack-year smoking history and currently smoke or have quit within the past 15 years. Screening should be discontinued once a man has not smoked for 15 years or has developed a health problem that substantially limits a man's life expectancy or his ability or willingness to undergo curative lung surgery. (Note: Pack-year history is calculated by multiplying the number of packs of cigarettes smoked per day by the number of years the person has smoked.) The ACS notes that the risks associated with lung cancer screenings typically outweigh the benefits for men who have never smoked or quit long ago.

Prostate cancer

The National Cancer Institute notes that prostate cancer is the most common nonskin cancer among men in the United States. Being 50 years of age, black and/or having a brother, son or father who had prostate cancer increase a man's risk of developing the disease. The NCI notes that screening tests for prostate cancer, which include a digital rectal exam and a prostate-specific antigen test, come with risks, and men should discuss these risks and the potential benefits of prostate cancer screenings before deciding to be screened.

Cancer screenings can detect cancer in its earliest stages, and as men get older, they should discuss their screening options with their physicians.



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5 important health screenings women should not miss

A nutritious diet and daily exercise can promote long-term health, but preventative care also plays a key role in keeping adults healthy as they age. Routine health screenings can head off potential problems, preventing illnesses and possibly limiting the duration of sickness.

Women may have longer life expectancies than their male counterparts, but that does not mean they can afford to overlook preventative care. The following are five health screenings women should include as part of their healthy routines.

1. Pap tests and pelvic exams

Beginning at age 21 (or earlier if they are sexually active), every woman should get regular Pap smears and pelvic exams to test for any abnormalities in their reproductive systems. Pap smears may be suggested every two to three years depending on a woman's age. A routine visit with a gynecologist is recommended annually to discuss any changes or worrisome symptoms.

2. Mammograms and breast exams

In addition to conducting self examinations, women should get clinical manual breast exams. Women age 40 and older should get a manual breast exam each year and an annual or bi-annual mammogram.

3. Cholesterol checks

The ideal level of total cholesterol is below 200 mg/DL. Individuals with a higher level of cholesterol may be at a greater risk for heart disease. Cholesterol screenings can alert doctors to potential trouble and help them develop plans for their patients to lower cholesterol levels. Doctors may suggest dietary changes and advise women to adopt more active lifestyles. Some doctors may even prescribe medication if cholesterol levels are especially high.

4. Skin examination and cancer screening

Women should examine their skin every month for new moles or changes in exist-

ing spots or moles to detect early signs of skin cancer. Be sure to check all areas of the body, as skin cancer can appear just about everywhere. Some doctors perform skin cancer screenings as part of routine physical exams, or women can visit a dermatologist.

5. Bone density screening

Those with a risk for osteoporosis, such as women with fractured bones or slender frames, should be screened earlier and more regularly than women without such histories or body types. Doctors generally recommend that women receive annual bone density screenings beginning at age 65. Healthy bones will show a T-score, or the measurement to determine bone density, of -1 or higher.

These suggested screenings and tests are based on general medical guidance. Women should work with their doctors to develop wellness schedules that promote their long-term health.

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Prevent and treat varicose veins



Varicose veins are a common condition that can be treated with a number of non-invasive options.

The circulatory system is quite remarkable, pumping oxygenated blood throughout the body to keep cells alive and organs operating properly. According to The Franklin Institute's human heart data, if every capillary, artery and vein were laid out in a straight line, the average adult has 100,000 miles worth of blood vessels.

Although the vessels in all areas of the body work hard, those in the legs and feet are susceptible to a lot of pressure, as walking increases the stress put on these vessels. In turn, varicose veins are common in the lower limbs.

Veins can become varicose when one-way valves in the veins do not function properly. The valves are designed to keep blood flowing back up to the heart. If the valves weaken

or fail, blood can pool in the veins, causing them to bulge or appear misshapen. The Society of Interventional Radiology says varicose veins affect one out of two people age 50 and older and 15 to 25 percent of all adults.

Varicose veins are not often a health risk, but they can sometimes be troublesome. Severe cases may be a cosmetic issue, with gnarled and bumpy veins criss-crossing the legs. For others, the affected veins can cause aching pains and discomfort. Some varicose veins may indicate a larger risk of other circulatory problems, advises The Mayo Clinic.

Varicose veins often can be alleviated with self-care methods. Others may require some more invasive therapies.

- Elevating the legs and feet

can relieve pressure on veins in the legs. This may help alleviate some of the swelling.

- Compression stockings can ease the pain of varicose veins and prevent them from getting worse.

- Sclerotherapy, or the injection of saline into the varicose vein, can harden the vein and make it disappear. Laser treatments also may make varicose veins shrivel up and no longer pose a problem.

- Larger veins may require phlebectomy or ablation. Phlebectomy involves removal of the vein through small cuts. Ablation uses intense heat to

treat the vein.

Varicose veins are often a side effect of getting older. As a person ages, he or she may lose elasticity in the veins, causing them to stretch. Those with a family history of varicose veins may be more susceptible. Being overweight or standing and sitting for long periods of time also can lead to varicose veins.

Exercising, eating a high-fiber diet and changing sitting or standing positions regularly can help. If varicose veins are unsightly or prove painful, speak with a doctor about the treatment options available to you.



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Dermatologists can advise about the various treatment options to alleviate uneven skin pigmentation issues.

Control uneven skin pigmentation

Uneven skin tone is a common, relatively harmless condition that affects millions of people. Hyperpigmentation (darkened areas) and hypopigmentation (lightened areas) are examples of uneven skin tone conditions that people often hope to alleviate.

Changes in skin tone can

affect people of all ages and races. Some of the more widely known skin tone changes are the formation of freckles and age spots. The American Osteopathic College of Dermatology advises that lightened or darkened patches of the skin can occur anywhere on the body and are usually the result of exposure to the sun. Melanin is produced by the skin as a protective agent. When skin is exposed to UV radiation, melanin absorbs the sun's rays and darkens the skin to reduce instances of burns and other damage. Excessive melanin can produce darkened areas that are disproportionate to other parts of the skin. In cases where skin tone already is uneven, sun exposure can exacerbate the situation.

Some skin tone abnormalities are hereditary, while others may result from hormonal issues during pregnancy. People may

experience such abnormalities after a skin injury, while others may experience some instances as a natural response to skin inflammation.

One of the easiest and most effective ways to alleviate pigmentation issues is to apply a sunscreen with a minimum SPF of 30 each and every day. Look for a product that blocks both UVA and UVB light. Sunscreen needs to be reapplied at regular intervals, especially when spending prolonged time outdoors.

Exfoliation of the skin may promote faster shedding of the exterior layers of the skin. Stores carry many at-home exfoliating kits and creams. However, if you are unsure which types of products are best for your skin, consult with a dermatologist.

Dermatologists may prescribe lightening creams that will slowly lighten darkened skin.

Malasma is an uneven pigmentation that can occur on the face and may be a side effect of hormonal imbalances caused by pregnancy, menopause or use of oral contraceptives. Melasma can clear up on its own after pregnancy, but if it is linked to contraceptive use, speak with a doctor about changing the pill to using another method of contraception to see if it alleviates the problem.

Makeup may be used to mask any irregularities in skin tone until another treatment method is found. If topical treatments do not work, chemical peels, microdermabrasion or laser treatments may work.

Reducing sun exposure and covering up can typically alleviate many cases of hyperpigmentation, but there are other options available as well. Speak with a dermatologist if you have concerns about uneven skin tone.



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Vaccines and their side effects



Vaccine side effects are generally quite mild and the benefits of immunizations outweigh the risks.

Vaccines are recommended to prevent disease and keep us healthy. Vaccines are responsible for something called “herd immunity.” If the majority of people in a community have been vaccinated against a certain disease, an unvaccinated person is less likely to get sick himself. During the past 60 years, vaccines have helped eradicate smallpox and almost wiped out all cases of polio. The Centers for Disease Control and Prevention also reports a 99 percent reduction in the incidence of bacterial meningitis since the introduction of the vaccination against the disease.

Despite the good they can do, some people are hesitant to follow recommended vaccination schedules for fear of side effects. Some side effects are legitimate, but many studies continue to indicate there is no relationship between

vaccines and autism.

Vaccines undergo rigorous safety testing prior to being approved for use and, once approved, are continually monitored for safety. But as with any medication, there are possible side effects associated with vaccinations, although most are not serious. The following are some side effects that people may experience after being vaccinated.

- injection site reactions, such as pain, swelling, a small lump, and redness
- mild fever
- shivering
- fatigue
- headache
- muscle and joint pain

More serious side effects, such as allergic reactions, are rare. Parents should monitor their children after vaccinations for any behavior or health changes. Some doctors recommend taking a fever reducer, such as ibuprofen, if a fever

develops and makes a child or adult feel uncomfortable after he or she is vaccinated.

Many vaccination side effects are short-lived and not a cause for concern. But if side effects do not subside shortly after you have been vaccinated, bring this to the attention of your physician.

It can be tempting to forgo vaccines out of fear of any of the aforementioned side effects. But the benefits of vaccines far outweigh the risks. Although they are not 100 percent effective in every person, vaccines do provide the best defense against diseases that can kill or injure millions of people.

For more information on vaccine schedules, visit the CDC (www.cdc.gov) or the American Academy of Pediatrics (www.aap.org). Doctors also can provide a wealth of information about immunizations.

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