



HOCKING VALLEY Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

JAN. 25, 2019

Weekly Update

Could you have a thyroid problem?

fatigue ~ anxiety ~ dry skin
 depression ~ sleep problems
 weight changes ~ hair loss
 low sex drive ~ puffy eyes
 joint aches ~ muscle pain ~ carpal tunnel ~~and~~ hands/feet
 constipation ~ infertility ~ loss of eyebrow hair ~ swollen hands
 swollen feet ~ heel and foot pain ~ recurrent miscarriage
 palpitations ~ hand tremors ~ diarrhea ~ gritty eyes ~ neck pain
 difficulty swallowing ~ emotional changes ~ eye twitch
 difficulty breastfeeding ~ weak fingernails ~ enlarged neck
 dry, tangled hair ~ brain fog ~ memory problems ~ belly fat gain
 unrefreshing sleep ~ exercise intolerance ~ frequent infections

**January is
Thyroid
Awareness Month**

Info compiled from www.thyroidawareness.com

We've all experienced changes in our bodies from time to time that seem more of a nuisance than a medical issue. But how do we differentiate these regular changes induced by stress of aging from a more serious underlying condition?

Hypothyroidism is an often-hidden health problem in which the master gland of metabolism—the thyroid—produces less hormone than the body needs, impacting virtually all organ systems in the body. It is one of the most misunderstood, misdiagnosed and prevalent medical conditions in the U.S.. Studies estimate that more than 10 percent of the general population suffer from the disease. Yet hypothy-

roidism frequently goes undiagnosed.

The early effects of hypothyroidism are often mild, appear gradually and aren't concentrated in a single area of the body, so it's easy to disregard them or attribute them to other causes. Also, not all people who have the disease have the same symptoms or onset. Some people with hypothyroidism have no symptoms at all. However, as production of thyroid hormone decreases, the following symptoms begin to appear:

- Constant fatigue
- Depression
- Weight gain and fluid retention
- Dry, brittle hair and nails
- Dry, itchy skin

EVENTS CALENDAR

March 7: TWIG VI Chinese Auction Hocking County Fairgrounds

Come shop some great finds! Held at the Fairgrounds Youth Building. Doors open 5:30 p.m.; Drawings begin at 7 p.m. Lottery Tree, Grocery Basket, Door Prizes, 50/50. Baked goods & refreshments available. All proceeds benefit HVCH.

March 7-8: Uniform Sale HVCH Meeting Room

Robert's Uniforms will be back to offer a variety of scrubs, jackets, shirts and shoes for this HVCH Auxiliary fundraiser. Sale hours are 11-4 on 3/7 and 7-2 on 3/8. Employees may payroll deduct, but anyone may come to shop. Proceeds benefit HVCH.

INSPIRATIONAL QUOTE OF THE WEEK

"You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand."

—Woodrow Wilson

Direct to You: From Roy Davis

My New Year's resolution is to have a yearly physical and take care of myself so I can see this little guy grow up. Everybody, say hi to baby Eli, my first grandson!



Roy Davis,
Business
Development
Director



No matter your age or stage of life, annual physical exams are essential to your ongoing health. Visiting your primary care provider for regular preventive care is one of the best ways to identify and treat health issues before they get worse. These visits also help you track your progress toward your health goals. Here are five reasons why annual physical exams are important along with screening and immunizations to help you learn how you can stay healthy.

Assessing your overall health

Depending on your risk factors, age, lifestyle and family history, your doctor may order a variety of blood tests and other

screenings during your annual physical exam, including:

- Blood pressure screening, which measures the force of your blood against your arteries. A reading that is lower than 130/80 is considered normal.

- Cholesterol screening, which measures the amount of cholesterol in your blood. In healthy patients with no risk factors, a total cholesterol reading of lower than 200 mg/dL is considered normal. An LDL, or "bad" cholesterol, reading of 130 mg/dL or lower and a HDL, or "good" cholesterol, reading of more than 60 mg/dL is considered normal.

- Blood glucose screening, which measures the amount of sugar in your blood. An A1C of less than 5.7 percent is considered normal.

- Osteoporosis screening, which uses a special test called a DEXA scan to check for osteoporosis or osteopenia. It's typically recommended for women starting at age 65 unless they have other risk factors that warrant earlier testing, and for men starting at age 70.

- Body mass index (BMI) calculation, which uses your height and weight to determine if you're at a healthy weight. A BMI of 18.6 to 24.9 is considered normal.

These tests can identify underlying conditions, such as heart disease and

THYROID

- Muscle or joint pain or stiffness
- Constipation
- Sensitivity to cold
- Menstrual cycle changes
- Slow pulse
- High cholesterol
- Increased sensitivity to medication

When visiting a doctor to be assessed for possible thyroid problems, you will be asked to provide a medical history, highlight any troubling symptoms you are experiencing. The physician will also perform a physical exam to look for signs of the disease. If your doctor suspects thyroid dysfunction, diagnostic tests will be ordered, beginning with blood work. Only blood tests can confirm if you are hypothyroid, and a test that measures TSH levels in your blood is the single best indicator. Thyroid hormone levels may be checked to determine the severity of disease as well as antibodies against the thyroid to determine its cause.

If you are found to have a TSH level that does not fall within an established "reference range," your doctor may likely recommend treatment. The goal of hypothyroidism treatment is to replicate normal thyroid function and return your body to a balanced state. Standard treatment consists of daily intake of a synthetic thyroid hormone, levothyroxine sodium, which comes in pill form and works in the same way your own thyroid hormone would normally work.

Since most cases of hypothyroidism in adults are permanent and often progressive, many patients need to take thyroid medication throughout their lives. The good news is that the medication is relatively inexpensive, has minimal side effects and can restore a hypothyroid patient to optimal health.

If you suspect you are having symptoms of hypothyroidism, please contact one of our primary care providers at the Hocking Valley Medical Group. Call 740-385-0202 or visit www.hvmg.org.

HVCH Cafeteria Menu Jan. 28-Feb. 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lasagna	Taco & Fajita	Roast Turkey	Pork Tenderloin	Loaded Nachos
Chicken Fingers	Bar	Baked Ham	Macaroni & Cheese	Potato Skins
Sweet Potato Fingers	Nachos & Cheese	Mashed Potatoes	Baked Potato	Pretzel Bites
Cheese Stick	Corn	Dressing	Cauliflower	Shredded Chicken
Brussels Sprouts	Black Beans	Peas & Mushrooms	Green Beans	Broccoli
Garlic Bread	Spanish Rice	Baby Carrots	Succotash	Chili
Broccoli Soup	Chili Soup	Buffalo Soup	Tomato Soup	Bean Soup
				Minestrone

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diabetes, even if you aren't experiencing symptoms. Your test results also enable your doctor to make recommendations for follow-up testing, as well as lifestyle, exercise or diet changes that can help you improve or maintain your health.

Updating your vaccinations

Vaccines aren't just for kids. Adults need to keep their vaccines up to date to prevent dangerous diseases, too. Your doctor will review your vaccination history and risk factors during your annual physical exam and may recommend immunizations, including:

- **Tdap vaccine:** The Tdap vaccine is a combination vaccine for tetanus, diphtheria and acellular (contains no cells) pertussis, or "whooping cough" and requires a booster for adults. Pregnant women should get a Tdap vaccine with every pregnancy to protect their newborn.
- **Flu vaccine:** Flu shots are recommended each year for most people age 6 months and older. They typically are administered before the start of the flu season.
- **HPV vaccine:** The HPV vaccines protects against cancers caused by human papillomavirus and is recommended for men and women under age 26.
- **Pneumonia vaccine:** If you have asthma or are a smoker or are older than age 65, your doctor may recommend the pneumonia vaccine to prevent lung infections.
- **Shingles vaccine:** The shingles vaccine is recommended for most adults age 60 and older.
- **Hepatitis B vaccine:** If you have diabetes or another condition that affects your immune system, work in the healthcare field or live in a group environment such as a nursing home, your doctor may recommend the hepatitis B vaccine.

Screening for cancer

Keeping up with routine cancer screenings can increase your chances of detecting cancer in the earliest stages, when it's most treatable. Your doctor will consider your age and risk factors during your annual physical exam and may recommend cancer screenings including:

- **Skin cancer screening:** Your doctor will check your skin for suspicious moles or growths.
- **Breast cancer screening:** Mammograms are recommended for women starting at age 40, but women who are at a high risk of breast cancer may begin receiving mammograms as early as age 35.
- **Gynecological cancer screening:** Women with no risk factors should have a Pap Test every three years to check for cervical cancer.
- **Colon cancer screening:** A colonoscopy, the test that checks for signs of colon cancer, is recommended for men and women age 50 and older. If test results are complete-



Quarterly gift card winner announced

Congratulations to Amber Kilpatrick, Director of The Summit/BHU. Amber's green "thank you" ticket was drawn for the quarterly employee gift card drawing. Stacey Gabriel, CEO, presented Amber a Target gift card.

Free breast and cervical cancer clinic

Tuesday, Jan. 29 from 9 a.m. to 3 p.m.
Hocking Valley Community Hospital

The Ohio University College of Osteopathic Medicine Mobile Clinic will be at HVCH to offer PAP testes, pelvic and breast examinations, same day mammograms and breast health education and navigation to uninsured and underinsured women. Call (740) 593-2432 to schedule an appointment.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Education & Training Assistant - Full Time
- Licensed Practical Nurse (LPN) - Urgent Care - Full Time
- Maintenance Technician - Skilled - Full Time
- Pharmacy Technician - PRN/Contingent
- Registered Nurse (RN) - Part Time - Behavioral Health Unit
- Registered Nurse (RN) - PRN/Contingent - Inpatient Services
- Respiratory Therapist - Full Time
- Surgery Technician - Full Time, Day Shift

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ly normal, the test should be repeated every 10 years.

- Prostate cancer screening: If you're a male age 50 or older, your doctor will review your prostate cancer risk factors and determine if you should have a prostate cancer screening test.
- Lung cancer screening: If you're age 55 to 80 years old and a current smoker with a history of smoking 30 packs/year or have quit within the last 15 years, your doctor may recommend lung cancer screening with a low-dose CT scan of your chest.

Updating your medical records

A lot can change in a year, so it's important to keep your medical records up to date. Your annual physical exam is the perfect time to let your primary care physician know about any changes that could affect your health, including:

- Medication changes: Provide current prescription medications, vitamins, supplements or over-the-counter medications you're taking and up-to-date dosage information.
- Allergies: Because food, environmental and medication allergies can sometimes cause dangerous reactions, it's important to tell your doctor if you think you've developed a new allergy.
- Social history: Your doctor will ask you some questions about your lifestyle, including smoking habits, alcohol and sexual activity. To make sure you are staying safe, your doctor also may ask questions about wearing your seat belt, screen for domestic violence and conduct a fall risk assessment if you are older than 65.
- Mental health: Your doctor may ask if you're experiencing symptoms of common mental health conditions, such as depression or anxiety. If you have concerns about your mental health, your doctor may refer you to a specialist.
- Family history: Your doctor will ask if anyone in your family has developed any new health conditions. If your family history puts you at risk of developing a similar medical condition, your doctor may recommend earlier screening.

Establishing a relationship with your doctor

Your primary care practitioner is your healthcare partner, and an annual physical exam is a great way to get to know your doctor—and allow your doctor to get to know you. Although you may see your primary care practitioner at other times during the year for minor illnesses and injuries, those "sick care" visits usually are focused on treating a specific problem.

During your annual physical exam, the focus is on your overall wellness and the preventive care you need to stay healthy. Scheduling your annual physical exam just might be the best thing you do for your health this year.

Looking for a fun way to give back to the community?

JOIN TWIG!

TWIG (Together With Important Goals) is a group of women who raise funds for Hocking Valley Community Hospital. HVCH treats all patients, regardless of their ability to pay and provides over \$5 million in charity care every year.

TWIG 2 & TWIG 6 ARE WELCOMING NEW MEMBERS FOR 2019!

Each group holds regular meetings to brainstorm and execute fundraisers with all proceeds benefitting the hospital.

**IF YOU ARE INTERESTED, PLEASE CONTACT:
NANCY JOHNSON, TWIG 2 - 740-385-4327
LISA PICKRELL, TWIG 6 - 740-974-9810**



HVCH hosts SafeSitter class

HVCH held a SafeSitter class this month for teens interested in learning more about child safety. As a graduate of this course, the participants learned: Safety Skills - How to practice safe habits and handle common safety hazards (indoors, outdoors, online, and with others); Child Care Skills - How to manage behavior and provide the B-E-S-T (Bedtime, Entertainment, Snacks/Meals, and Toileting) care when babysitting. First Aid & Rescue Skills - How to assess an injury or illness based on the seriousness and urgency and determine who should handle it, as well how to rescue a child or infant that is choking. Life & Business Skills - How to screen jobs and discuss fees, as well as important information to collect in preparation for each babysitting job.



HOCKING VALLEY Community Hospital

OUR MISSION

To provide our community an unparalleled patient experience through world class service that is both compassionate and professional.

OUR VISION

To provide extraordinary care close to home now and into the future.

HVCH is a critical-access hospital located in the city of Logan, Ohio, which serves residents in Hocking and surrounding counties. With more than 325 employees, our staff is here to serve the residents and visitors of our Hocking Valley community through various ancillary and emergency care services. HVCH is Joint Commission accredited, and we offer a wide range of primary, acute, and rehabilitative services. We are pleased to provide 24-hour emergency services to our patients through our ER and Urgent Care. Additionally, our surgical center, rehabilitation center, physical therapy clinic, pain control and wound clinic, imaging, laboratory, cardiovascular/cardiopulmonary, sleep clinic, geriatric psychiatric, and oncology services are also available. We are proud of our facility. HVCH is affiliated with OSUWMC, improving healthcare services to the Hocking and surrounding counties in the areas of general surgery and orthopaedics. HVCH also is a part of the Ohio State Health Network.