BRAIN POWER
Advanced neuro care helps Peggy continue to inspire young minds

Know your knees
Relieve pain at any age

Act F.A.S.T.
Get emergency care at the first sign of a stroke

Tips to make them stick
Our docs weigh in on your New Year’s resolutions

Oatmeal pecan waffles
What is Years Ahead?
Years Ahead is Kettering Health Network’s membership program for those age 50 and older. This program provides members with wellness information and educational opportunities to make their mature years an adventure in good health.

What benefits do I receive?
- Health screening discounts
- Coupon program (local vendors included)
- Health education and social events
- Discounts at hospital cafés, gift shops, and pharmacies*

*Some restrictions apply

How do I join?
To become a member, call 1-844-599-0694 or visit ketteringhealth.org/yearsahead to join online or by mail.

Membership is only $10 per year.
Know how to spot a stroke
Live well with heart failure
Advanced neuro care keeps Peggy in school
Get a better night’s rest
End knee pain and stay active
Join our community health events
Speak up about pelvic health issues
Is weight-loss surgery right for you?
Make your New Year’s resolutions last
Fighting cancer with a team approach
Three generations of maternity care
Understand your senior living options
Oatmeal pecan waffles

Information in KETTERING HEALTH CONNECTION FOR BETTER LIVING comes from a wide range of medical experts. Models may be used in photos and illustrations. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider.

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Russ Cook woke up in the middle of the night last August with a terrible headache but didn’t realize he was experiencing the first signs of stroke. The next morning, he woke up with loss of vision in his left eye. His wife, Marge, a retired physician assistant, knew something was happening.

“I called our doctor, Brian Mihok, DO, Russ’ ophthalmologist for many years, but in just a few minutes, Russ couldn’t see out of both eyes,” Marge says. “Our doctor said, ‘Marge, it’s something with the brain. You have to take him to a hospital right now.’”

Marge took Russ to the Emergency Department at Southview Medical Center.

“They went into action immediately, and they really impressed us,” Marge says. The stroke team identified the problem, and Russ was taken to the stroke unit for specialized care. Russ was having an evolving occipital lobe stroke, an extremely rare type of stroke that continued to progress for several days and left him with cortical blindness. He currently has about 10 percent vision.

“He had all the risk factors for a heart problem—type 2 diabetes and high blood pressure—but we never thought something would happen in the brain,” Marge says.

When stroke symptoms occur, Kettering Health Network’s primary stroke centers at Grandview, Soin, Southview, and Sycamore medical centers are certified and ready to intervene. Patients needing a more advanced level of care are transported to the comprehensive stroke center at Kettering Medical Center, where experts offer the highest level of stroke care for the most complex cases or situations.

“He wouldn’t have made it if he didn’t go to Southview,” Marge says. “They put in the extra effort all the way through his time in the hospital and rehabilitation.”

A team approach made all the difference for Russ, Marge says. “It is critical in the early stages of a stroke to recognize the need for a team approach, and that was exactly what Southview did for Russ.

The manager and director of rehab personally spent countless hours with Russ and utilized the services of occupational therapy and speech therapy, as well as the most essential—physical therapy—which allowed him to be transferred to Kettering Medical Center’s Inpatient Rehab Facility. It was truly a team approach, and they all deserve
IF YOU THINK SOMEONE IS HAVING A STROKE, CALL 911. OUR 10 EMERGENCY CENTERS ARE STROKE READY:

Kettering | Grandview | Sycamore | Southview | Greene | Fort Hamilton | Soin | Huber | Franklin | Preble

credit for helping to restore Russ to the person he is today!”

A retired pilot, Russ continues to recover and adjust to life with limited vision. As he regains his independence, taking daily walks through his neighborhood and visiting the flying field where he’s spent countless days, he feels a sense of progress. “I feel like I do pretty well now,” he says.

When it comes to recognizing the signs of a stroke, the message should be just as clear: Time loss is brain loss. A stroke interrupts the flow of blood and oxygen to your brain. Once the stroke starts, brain cells begin to die, and dead brain cells can’t be revived.

However, fast medical treatment may halt a stroke as it’s occurring. Most strokes are caused by blood clots. If you get to the hospital and are diagnosed quickly, a clot-busting medication may be able to help. The sooner you arrive at the hospital, the sooner treatment may begin, improving your outcomes and recovery.

Lower your risk Talk with your doctor about your personal risk for stroke. Not all risk factors can be changed, such as age or having a family history of stroke.

However, you can prevent or treat many risk factors, such as high blood pressure, diabetes, smoking, being overweight, or not exercising. Lifestyle changes and medicines are some ways you can address your risk.

Sources: American Stroke Association; National Institutes of Health

Act F.A.S.T.

How to spot a stroke

F

FACE DROOPING

Does one side of the face droop? Is it numb? Can he or she smile? Is the smile uneven?

A

ARM WEAKNESS

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S

SPEECH DIFFICULTY

Ask the person to repeat a simple phrase. Is their speech slurred or strange?

T

TIME TO CALL 911

If you observe any of these signs, call 911. Note the time when the first signs appeared. It will help with treatment options.

Other symptoms are:

- Severe headache with no known cause
- Confusion
- Trouble seeing out of one or both eyes
- Trouble talking or understanding what others are saying
- Loss of balance or coordination
- Weakness or numbness in the face, arms, or legs, especially on one side of the body
Heartfelt advice that changed Linda’s life

As a former teacher, Linda understands the value of good education. But she never expected the education she received would save her heart and change her life.

Linda lived a healthy lifestyle with no major complications or family history of heart problems. When she began experiencing pain in her shoulder blades, pressure in her chest, and shortness of breath, she wasn’t sure what to think. One day her shortness of breath became so severe she couldn’t speak. She went to the hospital, and after multiple tests, Linda was diagnosed with heart failure, a chronic disease.

Key to success

“I remember the nurse coming in to discuss my new lifestyle,” Linda says. “I remember her telling me this was not a good diagnosis but that there was treatment available, including diet changes and medication. I never forgot her, and I hope she now knows how important her words were to me that day.” With an action plan, Linda’s fear turned to hope.

She learned lifestyle changes, such as how to manage daily intake of fluid and how to avoid hidden sodium in food. With the nursing staff by her side, Linda learned how to manage her diagnosis.

Today, Linda feels great! “My life is back to normal, and I am extremely grateful. I have taken my medication as directed, returned to my exercise routine, and changed my diet,” she explains.

Her advice for anyone living with heart failure is simple, yet profound: “Take your medication as directed by your doctor, and follow the diet plan the nurse educators provide.”

CARDIAC REHAB is committed to helping you every step of the way during your recovery from heart attack, heart surgery, or heart failure diagnosis. We offer:

- Heart disease education
- Heart-healthy diet help from a registered dietitian
- Stress management from licensed professional clinical counselors
- Safe, monitored exercise guidance
- Emotional support and evaluation

MAKE A PLAN

If you are living with heart failure, the Cardiac Rehab program at Kettering Health Network may be right for you. Learn more at ketteringhealth.org/cardiacrehab
There are more than 5 million Americans living with heart failure. And the key word here is living. While there’s no cure for this condition, there’s plenty that people who have it can do to relieve symptoms and lead comfortable, productive lives.

Here are five to focus on:

<table>
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<th>TAKE ACTION</th>
<th>STEPS TO TAKE</th>
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| **CUT BACK ON FLUIDS AND SODIUM.** People with heart failure are prone to retaining fluid. If you consume a lot of liquids or eat foods high in salt, which causes the body to hold onto water, fluid retention may get worse. | ✓ Ask your doctor how much fluid is safe to consume.  
✓ Read food labels and choose foods with the lowest amounts of sodium—particularly in breads and rolls, pizza, soup, cold cuts and cured meats, poultry, and sandwiches.  
✓ Use less table salt to season foods. Instead, enhance flavor through herbs and other salt-free seasonings. |
| **WEIGH YOURSELF REGULARLY.** Weight gain can be a sign you’re retaining fluid, which can make your heart failure worse. | ✓ Ask your doctor when to bring weight gain to his or her attention.  
✓ Step on the scale every day, preferably before breakfast and after urinating, and use the same scale in the same spot. Wear the same type of clothing, but no shoes. |
| **MANAGE YOUR MEDICATIONS.** Several types of medicines help keep heart failure in check. Ask your doctor to explain how your medicines work—and be sure to take them exactly as directed. | ✓ Use a checklist, pillbox, or other device to track your medication use.  
✓ Consult your doctor before taking any new medicine, over-the-counter product, or herbal supplement.  
✓ Tell your doctor if you have side effects or other problems with your medicines—including problems paying for them. |
| **DON’T IGNORE EMOTIONAL DISTRESS.** Heart failure can cause depression and anxiety. Both can make it harder to stick with your treatment plan and affect your quality of life. | ✓ Report any feelings of depression or anxiety to your doctor right away. He or she can help.  
✓ Tell family and friends how you’re feeling and what they can do to help.  
✓ Consider joining a support group. |
| **WORK CLOSELY WITH YOUR DOCTOR.** His or her guidance is essential in helping you manage heart failure. | ✓ Follow your doctor’s advice.  
✓ Know how often to seek regular medical care and when you might need emergency care.  
✓ Keep all scheduled appointments, including those for tests and lab work. |

Sources: American Heart Association; National Heart, Lung, and Blood Institute
Peggy Larson

I love her kids—her own children and the ones she teaches at school. When she was diagnosed with a brain tumor, Peggy needed treatment that would get her back in the classroom and help make sure she’s there for them every day.

Like most people, Peggy experienced headaches off and on for years. In 2014 she started having severe migraines and waking up with headaches on a daily basis, so she told her family doctor.

“He scheduled me for an MRI on a Thursday, and that night, Dr. Buck called me and said, ‘Mrs. Larson, you need to have your husband take you to the closest hospital as soon as possible. You have a mass in your brain.’

“The crazy thing is that I really wasn’t feeling bad the day I had the MRI,” Peggy says. “I almost canceled my appointment.”

The MRI revealed a mass, and Peggy underwent surgery with Kettering Physician Network Neurosurgeon Raymond Poelstra, MD, who successfully removed most of the tumor without damaging brain tissue. The Neuroscience Institute at Kettering Health Network offers some of the most advanced diagnostic, surgical, and therapeutic brain care you can find in the country.

“I’m going to keep going”

“I was afraid that I was going to come out a different person,” Peggy says. “That I would lose some cognitive ability. But I’m still walking and talking.” Peggy is even back in her classroom, where she teaches special education for third through fifth graders.

“After surgery, I have all of my memories and all of my faculties. I’m very fortunate. Everyone is amazed that I’m still here, so I have to keep proving to them that I’m going to keep going.”

With routine chemotherapy treatment to keep the cancerous cells in check, Peggy is back to leading an active lifestyle with her husband and four children.

“It’s cancer, and anyone who has cancer knows you’re never completely cancer-free. You always have to monitor it and be watching for it. I am in treatment, but I’m still doing my normal activities.

“I’m going to be here a long time,” Peggy says. “I have children to raise. I have all of these things I need to do with them, and I plan to be here for that.”

Advanced neuro care helps Peggy continue to inspire young minds

Do you have a question about brain tumor, stroke, or epilepsy care? Call 1-844-715-7508 or visit ketteringhealth.org/neuro
If it’s been awhile since you slept like a baby, you’re not alone. Many adults struggle to spend enough time in dreamland, and all adults need seven to nine hours of sleep every night to stay healthy. Promise yourself a longer night’s sleep this new year. These simple changes in routine may help you catch more ZZZs:

**DO THIS**

- **RELAX BEFORE BED.** Take a warm bath, stretch and try gentle yoga, or find another relaxing routine. You can train yourself to associate certain restful activities with sleep and make them part of your bedtime ritual.

- **STICK TO A SCHEDULE.** Go to bed at a set time each night. Wake up at the same time each morning. Changing your sleep schedule can lead to sleeping problems. Sleeping in on weekends also makes it harder to wake up early on Monday morning because your sleep cycle is reset to wake up later.

- **USE THE LIGHT.** If you have trouble falling asleep, try to wake up with the sun, or use very bright lights in the morning. Sunlight helps the body’s biological clock reset itself each day. Experts recommend exposure to an hour of morning sunlight for people having problems falling asleep.

**NOT THIS**

- **AVOID CAFFEINE IN THE AFTERNOON.** Caffeine primarily prevents sleep by blocking chemicals in the brain that tell your body it’s tired and in need of rest. After you consume caffeine, it stays in your blood for four to six hours.

- **NEAR BEDTIME.** Avoid looking at screens, including your television, tablet, or phone. Blue light from these devices can trick your body into delaying the release of melatonin, the sleep-inducing hormone that tells your brain you’re ready for bed.

- **DON’T LIE IN BED AWAKE.** If you can’t sleep, don’t just lie in bed. Do something else, like reading or listening to music, until you feel tired. The anxiety of being unable to fall asleep can contribute to insomnia, and lying awake in bed can train your body to associate the bed with being awake.
In pain? Here’s what can help you bounce back
No matter what your age, you’ve likely experienced some kind of knee pain. Whether you’re a weekend warrior who experiences occasional soreness or you live with chronic pain like arthritis, there are solutions to fit your needs.

General knee pain and soreness can be caused by overuse or extended activity—especially if your knees are supporting extra weight. Every pound of excess weight you have puts four pounds of extra pressure on your knees. Losing 10 pounds of excess weight can take off 40 pounds of pressure!

Minor knee pain is usually treated with over-the-counter anti-inflammatory medicine and by resting the knee and applying heat or ice. Arthritis, when cartilage in your knee joint wears down and is lost, is the most common cause of knee pain. Arthritis in the knee can be treated just as common knee pain. Sudden trauma to the knee can also cause severe pain. If you experience severe pain, seek emergency care immediately.

Another common cause of knee pain is a meniscus injury. These injuries very often happen while playing sports but can just as easily happen while you’re doing home improvements or yard work. The meniscus is a C-shaped disc of cartilage that cushions your knee. This layer weakens and thins out over time, so age can be a factor. If you experience a torn meniscus, you must see an orthopedic specialist to determine treatment. Meniscus tears can be treated both nonsurgically and surgically.

Relieve the pain
Depending on the severity of your knee pain, treatment plans may include medication, physical therapy, or surgery. For mild aches, strains, or sprains, try the R.I.C.E. method at home.

ATTEND A FREE SEMINAR
Talk with orthopedic surgeons, physical therapists, and other clinical providers about knee pain relief options or other joint pain information. Call (937) 558-3988 to register for a seminar.

4 tips to keep your knees active

- Properly Warm Up & Stretch before and after activity
- Maintain a Healthy Weight
- Participate in regular activity at least 3 times per week
- Avoid Smoking

DID YOU KNOW? Every pound of excess weight puts 4 pounds of extra pressure on your knees.

TAKE THE FIRST STEP TO ENDING YOUR JOINT PAIN.
An orthopedic specialist can help you determine your best care option so you can return to doing the activities you enjoy.

CALL TODAY
To find an orthopedic specialist, call 1-844-850-0022.
CANCER CARE

Lung Cancer Prevention & Respiratory Disease Treatment
Shortness of breath, persistent cough, hoarseness—these symptoms tend to creep up slowly and can be signs of illness, like bronchitis or pneumonia, or a much more serious condition, such as lung cancer. Learn about prevention and treatment options at this physician presentation. Lunch provided.

Grandview Medical Center
Jan. 17, 11:30 a.m.

Fort Hamilton Hospital
March 8, 11:30 a.m.

Cancer Prevention for Women
You can reduce your risk for developing some cancers by making positive choices, such as eating a healthy diet and exercising. Learn about preventing and treating gynecological and breast cancers at this women’s health event designed with you in mind. Event includes lunch, health fair with screenings, and physician presentations.

Kettering Cancer Center
Jan. 29, 12:30 p.m.

DIABETES

Blood Sugar (A1C) Screening
An A1C screening shows your average blood sugar numbers for the last two to three months and can help diagnose diabetes. If you have diabetes, the screening reflects how well you’re managing your blood sugar. $10. Call 1-844-883-3420 for an appointment.

Charles Lathrem Senior Center, Kettering
Jan. 3, March 7, 11 a.m.–1 p.m.

Diabetes and Wounds
Diabetes and wounds are a dangerous combination. Make sure you are managing your diabetes properly and prevent foot wounds. Louis Pilati, MD, will speak about diabetes management, the dangers of wounds, and treatment options if a wound does occur. Lunch provided.

Southview Medical Center
Jan. 11, 11:30 a.m.

EVERYDAY HEALTH

Emergencies and Advance Directives
Falls are one of the top reasons people visit the emergency department, and many falls lead to injuries of the head. If you had a head injury that rendered you unconscious, are you ready with your advance directives? Learn about this from one of our expert emergency care providers. Lunch provided.

Greene Memorial Hospital
Jan. 24, 11:30 a.m.

Living Well with Primary Care
Getting regular checkups and exams can help you stay well and catch problems early. It may even save your life. Lunch provided.

Soin Medical Center
Jan. 31, 11:30 a.m.

Breast Health and Genetics
Take time out of your busy day and capitalize on your lunch hour with this educational event designed for the working women in Dayton. Come learn about how genetics play a vital role in your breast health. Lunch provided.

Grandview Medical Center
March 14, 11:30 a.m.

EXERCISE & FITNESS

Orthopedics & Sports Medicine
Common sports injuries to the knee and meniscus can happen while playing sports or while doing home improvements. Whether you are a weekend warrior, professional athlete, or an avid do-it-yourselfer, this seminar is for you. Learn about these common injuries and treatment options to relieve the pain. Event includes mini health fair, light refreshments, and presentation.

Southview Medical Center
March 22, 5–7 p.m.
More events

Visit us at ketteringhealth.org to see the full Health Calendar

MORE ONLINE

Therapy to Fitness
Interested in fitness, proper lifting technique, and age appropriate exercise? This individualized fitness program provides 60 minutes of one-on-one instruction to work toward your specific goals or on overall fitness, including cardiovascular fitness, flexibility, and strength. $35. For more information, call 1-855-583-9991.

Kettering Sports Medicine

Metabolic Rate Evaluation
Kettering Sports Medicine’s Metabolic Rate Evaluation determines how many calories your body burns and then assists you in balancing calories from food intake with calories used during physical activity. With this information exercise physiologists, dietitians, and athletic trainers can assist you in personalizing a plan. $150. Call 1-855-583-9991.

Kettering Sports Medicine

BONE HEALTH

Joint Replacement
An orthopedic specialist will present on treatments both surgical and nonsurgical to help get you active again. Event includes mini health fair, light refreshments, and presentation.

Sycamore Medical Center
Jan. 4, 5–7 p.m.

Soin Medical Center
Jan. 19, 5:30–7:30 p.m.
Feb. 16, 5–7 p.m.

Yoga
This class is a gentle, therapeutic approach to yoga, which encourages relaxation to relieve stress and ease pain while also increasing strength, flexibility, and mobility. $40–$45. Sessions begin in January and March on a Monday, Tuesday, or Thursday night. Call 1-855-472-0134 to register.

Sycamore Medical Center
Jan. 9–Feb. 16, 6–7 p.m.
March 13–April 27, 6–7 p.m.

Nutrition Consultations
Nutrition professionals offer individual nutrition consultations and food coaching for all ages. Whether you want to fit healthier foods into a busy lifestyle, recover from illness, optimize athletic performance, or manage a chronic disease, experts can help you reach your goals. Call to schedule: 1-855-646-0365.

Kettering Sports Medicine

Sports Acceleration
Sports Acceleration is a training program uniquely designed for individual athletes age 10 and older to target specific training needs and goals, including speed, agility, power, and strength. For more information about program schedules, call 1-855-583-9991.

Kettering Sports Medicine

Performance Positive
Performance Positive offers athletes and runners of all skill levels a six-week program to focus on strength, flexibility, agility, injury prevention and running form. This small group, six-week program includes circuit training, core strengthening, overall strength, and personalized nutrition analysis. $80. Call 1-855-583-9991.

Kettering Sports Medicine

Join US

January, February, March

Yoga
This class is a gentle, therapeutic approach to yoga, which encourages relaxation to relieve stress and ease pain while also increasing strength, flexibility, and mobility. $40–$45. Sessions begin in January and March on a Monday, Tuesday, or Thursday night. Call 1-855-472-0134 to register.

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Kettering Sports Medicine

More events

Visit us at ketteringhealth.org to see the full Health Calendar
**Back Surgery**
This seminar series is designed for anyone suffering from back pain. Learn about your options from an expert spine surgeon. Event includes mini health fair, light refreshments, and presentation.
- **Kettering Medical Center**
  - Jan. 24, 5–7 p.m.
  - Feb. 8, 5–7 p.m.
- **Soin Medical Center**
  - March 14, 5–7 p.m.

**Knee Pain**
This seminar series is perfect for those suffering from joint pain due to arthritis or injury of the knee. Event includes mini health fair, light refreshments, and presentation.
- **Kettering Medical Center**
  - March 28, 5–7 p.m.

**Heart & Stroke**

**Blood Pressure Screenings**
Know your numbers! No appointment needed—just walk in! Free.
- **Charles Lathrem Senior Center, Kettering**
  - Jan. 3, March 7, 11 a.m.–1 p.m.
- **Miamisburg Senior Center**
  - Jan. 20, Feb. 17, March 17, 11:30 a.m.–1:00 p.m.
- **Town & Country Shopping Center, Kettering**
  - Jan. 23, Feb. 27, March 27, 9–11 a.m.

**Advanced Heart Screen**
Our most complete evaluation offered in a two-visit program. Testing, results, and education help you understand your risk for heart disease. $405. Call 1-855-472-0134.
- **Kettering Medical Center**
  - Jan. 10, 17, 24; Feb. 7, 10, 14, 21; March 7, 10, 14

**10-Minute Heart Check**
This free check includes blood pressure, heart rate, oxygen saturation, and body mass index. Call 1-844-883-3420.
- **Charles Lathrem Senior Center, Kettering**
  - Feb. 7, 11 a.m.–1 p.m.

**Vein and Vascular Health**
Have you experienced swelling in your legs, a sore that won’t heal, or a loss of sensation in your feet or fingers? If you answered yes to any of these questions, this seminar is for you. Event includes mini health fair, light refreshments, and presentation.
- **Soin Medical Center**
  - Feb. 8, 5–7 p.m.

**Heart Healthy Valentine’s**
This Valentine’s Day put your heart health first. Learn tips for preventing and managing heart disease from an expert cardiologist. Lunch provided.
- **Grandview Medical Center**
  - Feb. 14, 11:30 a.m.

**Heart Month Extravaganza**
Join Fort Hamilton Hospital in downtown Hamilton for a fun and heart-healthy evening. Learn from physicians, receive a free mini heart screening, meet with local vendors, and enjoy refreshments. Visit ketteringhealth.org/heartcare for details.
- **Fitton Center**
  - Feb. 9, 5–7 p.m.
A to Zumba!
Come get your heart beating! This event has everything from A to Zumba. No matter what your interest, you’re bound to have a good time. Visit ketteringhealth.org/heartcare for details.

- 10-minute heart check
- Chair massages
- Cooking demonstrations
- Food

Kettering Recreational Center
Feb. 28, 5:30–8:00 p.m.

Healthy Heart Risk-Reduction Class
Free class helps you understand how heart disease occurs and learn lifestyle strategies for optimal heart health. Call 1-855-472-0134.
Feb. 15, 6:00–7:30 p.m.

Heart Healthy Nutrition
Heart disease is preventable, and chronic heart failure can be manageable with the proper diet. Come learn easy tips to keep your foods heart healthy. Lunch provided.
Greene Memorial Hospital
Feb. 23, 11:30 a.m.

Healthy Heart Screenings
Know your cholesterol levels, blood sugar, and personal risk factors for heart disease with a few quick tests. Includes a personal heart-health plan. $25 ($40 with optional EKG). Call 1-855-472-0134

PARENTS & BABIES
Is Midwifery for You?
Join Advanced Women’s Healthcare providers for a presentation and open discussion about midwifery services for pregnancy, childbirth, and postpartum. Event includes mini health fair, light refreshments, and presentation.
Soin Medical Center
March 29, 5–7 p.m.

Healthy Arteries Screening
Learn your artery age and stroke risk with a noninvasive ultrasound. This screening is for anyone age 40 or older and those younger participants who have a family history of heart disease, abnormal cholesterol, or diabetes. $60–$139. Call 1-855-472-0134 to make an appointment.

BABY FAIR
Join us for a free, family friendly event. This event features all things baby!

- Car seat safety
- Childbirth education sign-up
- Maternity unit tours
- OB-GYN meet and greet
- Food
- Baby retailers
- Prizes

Fort Hamilton Hospital, March 12, 2–4 p.m.

JANUARY, FEBRUARY, MARCH
Pelvic health issues are uncomfortable to talk about—even with your own doctor. But that should never stop you from bringing them up if you’re coping with uncomfortable, painful, or inconvenient changes in your pelvic health.

Pelvic health problems can affect men and women for many reasons. Some of the most common conditions and symptoms include:

**MEN**
- Male infertility
- Testicular mass
- Impotence

**WOMEN & MEN**
- Blood in urine
- Frequent urges to urinate
- Leaking urine
- Pain in the back or sides
- Kidney stones
- Pain or burning during urination
- Urinary tract infections
- Pain during intercourse

**WOMEN**
- Fallen bladder
- Pelvic floor disorder
- Prenatal and postpartum issues
- Postmenopausal conditions

Seek help If you experience any of these conditions, it may be time to see a urologist. Urologists are doctors who specialize in urinary and pelvic health care.

In addition to seeing urologists, women can also see a type of doctor called a urogynecologist. These doctors are trained in obstetrics, gynecology, or urology. Many receive extra training in female pelvic medicine and reconstructive surgery.

Some conditions can be treated with antibiotics, muscle-strengthening exercises, or minimally invasive surgery.

IS IT A UTI?
See a healthcare provider if you have any of these signs of a urinary tract infection:
- A burning feeling when you urinate
- Frequent or intense urges to urinate
- Pain in your back or side below the ribs
- Cloudy, dark, bloody, or foul-smelling urine
- Fever or chills
“Health is now my thing!”
Margaret took control of her weight with bariatric surgery

Weight had always been an issue for Margaret. As a wife and mother, she always put her family first, and that trend continued when her youngest son was diagnosed with cancer.

But during her son’s four-year battle with cancer, her weight ballooned, and so did her health problems. Not only was her weight out of control, but she was on seven different medications to manage her high blood pressure, high cholesterol, and prediabetes.

When she realized she needed to be there for her son, Margaret knew something had to change. She had to lose the weight.

“As a mom of a child with a challenge, you take on taking care of them. The need to be around for him meant I needed to get myself healthy,” she says.

**Keys to success**
She attended a weight-loss surgery seminar with Kettering Physician Network Bariatric Surgeon Carey Brown, MD, and left knowing it was the right decision for her. She made an appointment with Dr. Brown to talk about the options and start the process. A few months later, she underwent gastric bypass surgery.

Today, Margaret has lost 145 pounds and is off all medications to manage her blood pressure, cholesterol, and prediabetes. She lives an active life and enjoys energy levels she never had before. Simple tasks like climbing the stairs are no longer a challenge.

“Every time I go in for my follow-up appointments with Dr. Brown, I thank him for helping me get myself in control of my health and my body,” she says.

Her new lifestyle includes working out three times a week and completely changing her eating habits. “Health is now my thing!” she says.

For Margaret—and all weight-loss surgery patients—hard work and dedication are the keys to success. “It takes a commitment to yourself to stay healthy.”

Who qualifies?

| Is bariatric surgery right for you? | Body mass index (BMI) of at least 40, or a BMI of at least 35 plus a weight-related health problem | Unable to lose weight with diet and exercise | Ready to commit to making a lifelong health change |

Register at ketteringhealth.org/weightloss or call 1-855-788-2895.
A burst of motivation—that’s what January 1 triggers in most of us. The new year is a powerful cue to change our lives for the better—and often in ways that will improve our health. But turning good intentions into reality can be tricky. Kettering Health Network primary care physicians weigh in on ways you can turn your resolutions into reality.

**Set a goal**
You are more successful in anything in life if you set goals. I recommend signing up for a race or 5K. They are usually inexpensive, for a good cause, come with a cool shirt, and are fun events. Signing up for a 5K sets a goal so you are less likely to postpone a workout for another day. Ask your local family medicine or sports medicine doctor for a training plan.
—Ryan Foster, MD

**Step up your fitness**
Fitness can alleviate health problems such as diabetes and high blood pressure, and it promotes heart and lung health, weight loss, and maintenance of a healthy weight level. It also promotes a general sense of well-being. If you have chronic medical problems such as heart disease, it is important to receive clearance from your doctor before starting any exercise program. Stretching prior to exercise will help prevent injuries, and when starting a new exercise program, start slow and build up your endurance.
—Andrea Bell-Willis, MD

**Eat healthier**
Willpower is everything. Willpower is like a muscle—if you use it daily, you will get stronger, and having strong willpower is a good way to be conscious about avoiding bad food choices on a daily basis. Instead of saying, “I won’t eat [insert favorite unhealthy food],” aim to eat less of that food and less often.
—Ryan Foster, MD

**Change it up** Resolve to have better health in the new year.
Ryan Foster, MD, is a primary care physician at Kettering Physician Network Primary Care in Englewood.

Laurie Bankston, MD, is a primary care physician at Kettering Physician Network Primary Care in Xenia.

Andrea Bell-Willis, MD, is a primary care physician at Kettering Physician Network Primary Care in Hamilton.

**Get seen and get screened**

Keeping up-to-speed with my family doctor helps me keep healthy for the future. Things in the health world change all the time, and I want to be on the top of my health game and know what I should and shouldn’t be doing. Regular checkups and screening tests can often detect health problems in their early, most treatable stages—or they may even prevent problems altogether.

—Ryan Foster, MD

**Kick smoking**

Give some thought as to why you smoke and what triggers you to smoke. Everyone is different. First, reduce major stressors in your life and then set a plan with your doctor to kick the habit. If you have kids, know that the majority of smokers have parents who smoked. Setting the right example for your children can be a great motivator.

—Ryan Foster, MD

**Make time**

Exercise has so many benefits: It relieves stress, improves heart health, and helps us keep strong bones. The time challenges we all face are usually the biggest barrier. I encourage patients to make exercise plans as a family or with friends so it is also a fun social activity. Try taking brisk walks on the local bike paths, taking a Zumba class, and mixing up activities to prevent boredom.

—Ryan Foster, MD

**Reduce stress**

Everyone faces certain stresses. How we handle these stresses can really affect our health. Taking time for exercise is one good way to reduce stress. Really focusing on good self-care like sleeping enough, not overdoing caffeine or alcohol, and continuing healthy eating will also make stress easier to deal with. Focusing on meaningful relationships with family, friends, and community can give us that extra bit of needed resilience to face the challenges that come our way.

—Laurie Bankston, MD

**A partner in health**

Make an appointment with your primary care physician today. If you don’t have one, please call 1-855-870-9749 to find an available Kettering Physician Network provider, or call 1-877-930-9354 to find an affiliated physician in your area.
Receiving the best possible cancer treatment relies on a lot of teamwork.

With the recent opening of the new cancer center on the campus of Kettering Medical Center, patients experience a truly integrated approach to cancer care as more than 30 specialists on site collaborate to make timely decisions in the best interest of patients.

**Team treatment** Increasing numbers of patients can now benefit from chemoradiotherapy (CRT). This treatment, also called chemoradiation, combines chemotherapy with radiation therapy to treat cancer.

Traditionally, chemotherapy and radiation therapy were given at separate times, but CRT has become the regimen of choice in many cases. CRT is widely used to treat lung, esophageal, and head and neck cancers.

Combining chemotherapy and radiation has proven over and over to significantly benefit patients, especially those with more advanced cancer. Adding chemotherapy to radiation helps the radiation work more effectively at a lower dose, ultimately decreasing the chance of damaging side effects in normal tissue. CRT can also sometimes replace the need for surgery or in some cases, make the surgery much easier to safely accomplish.

**Kettering Cancer Center**

“Treating with chemotherapy and radiation at the same time requires immense coordination,” says Kettering Health Network Radiation Oncology Medical Director E. Ronald Hale, MD, MPH. “Our new cancer center is uniquely designed to offer both services in the same place at the same time. Having chemotherapy doctors and radiation doctors in the same building at the same time every day greatly improves communication and coordination of care.”

With other cancer care locations throughout southwest Ohio, the Kettering Cancer Care team at Kettering Health Network is here to provide you with the comprehensive, dedicated care you need.

**WE CAN HELP**

Call 1-877-952-6778 to schedule an appointment or simply to find the answers to your questions.
To the Schmidts, the city of Hamilton is home. George Schmidt was born at Fort Hamilton Hospital in 1955. Thirteen years later, his father opened a McDonald’s restaurant on Northwest Washington Boulevard, and George started working there. Today, he is now a second-generation owner.

“Having been born in Hamilton, it’s a community I think a lot of,” George says. “When you look around at things that have been done in the community, they were done by local people. It’s a great bond and a great place to raise a family.”

“It keeps getting better”
George and his wife raised two daughters and a son in Hamilton, all of whom were delivered at Fort Hamilton Hospital. “The experience we have had there has been great,” George says. “It saved my father-in-law’s life. It saved my mom’s life. It’s where we go. It’s a special place.”

Part of Kettering Health Network, Fort Hamilton Hospital offers just one of the network’s four Maternity Centers. Also located at Kettering, Soin, and Southview medical centers, the Maternity Centers feature state-of-the-art labor and delivery suites designed with growing families in mind.

George’s children also chose to put down roots in Hamilton. George and his wife now have 11 grandchildren—with the youngest born in April 2016 at Fort Hamilton Hospital.

“For me, the hospital has always been very special. The renovation they’ve done in the maternity ward is amazing,” George says. “Every year, the hospital is doing something to improve. It keeps getting better.”

Whether you’re planning for the birth of your first baby or preparing for your first grandchild, you want the best. Choose the providers that take your family’s health to heart from day one.

Visit Kettering Health Network’s four maternity centers. To find out more about maternity tours, call:

- Fort Hamilton Hospital: 1-888-382-0627
- Kettering Medical Center: 1-888-546-0662
- Soin Medical Center: 1-888-681-5610
- Southview Medical Center: 1-888-725-1897

KEEPPING UP TRADITION

A B George Schmidt born at Fort Hamilton Hospital

C George Schmidt’s children born at Fort Hamilton Hospital

D George Schmidt’s youngest grandchild born at Fort Hamilton Hospital
Find your way **home**

Understanding senior living options and how to find what’s right for you

**When it comes to** looking for senior living options, there are so many different options to choose from. Understanding what each option means is the first step in making the best choice.

**SKILLED NURSING AND REHABILITATION FACILITIES**

Offer care for individuals who need short-term rehab or high-level nursing services after hospitalizations or surgery before returning home. These communities provide 24-hour care and rehab services, including physical, occupational, and speech therapy.

**MEMORY CARE**

Refers to specialized care for adults with Alzheimer’s disease or other forms of age-related dementia. This is appropriate if a loved one needs around-the-clock supervision for safety, if there are difficult-to-manage behaviors such as wandering or aggression, or if they struggle to stay engaged in meaningful activities.

**ASSISTED LIVING COMMUNITIES**

Allow residents to maintain privacy and independence in their own apartment or suite while still receiving daily assistance with meal preparation, bathing, and dressing, if needed. With assisted living, residents benefit from close supervision and have peace of mind if mobility, diet, or safety is a concern.

**INDEPENDENT LIVING COMMUNITIES**

Are a great choice for older adults who lead active, independent lifestyles and can manage their own personal care needs, including taking medications. Residents benefit from a close-knit community of neighbors and easily accessible amenities without the hassle of home maintenance.

**Come visit our communities**

**Greene Oaks Retirement Community** is a residential community located on the campus of Greene Memorial Hospital that provides skilled and intermediate nursing care, as well as memory care and independent living.

Schedule a tour: 1-888-726-2372

**Sycamore Glen Health Center** specializes in short-term rehabilitation stays, skilled nursing, and long-term care. Located in Miamisburg on the campus of Sycamore Medical Center, the health center offers the perfect combination of quality care, security, and companionship.

Schedule a tour: 1-888-822-4114

**Sycamore Glen Retirement Community** offers a maintenance-free lifestyle in a serene wooded residential setting. Located on the campus of Sycamore Medical Center, this community offers independent living and assisted living in both apartments and houses.

Schedule a tour: 1-888-971-6318

MORE ONLINE

Kettering Health Network offers senior living solutions in Greene and Montgomery counties. Learn more about each location at ketteringhealth.org/seniorliving
Oatmeal pecan waffles (or pancakes!)

Breakfast is the most important meal of the day, so start with something delicious and nutritious. In this recipe, pecans, oatmeal, and fresh fruit deliver vitamins, minerals, and nutrients that support your heart health.

Makes 4 servings.

**Ingredients**

For waffles:
- 1 cup whole-wheat flour
- ½ cup quick-cooking oats
- 2 teaspoons baking powder
- 1 teaspoon sugar
- ¼ cup unsalted pecans, chopped
- 2 large eggs, separated*
- 1 ½ cups fat-free (skim) milk
- 1 tablespoon vegetable oil

For fruit topping:
- 2 cups fresh strawberries, rinsed, stems removed and cut in half (or substitute frozen strawberries, thawed)
- 1 cup fresh blackberries, rinsed (or substitute frozen blackberries, thawed)
- 1 cup fresh blueberries, rinsed (or substitute frozen blueberries, thawed)
- 1 teaspoon powdered sugar

**Directions**

1. Preheat waffle iron.
2. Combine flour, oats, baking powder, sugar, and pecans in a large bowl.
3. Combine egg yolks, milk, and vegetable oil in a separate bowl, and mix well.
4. Add liquid mixture to the dry ingredients, and stir together. Do not overmix; mixture should be a bit lumpy.
5. Whip egg whites to medium peaks. Gently fold egg whites into batter.*
6. Pour batter into preheated waffle iron, and cook until the waffle iron light signals it’s done or steam stops coming out of the iron. (A waffle is perfect when it is crisp and well-browned on the outside and moist, light, airy, and fluffy inside.)
7. Add fresh fruit and a light dusting of powdered sugar to each waffle, and serve.

*For pancakes, do not separate eggs. Mix whole eggs with milk and oil, and make pancakes as usual.

Source: National Heart, Lung, and Blood Institute

**Nutrition information**

Serving size: 3 small (2-inch) or 1 large (6-inch) waffle. Amount per serving: 340 calories, 11g total fat (2g saturated fat), 50g carbohydrates, 14g protein, 9g total fiber, 331mg sodium.
Open enrollment for 2017 individual health insurance coverage ends on Tuesday, Jan. 31.

Visit ketteringhealth.org/healthplans for a list of providers accepted through Kettering Health Network.