Women are always beautiful.

- Ville Valo
Welcome

Kettering Health Network considers the health needs of every woman a top priority. In today’s world, women are multi-tasking and taking on several roles in our family units. Your everyday life is getting busier and busier, but you must remember to slow down, breathe, and take care of yourself.

Please use this book as a road map on your journey to wellness. On pages four and five, we provide a list of screenings by age to help keep you healthy. Throughout the book, you will find a wide range of information and services that are easily accessible throughout Kettering Health Network. We hope you find this a useful resource to connect to your health and well-being.

Be Well and Stay Healthy.

Screen Me, Keep Me Healthy
- Health and Wellness Screenings
- Ages 20s through your 60s

Moms and Babies
- Maternity and Obstetrics
- Childbirth Classes
- High Risk Baby Care/Special Care Nursery
- Infertility

Breast Health
- Breast Health
- Digital Mammograms
- Advanced Breast Imaging
- Stereotactic Breast Biopsy
- Serving the Community
- Kettering Breast Evaluation Centers (KBEC)

I Am Woman
- Pelvic Physical Therapy
- Anxiety, Depression, and Mood
- Pain Management
- Sleep

Heart Care
- Women Are Different
- Heart Screenings
- Heart Scan
- Outpatient Heart Services
- Cardiac Rehab

Nutrition, Fitness, and Lifestyle
- Sports and Fitness Guidance
- Weight Loss Solutions
- Diabetes Education and Management
- 10 Tips for Healthy Eating

Cancer Care
- Reducing the Risks
- Cancer Diagnostics
- PET Scan
- Cancer Treatments
- Lymphedema
- Support Groups

Digestive Distress and Strong Bones
- Digestive Disorders
- Colon Health
- Osteoporosis
- Bone Density Scans
- Joint Replacement
- Spine Health

Caring for Our Families
- Pediatric Neuropsychology
- Neuropsychology Assessment
- Senior Living
- Home Care Services

Emergency Services
- Contact Information
- Visitor Information
- Spiritual Care
- Insurance and Billing

Welcome to Kettering Health Network, a top priority for every woman. Keep your health in check with our Health and Wellness Screenings, available from ages 20s to 60s. Moms and Babies can benefit from Maternity and Obstetrics services, Childbirth Classes, and specialized care for high-risk babies. Breast Health includes Digital Mammograms, Advanced Breast Imaging, and Stereotactic Breast Biopsy. For women's health, consider pelvic physical therapy, treatments for anxiety and depression, pain management, and sleep support. Heart care is tailored to women's needs, offering heart screenings, heart scans, and outpatient heart services. For a healthy lifestyle, we offer sports and fitness guidance, weight loss solutions, diabetes education, and 10 tips for healthy eating. Cancer care includes reducing risks, cancer diagnostics, PET scans, cancer treatments, lymphedema, and support groups. Digestive issues are addressed through digestive disorders, colon health, osteoporosis, bone density scans, joint replacement, and spine health. Caring for Our Families offers pediatric neuropsychology, neuropsychology assessment, senior living, and home care services. Emergency services provide contact information, visitor information, spiritual care, and insurance and billing support. For directory assistance with all of Kettering Health Network's services call 855-KforLIFE (536-7543) or visit ketteringhealth.org.
**In Your 20s**

<table>
<thead>
<tr>
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<tbody>
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<tr>
<td>Cervical Cancer</td>
<td>Pap Smear</td>
<td>Regular Pap test every year Liquid-Based Pap test every 2 – 3 yrs beginning at age 30</td>
</tr>
<tr>
<td>Chlamydia</td>
<td>Urine Test</td>
<td>Annually</td>
</tr>
<tr>
<td>High Cholesterol</td>
<td>Lipid Profile</td>
<td>Greater than 180 mg/dL every 2 – 3 yrs</td>
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For directory assistance with all of Kettering Health Network’s services call 855-K-for-LIFE (535-6754).

**In Your 30s**

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**In Your 60s and Beyond**

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**For directory assistance with all of Kettering Health Network’s services call 855-K-for-LIFE (535-6754).**

“Women are never stronger than when they arm themselves with their weaknesses.” — Marie de Vichy-Chamrond

For a complete list, visit www.ketteringhealth.org and click on the Health Calendar or call (937) 558-3988.
Compassionate birthing care is the number one priority of Kettering Health Network’s experienced maternity staff and physicians. The entire team is committed to making your birthing experience the most memorable time of your life. It is our privilege to help bring your children into the world.

Maternity and Obsterics
Whether you are a first-time mother-to-be or an experienced mother, Kettering Health Network’s obstetrics team will be with you every step of the way. During your pregnancy, you and your doctor will form an important bond. Each pregnancy and birth is just as special and unique for our medical family as it is for your family.

Childbirth Classes
Childbirth classes are a great place for you to ask questions as well as learn about what happens during your pregnancy. Through lectures and videos, we try to bring the information to life. Class topics include childbirth preparation, breastfeeding, baby care, sibling and grandparent-to-be preparation, multiple births, adoptive parenting, exercising, and a tour of our unique mother/baby rooms. Classes are conveniently offered at four of our hospitals. You can attend class at any location regardless of delivery hospital.

To register or for tour information call (937) 395-8600 or visit ketteringhealth.org/maternity

Ready for the Tiniest Babies
The Special Care Nursery is utilized when a baby needs extra support because of many reasons, these reasons ranging from prematurity, low birth weight, oxygen therapy needs, or special feeding needs. Neonatologists are available 24/7. The level III Special Care Nurseries at Southview, Soin, and Fort Hamilton are equipped and always ready.

Kettering Health Network also offers Level IIIb Obstetric and Neonatal Care at Kettering Hospital. Level IIIb provides advanced care for moms coping with high-risk pregnancies and their fragile infants, allowing them to stay together inside the Kettering family of hospitals.

The NICU offers private rooms complete with showers and a sleeping couch for moms or a family member. Rooms for multiples are also available providing ease and comfort to attend to each baby.

Baby Cams!
Being away from your baby’s bedside can be stressful. During those times, you can take advantage of Kettering’s in-room Baby Web Cams to check on your baby.

Infertility
Couples experiencing difficulty in getting pregnant should contact Kettering Reproductive Medicine. This full-service center is the only reproductive facility in the area with all services at one location. Our expert staff offers advice for those seeking treatment. Testing and treatment are available for any couple trying for pregnancy for over six months. Call (937) 395-8444 or visit ketteringhealth.org/reproductive

For directory assistance with all of Kettering Health Network’s services call 855-K FOR LIFE (535-7543) ketteringhealth.org
Stereotactic Breast Biopsy
A stereotactic biopsy uses mammography to help pinpoint the abnormal area in the breast, by removing a breast tissue sample that is examined by a pathologist.

Stereotactic Procedure Benefits:
• Less invasive than a surgical biopsy
• Leaves little or no scar
• Takes approximately one hour
• Brief recovery time
• About one-third the cost compared to surgical biopsy

Call Kettering Breast Evaluation Center (KBEC) at (937) 299-0099.

Serving The Community
Kettering Medical Center Foundation’s Women’s Wellness Fund makes it possible for medically underserved women in our community to receive mammograms, breast ultrasounds, prostheses, and prosthetic apparel. The fund also supports the Cindy Wilde Vogle Library, which provides education on breast cancer and other women’s issues. Nearly 10,000 women in the Dayton area have benefited from the approximately $1 million raised since 1995. Visit kmcfoundation.org or call (937) 395-8607 to donate.

Digital Mammograms
Annual mammography screening is the best tool available to detect breast cancer early. One of the benefits of digital mammography over traditional film mammography is its ability to better detect breast cancers in women with dense breast tissue.

Advanced Breast Imaging
An MRI of breast tissue is an advanced imaging test using 3D techniques that look deep into tissue to discover problems that might not be seen in other exams.

Call (937) 299-0099 or 1-800-373-2160 in Dayton (513) 867-2387 in Hamilton area and schedule a digital mammogram today.

Breast Health
Take time to care for yourself. Early detection is the best prevention for breast cancer. It is important to stay healthy by getting annual mammograms. Our breast evaluation centers are designed with your convenience and comfort in mind.

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Kettering Breast Evaluation Centers
BEAVERCREEK: Beavercreek Health Center 2510 Commons Blvd. Suite 120 CENTERVILLE: Cornerstone Medical Center 7740 Washington Village Drive Suite 140 Eaton: Preble County Medical Center 450 B Washington Jackson Rd.

Pelvic Health
Many women accept embarrassing pelvic problems to be a normal part of the aging process, but this doesn’t have to be the case. We provide private and confidential consultation and treatment specializing in pelvic floor problems from therapy to surgical options. We help women regain control of their lives by diagnosing and treating bladder, bowel, and pelvic organ disorders.

Pelvic Surgery
We offer surgical solutions to women whose pelvic problems are not eased through therapy or who find that surgery is their best option. Our fellowship-trained Urogynecologists are ready to help women regain their active and confident lifestyles.

Pelvic Physical Therapy
We treat a variety of disorders such as urinary incontinence, pelvic organ prolapse, and pelvic pain syndromes. Kettering Health Network offers patients access to private, professional treatment at three convenient locations.

Beavercreek: (937) 558-3010
Centerville: (937) 401-6401
Bellbrook/Sugarcreek: (937) 558-3810

Anxiety, Depression, and Mood
From simple stress symptoms to mental health illness, behavioral health disorders can be devastating to you and your family.

• Stress Management: One-third of Americans feel they are living with extreme stress. If left untreated, stress can be harmful and lead to chronic disease. Our trained psychologists are ready to teach you ways for coping with stress.

• Behavioral Health Disorders: Just as adults can become physically ill, they might also have behavioral problems. Kettering Health Network offers a range of services including: crisis intervention, acute inpatient care, and outpatient services for problems such as depression, anxiety, and eating disorders. Programs are specific to each person’s needs.

Kettering Behavioral Medicine Center: (937) 534-4600
Kettering Counseling Services: (937) 534-4651
Fort Hamilton: (513) 867-2433
Senior Behavioral Care: (937) 723-4515

Pain Management
Find long-term relief with pain management. All patients are given a complete evaluation before treatment is started. Treatments include medication, therapy, and interventional procedures.

Grandview: (937) 723-3348
Southview: (937) 401-7550
Sycamore: (937) 364-4511

Sleep Well
We all crave it, yet most of us don’t get enough of it. Approximately 30 million people in the U.S. suffer from some sleep related disorder. As women get older the likelihood of developing a sleep disorder increases. Insomnia is more common in women and sleep apnea increases in postmenopausal women. If you have trouble falling asleep, maintaining sleep, or staying awake during the day, a sleep specialist can help. For one of the five Dayton locations call 1-855-400-SLEEP or for Hamilton call (513) 867-6240.

Many women worry about the heart health of their parents and husbands, but few worry about themselves. Heart disease kills more women than the other top 14 leading causes of death combined.

Women Are Different
Heart attack symptoms in women may differ from the symptoms in men. Recognize the signs: discomfort above the waist (brought on by exertion) including back, shoulders, arms, or jaw, nausea, vomiting, shortness of breath, and extreme fatigue. Women are different not only in their symptoms but in their risk factors as well. Women with lupus, rheumatoid arthritis, and those who had pregnancy complications such as pregnancy-induced HTN, history of pre-eclampsia, or gestational diabetes are at greater risk for heart disease. If you think you or someone you know is having a heart attack, do not wait. Call 911 immediately.

Heart Screenings
Fortunately, most heart disease in women is preventable. Take control of your heart health through our Healthy Hearts for Women program. A cardiovascular risk assessment and prevention program could save your life. Call (937) 395-8492 to register.

Heart Scans
Accurate diagnosis is the key to successful heart care. In order for your doctors to determine if there are any problems, they must be able to see exactly how your heart is working.
Women need real moments of solitude and self-reflection to balance out how much of ourselves we give away.

Remember the old adage, “It’s the little things that count”? Well, it’s the same with everyday living. Small changes in diet, lifestyle, and nutrition can have a major impact on overall health.

Sports and Fitness
At Kettering Health Network’s sports medicine facilities, you will find a variety of services to fit most any need. Whether you’re a senior recovering from a fall or a child trying to make the swim team, we can help. Programs include sports injury clinics, sports enhancement programs, physical therapy, and fitness education.

Dayton Sports Medicine
(937) 401-6400

Fort Hamilton Sports Medicine
(513) 867-4165

Kettering Sports Medicine
(937) 395-3900

Weight Loss Solutions
Weight loss decisions can be difficult for anyone. We offer several solutions for weight loss to meet your specific needs.

- Non-surgical Weight Loss Plans
  - Medical weight loss management
  - LEARN program for weight management*
  - Nutrition counseling
  - Exercise groups
  - Meal-replacement

- Weight Loss Surgery
  - Gastric Bypass
  - Gastric Sleeve
  - Laparoscopic Adjustable Gastric Banding
  - Bili-Pancreatic Diversion Duodenal Switch

Call (937) 433-5957 to attend a free seminar.

*Call (937) 384-6959 for the LEARN program.

Diabetes Education and Management
Diabetes patients can improve their quality of life through education and proper management. Our diabetes centers offer several classes and counseling programs. Nurses and dietitians work together to provide complete diabetes education at your convenience.

Joslin at Southview: (937) 401-7575

Kettering Medical Center: (937) 395-8472

Greene Memorial: (937) 352-2695

Nutrition Counseling
Nutrition counseling with a registered dietitian is available for:

- Cancer
- Celiac disease
- Prediabetes
- Gastrointestinal disease
- Heart health and lipid disorders
- Kidney disease
- Weight management

Various other nutrition concerns may be addressed with a physician’s referral. These services may be covered by insurance under a Medical Nutrition Therapy benefit.

5 Tips for Healthy Eating
1. Fill half the plate with fruits and vegetables
2. Be aware of beverages that add calories
3. Nuts are healthy, but check the calories
4. To separate facts from fads, ask a registered dietitian
5. Check out www.choosemyplate.gov

Tips prepared by: Nancy Kunkel, RD, LD, CDE
Tamara Johnson, MEd, RD, LD, CDE

For directory assistance with all of Kettering Health Network’s services call

855-KforLIFE
(536-7543)
ketteringhealth.org
When you hear the word cancer, Call Kettering First
1(855) 500-CURE (2873)

More than 1.6 million new cancers will be diagnosed in the U.S. this year. You can reduce your risk for developing some cancers by making positive choices such as eating a healthy diet, exercising, and avoiding cigarette smoke.

Reducing Your Risk for Cancer
In addition to life style choices, early detection increases the successful treatment of cancer. Having regular checkups and receiving the recommended screening tests helps to find cancers early. Kettering Health Network provides many screening services including mammography and other breast imaging, lung CT scan, colonoscopy, skin screening exam, PAP smear, and pelvic exams.

Cancer Diagnostics
Kettering Health Network offers advanced diagnostic tests for cancer, including advanced tests such as computer-assisted and digital mammography, breast MRI, virtual colonoscopy, spiral lung CT scans, PET scan, and more.

PET Scan
A Positron Emission Tomography (PET) scan is a type of imaging test that helps doctors see how your organs and tissues are actually functioning. The 3D images it produces reveal vital functions such as sugar metabolism and blood flow. PET is used primarily to detect cancer and heart disease. For more information, call PET scheduling (937) 395-8588 (a physician order is required for this test).

Cancer Treatment
Kettering Health Network cancer treatments include clinical trials through our Innovation Center and access to National Cancer Institute studies, chemotherapy, biotherapy, targeted and hormone therapies, Bexxar® & Zevalin® radio-immunotherapy, da Vinci robotic surgery, radiofrequency ablation, and the latest in radiation therapy including Gamma Knife Perfexion®, stereotactic body radiotherapy (SBRT), and brachytherapy.

At Kettering Health Network, our radiation therapies are among the most advanced, precise therapies available. Brachytherapy or internal radiation therapy, is used in a variety of cancers. For women with breast cancer who have had a lumpectomy, brachytherapy can deliver targeted radiation therapy in only 5 days.

For people who experience a brain tumor, Gamma Knife Perfexion® is the most precise radiosurgery available. Gamma Knife Perfexion® targets and destroys cancer in the brain with pinpoint accuracy in only one session, without harming the healthy tissue around it. For more information call (937) 395-8488 or visit WKNI.org

Lymphedema
Lymphedema is a specific type of swelling due to interruption of lymphatic flow in an extremity or other parts of the body, that occasionally occurs from effects of cancer and cancer therapies. Kettering Health Network has certified lymphedema therapists to help manage this effect.

Cancer Support Groups
Kettering Health Network provides many cancer support groups and classes to assist you and your family throughout the cancer experience. Our groups provide education, as well as support and resources, so you are informed and empowered to fully participate in decisions about your cancer treatment.

Visit KetteringCancerCare.org

“I think the key is for women to not set any limits.”
-Martina Navratilova
Gastrointestinal diseases are a growing problem for women. Women are twice as likely to suffer from symptoms such as indigestion, nausea, and heartburn.

Digestive Disorders

We offer digestive health services, using a range of technologies to diagnose and treat digestive disorders in combination with the most effective therapies and education.

Colon Health

All people age 40+, and those with a family history of colon polyps or cancers should talk with their doctor about cancer screenings. The two most thorough types of colon screening tests are the standard colonoscopy and Kettering Health Network’s new virtual CT colonography. You and your doctor should discuss the options available for your healthcare needs.

Colorectal cancer annually strikes about 140,000 people and causes 60,000 deaths, but is potentially curable if detected in its early stages. More than 90% of patients are ages 40+, at which point the risk of contracting the disease doubles every ten years.

Osteoporosis

Many women who are postmenopausal are at risk for osteoporosis. As women age and produce less estrogen, some lose significant amounts of bone density. The result is the risk of potential bone fractures and other debilitating side effects. Early detection is the best way to protect your bone health.

Bone Density Scans

Bone density scans or DEXA scans are used to determine bone density for osteoporosis. The result is compared with normal bone mineral densities (BMD) of young adults, your sex, and race. The 20-minute exam is simple, safe, noninvasive, and painless. The information will help your doctor determine what steps you need to take to protect your bone health.

Dayton: (937) 384-4510
Hamilton: (513) 867-2382

Osteoporosis is a disease that affects one in three women and one in eight men, and it is potentially curable if detected in its early stages.

Joint Replacement

If you have significant pain every day that limits your normal activities, then you are ready for joint replacement or joint resurfacing. This decision is made by the patient, primary care physician, and orthopedic surgeon. Our goal is to return you to your normal lifestyle without pain.

Kettering Joint Center: (937) 395-8571
Grandview Bone & Joint Center: (937) 723-3200
Sycamore Joint & Spine Program: (937) 384-3827
Fort Hamilton: (937) 867-2382

Spine Health

Deciding on therapy or surgery? It’s a big decision and a critical one affecting long-term quality of life. The good news is that most back pain is a result of muscle strain and will never require surgery. However, for patients experiencing severe pain lasting longer than three months or those who have pain in their arms and legs, the problem may be more serious. Spine surgery requires precision. That is why the surgical spine team at Kettering Health Network uses the latest diagnostics and the most advanced surgical techniques to treat patients with back pain. A personalized plan is developed to fit every patient’s needs and ensure the best surgical outcome.

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Hamilton: (513) 867-2382

For directory assistance with all of Kettering Health Network’s services call 855-K for LIFE (536-7543) ketteringhealth.org
Insurance and Billing
Kettering Health Network Bill Pay allows you to pay your Kettering Health Network hospital bill online with a credit card or checking account. Please visit our website at ketteringhealth.org/payconnexion for information about billing and financial assistance, or call (937) 384-8788 during office hours 8:00 a.m. to 4:30 p.m. Monday – Friday.

Visitor Information
When you or a family member needs to visit us, we try to do everything we can to make the procedure and hospital stay as convenient and stress-free as possible.

Visit our website at ketteringhealth.org to “Find-a-Physician.” You will be able to view the listing of specialties and limit your search to doctors closest to you.

Spiritual Care
Hospital visits can be a time of stress, anxiety, grief and fear. Kettering Health Network’s mission is to extend compassion and demonstrate the healing love of God to all our patients and their loved ones. Our spiritual care staff offers a wide range of religious knowledge. (937) 395-8640

Finding the Right Doctor
We can help you! Just go to our website ketteringhealth.org to “Find-a-Physician.” You will be able to view the listing of specialties and limit your search to doctors closest to you.
Kettering Medical Center
3535 Southern Boulevard
Kettering, OH 45429
(937) 298-4331

Grandview Medical Center
405 W. Grand Avenue
Dayton, OH 45405
(937) 723-3200

Sycamore Medical Center
4000 Miamisburg-Centerville Road
Miamisburg, OH 45342
(937) 866-0551

Southview Medical Center
1997 Miamisburg-Centerville Road
Dayton, OH 45459
(937) 401-6000

Soin Medical Center
3535 Pentagon Boulevard
Beavercreek, OH 45431
(937) 702-4000

Greene Memorial Hospital
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