



Quarterly Newsletter

M e d i c a l & S u r g i c a l A s s o c i a t e s , I N C .

Please tell us about your visit! We have a survey tablet located in each lobby. The surveys are 10 questions asking about your visit. **Your feedback is needed!** You can also find this survey on our website. Please take a moment at the end of your visit and tell us how we are doing!

Reminder: Our Office is open on Saturdays until noon for your convenience!

We are always looking to add new members to our Patient Family Advisory Council! We hold quarterly meetings where you bring your ideas, suggestions, and input then **YOU** help us implement and make a difference in **YOUR** practice! We currently need patients in the 18-50 age range to help us balance our already existing council. If your interested, you can notify the check in/out staff, your provider or their staff, or any member of management!

Visit our website @ www.msafamilymedicine.com

Follow us on



@msafamilymedicine

PLEASE REMEMBER: You have to have a visit within a year for us to continue to refill your medications.

Cold and Flu Season

As we approach the fall and winter months, cases of the influenza virus will begin to spike. Be sure you know the symptoms, how to prevent, and how to treat the flu.

Symptoms of the flu include fever, chills, muscle aches, cough and congestion; just to name a few. The flu can often be confused for a common cold, as they share many symptoms. In general, symptoms of the flu are much more intense. Colds are more likely to produce a runny or stuffy nose than the flu. Additionally the flu is more likely to be associated with serious complications when not treated effectively.



One of the most proactive ways to protect yourself against the flu is by getting a flu shot. December 3-8 is national flu shot week. Other proactive measures include washing your hands often with soap and warm water, as well as covering your nose and mouth when you sneeze or cough.



Honoring Our Veterans

Veterans Day is November 11!

We would like to highlight 3 of our veteran staff members.

- Brenda Ames, CNP CDE– A retired Air Force Colonel; her 26 year service included 3 years as a Navy Corpsman, then 23 years in Air Force Nurse Corps. Her deployments include Operation Desert Storm, Iraq War, and Operation Enduring Freedom.
- Nikia Janik— An army veteran with 11 years of service. She was a combat medic whose duties included training new medics in OB/GYN and pediatrics. Some of her medical missions were in Africa, Russia, and the Caribbean. She received the ARCOM and marksman awards
- Dillon Hall– serves in the U.S. Army military police



Health News

From the desk of Brenda Ames, CNP CDE



September is national cholesterol awareness month

Do you know what your numbers are?

- Total cholesterol should be less than 200
- Triglycerides should be less than 150
- LDL should be less than 130
- HDL should be greater than 40

What are you doing to improve your numbers?

You can help improve cholesterol levels through what you eat. Eat foods high in Omega-3 fatty acids and low in saturated and trans fats. Foods that improve cholesterol include:

- Raw vegetables
- Fresh fruits
- Oats
- Beans
- Fish



October is breast cancer awareness month



THINK PINK
October is
Breast Cancer
Awareness Month!

SUPPORT
THE
FIGHT!

Did you get your mammogram?

One of the best ways to prevent the risk of breast cancer is through healthy lifestyle habits. This includes eating well, exercising, and limiting alcohol intake. Self-checking your breasts is one of the best ways to detect breast cancer early on. It is suggested to have a mammograms done every 2 years past age 40.

FACT CHECK: Men are not affected by breast cancer. This is a MYTH! While only a small percentage of breast cancer diagnosis are men, men should still be aware of the risk associated with breast cancer. If you find a breast lump, it is always best to check!

November is national diabetes awareness month



One in every 10 Americans have diabetes—that’s more than 30 million people! Another 84 million adults in the United States are at high risk of developing type 2 diabetes.

To raise awareness about healthy living, Medical & Surgical Associates is participating in American Diabetes Month. Locally, 1 in 4 live with or are at risk of diabetes.

Depending on your age, weight, and other factors, you may be at higher risk of developing type 2 diabetes. The good news is that making healthy changes can greatly lower your risk. To help prevent type 2 diabetes: watch your weight, eat healthy, and get enough physical activity. Keeping carbs below 50 mg per meal and exercising 30-40 minutes per day are good goals to have.

Here at Medical & Surgical associates, we check A1C levels for diabetics every 3 months, and do preventative testing during our annual wellness visits or if you have other risk factors. CNP Brenda Ames offers diabetes education to all who need it.

DIABETES KNOW THE SYMPTOMS



December 3-8 is national flu shot week

Patient Accountability

What is patient accountability?

Patient accountability is being in charge of your health! Just as the physician has a responsibility to take care of their patients, the patient also has a responsibility to take care of their health.

Traditionally, the American healthcare system has focused on healing the sick, rather than maintaining the well. This form of reactive care is much less effective than proactive care measures. Patient accountability is about

informing you, the patient, on how to be proactive in your healthcare so we can focus on keeping you healthy, rather than only treating you when you're sick.

Here at MSA we have committed to providing you with the necessary tools to take your healthcare into your own hands. Some of the tools we offer include:

- A resource station in both of our lobbies
- Educational classes
- One-on-one discussion with physicians during appointments
- Informational blog entries on Instagram—
@msafamilymedicine

Preventable chronic conditions are responsible for **7 out of every 10** deaths and **more than 75%** of **healthcare costs** in the United States. Prioritizing overall wellness and preventative care is crucial to improving Americans' quality of life and reigning in skyrocketing healthcare costs.

Communicating with your physician includes aspects of your life such as changes in health status or symptoms, lack of food or housing, and asking to review medicine you may not be able to afford. **Routinely scheduling an annual wellness visit helps ensure your physician always has a current picture of your overall health.**

You can help

achieve health goals and be responsible for outcomes by:

- Following treatment regimes provided by your physician. This includes taking prescribed medication as ordered, going to specialist appointments, having labs and testing done as needed.
- Communicating with your physician about health situations
- Scheduling a visit with your doctor

before you visit the ER or hospital.



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