



## 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](http://www.msafamilymedicine.com)

Follow us on



@msafamilymedicine

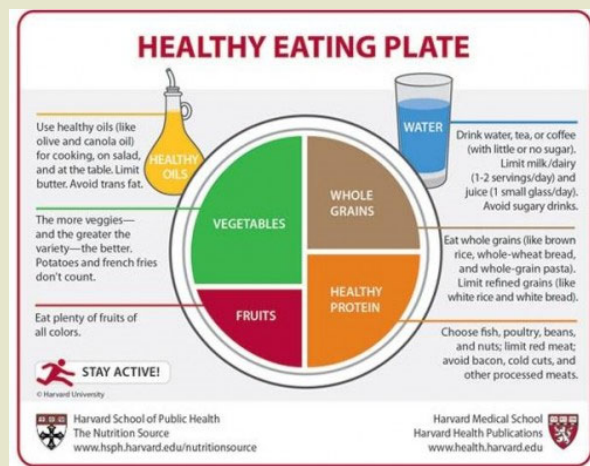
**PLEASE REMEMBER: You have to have a visit within a year for us to continue to refill your medications.**

## New Years Health Goals

Coming out of the holiday season and into the New Year, many people set goals to lose weight, or become healthier. While these are good goals, they don't have any actionable steps behind them. This year we want to encourage you, instead of setting resolutions this New Year, try to set new habits.

The habits necessary to lose weight or become healthier are very similar and revolve a lot around diet and lifestyle. Instead of bouncing around between fad diets, establish a healthy eating plan and exercise routine you can stick with.

Staying away from packaged foods and cooking food from home is one of the best ways to control what you're eating on a daily basis. A quick tip to remember when creating yourself or your family a meal at home, focus on filling the plate with many different colors.



## ★ Staff Spotlight ★

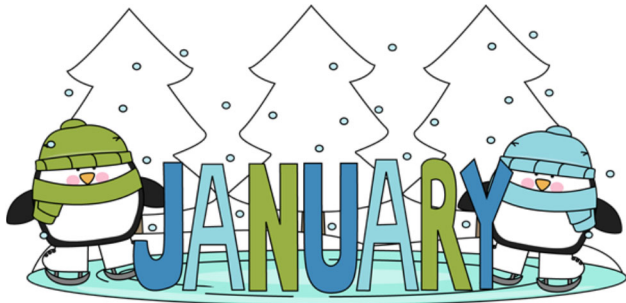
Coming into the new year our staff is doing a transformation challenge. We are challenging ourselves to set new healthy lifelong habits. Our own PA Courtney Garvin will be posting weekly workouts and tips for our staff to reach their healthiest self. We will be monitoring our progress weekly. You can follow along with our progress on our Instagram; and consider joining us in challenging yourself to become more healthy in the new year.



Click to view Newsletter

# Health News

From the desk of Brenda Ames, CNP CDE



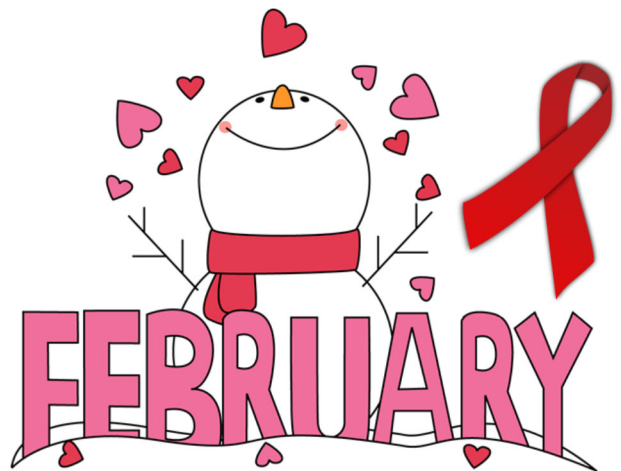
## Cervical Cancer Awareness

Everyone aged 21-65 should be screened though pap smears for cervical cancer. Screening and early detection is the best way to prevent cervical cancer. Schedule yours today if you have not had one! Your provider can help you determine how often you should get one done based on personal history.

**Did You Know?:** Cervical cancer is preventable through vaccine. If you have young children you can talk to your provider about vaccines.

## Heart Awareness Month

Heart Disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. While family history may put you at a higher risk, you can still prevent this deadly disease.



## Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
<b>NORMAL</b>	<b>LESS THAN 120</b>	<b>and</b>	<b>LESS THAN 80</b>
<b>ELEVATED</b>	<b>120 – 129</b>	<b>and</b>	<b>LESS THAN 80</b>
<b>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1</b>	<b>130 – 139</b>	<b>or</b>	<b>80 – 89</b>
<b>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2</b>	<b>140 OR HIGHER</b>	<b>or</b>	<b>90 OR HIGHER</b>
<b>HYPERTENSIVE CRISIS (consult your doctor immediately)</b>	<b>HIGHER THAN 180</b>	<b>and/or</b>	<b>HIGHER THAN 120</b>

Many times this disease can go unnoticed for years, and is often called the silent killer. The top three risk factors for heart disease are High blood pressure, high cholesterol, and smoking.

Eating heart healthy means eating more plant food and less red meat.



## Colorectal Cancer Awareness Month

Have You had your screening? Beginning at age 50, you should begin colon cancer screening including colonoscopies. Depending on family history or your doctor's suggestion, it may be beneficial for you to start colon cancer screening earlier than age 50.

Signs and symptoms of colon cancer include rectal bleeding, persistent abdominal discomfort, unexplained weight loss, or a change in your bowel habits.



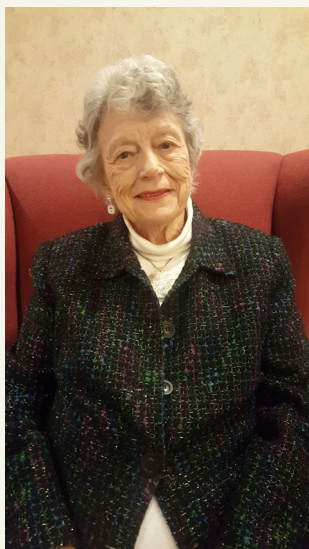
Colorectal Cancer is the 2nd leading cancer killer. There are lifestyle changes you can make to prevent this disease.

As with all disease, a healthy diet is one of the best prevention methods. This means you should shoot for 5 servings of fruits/ vegetables a day, as well as a focus on whole grains.

The gut is estimated to house about 70% of the immune system. Studies have suggested processed meats like bacon and hot dogs have chemicals that leak into the gut and increase cancer risk. To promote a healthy gut biome, make sure you include prebiotics as well as probiotics. Prebiotics like onions and garlic feed the good gut bacteria. Probiotics are generally found in fermented foods like sauerkraut and have live cultures that help your gut break down foods.

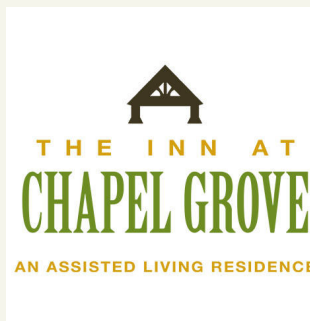
# Nursing Home Spotlight

As your primary care provider, we are here for you in all stages of your life and helping you find the best solutions to your health needs. This month, we would like to put a spotlight on one of our partner nursing homes and detail what they offer and the resident experience.



"I enjoy living at The Inn at Chapel Grove Senior Assisted Living Residence. The other residents are friendly and nice, and the Inn provides excellent and fun activities. I enjoy the food and being able to socialize with my new friends. I especially appreciate the fact that Dr. Campolo, Dr. Donnard, Dr. Petryk, & CNP Loren come here. I appreciate them doing business hours at The Inn at Chapel Grove so that I do not have to leave my home at The Inn."

-Mary Jean Hupp



Located nearby in Heath, Chapel Grove Residents enjoy many amenities including

- Activity Center
- Paved Walking Trail
- Beauty & Barber Salon
- Chapel Services
- Neighborhood Conversation Areas
- Courtyard with Waterfall
- Covered Porches
- Social Areas
- English Pub
- Bird Aviary
- Library/Computer Area
- Private Dining Room
- Security
- Shopping trips
- And much much more

Medical & Surgical Associates  
1930 Tamarack Rd  
Newark, Ohio 43055



Office Hours: Mon-Fri 7:30-5  
Saturday Open until 12

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