



## 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.**

### P a t i e n t   F a m i l y   A d v i s o r y C o u n c i l

Our practice is always looking for ways to improve and we love to hear your feedback. Not only do we offer quick and surveys at our front desk or online, we also offer a more interactive approach to voicing your opinion. 4 times a year, our Patient Family Advisory Council (PFAC) meets to discuss recent changes and how to improve the practice. This provides a time where patients and MSA staff can converse and have fun outside of normal business hours.

Snacks and beverages are always offered at PFAC meetings, and meetings last approximately an hour. One of the awesome suggestions that arose at a PFAC meeting was the idea for a quarterly newsletter! If you have any ideas you would like to share with our practice, give us a call at the office for details on our next meeting date and time. We look forward to seeing you there!



## ★ Staff Spotlight ★

For the past several years MSA has been involved in a program called CPC+, in which we strive to put focus on quality patient care. To continue learning how we can provide better care to our patients, 4 of our employees from our CPC+ team will be travelling to Baltimore for a national conference in May. Here they will listen to stories and ideas from similar family practices across the country. Our staff is travelling this year with the goal of finding a new and exciting idea to work on implementing throughout the year.



# Health News

From the desk of Brenda Ames, CNP CDE

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## National Public Health Week

April 1-7

Monday — Healthy Communities

Tuesday — Violence Prevention

Wednesday — Rural Health

Thursday — Technology and Public Health

Friday — Climate Change

Saturday and Sunday — Global Health

National Public Health Week strives to bring the nation together in talking about public health issues with the goal of ensuring everyone has a long and healthy life. Daily for the first week of April they focus on the core underlying drivers of poor health and disease risk. On their website they discuss the importance of starting a conversation in your community to work towards building a healthier community, and eventually, the healthiest nation.

On April 1st they discuss Healthy communities. National health officials report at least 4 million U.S. households are home to children who are being exposed to high levels of lead, and about 6 million U.S. homes are considered substandard. Exposure to air pollution is linked to serious respiratory conditions such as asthma, and millions of Americans still get their drinking water through lead pipes.

Rates of preventable deaths — such as deaths from heart disease, diabetes and cancer — typically go down in communities where local public health spending goes up. Other research finds that deaths from cardiovascular disease, diabetes and the flu decline significantly in communities that expand their networks in support of population health goals. One way MSA helps create a healthy community is by hosting a flu shot clinic every fall into winter.



## Blood Pressure Awareness Month

High blood pressure is often called the silent killer. You might not have symptoms, but it's a leading risk factor for heart disease and stroke. Monitoring your own blood pressure at home, and having support from your care team can help you keep your blood pressure under control .

### Blood Pressure Categories



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

About 1 of 3 U.S. adults—or about 75 million people—has high blood pressure. More than **360,000** American deaths in 2013 included high blood pressure as a primary or contributing cause. That is almost **1,000 deaths each day**.



JUNE IS MIGRAINE AWARENESS MONTH  
*Help Make Migraines Visible*

Headache disorders are the most prevalent neurological disorders, affecting more than 90% of all Americans. However, the stigma attached to this "unseen pain" means that migraine disease is often misunderstood, or dismissed as just a headache . Part of migraine prevention involves avoiding the sights, smells, situations, and foods that trigger these headaches, further isolating patients from experiences with family, friends, or meaning lost productivity at work. The US annual direct and indirect economic costs of headache disorders exceed \$31 billion and cause more than 1 percent of all disability and 9 percent of all lost labor in the US every year. Migraine disease is the #1 cause of US neurological disability, and #10 cause of all US disability. Even with the prevalence of migraine disease and headache disorders, NIH funding for all research on headache disorders was less than 0.08% of the NIH budget (\$24M) in 2014, amounting to just 50 cents per person living with migraine disease. Migraine disease patients are 85% female. Migraine disease also afflicts veterans disproportionately, and may be a sign of other comorbidities such as post-traumatic stress, depression or anxiety.



Chronic Migraine and Headache  
Awareness

# Assisted Living 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 newsletter, we would like to put a spotlight on one of our partner assisted living providers and detail what they offer and the resident experience.



## Hear from a resident

Hi my name is Betty. I was raised in Newark and I have one brother and one sister. My husband worked on the railroad, and we met at a diner where he would come for lunch. We have 3 girls Lisa, Vikki and Debbi. They have given us 1 granddaughter and 1 great granddaughter. I love to spend time with my family. Living at The Inn at Chapel Grove has been a good choice because it is peace of mind knowing someone is here 24 hours a day. I really appreciate Dr. Campolo's visits and we have a good time joking and laughing together.



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

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