



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.

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 ★

We would like to show our thanks and shine our staff spotlight on our Lab Supervisor Diane. Diane has been part of the MSA family for 11 years, and was promoted to the position of Lab Supervisor in June. She is a little camera shy, but if you've had your bloodwork drawn here in the past 11 years we can almost guarantee you've seen her.



Health News



Skin cancer is the most common cancer in the United States, **but most skin cancers can be prevented!**

Every year—

- ▶ Nearly **5 million** people are treated for all skin cancers at a cost of more than **\$8 billion**.
- ▶ There are about **76,000** new cases of and **9,000** deaths from melanoma, the deadliest form of skin cancer.



UV rays are strongest

- From late morning through mid-afternoon
- Near the equator
- During summer months
- At high altitudes

Use a Layered Approach for Sun Protection.



Seek shade, especially during midday hours.



Wear a hat, sunglasses, and protective clothing to shield skin.



Use broad spectrum sunscreen with at least SPF 15 to protect exposed skin.



Sunscreen works best when used with shade or clothes, and it must be re-applied every 2 hours and after swimming, sweating, or toweling off.



Immunization Awareness Month

August is a month we associate with children returning to school and receiving all their necessary vaccinations. Adults also need to be aware of their needed vaccinations as well. Below is a chart where you can find the recommended vaccinations for your age.



Table 1 Recommended Adult Immunization Schedule by Age Group
United States, 2019

Vaccine	19–21 years	22–26 years	27–49 years	50–64 years	≥65 years
Influenza inactivated (IIV) or Influenza recombinant (RIV) or Influenza live attenuated (LAIV)	1 dose annually or 1 dose annually				
Tetanus, diphtheria, pertussis (Tdap or Td)	1 dose Tdap, then Td booster every 10 yrs				
Measles, mumps, rubella (MMR)	1 or 2 doses depending on indication (if born in 1957 or later)				
Varicella (VAR)	2 doses (if born in 1980 or later)				
Zoster recombinant (RZV) (preferred) or Zoster live (ZVL)				2 doses or 1 dose	
Human papillomavirus (HPV) Female	2 or 3 doses depending on age at initial vaccination				
Human papillomavirus (HPV) Male	2 or 3 doses depending on age at initial vaccination				
Pneumococcal conjugate (PCV13)					1 dose
Pneumococcal polysaccharide (PPSV23)	1 or 2 doses depending on indication				1 dose
Hepatitis A (HepA)	2 or 3 doses depending on vaccine				
Hepatitis B (HepB)	2 or 3 doses depending on vaccine				
Meningococcal A, C, W, Y (MenACWY)	1 or 2 doses depending on indication, then booster every 5 yrs if risk remains				
Meningococcal B (MenB)	2 or 3 doses depending on vaccine and indication				
Haemophilus influenzae type b (Hib)	1 or 3 doses depending on indication				

Recommended vaccination for adults who meet age requirement, lack documentation of vaccination, or lack evidence of past infection

Recommended vaccination for adults with an additional risk factor or another indication

No recommendation



September is fruits and veggies month. With farmer's markets bursting with fresh produce, it is a good month to shop local and support a farmer. An easy way to include more produce into your diet is to have a side of steamed vegetables with dinner, and a serving of fruit for dessert or a snack. The Newark farmer's market is open Tuesdays and Fridays from 4-7 through fall at the downtown Newark canal market district.

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.

Importance of a good meal



When you visit our community for the first time, you will walk away with a different view on senior living dining. Residents in assisted living communities look forward to great food shared over good conversation every day at mealtime. At The Inn at Chapel Grove we take great care in preparing our weekly menus. Residents have a variety of menu choices for each meal, as well as the ability to make substitutions. Alternate dishes are always available. We serve breakfast from 7:30 am-9:00 am. Lunch

from 11:30 am-1:00 pm and dinner is served from 4:30 pm to 6:00 pm. Our menus are a long way from the bland and boring stereotypes many people have. Senior living dining trends now rival dining at a nice restaurant. We encourage you to call us and bring a friend for lunch. Guests are also welcome to utilize our numerous common areas for special events. Just call 740-522-HOME, and ask for Julie!



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