



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.

Patient Family Advisory Council

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 ★

October is American Pharmacists Month. This October and into fall we would like to spotlight our pharmacist Jarrod. He has been part of the MSA family for a year, and is an invaluable resource to our doctors. He

reviews medications for our high-risk patients and provides recommendations and looks for ways to improve the patients quality of life through their medications. With Jarrod's help we have also recently implemented a sick-day program for COPD patients who are go to the hospital often due to complications from COPD.



Health News



October



October, most commonly known for breast cancer awareness, is also healthy lung month. Lung disease affects a staggering number of Americans. About 25 million people live with asthma, about 10 million adults are diagnosed with chronic bronchitis each year, and about 4.7 million others have ever been diagnosed with emphysema.

Chronic bronchitis and emphysema constitute the diseases that make up Chronic Obstructive Pulmonary Disorder (COPD). Occupational lung diseases, which include asbestosis and mesothelioma, also affect many Americans. COPD, typically caused by long-term exposure to lung irritants that damage the lungs and airways, is attributed to occupational exposure about 19.2% of the time.

Cigarette smoking is the major cause of lung cancer and COPD which includes chronic bronchitis and emphysema. Cigarette smoke can narrow the air passages and make breathing more difficult. It causes chronic inflammation, or swelling in the lung, which can lead to chronic bronchitis. Over time cigarette smoke destroys lung tissue and may trigger changes that grow into cancer. If you smoke, it's never too late to benefit from quitting.

Lung irritants can even be lurking in your home in the form of mold, lead, and cleaning agent vapors, among many others. Ways to combat these indoor air pollutants include using a HEPA filter on your vacuum, having indoor plants to help purify the air, and using fragrance free cleaning products, laundry detergents, and air fresheners.

 <p>Approximately 1.5 billion people are breathing dangerously high levels of pollution every day.</p>	 <p>Practicing deep breathing exercises, staying hydrated, and regular exercising can help keep lungs healthy.</p>	 <p>Mesothelioma is an aggressive cancer that most commonly attacks the lining of the lungs.</p>	 <p>Mesothelioma is caused by exposure to asbestos, a carcinogen used in many consumer and construction products that is not yet banned in the U.S. and Canada.</p>
 <p>Smoking not only harms the lungs, it affects nearly every organ of the body and a person's overall health.</p>	 <p>Respiratory illnesses such as lung cancer, asthma and COPD can be genetic. If your family has a history of any of these conditions, monitor symptoms carefully.</p>	 <p>Exposure to asbestos can also cause asbestosis, a disease that causes shortness of breath, coughing and scarring of the lungs.</p>	 <p>Cigarette smokers who are exposed to asbestos are about 50 to 84 times more likely to develop asbestos related diseases.</p>

Diabetic eye Disease Month

Diabetic eye disease includes diabetic retinopathy and diabetic macular edema. Diabetic retinopathy occurs when small blood vessels leak and bleed in the retina and is a leading cause of blindness in American adults. It affects over one in four of those living with diabetes, while 4% have severe cases of retinopathy. Diabetic macular edema is a swelling that can occur with retinopathy, causing blurry vision. Diabetes can also be a risk factor in developing glaucoma or cataracts.



You can reduce your risk of developing diabetic retinopathy, or help stop it getting worse, by keeping your blood sugar levels, blood pressure and cholesterol levels under control. Additionally, here at MSA we can help monitor your eyes for signs of diabetic retinopathy. We use a machine called RetinaVue to take pictures of your eyes and then assess them for signs of diabetic retinopathy.



National Handwashing Awareness Week

December 1-7

1. Do it right

Experts recommend washing your hands with soap and clean water for at least 20 seconds. Be sure to get a good lather going and clean the back of the hands, between the fingers and under the nails. Dry them using a clean towel. There is a lot of science behind these recommendations, so be sure to follow them each time you wash your hands.

2. Memorize the 5 steps

The Centers for Disease Control and Prevention calls hand washing "a do-it-yourself vaccine" and suggests remembering five easy steps: Wet, lather, scrub, rinse, dry

3. Learn the 4 principles of hand awareness

Endorsed by the American Medical Association and American Academy of Family Physicians, the four principles are: 1) Wash your hands when they are dirty and before eating; 2) Do not cough into hands; 3) Do not sneeze into hands; and 4) Don't put your fingers in your eyes, nose or mouth.



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.



Bella Care Hospice is proud to serve the residents of Licking County. We are locally owned and operated right here in Ohio, with 5 locations covering most counties. Bella Care Hospice has been in business for 10 years - and we are so proud of what we do every day. Licking County has a very special place in the Bella Care Family. Not only do we serve patients and families here, but many of our own special staff live right here in Licking County. We are led by an amazing team of Physicians, all who have dedicated themselves to providing care here, while also leading our Hospice in ways that are unable to be documented in such a

small space! We respect and value our physicians and know that they have a great deal to share with our team every day.

Bella Care Hospice currently holds the prestigious title of "Deficiency Free" from the Ohio Department of Health. Bella Care consistently puts patients and families first, and strives to be the best in each community that we serve. We know and understand that everyone is different- there are different needs, preferences and desires for the care needs of each individual patient. Hospice services are for those who are facing a life-limiting illness and are choosing to not pursue curative care. Hospice is for people who want to let nature take its course- and spend the remainder of their days comfortable. Hospice is not a 'place,' but rather a philosophy and a service. Our services can be received anywhere that the patient calls home- whether a residential home, long term care facility, or assisted living. Our team is led by a physician and also composed of a Registered Nurse, Nursing Assistant, Social Worker, Chaplain and Volunteer. These members of our team are valuable in order to be able to provide the holistic approach which the foundation of Hospice was built upon. Hospice is also responsible for medications, medical equipment and supplies all which are related to the illness.

We ask that you not be afraid of the word 'hospice,' and if you are considering additional care, to inquire with Bella Care Hospice. We are able to meet with you any time, with zero obligation, ever. We believe that knowledge is power and are happy to share with you the tremendous benefits of Hospice care. Bella Care exists...Because Every Life is Beautiful....and deserves a beautiful ending as well.

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Saturday open until 12

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