

ADENA HEALTH

# FOCUS

Volume 1 Issue 2

**Shorter wait times and  
more efficient care**

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**Your local partner for  
quality OB/GYN care**

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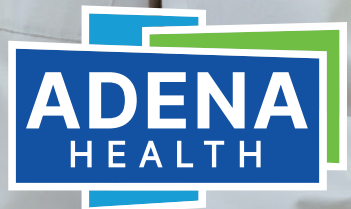
**Preventative screenings  
now, better health later**

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**Test your emergency  
department, urgent  
care knowledge**

**Finding a primary care provider**

John Gabis MD  
Pickaway Ross  
Family Physicians





## Men's health checklist

Common Check-Ups and Screenings	Time Frame	19-39	40-49	50+
<b>Physical</b> - Thorough check of overall health and well-being.	Every Year	✓	✓	✓
<b>Blood Pressure</b> - High blood pressure has no symptoms, but can cause damage to organs.	Every Year	✓	✓	✓
<b>Blood &amp; Urine Tests</b> - Screen for cholesterol, diabetes, kidney, and thyroid problems.	Every 3 Years	✓		
	Every 2 Years		✓	
	Every Year			✓
<b>EKG</b> - Checks heart rhythm	Baseline age 30	✓		
	Every 4 Years		✓	
	Every 3 Years			✓
<b>Dental Exams</b>	Every 6 Months	✓	✓	✓
<b>Hearing and Vision Exams</b>	Every Year	✓	✓	✓
<b>Bone Health</b> - Bone mineral density test should be obtained at least once to check for bone loss.	Baseline age 70			✓
<b>Sexually Transmitted Diseases (STDs)</b>	Discuss with your Adena Provider	✓	✓	✓
<b>Oral Health &amp; Cancer</b> - Mouth and throat exam	Every Year	✓	✓	✓
<b>Self Exams:</b> Testicular, breast, and skin	Every Month Discuss findings with your Adena Provider	✓	✓	✓
<b>Colon &amp; Rectal Health &amp; Cancer</b> - Screening colonoscopy exam to prevent cancer.	Beginning at age 45. Every 10 years based on results		✓	✓
<b>Lung Health &amp; Cancer</b> - Chest CT	For current or former smoker between ages 50-80			✓

\* Speak with your primary care doctor about which screenings are right for you.

# Preventative screenings now, better health later



Take a brief moment out of your busy day and look at the calendar. Now, see if you can accurately place on that calendar the last time you had a wellness visit or preventative health screening.

If you can do it, great, you're on the right track to maintaining your best health. If you can't, now's the time to change that.

When it comes to serious health conditions, the calendar can either be your friend or foe. That's because preventative health screenings are all about one thing – time. Catching a problem in its earlier stages provides more opportunity for your physician or a specialist to attack the problem, enhancing the likelihood for a positive outcome that can potentially save your life.

When you purchase a car, its manual provides a framework for when to change the oil, how often to check and replace the transmission fluid, and how frequently to swap the air filter. Your body, like any other machine that needs regular maintenance to perform at the peak of its ability, is no different.

Your first step toward reaching that peak is checking with your family physician to determine which screenings are appropriate now, based on your personal health circumstances and age.

Regardless of whether you're a man or woman, any plan should include an annual physical and blood pressure check. The physical provides an opportunity to discuss with your physician how you're feeling and to share anything that seems unusual, which can help your provider determine whether to order additional screening or testing to discover potential serious concerns early. The blood pressure check is important because high blood pressure has no symptoms, but can cause damage to organs over time. It can be controlled with medication, however.

Other screenings, such as those in the realm of dental health, hearing and vision, cholesterol, and bone health, are universal across both genders, but some are geared toward a specific gender. For example, Adena Women's Health OB/GYN offers comprehensive care for women through every stage of life.

While check-ups, screenings, and treatments may differ based on each person's health status and risk factors, your primary care provider can help guide you through your screening journey. Find where you fall on the men's or women's health check-up checklist accompanying this story to provide you with gender-specific timelines for a variety of screenings impacting bone health, reproductive health, and cancer prevention.

**Adena's expert and compassionate primary care providers are here to partner with you on the path to better health. Schedule a visit today. Call 740-779-FIND (3463) or visit [Adena.org](http://Adena.org)**



## Women's health checklist

Common Check-Ups and Screenings	Time Frame	19-39	40-49	50+
<b>Physical</b> - Thorough check of overall health and well-being.	Every Year	✓	✓	✓
<b>Blood Pressure</b> - High blood pressure has no symptoms but can cause damage to organs.	Every Year	✓	✓	✓
<b>Blood &amp; Urine Tests</b>	Every 3 Years	✓		
	Every 2 Years		✓	
	Every Year			✓
<b>EKG</b> - Checks heart rhythm	Baseline age 30	✓		
	Every 4 Years		✓	
	Every 3 Years			✓
<b>Dental Exams</b>	Every 6 Months	✓	✓	✓
<b>Hearing and Vision Exams</b>	Every Year	✓	✓	✓
<b>Bone Health - Osteoporosis screening</b>	For age 65+			✓
<b>Sexually Transmitted Diseases (STDs)</b>	Discuss with your Adena Provider	✓	✓	✓
<b>Oral Health &amp; Cancer</b> - Mouth and throat exam	Every Year	✓	✓	✓
<b>Self Exams:</b> Breast and skin	Every Month Discuss findings with your Adena Provider	✓	✓	✓
<b>Breast Health &amp; Cancer Screening</b> - Clinical breast exam by a provider	Every Year	✓	✓	✓
<b>Screening Mamogram</b>			✓	✓
<b>Reproductive Health &amp; Cervical Cancer</b> - Gynecological pelvic exam and pap smear	Beginning at age 21 Every 1-3 years after 3 normal tests	✓	✓	✓
<b>Colon &amp; Rectal Health &amp; Cancer</b> - Screening colonoscopy exam to prevent cancer.	Beginning at age 45. Every 10 Years based on results		✓	✓
<b>Lung Health &amp; Cancer</b> - Chest CT	For current or former smoker between ages 50-80			✓

\* Speak with your primary care doctor about which screenings are right for you.



# Finding a primary care provider is key to your well-being



If you don't already have a primary care provider, finding one can be one of the more significant health and well-being decisions that you can make.

Primary care providers are trained in all areas of medicine, meaning that they can provide care throughout all stages of life regardless of age or gender. They also can help you make the best decisions for your health based on your personal history—a result of the long-term, caring and trusting relationship they can build with you and your family. Primary care providers also provide for whole-person health addressing the physical, mental, and emotional aspects of how you feel.

The primary care physicians and nurse practitioners in the Adena Health family are experts in preventative care and can provide and help you navigate through such things as:

- Basic screenings, tests, and vaccines
- Bone and joint care
- Care for chronic conditions such as diabetes, asthma, and heart disease
- Ear, nose, and throat care
- Emergency medical care
- Eye care
- Mental and behavioral health care
- Minor surgical procedures
- Referrals to specialists if you need for help with a specific issue
- Well-woman care and family planning

## Launching your search

The search for a primary care provider doesn't have to be difficult. Talking to people you know and trust about who they see, checking with your health insurance company to search for physicians and advanced practice providers on your plan and in

your area, and researching your top picks through trusted sources online and by calling their office can all lead to the best choice for your needs.

So what exactly are you looking for?

For the best possible care, look for someone who treats you with respect, explains things in ways you can understand, listens to your opinion and concerns, and encourages questions. Once you've found your top option, find out if the provider is accepting new patients and has evening or weekend appointments available, the average time to get an appointment, their appointment cancellation policy, and who in the practice will see you if your provider is not available.

## Advantages to having a primary care provider

There are plenty of advantages to having a primary care provider, such as **improved appointment** access. As an established patient with a primary care provider, you may even be able to schedule same-day care with your doctor should a need arise.

There's also a comfort factor that comes with **building a relationship** with a provider over time, making it easier to talk about more sensitive subjects involving your health.

Having a regular primary care provider brings a **cost savings** as well, reducing the need to visit an urgent care or the emergency room whenever you experience an issue.

## Making the decision

Ultimately, the choice of who to trust with your health care comes down to the best fit for you. If you don't feel totally comfortable with your initial choice, you are not locked into that provider. You have the opportunity to continue looking for someone you are going to mesh with and who will act as an advocate for your health.

**If you need a primary care provider or are looking for a new one, Adena Health can help.**

**Call 740-779-FIND (3463) or visit [Adena.org](https://Adena.org) and click on Find a Provider at the top of the website.**

## Your local partner for quality OB/GYN care

Adena Women's Health delivers comprehensive, nationally-recognized services that are close to where you live and work.

With locations in Chillicothe, Circleville, Greenfield, Hillsboro, Jackson, Washington Court House, as well as Waverly and partnerships with The Ohio State University Wexner Medical Center and Nationwide Children's Hospital, the team of experienced physicians, advanced practice providers, and midwives make it easy for you to be proactive about your health.

Visit [Adena.org/womens](https://Adena.org/womens)



# Test your emergency department, urgent care knowledge



When most of us hear the terms emergency department and urgent care, we think they basically serve the same function. There are, however, distinct differences between the two that you should be aware of, should you need treatment outside of your family physician.

Take the following quiz to see how well-versed you are on where to go when you need help.

1. It's 3:00 a.m., you're suffering significant abdominal pain, and you can't wait any longer to receive care. Do you go to the emergency room or an urgent care?

**Answer:** The emergency department is open around the clock, 365 days a year, while urgent care locations have specific hours of operation. Therefore, for those ailments during the overnight hours that are too serious to wait, the emergency department is the appropriate choice.

2. You have an ear infection and the pain is becoming too unbearable to wait for treatment. Do you go to the emergency room or an urgent care?

**Answer:** The emergency department is structured to handle more severe medical conditions, such as trauma, difficulty breathing, chest or abdominal pain, stroke, head injuries, eye injuries, high blood sugar or blood pressure with headaches or dizziness, potentially fatal illnesses, such as pneumonia, and shortness of breath in children. Urgent cares are designed to address lower severity health concerns, such as lesser injuries, ear and sinus infections, colds, sprains and strains, rashes, minor abdominal pain, urinary tract infections, pregnancy testing, and mild headaches and lacerations. In this case, urgent care is the right choice.

3. True or false? The level of care you will receive at an urgent care is not as good as what you will receive in the emergency department.

**Answer: False.** Both are staffed with experienced licensed physicians, other health care providers and staff to ensure that you will receive the best possible care at either type of facility.

4. Is there cost difference between a visit to an urgent care compared to the emergency department?

**Answer: Yes, for several reasons.** Private insurance co-payments are generally less for an urgent care visit versus a visit to the emergency department. In addition, because of the severity of conditions seen in the emergency department and the equipment and testing necessary to treat them, overall cost tends to be higher than for services provided in an urgent care.

5. Are the emergency department or urgent cares my only options for treatment?

**Answer:** That depends on your circumstances. Evaluate how you are feeling and determine if treatment can wait until you can contact your family physician for an appointment, for instance, if you have a simple cold or stomach bug. If your condition is more serious and needs immediate attention, or if your family physician's office is closed, an urgent care or the emergency department may be the better option, based on the type of issues you're having.

If you got five questions correct—congratulations. You know your health care facilities. You can find Adena Health emergency departments at Adena Regional Medical Center in Chillicothe and Adena Fayette Medical Center in Washington Court House, Adena Greenfield Medical Center in Greenfield, and Adena Pike Medical Center in Waverly. Adena urgent cares are located in Circleville, Chillicothe, Hillsboro, Jackson, Washington Court House, and Waverly. Remember— in the event of an emergency, call 911.

## Shorter wait times and more efficient care

When you or your family needs emergency services, you want to be seen quickly.

Thanks to changes made since the beginning of the year at Adena Regional Medical Center, empty chairs in the emergency department waiting room now stand as examples of how quickly patients are getting into a treatment room and being seen by a health care provider.

"We know our emergency department was not delivering what our community expects," said **Chief Clinical Officer Shaheed Koury, MD.** "That message was received loud and clear."

Dr. Koury joined Adena Health in January, bringing with him over 20 years of experience overseeing more than 200 emergency departments during his career.

After evaluating the ED and working with the staff, multiple changes based on industry best practices were made that have produced more efficient care and greater patient satisfaction.

What the changes mean for patients:

- On average, patients are in a treatment room within **five to six minutes of arrival.**
- Patients are being seen by a health care provider **within 12 minutes of arrival,** down from a 45-minute average in 2022.
- The average length of time a patient needs to remain in the ED has **dropped by roughly 30%.**
- The number of patients who choose to leave without being treated has dropped from between 5-6% to **less than 1%.**

"We're going to see you quicker, your care is going to be more efficient and timely, and the overall experience should be better for you," Dr. Koury said. "If you haven't been to our ED in a while and the need for emergency services arises, give us another chance to do right by you. That's why we're here."





# Providers who care about **your** **health**

Call **740-779-FIND (3463)** or visit **[Adena.org/find](https://Adena.org/find)**

Your health is important to us. With health care professionals across a range of specialties in our nine-county service area, we'll help you find a provider who meets your needs close to home at times that are convenient for you.

**Adena.org**    

