

A D E N A H E A L T H

FOCUS

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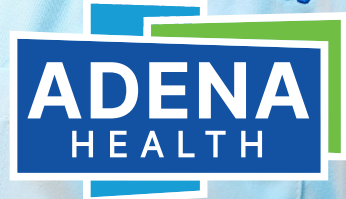
**Finding advanced
women's health
care close**

**Knowing
what's breast**

**Shoulder surgery a game
changer for local high
school athlete**

Warning signs of breast cancer

*Richard Villarreal, MD
Adena Women's Services*



Finding advanced women



Dr. Richard Villarreal and patient Michelle Porter work together as true teammates in her care.

When you learn that your body needs advanced care, it is better to ask questions now rather than wait.

Just ask Ashville resident Michelle Porter, who waited three years to take action after learning she needed a hysterectomy. Her condition reached a point at which she couldn't wait any longer, and she began to ask questions about where to go for her surgery. What she learned was that the quality advanced care she needed was close to home at Adena Health.

Michelle has been a patient of Adena Women's Health for many years and is now under the care of Richard Villarreal, MD, a board-certified OB/GYN and medical director of the program.

"I spoke to one of Dr. Villarreal's longtime associates who had worked at Adena for (more than) 40 years and she said I'd be in great hands," Michelle said.

That reassurance proved to be justified. Michelle scheduled her surgery with Dr. Villarreal at Adena Regional Medical Center.

Michelle said the entire experience involving the hospital, Dr. Villarreal's performance of the procedure, and the whole staff exceeded her expectations. "He's just real caring. He takes time to listen and to make sure I don't have unanswered questions. He's a great guy."

"I would absolutely recommend Dr. Villarreal and Adena Regional Medical Center."

Women's health care close

Dr. Villarreal and the team of physicians, nurse midwives, and other women's health experts offer women in south central and southern Ohio access to specialized care close to home for every stage of life. In addition to preventive care and wellness exams, services include:

- Adolescent gynecology
- Biopsies
- Bladder surgery
- Gynecology surgery
- In-office hysteroscopy exams
- Laparoscopic procedures
- Menopause care
- Nutrition counseling
- Obstetrics and prenatal care
- Osteoporosis testing (DEXA)
- Pelvic rehabilitation
- Preventive health screenings and medications
- Specialty visits
- Ultrasound
- Vaginal revisions
- Women's support groups

Michelle credits her recovery to Dr. Villarreal's expertise and skill. Calling the recovery period amazing, Michelle said that she was up and walking around in the hospital the morning following the surgery, with little to no difficulty. She said she really had no need for pain medication and that her recovery included regular follow-up by the staff. In fact, the mother of two adult children and grandmother of six noted she felt so good during recovery that she had to be reminded not to overdo it while under lifting restrictions.

"I would absolutely recommend Dr. Villarreal and Adena Regional Medical Center — everything from the moment I arrived until I left went great," Michelle said.

Adena Women's Health offers services at offices in Chillicothe, Circleville, Greenfield, Hillsboro, Jackson, Washington Court House, and Waverly.

[Visit Adena.org/women](http://Adena.org/women)

TUNE IN TO ADENA'S RADIO TALK SHOW



COVERING ALL THINGS
RELATED TO
**WOMEN'S
HEALTH**

Every third Monday of the month at
10 a.m. on WQLX (Mix 106.5FM)

Knowing what's breast



Knowing what's breast

Would you give up 20 minutes of your time if it could save your life?

Twenty minutes is the average time it takes to get a mammogram, and studies show that mammograms can reduce breast cancer deaths by 50%. In fact, research shows that when caught early, breast cancer is 99% curable.

Sizing things up

It's estimated that one in every eight women will develop breast cancer. But fortunately, survival rates continue to increase, due to improved treatments and advanced technology to help with early detection.

About 12% of U.S. women will develop invasive breast cancer. Many women may not display

symptoms, which is why regular mammograms are essential. It's also possible for men to develop breast cancer.

If you've never had a mammogram before, you may be worried about it being painful. While there can be some mild discomfort, it is generally painless. A mammogram uses gentle, even compression to hold the breast in place for imaging. This compression lasts a very short amount of time.

When to start

The latest guidelines recommend annual mammograms beginning at age 40 for women of average risk. Higher-risk women — such as those with a family history, previous personal experience with cancer, or certain health and lifestyle factors — should talk to their doctor about possibly starting mammographic screenings earlier.

Warning signs of breast cancer

- New lump in the breast or underarm (armpit)
- Thickening or swelling of part of the breast
- Irritation or dimpling of breast skin
- Redness or flaky skin in the nipple area or the breast
- Pulling in of the nipple or pain in the nipple area
- Nipple discharge other than breast milk, including blood
- Any change in the size or the shape of the breast
- Pain in any area of the breast

3D mammography

To best care for patients, Adena Health has invested in the region's only 3D mammography unit, which allows for more accurate breast cancer detection.

Also known as tomosynthesis, 3D mammography uses innovative three-dimensional screening technology to help visualize through dense tissue layers. When a patient may be high risk, have dense breasts, or experienced previous abnormal screenings, 3D mammography is clinically proven to increase cancer detection by 30 to 40%.

Why choose Adena Health?

Adena Health provides mammogram screenings in a welcoming, safe, and sterilized environment. Adena's advanced technology — combined with our care team's expertise — can distinguish harmless abnormalities from real cancers, leading to fewer return visits and less worry.

With seven convenient locations across Fayette, Highland, Jackson, Pike, and Ross counties, along with our state-of-the-art mobile mammography unit, Adena Health offers the care you need close to home with fast and accurate results.

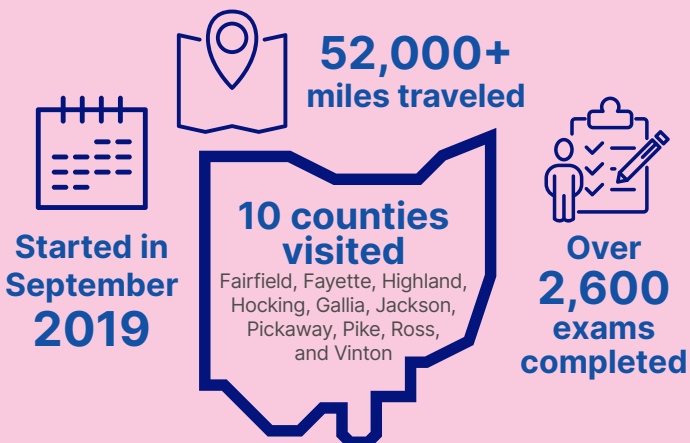
Don't delay. Schedule your mammogram. Whether you might have a warning sign or it's just time, remember that early detection can save your life.

Call 740-779-7771 or visit Adena.org/mammography



Hitting the road

We know that busy schedules can sometimes delay important appointments. That's why we bring our state-of-the-art, mobile 3D mammography unit to you.



Schedule online!

You can now schedule a mammogram at Adena Health online using your MyChart patient portal.

MyChart allows you to manage your health anywhere, anytime — available 24/7.

Adena.org/MyChart

The American Institute of Ultrasound in Medicine has reaccredited Adena Women's Health for the 21st consecutive year



This practice has demonstrated that Adena meets or exceeds nationally recognized standards in the performance and interpretation of diagnostic ultrasound examinations, giving you care you can trust.

Shoulder surgery a game-changer for high school athlete



Coen Butler, student-athlete and AOSI patient

There's nothing a student-athlete dreads more than suffering an injury that threatens even one of the precious few seasons available during a high school career.

Unfortunately, that was the scenario facing Chillicothe High School baseball and football player Coen Butler when he began experiencing shoulder pain during the fall of his sophomore year. A few weeks after the season ended, during a weightlifting session, his pain increased.

Unsure what was going on and with the pain hanging on for a few more weeks, he decided to see athletic trainer Lisa Chaffin, one of several athletic trainers whose services are provided to

area school districts through a partnership with Adena Health. At Lisa's suggestion, Coen went to see orthopedic surgeon Meaghan Tranovich, MD, at Adena Orthopedic and Spine Institute.

"From the first time we met Dr. Tranovich, we instantly liked her," said Coen's mother, Rachel.

"She made us feel at ease with Coen's injury and, although surgery is never what you want to hear, Dr. Tranovich was confident in the process and in Coen making a full recovery. She was very professional and listened to our thoughts and concerns."

Coen, whose home school is Chillicothe but who attends classes at Pickaway-Ross Career and

Game changer for local

Technology Center, underwent shoulder surgery in March 2022. Because of the timing of the surgery and the rehabilitation that followed, Coen did have to miss one baseball season.

When it came time to head into the weight room and prepare for football season, any concerns he had about being ready to go back on the field faded quickly.

"I knew then that I was going to get back to where I had been before surgery because I was barely having any pain," he said. "Before the surgery, it was extremely painful."

Coen credits Dr. Tranovich for making what could have been a daunting experience so much better.

"She did a great job and I liked her a lot," he said. "Dr. Tranovich was easygoing and would call and check up on me to let me know what I needed to do to make it feel better and to let me know when I could do certain things. She helped out a lot."

Now, with his senior football season as a defensive end well underway, Rachel can look back on her son's surgery as just a "bump in the road" and offer advice for families of student-athletes facing the same dilemma.

"If you have to send your child for surgery, Adena Orthopedic and Spine Institute is a great facility," she said.

If you are experiencing pain that is keeping you from the activities you love, let Adena Orthopedic and Spine Institute help. Adena brings together the area's largest team of fellowship trained orthopedic experts to provide patients with customized care and advanced treatment options.

Schedule an appointment by calling 740-779-4598 or visit Adena.org/AOSI



Care that comes to you

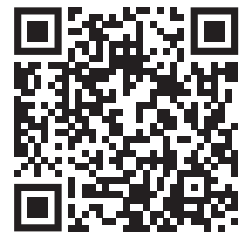
For roughly two decades, Adena Health has partnered with local schools to provide for the health and safety of their students. Now a new school-based mobile clinic is part of that on-going effort.

The mobile clinic travels to schools to provide primary care service that helps to keep students in the classroom. It also assists busy families who may have difficulty finding time to get to medical appointments.

Having a cold isn't convenient. But we are.

Our six locations are open daily and ready to treat your minor illnesses and injuries:

- Allergies and sinus infections
- Earaches
- Fever
- Flu symptoms
- Eye injuries
- Abdominal pain – mild
- Minor breaks, sprains, cuts or burns
- Rash or allergic reaction
- Vomiting and diarrhea
- Urinary pain
- On-site X-rays
- Rapid strep, Respiratory Syncytial Virus (RSV), flu and urine testing
- COVID-19 testing
- High school sports physicals
- and more



Find an Urgent Care

