



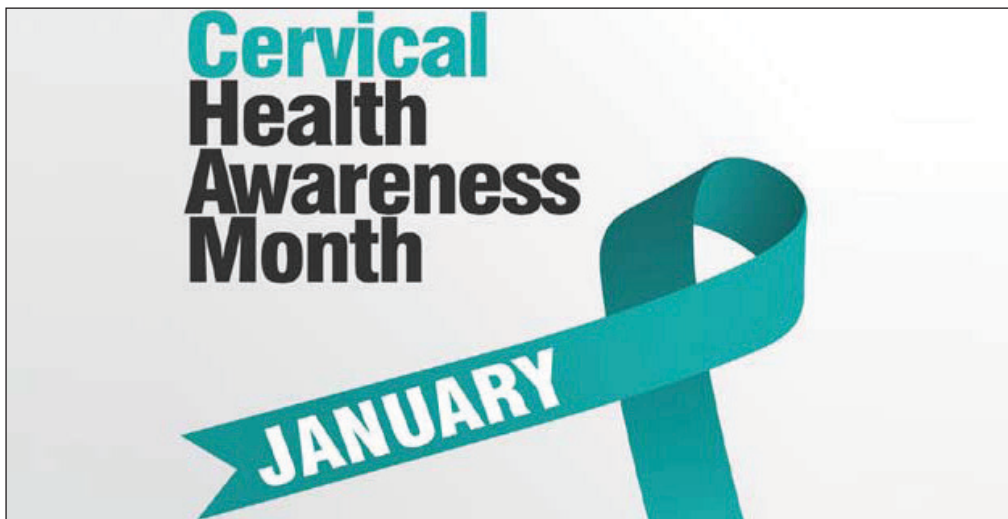
HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

JAN. 5, 2018

Weekly Update

Cervical Health Awareness Month - January



What is cervical cancer?

According to the National Cervical Cancer Coalition (NCCC), a program of the American Sexual Health Association, Cervical Cancer is cancer that starts in the cervix, the narrow opening into the uterus from the vagina. Most cervical cancers (80 to 90 percent) are squamous cell cancers.

More than 12,000 women in the United States will be diagnosed with cervical cancer each year, and more than 4,000 women will die. Cervical cancer is the second most common type of cancer for women worldwide, but because it develops over time, it is also one of the most preventable types of cancer. Deaths from cervical cancer in the United States continue to decline by approximately 2 percent a year. This de-

cline is primarily due to the widespread use of the Pap test to detect cervical abnormalities and allow for early treatment. Most women who have abnormal cervical cell changes that progress to cervical cancer have never had a Pap test or have not had one in the previous three to five years.

Cancer of the cervix tends to occur during mid-life. Half of the women diagnosed with the disease are between 35 and 55 years of age. It rarely affects women under age 20, and approximately 20 percent of diagnoses are made in women older than 65. For this reason, it is important for women to continue cervical cancer screenings until at least the age of 70. Some women need to

EVENTS CALENDAR

March 21: Auxiliary Book Sale HVCH Meeting Room

Sale is from 7:30 a.m. to 3:30 p.m. Come browse the latest titles at 30% to 70% off retail prices. A variety of books and other items will be available. A portion of the proceeds benefit Hocking Valley Community Hospital through the Auxiliary.

INSPIRATIONAL QUOTES OF THE WEEK

"The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals."

— **Melody Beattie**

"Let our New Year's resolution be this: we will be there for one another as fellow members of humanity, in the finest sense of the word."

— **Goran Persson**

"Cheers to a new year and another chance for us to get it right."

— **Oprah Winfrey**

Direct to You: From Stacy Gabriel

Ahh... January 2018. How have you arrived so quickly? It seems like just yesterday we were celebrating the turn of 2017. I know grandma always used to tell us that time goes by faster and faster as you get older and she was definitely right!!



Stacy Gabriel,
Chief Nursing
Officer

With a new year comes the New Year's resolutions right? Are you one who makes a resolution every year? And if you do are you one that sticks to it? There are always the standard resolutions. Let's take a look at the Top 10 (in the spirit of David Letterman):

1. Lose Weight and Get Fit
 2. Quit Smoking
 3. Learn Something New
 4. Eat Healthier and Diet
 5. Get Out of Debt and Save Money
 6. Spend More Time with Family
 7. Travel to New Places
 8. Be Less Stressed
 9. Volunteer
 10. Drink Less
- When I look at this list, it's actually a great list. I certainly would like

to achieve a few of them myself- lose weight/get fit, spend more time with family, be less stressed, and perhaps learn something new.

2018 provides us an opportunity to start fresh... at whatever it may be. Perhaps it's reconnecting with someone from your past, or developing better relationships with those you see every day. It's a chance for a clean slate, to forgive, to improve, to make a renewed commitment to one another as colleagues who share a common purpose- making healthcare the best it can be for the patients who enter our doors. It's a time for reflection. Are you doing your part to create the type of environment that supports the culture of the organization? Are you modeling the standards of behavior that have been the backbone of our success? Are you holding yourself and others accountable for behaviors that are positive and promote a feeling of cohesiveness and teamwork?

It's hard sometimes to hold up the mirror, yet it's such an important part of growing both personally and professionally. Before we can change anything else, we must start from within. I challenge each of you

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Public meeting on proposed trail Jan. 17

A public meeting is scheduled to be held on Wednesday, January 17th at 6:00 p.m. at Logan High School, located at 14470 St. Rt. 328, Logan. The meeting will be held in the lecture hall next to the theater. The purpose of this meeting is to provide the public with information concerning the proposed Hocking Valley Scenic Trail from Nelsonville to Logan, answer questions and gather input from interested residents.

The Scenic Trail will be a multi-use, human muscle powered trail. Stantec will be presenting results of the engineering study and proposed maps. For additional information concerning the trail or the January 17th meeting, please contact Kelly Taulbee, Hocking Valley Scenic Trail Committee Chair at (740) 385-3030 ext. 252 or at ktaulbeehchd@gmail.com.



HVCH Cafeteria Menu Jan. 8 - Jan. 12				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti Casserole	Chicken Breast Italian	Hot Dogs	Chicken Tator Casserole	Tortilla Tilapia
Chicken Fingers	Sausage French Fries	Macaroni & Cheese	Salisbury Steak	Creamed Chip Beef
Potato Wedges	Corn	Onion Rings	Mashed Potatoes	Mashed Potatoes
Cauliflower Broccoli	Green Beans	Baked Potato	Baked Beans	Carrots
Breadsticks	Blended Veggies	Candied Carrots	Grilled Cabbage	Broccoli
Tomato Soup	Chicken Noodle Soup	Brussel Sprouts	Parmesan Peas	Biscuits
		Chilli	Cream of Broccoli Soup	Chicken Dumpling Sou

Cervical

continue screening longer, so ask your healthcare provider what's best for you.

What causes cervical cancer?

Human papillomavirus (HPV) is found in about 99% of cervical cancers. There are over 100 different types of HPV, most of which are considered low-risk and do not cause cervical cancer. High-risk HPV types may cause cervical cell abnormalities or cancer. More than 70% of cervical cancer cases can be attributed to two types of the virus, HPV-16 and HPV-18 often referred to as high-risk HPV types.

HPV is estimated to be the most common sexually transmitted infection in the United States. In fact, by age 50 approximately 80% of women have been infected with some type of HPV. The majority of women infected with the HPV virus do NOT develop cervical cancer. For most women, the HPV infection does not last long; 90% of HPV infections resolve on their own within 2 years. A small number of women do not clear the HPV virus and are considered to have persistent infection. A woman with a persistent HPV infection is at greater risk of developing cervical cell abnormalities and cancer than a woman whose infection resolves on its own. Certain types of this virus are able to transform normal cervical cells into abnormal ones. In a small number of cases and usually over a long period of time (from several years to several decades), some of these abnormal cells may then develop into cervical cancer.

Symptoms of Cervical Cancer

Precancerous cervical cell changes and early cancers of the cervix generally do not cause symptoms. For this reason, regular screening through Pap and HPV tests can help catch precancerous cell changes early and prevent the development of cervical cancer. Possible symptoms of a more advanced disease may include abnormal or irregular vaginal bleeding, pain during sex, or vaginal discharge.

These symptoms could also be signs of other health problems, not related to cervical cancer. If you experience any of the symptoms above, talk to a healthcare provider. If you do not have a women's healthcare practitioner, local Gynecologists Drs. Kathleen Bertuna, Lucy Bucher, and Timothy Kermode are all accepting new patients and may be reached by calling 740-594-8819. If your gynecologist recommends testing such as labs, x-rays or surgeries, HVCH is here to help you. Ask your physician to refer you to our hospital to receive your testing local.



Hocking Valley Community Hospital...
leading the way to a healthier
Community!

53rd Annual Hocking Hills Winter Hike

Enjoy the beautiful scenery of the Hocking Hills on a 6 mile hike from Old Man's Cave to Ash Cave on Saturday, January 20th. There will be continuous starts from 9-11 AM and Logan Kiwanis Club's famous bean soup and corn bread muffins will be served at Cedar falls. A shuttle bus will return hikers to Old Man's Cave parking area after the hike. Layered clothing and good footwear is recommended and donations are welcomed

Head to Historic Downtown Logan after the hike for the Logan Frozen Festival where you can enjoy more than 25 ice sculptures, ice sculpting demonstrations, musical entertainment, chain saw wood sculpting demonstrations and plenty of entertainment and food choices.

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to think of just one thing that you could do better or improve upon in your daily work life. And when you've mastered that, choose another. There's always an opportunity for growth both personally and professionally. That is my challenge for you in 2018. Be the best YOU that YOU can be, and everything else will fall into place.

Here's to a GREAT 2018!!

— Stacy

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Director, Cardiopulmonary/ Cardiovascular (Registered Respiratory Therapist) - Full Time
- Environmental Services Associate - Contingent - Variable Hours
- Environmental Services Associate - Full Time - Variable Hours
- Registered Nurse (RN) - Part Time - Nights - Inpatient Services
- Registered Nurse (RN) - PRN/ Contingent - Inpatient Services
- Registered Nurse (RN) - Special Care Unit/Nursing Supervisor - Full Time - Variable Hours
- Respiratory Therapist - FT - Night Shift



HOCKING VALLEY Community Hospital

OUR MISSION

To provide extraordinary care close to home now and into the future.

OUR VISION

To provide our community an unparalleled patient experience through world class service that is both compassionate and professional.

HVCH is a 25-bed, critical-access hospital located in the city of Logan, Ohio, which serves residents in Hocking and surrounding counties. With more than 325 employees, our staff is here to serve the residents and visitors of our Hocking Valley community through various ancillary and emergency care services. HVCH is Joint Commission accredited, and we offer a wide range of primary, acute, and rehabilitative services. We are pleased to provide 24-hour emergency services to our patients through our ER and Urgent Care. Additionally, our surgical center, rehabilitation center, physical therapy clinic, pain control and wound clinic, imaging, laboratory, cardiovascular/cardiopulmonary, sleep clinic, geriatric psychiatric, and oncology services are also available. We are proud of our facility. HVCH is affiliated with OSUWMC, improving healthcare services to the Hocking and surrounding counties in the areas of general surgery and orthopaedics. HVCH also is a part of the Ohio State Health Network.