



**HOCKING VALLEY
Community Hospital**

LEADING THE WAY TO A HEALTHIER COMMUNITY

MAR. 2, 2018

Weekly Update

Could you have a sleep disorder?



Most people know that sleep is integral to our mental and physical health, and that sleepiness takes a major toll on work, school, and relationships. Unfortunately, a lot of people go about their daily lives feeling excessively sleepy without mentioning this to their medical provider. In fact, a National Sleep Foundation poll found that less than half of people say they would talk to their provider if they thought they had a sleep problem, and seven in ten said that their provider had never asked them about their sleep.

If you feel sleepy on a regular basis and it interferes with your productivity, your ability to think clearly and quickly, or to take care of and enjoy your family, treat this symptom seriously and talk to your health care provider. If you have an upcoming well visit, you can discuss it then. You could also make a special ap-

pointment with your provider to discuss this, or simply call to ask for a referral to a provider with a specialty in sleep medicine.

When you talk to your provider, it will be helpful to know the following:

- How long have you been feeling excessively sleepy?
- How many days a week does this feeling occur?
- Do you fall asleep during the day at work or at school?
- What are your sleep habits: how many hours of sleep do you get on a regular weeknight and a regular weekend night?
- Do you wake up during the night as far as you know?
- Is there anything that makes your sleep schedule irregular, such as shift work or a new baby?

SLEEP, PAGE 3

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.

March 27: Donate Blood in Honor of Your Doctor — Blood Drive HVCH Meeting Room

Donate blood in honor of your doctor at our next HVCH blood drive on March 27. The blood drive will be held from 11 a.m. to 4 p.m. in the HVCH Meeting Room. To schedule an appointment, call the HVCH Lab at (740) 380-8218.

April 3: TWIG II Chinese Auction Hocking Co. Fairgrounds

INSPIRATIONAL QUOTE OF THE WEEK

“Try as you will, you cannot annihilate that eternal relic of the human heart, love.”

— Victor Hugo

Direct to You: From Lauren Barber

The last couple of weeks have been tough ones, both in our nation and in our community.



Lauren Barber,
HR Director

This past Friday, Logan-Hocking Schools were closed because of a threat of violence that turned up on social media. Several schools in Central Ohio have either closed or increased law enforcement presence and security (or both) in response to these threats.

Most recently, Groveport Madison, Hilliard, Westerville, Columbus, Lancaster, and Licking Heights have also received threats or have experienced incidents in which students have brought weapons on to school grounds.

According to NPR, since the Parkland, Florida shooting, U.S. schools are receiving nearly 50 new threats each day compared to 10 per day at the end of 2017. These statistics are tracked by the Educator's School Safety Network, an Ohio-based nonprofit organization dedicated to assisting schools assess and prepare for violent threats. More than 490 schools across the country have been affected so far this year.

The influx of threats leaves many of us scratching our heads and won-

dering just exactly what is going on. Are the threats real? Are some of these students simply seeking attention or trying to get out of class? Or, is there a more serious underlying problem like bullying or lack of resources to assist students in crisis? It feels very much like the world is spinning out of control with few solutions.

While lawmakers and citizens alike debate school safety, gun control, and mental health, there are steps that we can take to help our children feel safe at school and to be prepared in the event of violence.

Reassure your child that they are safe at school. The National Association of School Psychologists (NASP) recommends listening to your child and validating their feelings especially when tragedies occur. Make time to talk. Keep your explanations developmentally appropriate for your child's age/grade-level and be honest about your own feelings regarding school violence.

Create safety plans with your child. Help your child identify which adults at school your child can talk to if they feel unsafe. Discuss safety procedures that are in place and the importance of adhering to school policies. Talk with your child about what do in case of an emergency.

DIRECT, PAGE 3

SAVE THE DATE

**HOCKING VALLEY
Community Hospital
FOUNDATION
ANNUAL GOLF
TOURNAMENT**

**SATURDAY,
JULY 14, 2018**

HOCKING HILLS GOLF CLUB

ONE FLIGHT ONLY
REGISTER BY MAY 15TH TO
SAVE \$25 PER GOLFER

HVCH Cafeteria Menu March 5-9				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti Casserole Chicken Fingers Potato Wedges Cauliflower Broccoli Breadstick Tomato Soup	Breaded Chicken Breast Italian Sausage/Bun French Fries Corn Green Beans Blended Veggies Chicken Soup	Hot Dog/Bun Macaroni & Cheese Onion Rings Baked Potato Candied Carrots Brussels Sprouts Chili	Chicken Tator Casserole Salisbury Steak Mashed Potatoes Baked Beans Grilled Cabbage Peas Broccoli Soup	Tortilla Tilapia Creamed Chip Beef Mashed Potatoes Carrots Broccoli Biscuit Chicken Dumplings

DIRECT

And ensure your child knows how to reach you.

Empower your children to take action. In many cases, school violence has been prevented because students came forward when they noticed potential threats on social media or heard others talking about violence. This includes not only threats against others but also bullying and talk of suicide. Speaking up and reporting potential threats to a trusted teacher, friendly secretary, or school resource officer is an important first step in preventing tragedy.

Observe your child and recognize when there might be a cause for concern. The American Academy of Pediatrics announced this week that it recommends depression and mental health screenings for all children beginning at the age of 12. It is important as a parent to notice if your child is experiencing emotional or behavioral problems and to seek help. Your pediatric health provider and school counselor are excellent resources. And if you are an employee of the hospital, our Employee Assistance Program also has many mental health resources.

There is not one solution or one preventative measure for school violence, unfortunately. It truly takes a village coming together, caring for one another to prevent tragedy. That means listening to one another, taking our concerns seriously, and working for a kinder, gentler environment. Until then, be empowered and empower others to “see something, say something.” As we learn more lessons from the Parkview incident, take away that not only do we have a duty to report but also a duty to follow up when something seems amiss. Ensure action is taken.

Please stay safe out there!

SLEEP

- Do you snore?

Your provider’s task will be to sort out whether your sleepiness is a result of your sleep behaviors (e.g. your schedule and sleep environment), a sleep disorder such as sleep apnea, or possibly another health condition that causes sleepiness. Your provider will ask you questions about your sleep habits and review your medical and psychiatric history with you. Depending on how this goes, he or she may want to do further tests and possibly even a sleep study, or polysomnography.

If you are noticing sleep disorders, contact your provider today and ask him or her if you should schedule a sleep study at HVCH. Our team of experts are here to get you back on the road to a healthy night’s sleep! If you do not have a provider, please call the Hocking Valley Medical Group at (740) 385-0909. We are here to help you.

Info courtesy www.sleepfoundation.org



HOCKING VALLEY
Community Hospital
FOUNDATION

LEADING THE WAY ANNUAL PARTNERSHIP PROGRAM

Consider becoming our partner!

For more than 52 years, HVCH has cared for our community regardless of ability to pay, providing nearly \$5 million of uncompensated services annually to patients who desperately need our services. Philanthropy has always played a crucial role in the success of HVCH and we could not provide the outstanding services we perform here at HVCH without the support of our generous donors.

Depending on the level you wish to support, you or your business may receive partnership recognition. No matter the size of your gift, your dollars will make a transformational difference in the lives of many. **Contact the HVCH Foundation at (740) 380-8154 or give online at www.hvch.org** - Make notations of partnership selections under additional comments.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Radiologic Technician - Part Time
- Registered Nurse (RN) - Emergency Department - Full Time - Nights
- Registered Nurse (RN) - Full Time - Days - Specialty Clinic
- Registered Nurse (RN) - PRN/Contingent - Inpatient Services
- Respiratory Therapist - Full Time - Nights
- Respiratory Therapist - PRN/Contingent - Nights
- State Tested Nursing Assistant (STNA) - Inpatient Services - Contingent/PRN



Epic

Moment in the Making

ATTENTION PATIENTS & VISITORS:

We are transitioning to a NEW Electronic Health Record platform – called Epic – to better serve YOU! This will allow for easier access to your health record information.

We apologize for any delays you may experience. Thank you for your patience as we undergo this epic undertaking.



**HOCKING VALLEY
Community Hospital**



HEALTH TOPICS

A - Z

Seasonal Affective (D)isorder

Seasonal Affective Disorder (SAD) is a type of depression that comes and goes with the seasons. It occurs more in the late fall and early winter and usually goes away afterwards.

Signs and Symptoms

SAD usually occurs with Major Depression, becoming worse during these seasons, but typically patients have Major Depression first.



Dr. Tarek Aziz M.D.
Psychiatry, Hocking Valley
Medical Group

Symptoms of Major Depression

- Feeling depressed most of the day, nearly every day
- Feeling hopeless or worthless
- Having low energy
- Losing interest in activities
- Sleep problems
- Appetite or weight changes
- Irritability
- Difficulty concentrating

Symptoms of Winter Pattern of SAD/ Winter Blues:

- Low energy
- Sleeping too much
- Overeating and weight gain
- Craving for carbohydrates and sugars
- Social withdrawal (feel like "hibernating")

Risk Factors for SAD

Winter Blues happens more frequently in:

- Females
- Living far from the equator
- Family history of depression
- Having depression or Bipolar disorder. The symptoms of depression may worsen with the seasons if you have one of these conditions.
- Younger Age. Younger adults have a higher risk of SAD than older adults

Biological Causes:

- People with SAD may have trouble regulating serotonin, the neurotransmitter involved in depression.
- Your biological clock (circadian rhythm). The reduced level of sunlight in fall and winter may cause winter-onset SAD. Decreased sunlight may disrupt

your body's internal clock and lead to feelings of depression.

- People with SAD may overproduce the hormone melatonin. Darkness increases production of melatonin, which regulates sleep. As winter days become shorter, melatonin production increases, leaving people with SAD to feel sleepier and more lethargic, often with delayed circadian rhythms.

- People with SAD also may produce less Vitamin D. Vitamin D is believed to play a role in serotonin activity. Vitamin D insufficiency may be associated with clinically significant depression symptoms.

Treatments and Therapies

These may be used alone or in combination.

Medication: Selective Serotonin Reuptake Inhibitors (SSRIs) are used to treat SAD. The FDA has also approved the use of Bupropion (Wellbutrin), for SAD treatment.

Light Therapy: Light therapy has been a mainstay of treatment for SAD since the 1980s. The idea behind light therapy is to replace the diminished sunshine of the fall and winter months using daily exposure to bright, artificial light. Symptoms of SAD may be relieved by sitting in front of a light box first thing in the morning, on a daily basis from the early fall until spring. Most typically require 20-60 minutes of exposure to 10,000 lux of cool-white fluorescent light, an amount that is about 20 times greater than ordinary indoor lighting.

Psychotherapy: Cognitive behavioral therapy (CBT) is type of psychotherapy that is effective for SAD.

Vitamin D: At present, vitamin D supplementation by itself is not regarded as an effective SAD treatment. The reason behind its use is that low blood levels of vitamin D were found in people with SAD. However, the evidence for its use has been mixed.

Complications

- Social withdrawal
- School or work problems
- Substance abuse
- Other mental health disorders such as anxiety or eating disorders
- Suicidal thoughts or behavior

If you are having symptoms of SAD, call our office today to schedule an appointment at (740) 380-8140.



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 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.