



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

FEB. 21, 2020

Weekly Update



EVENTS CALENDAR

March 5-6: Uniform Sale HVCH Campus

Robert's Uniforms will be set up in one of the HVCH meeting rooms (TBD) with selection of scrubs, jackets, shoes and other apparel. Payroll deduct available for employees. Proceeds benefit HVCH.

April 2: TWIG VI Chinese Auction Hocking County Fairgrounds

Held at fairgrounds Youth Building. Doors open at 5 p.m. Drawing at 7 p.m. Proceeds benefit HVCH.

SAVE THE DATE: Foundation Golf Tournament Friday, June 19, 2020

SAVE THE DATE: Bids & Brews Benefit Friday, August 7, 2020

INSPIRATIONAL QUOTES OF THE WEEK

"Winners make a habit of manufacturing their own positive expectations in advance of the event."

—Brian Tracy

CANCER PREVENTION MONTH

Cancer prevention is action taken to lower the chance of getting cancer. In 2019, more than 1.7 million people were diagnosed with cancer in the United States. In addition to the physical problems and emotional distress caused by cancer, the high costs of care are also a burden to patients, their families, and to the public. By preventing cancer, the number of new cases of cancer is lowered. Hopefully, this will reduce the burden of cancer and lower the number of deaths caused by cancer.

Cancer is not a single disease but a group of related diseases. Many things in our genes, our lifestyle, and the environment around us may increase or decrease our risk of getting cancer.

Scientists are studying many different ways to help prevent cancer, including

the following:

- Ways to avoid or control things known to cause cancer.
- Changes in diet and lifestyle.
- Finding precancerous conditions early. Precancerous conditions are conditions that may become cancer.
- Chemoprevention (medicines to treat a precancerous condition or to keep cancer from starting).
- Risk-reducing surgery.
- Carcinogenesis is the process in which normal cells turn into cancer cells.

Scientists study risk factors and protective factors to find ways to prevent new cancers from starting. Anything that increases your chance of developing cancer is called a cancer risk factor;

Direct to You: From Beth Kluding

February 25th this year is also known as Fat Tuesday, or Mardi Gras in French. When you hear Fat Tuesday, it sounds gluttonous and full of gorging oneself guilt free. Never having met a french-fry I did not like, I can appreciate a day that is known for eating.



Beth Kluding,
Chief Nursing
Officer

not go to waste. This was less about gluttony, and more about recognizing that food should be eaten, and not wasted.

If you think about Mardi Gras, and the spirit that it represents, it is about celebrating. We celebrate all that we have, and enjoying it in the moment. Some people celebrate Mardi Gras for a week, and some for a day. If we remove religious connotations from the spirit of this tradition, we can take away a message that we should appreciate, celebrate, and not let our fortunes go to waste. These moments are what will get us through tough times, or times when we must go without. This Fat Tuesday, I will be appreciating, celebrating, and of course not letting any of my french-fries go to waste.



Hocking Hills students make get well cards

HVCH visited Hocking Hills Elementary this week, in conjunction with the reading program. The Community Relations Department asked the second grade class to create get well cards for the patients. We love our community & the support from our school system! Pictured: Hocking Hills Elementary 2nd Grade Class, Stephen Lanese (Intern from Ohio University) and Beth Bell (HVCH Community Relations).



HVCH Cafeteria Menu Feb. 24-28				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cafeteria closed for renovations; special menu for employees				

PREVENT

anything that decreases your chance of developing cancer is called a cancer protective factor.

Some risk factors for cancer can be avoided, but many cannot. For example, both smoking and inheriting certain genes are risk factors for some types of cancer, but only smoking can be avoided. Risk factors that a person can control are called modifiable risk factors.

Many other factors in our environment, diet, and lifestyle may cause or prevent cancer.

Cigarette Smoking and Tobacco Use

Tobacco use is strongly linked to an increased risk for many kinds of cancer. Not smoking or quitting smoking lowers the risk of getting cancer and dying from cancer. Scientists believe that cigarette smoking causes about 30% of all cancer deaths in the United States.

Infections

Certain viruses and bacteria are able to cause cancer. Viruses and other infection-causing agents cause more cases of cancer in the developing world (about 1 in 4 cases of cancer) than in developed nations (less than 1 in 10 cases of cancer).

Examples of cancer-causing viruses and bacteria include:

- Human papillomavirus (HPV) increases the risk for cancers of the cervix, penis, vagina, anus, and oropharynx.
- Hepatitis B and hepatitis C viruses increase the risk for liver cancer.
- Epstein-Barr virus increases the risk for Burkitt lymphoma.
- Helicobacter pylori increases the risk for gastric cancer.

Two vaccines to prevent infection by cancer-causing agents have already been developed and approved by the U.S. Food and Drug Administration (FDA). One is a vaccine to prevent infection with hepatitis B virus. The other protects against infection with strains of human papillomavirus (HPV) that cause cervical cancer. Scientists continue to work on vaccines against infections that cause cancer.

Radiation

Being exposed to radiation is a known cause of cancer. There are two main types of radiation linked with an increased risk for cancer:

- Ultraviolet radiation from sunlight: This is the main cause of nonmelanoma skin cancers.
- Ionizing radiation including: Medical radiation from tests to diagnose cancer such as x-rays, CT scans, fluoroscopy, and nuclear medicine scans.
- Radon gas in our homes.

Scientists believe that ionizing radiation causes leukemia, thyroid cancer, and breast cancer in women. Ionizing radiation may also be linked to myeloma and cancers of the lung, stomach, colon, esophagus, bladder, and ovary. Being ex-

VISITOR RESTRICTIONS

Due to the high number of flu cases and for the safety of our patients, visitation is limited:

- **No visitors under the age of 12.**
- **Limit visitors to immediate family members and/or support persons.**
- **No visitors with flu-like symptoms: -Fever -Cough -Cold**

Thank you for your cooperation in preventing the spread of the flu.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Clinic Director - Full Time
- Licensed Practical Nurse (LPN) - Float - Contingent/PRN
- Maintenance Technician - HVAC - Full Time
- Medical Laboratory Technician/Medical Technologist (MLT/MT) - NIGHTS - Full Time
- Practice Manager - Rural Health Clinic - Full Time
- Registered Nurse (RN) - Behavioral Health - Contingent/PRN
- Registered Nurse (RN) - Emergency Department - Full Time
- Registered Nurse (RN) - Full Time
- Registered Nurse (RN) - PRN/Contingent - Inpatient Services
- Student Intern - Healthcare Administration, Business Administration, or Human Resources (Unpaid)



Megan McQuade, Shania Hensley, and Melanie Saltzman prepare for their first day of shadowing as part of the OU Aspire program.

Students participate in Career Bridges program

Hocking Valley Community Hospital and Ohio University have teamed up to provide a five-week "Career Bridges" program for adult learners. A new approach to workforce development, this program is geared to introduce the students to the healthcare field and the many opportunities available.

Students participate in an environment that includes classroom time as well as experiences in the hospital setting. They are rotating their experience between Environmental Services, Nutrition and Food Services, Inpatient, and Patient Registration. At the end of the program, participants will have a strong understanding of the healthcare environment and be well-prepared to apply for positions in healthcare facilities. These students are participants in the first cohort. We are excited to have them and help them to learn all that they can.

PREVENT

posed to radiation from diagnostic x-rays increases the risk of cancer in patients and x-ray technicians. Diagnostic radiation in children and adolescents has been linked with a higher risk of cancers at a young age.

The growing use of CT scans over the last 20 years has increased exposure to ionizing radiation. The risk of cancer also increases with the number of CT scans a patient has and the radiation dose used each time.

Factors that may affect the risk of cancer include:

Diet

The foods that you eat on a regular basis make up your diet. Diet is being studied as a risk factor for cancer. It is hard to study the effects of diet on cancer because a person's diet includes foods that may protect against cancer and foods that may increase the risk of cancer.

It is also hard for people who take part in the studies to keep track of what they eat over a long period of time. This may explain why studies have different results about how diet affects the risk of cancer.

Some studies have shown that a diet high in fat, proteins, calories, and red meat increases the risk of colorectal cancer, but other studies have not shown this.

It is not known if a diet low in fat and high in fiber, fruits, and vegetables lowers the risk of colorectal cancer.

Alcohol

Studies have shown that drinking alcohol is linked to an increased risk of certain types of cancers. Drinking alcohol may also increase the risk of liver cancer and female colorectal cancer.

Physical Activity

Studies show that people who are physically active have a lower risk of certain cancers than those who are not. It is not known if physical activity itself is the reason for this.

Studies show a strong link between physical activity and a lower risk of colorectal cancer. Some studies show that physical activity protects against postmenopausal breast cancer and endometrial cancer.

Environmental Risk Factors

Being exposed to chemicals and other substances in the environment has been linked to some cancers:

Links between air pollution and cancer risk have been found. These include links between lung cancer and second-hand tobacco smoke, outdoor air pollution, and asbestos.

Drinking water that contains a large amount of arsenic has been linked to skin, bladder, and lung cancers.

Studies have been done to see if pesticides and other pollutants increase the risk of cancer. The results of those studies have been unclear because other factors can change the results of the studies.

To schedule an appointment to speak with a primary care provider regarding your risk for cancer, call 740-385-0202.



HVCH Video Series




Check out our new video series to be posted to our Facebook and YouTube pages every week!



HOCKING VALLEY Community Hospital

OUR MISSION

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

OUR VISION

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

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.