

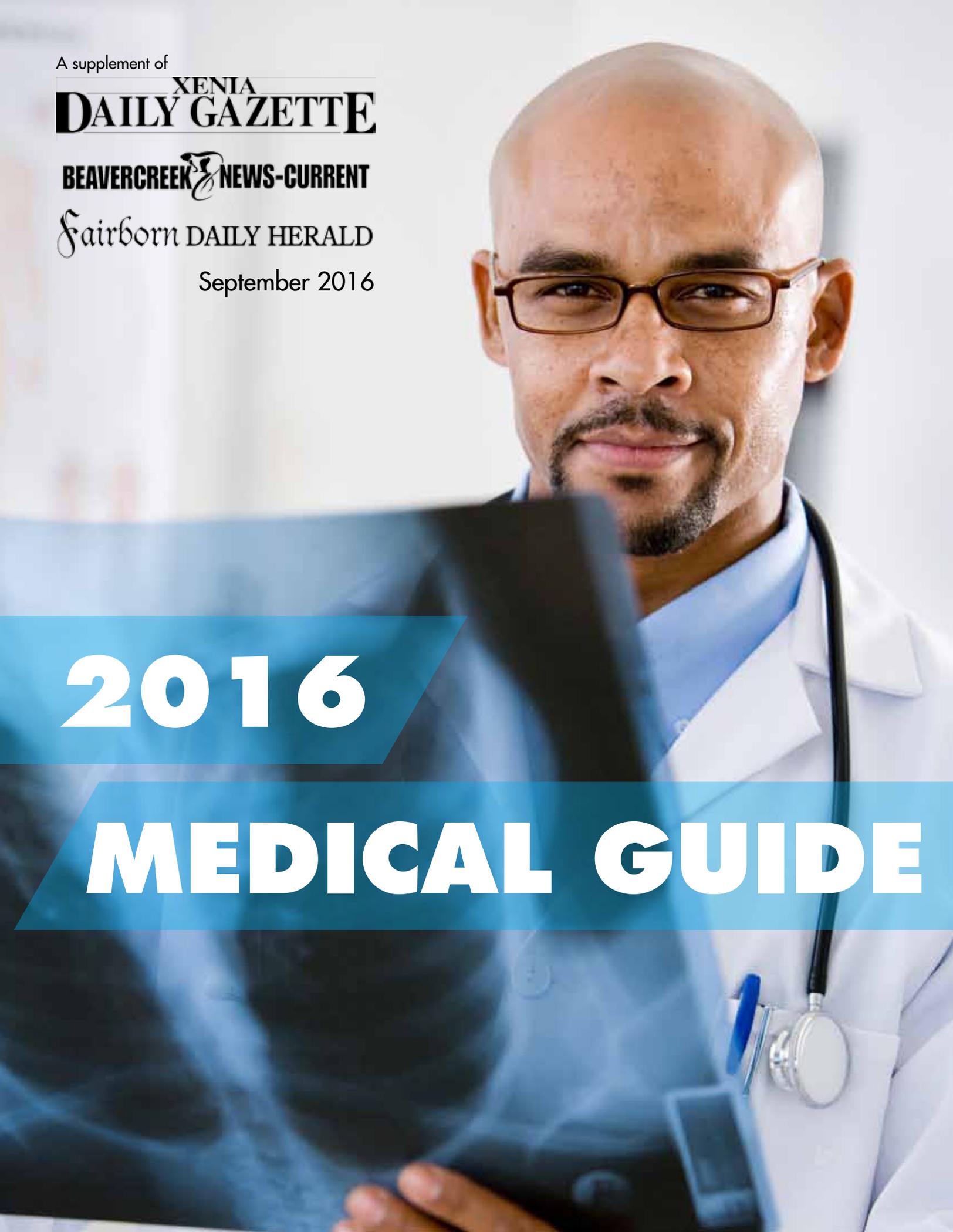
A supplement of

XENIA  
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BEAVERCREEK *NEWS-CURRENT*

Fairborn DAILY HERALD

September 2016



**2016**

**MEDICAL GUIDE**

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- 24/7
- Level III Trauma Center

### SURGERY PROCEDURES

- Endoscopy
- General surgery

### OUTPATIENT SERVICES

- Imaging
- Kettering Breast Evaluation Center
- Lab testing
- Cancer Center
- Outpatient therapies
- Cardiac therapy
- Wound Care

### INPATIENT SERVICES

- Private rooms
- Room services
- Wi-fi access

# What exactly is cancer?

Cancer can affect anyone. Sometimes it strikes with no warning, while other times people may have a genetic predisposition. Various medical organizations say there are between 100 and 200 different types of cancer. Everyone has heard of cancer, but some are still unsure of what cancer is.

## Defining cancer

The organization Cancer Research UK defines cancer as abnormal cell growth. Cancer cells are cells that divide in an uncontrolled way. New human cells normally grow and divide to form new cells as the body requires them. As healthy cells grow old or become damaged, they die off and new cells take their place. However, when cancer develops, this process goes haywire. Damaged cells become even more abnormal and can survive when they would normally die. These cells keep multiplying and eventually can form lumps or masses of tissue called tumors. This is the case in most cancers, with the exception of leukemia, wherein cancer prohibits normal blood function due to abnormal cell division in the bloodstream.

Not all lumps in the body are tumors. Lumps that remain in place and do not spread to other areas of the body can be harmless or benign. According to the American Cancer Society, cancerous tumors are malignant, which means they can spread into, or invade, nearby tissues. Cancer stages actually are determined based by how far cancerous cells have spread beyond their point of origin.

## Cancer stages

Cancer is staged according to particular criteria based on each individual type of cancer. Generally speaking, lower stages of cancer, such as stage 1 or 2, refer to cancers that have not spread very far. Higher stages of cancer, such as 3, mean cancer has branched out more. Stage 4 refers to



cancer that has spread considerably.

## Common forms of cancer

Cancer can occur just about anywhere in the body. Cancers of the breast, lung, colon, and prostate cancers affect males and females in high numbers.

Classifying cancer involves understanding where the cancer originated. Cancer Treatment Centers of America offers these classifications:

- Carcinomas begin in the skin or tissues that line the internal organs.
- Sarcomas develop in the bone, cartilage, fat, muscle or other connective tissues.
- Leukemia begins in the blood and bone marrow.
- Lymphomas start in the immune system.
- Central nervous system cancers develop in the brain and spinal cord.

Cancer is treated in various ways and depends on the cancer's stage, type and effects on the body. A person's age as well as his or her current health status also may play a role in treatment decisions made by both the patient and his or her medical team. Surgery may be

conducted to remove a tumor, while chemotherapy employs chemicals to kill cancerous cells. Radiation therapy, which uses X-rays to direct radiation toward cancerous cells, is another potential cancer treatment. The side effects of each treatment vary, and there are ways to mitigate these effects.

## Why does cancer occur?

Cancer develops for various reasons — some of which may not be fully understood. The National Cancer Institute states genetic changes that cause cancer can be inherited from a person's parents. Cancers can also arise during a person's lifetime as a result of errors that occur as cells divide or because of damage to DNA that results from certain environmental exposures. Cancer-causing substances include the chemicals in tobacco smoke. Ultraviolet rays from the sun also have been linked to cancer.

Learning more about cancer can help people reduce their risk for developing this potentially deadly disease. Individuals should always speak with their physicians if they have specific questions about cancer.

# Growing out of pediatric care

## Know when and how to transition to adult care doctors

Pediatricians provide valuable health care to children from the moment the children are born until they reach young adulthood. But there comes a time in each child's life when he or she is ready to make the transition from pediatric care to adult health care. This decision can become even more challenging if the child is being treated for a serious illness like cancer.

According to the American Academy of Pediatrics, ideally children should transition to an adult-oriented health practice between the ages of 18 and 21. But that transition can occur even earlier if

the patient feels comfortable doing so.

Transitioning to a new doctor might be difficult for young people coping with cancer. However, children and parents can work together to make the transition go smoothly, and parents should encourage youngsters to voice any concerns they have as they switch physicians.

Parents can begin the transition by involving their children in the search for adult care doctors. Young adults may want to use the same doctor their parents see, though some may feel more comfortable visiting a different practice. A

patient-doctor connection is important, so parents can encourage their children to find a doctor who has the right credentials but also a demeanor they're comfortable with. Pediatricians may refer doctors they know and trust, and that can be handy when patients require a doctor with specific experience or one who understands the particular challenges of cancer treatment.

Insurance coverage will also play a role in choosing a new doctor. When looking for a new physician, make sure each prospective physician accepts your insurance; otherwise, you may pay

substantial out-of-pocket expenses.

Doctors can take steps to facilitate the transition as well. They can work together to transfer health records. With regard to cancer treatment, doctors will need to discuss maintenance medications and cancer therapy options that can impact overall health.

Parents, doctors and patients can work together to make sure the transition from pediatrician to adult doctor goes as smoothly as possible, even when a disease such as cancer threatens to complicate that transition.



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# Diabetic vision changes

Diabetes affects 23.6 million people in the United States and close to three million people in Canada. While diabetes can be accompanied by many different symptoms, some people are surprised to learn that diabetes can affect the eyes and vision.

Changes in vision are sometimes the earliest warning signs of the presence of diabetes or prediabetes. Diabetic eye disease is its own stand-alone condition, and the National Eye Institute points out that diabetic eye disease comprises a group of eye conditions that affect people with diabetes. These may include retinopathy, macular edema, cataracts and glaucoma. All forms of eye disease can potentially cause severe vision loss or blindness.

Those with diabetes also can experience xanthelasma, or yellowish collections of cholesterol around the eye area. What's more, diabetes can put individuals at risk of developing conjunctival bacterial infections (pink eye), as well as corneal erosions, corneal defects and subsequent dry eyes.

According to the American Diabetes Association, people

with diabetes are at a 40 percent greater risk of suffering from glaucoma than people without diabetes. The longer someone has had diabetes, the more common glaucoma is. Diabetics also are 60 percent more likely to develop cataracts. Vision checkups and care are an important part of living with diabetes.

Routine eye examinations can head off potential vision problems and have been known to alert doctors to the presence of diabetes before patients know they have it. During a comprehensive dilated eye exam, eye doctors will examine all areas of the eye to check for illness. Pressure on the eye will be tested, as glaucoma can cause elevated pressure. The doctor also will check for any clouding of the eye lens.

When an eye is dilated, doctors can examine the retina at the rear of the eye. Points that will be checked include:

- changes to blood vessels, including any leaking blood vessels or fatty deposits
- swelling of the macula
- damage to nerve tissue
- health of the retina, and whether there are any tears or detachments

**Routine eye examinations can help doctors diagnose diabetes early. Such examinations also are important in the management of the disease and the prevention of vision loss.**

While many of the vision loss problems associated with diabetes are irreversible, early detection and treatment can reduce the risk of blindness by 95 percent, advises the NEI. Controlling diabetes slows the onset and worsening of visual symptoms. People with diabetes may need to see their eye doctors more frequently and have a greater number of

dilated exams to ensure eyes are still in good health.

To keep diabetes in check, follow a doctor-recommended diet, monitor your blood-sugar levels and get plenty of exercise. Eye doctors and primary care providers can work together to ensure that all symptoms of diabetes — whether visual or otherwise — are treated effectively.



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# Pros and cons to detox cleanse diets

Detox diet adherents tout the benefits of cleansing their bodies. The detox craze can be confusing, and misinformation regarding the best way to proceed with a cleanse only illustrates the emphasis men and women considering detox diets must place on learning as much about them as possible.

Detoxing involves changing one's diet for a predetermined period of time for the purpose of ridding the body of unhealthy, potentially toxic substances. While there may be some immediate weight loss associated with detoxing, losing weight is not the main purpose of detoxing.

Men and women have various detox options to choose from, including some that target specific areas of the body or others that aim to improve overall health.

Detox diets tend to be restrictive diets, which may not make them practical for everyone — particularly those

who may have health ailments or specific dietary needs. Consult with a physician prior to beginning a detox diet to ensure it will not interfere with any

treatments. In addition, it can help to weigh the advantages and disadvantages of detox diets to determine if doing a cleanse is the right choice for you.



## Pros

- **Eliminate poor eating habits:** Cleanses may help you to take better inventory of your eating habits and encourage you to make healthy choices in the process. Detox diets require that their adherents eliminate particular foods for a period of time, and in many instances, these off-limits foods are overly processed items that may not be the best food choices in the first place.
- **Increase vitality and energy levels:** Detox diets can sometimes increase one's energy and stamina. This can translate into more motivation to exercise or be active.
- **New foods:** A detox may require you to increase consumption of whole foods and participate in "clean eating." Eating cleanly is about selecting the healthiest options in each of the food groups. You may be exposed to new ingredients and discover healthy options you love.
- **Benefit the immune system:** You may find that healthy eating has positive effects on your immune system. This may make it easier to fend off illnesses or improve recovery time on those occasions when you get sick.

## Cons

- **Potential for nutrient deficiency:** Restrictive eating may deprive the body of certain nutrients it needs to remain in optimal shape. Nutrient deficiency can be dangerous, so it's important to proceed with caution.
  - **Weight loss concerns:** If your goal is to lose weight, do not expect detox diets alone to produce permanent weight loss. Many people experience weight gain after they stop a detox, says the health resource Everyday Home Remedy. Weight loss is better achieved gradually and through consistent healthy eating and exercise than through a cleanse.
  - **Potential to overextend detox diets:** Some people extend a detox for longer than is recommended in an effort to experience greater gains. They may feel that two or three weeks of a cleanse may be doing more good than simply one week. This is not a good idea because you can deprive your body of the balance of foods it needs to thrive.
- Detox diets can be short-term dietary options that bring about renewed vigor and health. Speak with a doctor and nutritionist to determine if a cleanse is best for you.

# How women can combat high cholesterol

High cholesterol can dramatically affect a person's long-term health. According to the Centers for Disease Control and Prevention, people with high total cholesterol have approximately twice the risk of developing heart disease as people whose cholesterol levels are ideal. And contrary to what many people may think, women are no less susceptible to high cholesterol than men.

Cholesterol can be a confusing topic. Though cholesterol has a bad reputation, that stature can be somewhat misleading. That's because there are two types of cholesterol, one of which actually reduces a person's risk for heart disease and stroke. High-density lipoprotein, often referred to as "HDL" or "good" cholesterol, absorbs low-density lipoprotein, or "bad" cholesterol, or "LDL," and carries it back to the liver, which then flushes it from the body. HDL accounts for a minority of the body's cholesterol. Unfortunately, the majority of cholesterol in the body is LDL, high levels of which can contribute to plaque buildup in the arteries, increasing a person's risk for heart disease and stroke.

A 2015 report from the American Heart Association indicated that more than 73 million American adults have high LDL cholesterol. The 2013 Canadian Health Measures Survey found that, between 2009 and 2011, the number of Canadians with unhealthy

levels of LDL increased significantly with age, with 40 percent of men and women between the ages of 40 and 59 suffering from unhealthy LDL levels.

Women may think that the presence of the female sex hormone estrogen can positively impact their cholesterol levels. While estrogen tends to raise HDL levels, its presence alone does not mean women are out of the woods with regard to cardiovascular disease, including heart disease and stroke. In fact, the CDC notes that heart disease remains the leading cause of death among women.

High LDL cholesterol levels do not mean women will automatically develop heart disease, but women who receive such a diagnosis should take the following steps to lower their LDL levels so they can live longer, healthier lives.

- **Eat right.** Avoid foods that are high in fat, especially saturated fats and trans fats. The AHA notes that foods that contain saturated fats contribute to high levels of LDL. Fatty beef, lamb, pork, poultry with skin, lard and cream, butter, and cheese are just a few of the foods that contain saturated fats. Those foods all come from animal sources, but many baked goods and fried foods are also high in saturated fat and should be avoided. Fruits, vegetables and whole grains are heart-healthy foods that can help women lower their LDL levels and reduce their risk for cardiovascular disease.

- **Exercise regularly.**

Routine physical activity can help women lower their LDL levels, especially when such exercise is combined with a healthy diet. The Office on Women's Health recommends women get two hours and 30 minutes of moderate-intensity aerobic activity each week, or one hour and 15 minutes of vigorous-intensity aerobic activity each week. Speak with your physician to learn which exercises are most appropriate for someone in your condition. Women who want to do more than aerobic activity can still meet their exercise requirements by combining moderate and vigorous cardiovas-

cular exercise with muscle-strengthening activities two or more days per week.

- **Quit smoking.** Smoking can accelerate the damage already being done by high cholesterol. While research does not indicate that smoking directly impacts LDL levels, the toxins produced and inhaled from cigarettes can modify existing LDL, making it more likely to cause inflammation.

Cholesterol does not discriminate, and women need to be just as mindful as men when monitoring their total cholesterol levels.

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