

Home Health Chat

Volume 1, Issue 7

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Home Health Chat

At New Vision Nursing & Home Care our main goal is to educate as well as get our community's involvement in learning about Health topic and to better educate all of us on diagnosis, treatments, and the preventions of diseases and to improve everyone's overall health.

We are excited for the continued development of this newsletter and the information that it will bring to you. Please continue to look for our published newsletters at your local physician offices, businesses, and throughout your community.

We are also excited to get our Physicians as well as our community involved in our newsletter. If you would like to submit information or an article, see page three for contact information.



INSIDE THE ISSUE

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Cervical Awareness

Tara Binkley

New vision Nursing & Home Care LLC

Cervical Health Awareness Month is a chance to raise awareness about how much women can protect themselves from HPV (human papillomavirus) and cervical cancer. HPV is a very common infection that spreads through sexual activity. It's also a major cause of cervical cancer.

Cervical cancer was one of the most common causes of cancer death for American women. However over the last 30 years, the cervical cancer death rate has gone down by more than 50%. The main reason for this change was the increased use of screening tests. Screening can find changes in the cervix before cancer develops. It can also find cervical cancer early-in its most curable stage. Another way to prevent cancer is to get vaccinated against human papilloma virus (HPV), which causes most cases of cervical cancer.

The American Cancer Society is actively fighting cervical cancer on many fronts. We are helping people get tested for cervical cancer, helping them understand their diagnosis, and helping them get the treatments they need. The American Cancer society also funds new research to help prevent, find, and treat cervical cancer.

We can use this opportunity to spread the word about important steps women can take to stay healthy.

- Encourage women to get their well-woman visit this year.
- Let women know that the health care reform law covers well-woman visits and cervical cancer screening. This means that, depending on their insurance, women can get these services at no cost to them.
- Talk to parents about how important it is for pre-teens to get the HPV vaccine. Both boys and girls need the vaccine

So let us all do our part in being an advocate for our own health.

If you have questions or concerns please contact your family physicians.



The thyroid gland is often referred to as the body's engine, and just like the mechanical metaphor when the thyroid gland stops working properly the body eventually starts to sputter.

The thyroid gland is a small, butterfly-shaped gland located in the base of the neck just below the Adam's apple. Although small in size, the gland plays a large role by producing thyroid hormone which influences the function of many of the body's most important organs, including the heart, brain, liver, kidneys and skin.

It's when the gland's hormone production is off balance to one extreme or the other that physical problems start to arise, as is the case when there is either too much thyroid hormone in the system (which is called hyperthyroidism), or there is too little thyroid hormone production (hypothyroidism).

Hyperthyroidism carries a range of symptoms that include unexplained fatigue, weight gain, depression, forgetfulness, feeling cold, hair loss, low sex drive, constipation or infertility. Hyperthyroidism usually has rapid onset and nonspecific symptoms.

On the flip side, the symptoms of hyperthyroidism-rapid heart rate, heat intolerance and unexplained weight loss and anxiety-manifest quickly and may cause people to seek medical attention sooner, the most common cause of hyperthyroidism is called Graves' disease, where antibodies target the thyroid gland, causing it to overproduce thyroid hormone.

The majority of thyroid disease sufferers are women, often diagnosed by their OB/GYN when women are trying to conceive. Thyroid hormone also plays a role in infertility as well. Some females are diagnosed for the first time during their pregnancy.

For both hypothyroidism and hyperthyroidism, medication is prescribed to bring hormone levels back into sync with established ranges. Hyperthyroidism is monitored more closely because it is more acute and can cause heart palpitations, arrhythmias (abnormal heartbeat) and heart failure if remains undiagnosed and untreated.

Two other concerns surrounding the thyroid are thyroid nodules and thyroid cancer, which can occur independent of the above thyroid diseases. Nodules are lumps or abnormal masses and can be caused by benign cysts, benign tumors or cancers of the thyroid. Nodules may be single or multiple and differ in size; if too large they may impede nearby structures in the throat and cause swelling and choking.

According to the AACE (Association for the Advancement of Computing in Education), about 60,000 cases of thyroid cancer are diagnosed yearly in the U.S. Thyroid cancer is far more common among adult women than men or youth and most cases of thyroid cancer has a good prognosis and high survival rates-especially when diagnosed in its early stages.

Although thyroid disease awareness has increased over the past decade, and more primary physicians are screening for thyroid disease there are still patients with debilitating symptoms that could have easily been remedied by early diagnosis.

If you have Question or concerns about your own health or in regards to thyroid disease, please contact your family physician

Our Upcoming Newsletters

Look for our next Home Health News that will be published in March/April. We will be promoting, Kidney Awareness, Brain Injury Awareness, & Autism Awareness.

To submit topics or suggestions for our upcoming newsletters please send them to:

New Vision Nursing and Home Care

ATTN:

Tara Binkley

tarabinkley@newvisionnursing.org

CALENDAR OF EVENTS!

JANUARY:

12- BLOOD DRIVE

VFW POST 9289
12:00PM-5:00PM
1309 E. SPRING ST. ST. MARYS OH

17- BLOOD DRIVE

JASON STRAUER DEDICATED FIRST ENGLISH
LUTHERAN CHURCH
8:00AM-2:00PM
FELLOWSHIP HALL
107 W. MECHANIC ST. WAPAKONETA

19-FREE HEALTH SCREEN

WAPAKONETA WALMART PHARMACY
11:00AM-1:00PM
FREE BLOOD PRESSURE, BLOOD SUGAR,
WEIGHT, GAIT & BALANCE

19-FREE HEALTH SCREEN

WAPAKONETA VILLAGE APARTMENTS
218 EASTOWN DR. WAPAKONETA, OH
2:00PM-3:00PM
FREE BLOOD PRESSURE, BLOOD SUGAR,
WEIGHT, GAIT & BALANCE

20- FREE HEALTH SCREEN

NEW VISION NURSING & HOME CARE
310 PERRY ST. WAPAKONETA, OH
9:00AM-3:00PM
FREE BLOOD PRESSURE, BLOOD SUGAR,
WEIGHT, GAIT & BALANCE

20- FREE HEALTH SCREEN

SIDNEY YMCA
300 E. PARKWOOD ST. SIDNEY, OH
9:00AM-11:00AM
FREE BLOOD PRESSURE, BLOOD SUGAR,
WEIGHT, GAIT & BALANCE

20- FREE HEALTH SCREEN

INDIAN LAKE VILLA APT.
601 LINCOLN BLVD. RUSSELLS POINT, OH
3:00PM-4:00PM
FREE BLOOD PRESSURE, BLOOD SUGAR,
WEIGHT, GAIT & BALANCE

26- BLOOD DRIVE

KNIGHTS OF COLUMBUS
12:00PM-6:00PM
40 N. MAIN ST. MINSTER, OH

FEBRUARY:

16- FREE HEALTH SCREEN

WAPAKONETA WALMART PHARMACY
11:00AM-1:00PM
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MEET OUR STAFF AT NEW VISION NURSING & HOME CARE



New Vision Nursing and Home Care would like to introduce Jamie Schneider, LPN. Jamie received her nursing degree in 2010. She has been working in the health care field for five years. She is brand new to

Home Health, but she is a perfect fit and loves it as well as our patients love her.

When Jamie was asked "what is the difference between home health and other health care facilities" she said "I am able to have more time with each patient, and using my nursing skills to the fullest to better assist the patient."

She enjoys in her free time spending time with friends & family & watching movies.

Jamie resides in Wapakoneta with her loving husband and three children.

Are you interested in Home Health?

Would you like to obtain more information about how home health can benefit you or a loved one?

New Vision Nursing and Home Care is here for you! Contact New Vision Nursing and Home Care at 567-356-5113 and speak with one of our staff members. At New Vision Nursing and Home Care, we offer free in-home evaluations, where we meet together with you or a loved one. Our team of compassionate nurses will sit and discuss what needs would best fit the individual in need. Contact us today, and allow New Vision Nursing and Home Care get on the right track of receiving home health services.

New Vision Nursing and Home Care has been providing services throughout nine counties for several years now. We have been named as one of our region's top preferred home health agency.

New Vision Nursing & Home Care
567-356-5113

QUESTIONS AND ANSWERS

ALL ABOUT HOME HEALTH CARE

Q: What services can home health offer me?

A: Home Health Agencies can offer a wide array of services to meet an individual's needs. Some services include Home Health Aides, Visiting Nurses, Physical, Occupational, and Speech Therapies.

Q: Can I choose a home health provider?

A: Yes! According to Federal law, the law states "Any individual entitled to insurance benefits under this title (i.e., Medicare) may obtain health services from any institution, agency, or person qualified to participate under this title if such institution, agency, or person undertakes to provide them services."

Q: I recently had a joint replacement surgery; may I receive home health therapy?

A: Yes! Home Health agencies provide both physical and occupational to fit your needs to help you recover from your recent surgery. With a home health therapy program, it allows you to receive services you need in the comfort of your home. Therapy is covered 100 % by Medicare and Medicaid, allowing you to avoid paying an out of pocket deductible like other therapy programs.

Q: How can home care services be initiated?

A: Home services can be initiated with a physician's order. If a patient is in the hospital, a discharge planner will facilitate the referral process prior to discharge. Once we receive the order, our nurse will schedule a visit to do an initial evaluation. The nurse will relay her findings to the doctor and make recommendations for care