



Family Health After Hours Care

Services Offered

- Abdominal Pain
- Asthma
- Bronchitis & Respiratory Infections
- Cough & Cold
- Dog Bites
- Earaches
- Flu
- Initial evaluation and treatment of minor injuries
- Insect bites
- Deep cuts needing stitches
- Minor burns
- Pink Eye
- Rashes
- Seasonal Allergies
- Shingles
- Sinus Infections
- Skin Infections
- Sore Throat
- Splinter Removal
- Sprains/Strains
- STD Testing/Treatment
- Swimmer's Ear
- Urinary Infections
- Vaginal Infections
- Vomiting
- X-rays

Clinic Information

For all Darke County and surrounding area residents. Patients seen on a walk-in basis. Radiology on site. Sliding fee scale discount available for qualifying incomes. Your primary healthcare provider will be notified by an After Hours report for follow-up care. Please contact Wayne Hospital to speak with a physician.

Due to time constraints, we are unable to see the following conditions:
 Worker's Compensation Cases
 Employee Physicals (Flight Physicals/DOT)
 Annual/Wellness Physicals for Insurance
 Well Child Checks
 Mental Health Problems
 Disease Management

Please be aware that we do not fill narcotics.



Regular Hours:
 5:30 - 8PM
 Monday- Thursday
 (937) 547-2321

Family Health Services
 Located in Suite 2
 5735 Meeker Rd
 Greenville, OH 45331

LOCATIONS

Greenville- Main Campus
 5735 Meeker Rd
 Greenville, Ohio 45331
 Tel: (937) 548-9680

Arcanum Office
 702 N. Main Street
 Arcanum, OH 45304
 Tel: 937-692-6601
 Fax: 937-692-6572

New Madison Office
 101 Anderson St.
 New Madison, OH 45346
 Tel: 937-996-0023
 Fax: 937-996-0210

Versailles Office
 10484 Kley Rd.
 Versailles, OH 45380
 Tel: 937-526-3016
 Fax: 937-526-3809

Behavioral Health & Wellness Center
 1101 Jackson St
 Suite C
 Greenville, OH 45331
 Tel: 937-547-2319
 Fax: 937-548-4248

Family Health's Patient Centered Medical Home

Patient, family/caregivers and Family Health's Primary Care team coordinate patient related care and services. Family Health is committed to partnering with you through comprehensive continuity of care, communication, and understanding your specific needs. Ensuring you receive integrated, preventative and comprehensive care is our ultimate goal.



A newsletter dedicated to strengthen patient and community connection through education, action, and knowledge of health awareness.

Winter 2020

Building healthy lives Together.

FAMILY Health NEWSLETTER

As the Executive Director of Family Health, I am proud to be part of an award winning care team. Family Health has established ourselves as a thriving medical practice focused on providing all our patients quality healthcare. We are committed to building the type of practice that treats all our patients with honor and respect. We look forward to serving your healthcare needs and building healthy lives together in 2020.



In health,
Jean Young, Executive Director

Working Together to Improve Patient Outcomes

Since July 2019 a team of health care professionals at Family Health has been working on a project that will improve the health of our patients through prevention and management of diabetes and hypertension. The project is titled Ohio's Diabetes and Hypertension Quality Improvement Project and its purpose is to lower the rate of heart disease and diabetes in Ohio. This project is in collaboration with a larger state wide initiative sponsored by Ohio Department of Health and nationally through the Center for Disease Control.



Decreased undiagnosed and Uncontrolled blood pressure.
 Family Health offers a blood pressure clinic the second and fourth Tuesday of every month from 1-4pm to increase the amount of patients being screened for high blood pressure. During that time you can walk-in for a free blood pressure check and diet and lifestyle education to help you manage your blood pressure. Our hypertension team is also working hard to bring an American Heart Association approved course to patients titled "Check, Change, Control". The program empowers you to learn about, how to monitor, and manage blood pressure through a combination of resources. Classes begin in February. For more information contact Jane Urlage at (937) 547-2319.

The project addresses 6 different pathways:

1. Prediabetes
2. Diabetes
3. Undiagnosed blood pressure
4. High blood pressure and cholesterol
5. Clinical Pharmacy Services
6. Helping find community resources and assessing basic needs of the patient.

Our project goals:

Decreasing the number of adults with uncontrolled diabetes.
 24% of Ohioans over the age of 65 have diabetes. Family Health has started incorporating pharmacists into the equation by using a shared visit model. Shared visits involve an in-depth consultation with a Family Health pharmacist as well as the patient's primary care provider. During the visit the patient will receive education on

diet, exercise, medications, necessary screenings and referrals such as eye, foot, and dental care.

Increase screening and education for prediabetes
 One in three adults have prediabetes. To prevent them from developing Type 2 diabetes, Family Health is offering a Diabetes Prevention Program. This program is a year-long lifestyle change program with goals to increase physical activity and lose weight by making healthier eating choices and moving more. We kicked off our first program in October with 13 participants and are well on our way to meeting our goals for decreasing type 2 diabetes! For more information about our diabetes prevention program or to find out if you are at risk for diabetes go to our website at www.familyhealthservices.org or call Lacie Grosch at (937) 547-2319.

Increase access to community resources.
 We know that sometimes life is tough and we want to help! We know that health is more than the numbers in your chart. Social determinants of health include availability of food, transportation, housing and other basic needs. Currently Family Health is working hard to use a screening tool in the early part of 2020 that will address social determinants of health and help to meet the basic needs of our patients, giving them access to food, shelter, medications, and transportation. Be on the lookout for the PRAPARE screening tool.

We at Family Health feel honored to be awarded this grant, working to improve the quality of care we are providing!

DOC TALK

What you want to know about high blood pressure

Q: What do I do if my blood pressure is high?

A: It is important to speak to your doctor to learn about appropriate treatment options for you, but there certainly are some things you can do like healthy lifestyle choices that help to reduce your blood pressure.

Make changes that matter:

- Eat a well-balanced diet that's low in salt (DASH DIET is a great start)
- Limit alcohol
- Enjoy regular physical activity
- Manage stress
- Maintain a healthy weight
- Quit smoking
- Take your medications properly
- Work together with your provider

Q: What can you do to lower your blood pressure?

A: When it comes to your blood pressure management it is important to remember that you can make some decisions that can truly help lower your risks of high blood pressure related illness. Choose to learn more about high blood pressure treatment options and get support along the way. Your health care provider and pharmacist want you to succeed in lowering your blood pressure and with a team approach and a little effort it is possible. The choice is up to you!

1. Learn your BP numbers
2. Seek professional medical help
3. Make lifestyle choices that can reduce your blood pressure
4. Take prescribed medication according to you doctors instructions.

Want a team based approach to help manage your blood pressure?

Visit our hypertension clinic on the second and fourth Tuesdays from 1-4pm, schedule an appointment with our dietitian, or ask for a shared visit with a pharmacist!



High Blood Pressure and You

Dr. Julia Bowlin explains high blood pressure and the importance of getting treatment.

Wondering if you have high blood pressure?

You are not alone and reading this information is a great first step to finding out. Almost half of American adults have high blood pressure and many don't know they have it. High blood pressure (also referred to as HBP, or hypertension) is when your blood pressure, the force of blood flowing through your blood vessels, is consistently too high.

Taking appropriate next steps to accurately diagnosis and treat elevated blood pressure is truly important to reduce your risks of long term potential damage to your circulatory system. When left untreated, the damage that high blood pressure does is a significant contributing factor to heart attacks, strokes, and other health threats. There certainly are risk factors like family history, age and gender which can't be changed. But there are factors you can change, like your lifestyle, weight and diet and finding out what your numbers are.

Your blood pressure numbers don't have to be a mystery. They are critical to your heart health and regular monitoring can help you reduce your risk of a heart attack or stroke. You can check your blood pressure at home, many local pharmacies, and Family Health's hypertension clinic. Some pharmacies will check your blood pressure personally. Better yet, make a doctor's appointment to get checked and talk about next steps. The first step, however, is learning your blood pressure numbers and by getting your blood pressure checked using an accurate monitoring cuff.

How do you check blood pressure at home and how often?

When it comes to measuring blood pressure, technique matters. Doing it wrong can give you a reading that's too high or too low and could lead to inappropriate treatment.

There are two things to do before you start:

1. Check your machine against the one in your doctor's office.
2. Make sure you have the right size cuff. The inflatable part should encircle at least 80% of your upper arm. Wrist cuffs usually are not as accurate.

When you first start to check your blood pressure at home, measure it early in the morning, before you have taken your blood pressure pills, and again in the evening, every day for a week. After that, follow the plan your doctor recommends, or check it one or two days a month. Each time you take a reading avoid caffeinated or alcoholic beverages and don't smoke for 30 minutes beforehand. Sit quietly for five minutes with your back supported and feet on the floor. When taking the measurement, support your arm so your elbow is at the level of your heart. Push your sleeves out of the way and wrap the cuff over bare skin. Measure your blood pressure according to the machine's instructions. Leave the deflated cuff in place, wait a minute, then take a second reading. If the readings are close, average them. If not, repeat again and average the three readings. Use an upper arm cuff whenever possible for best results. Don't panic if a reading is high. Relax for a few minutes and try again. Keep a record of your blood pressure readings and the time of day they are made. Checking blood pressure at home won't cure hypertension, but it will help control the most common cause of stroke and a big contributor to heart attack, heart failure, and premature death.

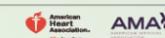
How high blood pressure is treated?

If you have been diagnosed with high blood pressure the first thing your doctor might do is prescribe some lifestyle changes and medication. Your doctor may prescribe one or more medications to bring your blood pressure down to normal. Doing this could help lower the long term effects of elevated blood pressure on your entire body. The medicines work in different ways to help lower blood pressure and medicine only works when you take it regularly. Don't stop taking medicine on your own. If you have questions about your medication, please contact your healthcare provider or pharmacist and have an open and honest conversation about your concerns. With a little effort and know how you can reduce your long term risk associated with elevated blood pressure.

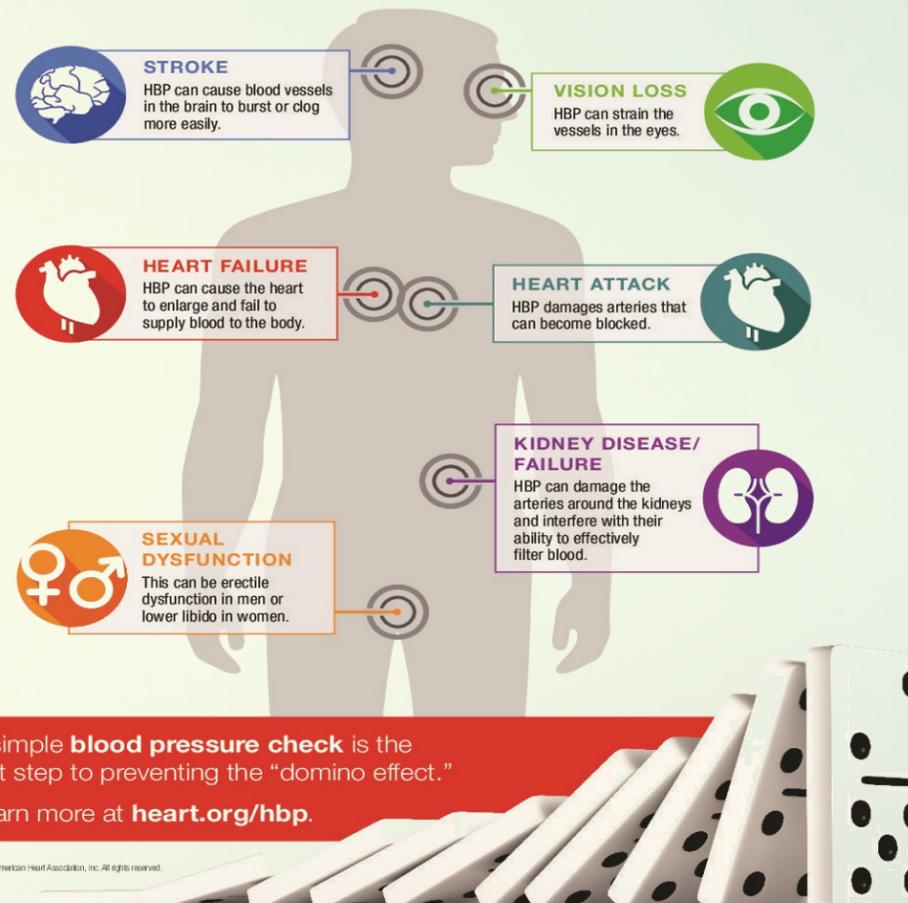
Resources:
<https://www.heart.org/en/health-topics/high-blood-pressure/finding-high-blood-pressure-tools--resources/blood-pressure-fact-sheets>
<https://www.health.harvard.edu/heart-health/checking-blood-pressure-at-home>
<https://www.webmd.com/hypertension-high-blood-pressure/guide/hypertension-home-monitoring#1>

CONSEQUENCES of High Blood Pressure

TARGET:BP™



High blood pressure is often the first domino in a chain or "domino effect" leading to devastating consequences, like:



A simple **blood pressure check** is the first step to preventing the "domino effect."

Learn more at heart.org/hbp.

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Are You Ready to Kick the Habit?

Did you know ...

- Smoking is the #1 cause of preventable death in the US
- There are 4000 substances in cigarette smoke
- 70% of smokers want to quit
- 50% of people who have ever smoked have quit at least once
- Most quitters need 5 to 6 attempts before they are successful

Benefits of quitting smoking

- Quitting smoking before age 40 lowers the risk of death by 90%
- After 1 year of stopping you have a 50% lower risk of heart disease
- After 3-5 years of stopping you have a 50% lower risk of bladder cancer, oral and esophageal cancer
- After 10 years of stopping you have a 50% lower risk of lung cancer
- After 15 years of stopping the risk of heart disease is the same as never-smokers
- After 5-15 years of stopping the risk of stroke is the same as never-smokers



Family Health offers services to help patients stop smoking A collaboration of physicians, nurses, and pharmacists are here to provide medication management to help you quit along with education, counseling, and support. Call our pharmacy at (937) 548-2953 for more information and to start your journey to a smoke free life!

What's Happening at Family Health?

You want to know.
We want to tell you.

CLASSES

Matter of Balance Class

Managing concerns about falls.
Fridays 2-4pm
March 6th-April 24th
For more info call Jane Urlage, RN (937)547-2319.

Diabetes Self Management Workshop

Manage symptoms and control your diabetes.
Fridays 2-4:30pm
January 10th-February 14th
For more info call Jane Urlage, RN (937) 547-2319.

Diabetes Prevention Program

For patients who meet criteria for prediabetes. Yearlong program to help you lose weight, move more, and lower your risk of developing Type 2 Diabetes. For more info contact Lacie Grosch, RDN (937)547-2319.

EVENTS

HTN Clinic

Walk in FREE blood pressure screening and heart healthy education.
2nd and 4th Tuesdays 1-4pm
For more info call Wendy Larkins (937) 548-5811

Xchange Clinic

Vivitrol, Suboxone, medical treatment, needle exchange, HIV and hepatitis screenings, pregnancy tests, FREE Narcan, health kits, and vaccines.
2nd and 4th Fridays 10am-2pm
Family Health Dental Office.
Call Maggie for more info (937) 547-2319.

Behavioral Health and Wellness Event

FREE Wellness Events Coming April 2020
2nd Monday of each month 5:30-7pm
Light meal and door prizes
1101 Jackson Street, Greenville.
Reid Medical Building
For more info contact Jane Urlage, RN (937) 547-2319