



Mammography Services at Hardin Memorial Hospital

STATE-OF-THE-ART TECHNOLOGY, COMFORTABLE ENVIRONMENT, FRIENDLY AND CARING STAFF PROVIDING EXCELLENT CARE.

Hardin Memorial Hospital is proud to provide digital mammography services to the residents of Hardin County. Because of the support given to the hospital with levy funds more than five years ago, Hardin Memorial Hospital was able to purchase the digital mammography unit and continues to provide this service in the hospital's women's imaging center.

What Is a Mammogram?

A mammogram is an X-ray exam of the breast. It is used to detect and evaluate breast changes, both for women who have no breast complaints or symptoms and those who have breast symptoms (problems such as a lump, pain or nipple discharge). Mammograms are most often used to look for cancer in women who have no symptoms. These are called screening mammograms. Mammograms done on women who have lumps or other symptoms, or who have suspicious changes seen on a screening mammogram, are called diagnostic mammograms.

Guidelines for screening mammograms (set by the American Cancer Society):

- Yearly mammograms are recommended starting between the ages of 35 to 40 and continuing for as long as a woman is in good health.
- Clinical breast exam (CBE) should be part of a periodic health exam, about every three years for women in their 20s and 30s and every year for women 40 and older.

- Women should know how their breasts normally feel and report any breast change promptly to their healthcare providers. Breast self-exam (BSE) is an option for women starting in their 20s.
- Women at high risk (greater than 20% lifetime risk) should get an MRI and a mammogram every year. Women at moderately increased risk (15% to 20% lifetime risk) should talk with their doctors about the benefits and limitations of adding MRI screening to their yearly mammogram. Yearly MRI screening is not recommended for women whose lifetime risk of breast cancer is less than 15%.

Digital mammograms vs. film-screen mammograms: Digital mammogram (also known as full-field digital mammography or FFDM) is much like a standard, film-screen mammogram in that X-rays are used to produce a picture of the breast. The differences are in the way the picture is recorded, looked at by the doctor and stored. Standard mammogram pictures are recorded on large sheets of photographic film. Digital mammograms are recorded and stored on a computer. After the exam, the doctor can look at the images on a computer screen and adjust the image size, brightness or contrast to see certain areas more clearly. Digital images can also be sent electronically from one site to another to consult with breast specialists at another location. In general, regular film-screen mammograms and digital mammograms have similar accuracy. But digital mammograms have some unique advantages. Some studies have found that women who have questionable areas on their digital mammogram have to return less often for extra imaging tests because the original image can be magnified and looked at in many different ways on the computer screen. A

recent large study also found that digital mammograms were more accurate in finding cancers in women younger than 50 and in women with dense breast tissue. It is important to remember that standard film mammography also is effective for these groups of women, and that women should still get their regular mammogram if digital mammography is not available.

Computer-aided detection diagnosis (CAD): Over the past 20 years, computer-aided detection and diagnosis (CAD) has been developed to help radiologists find suspicious areas on mammograms. This can be done with standard film mammograms or with digital mammograms. Computers can help doctors find abnormal areas on a mammogram by acting as a second set of eyes.

CAD is an optional service when a mammogram is being done. The Imaging Technologist at Hardin Memorial Hospital will be sure to ask patients if they are interested in having this extra test done.

Results Delivered Fast

When you have a mammogram at Hardin Memorial Hospital, the Imaging Department sends a dictated report to the ordering physician. You will also receive a separate, easy-to-understand report of your mammogram results within one to two weeks – sooner if the results suggest cancer is present – so you will get the results as quickly as possible.

Make an Appointment

Hardin Memorial Hospital offers convenient appointment times for all patients. If you would like to schedule an appointment, please obtain an order from your physician and contact our Imaging Department at **419-675-8181**.





WHAT PEOPLE ARE SAYING ABOUT US

"I love our hospital and am very proud of the quality of the staff."

"We were in and out of the Emergency Room in a record 30 minutes. The treatment was fast and thorough. Everyone did their jobs well."

"The food was very good and the cafeteria people were very polite, helpful and accommodating."

"We have had several trips to HMH lately. We commend the staff here and will continue to do so. I felt comfortable and at ease with the care I received from the nurse at the time of my test."

"A big thank you to everyone at HMH for their professionalism and service. We are fortunate to have HMH!"

PATIENTS WHO SHOULD RECEIVE A SURVEY

100% of all inpatients, with a possibility of receiving one survey every 30 days.

100% of all Emergency Department patients, one survey every 90 days.

60% of outpatients, with patients receiving one survey every 90 days.



We Strive for 5s

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gauge our current performance and then track improvement over time.

Why Do I Get a Survey in the Mail?

Hardin Memorial Hospital has partnered with Press Ganey to survey patients to determine how we are measuring up. We ask our patients to rate our care as a way to evaluate and fine-tune our own performance. Surveys are randomly mailed and returned to Press Ganey to ensure confidentiality.

How Do I Rate My Care?

You should rate your care based on your most recent visit, circling the number that best describes your experience. The scores range from 1 (very poor) to 5 (very good). Scoring your experience as a 5 means that we have met your expectations but there still could be room for improvement. Also, there is an area to make any comments that you feel would be valuable to us.

Hardin Memorial Hospital wants you to know we are listening and value your comments – both good and bad. To continue to improve our customer service, the surveys are reviewed online every day and discussed weekly by our customer service team consisting of Pam Beverly, Director of the Emergency Room, Intensive Care Unit and Cardiopulmonary; Craig Duff, Manager of the Laboratory; Sandy Schwartz, Director of the Medical/Surgical floor; and Linda Smith, Patient Relations Director.

If you have a concern that you would like us to address, we strongly encourage you to put your name and contact information on the survey so we can contact you. For any questions or comments, call our Patient Relations Director, Linda Smith, at 419-675-8330.

OHIOHEALTH LINK

OhioHealth has been named one of the country's "100 Best Companies to Work For" by *Fortune* magazine for 2010. This is the fourth year in a row that OhioHealth has earned the award, ranking No. 46 this year.

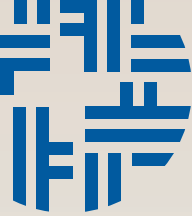
OhioHealth is the highest-ranked employer in Ohio and one of only four healthcare organizations in the top 50.

"We are especially honored to be named to the list again this year due to the challenges we have all had to face together," said Dave Blom, President and CEO of

OhioHealth. "In a year defined by change and all that goes with it, our associates remained committed to OhioHealth and our vision of being the place where people want to work, where physicians want to practice and where patients want to go when they need healthcare – and it has resulted in this prestigious recognition."

OhioHealth is in excellent company standing alongside some of the nation's most esteemed companies. OhioHealth continues to grow its reputation as a leading organization both locally and nationally.

Based in Columbus, Ohio, OhioHealth is a not-for-profit, charitable, healthcare organization serving and supported by the community. It is a family of 18 hospitals, 23 health and surgery centers, home-health providers, medical equipment and health service suppliers throughout a 40-county area. OhioHealth hospitals include Hardin Memorial Hospital, Riverside Methodist Hospital, Grant Medical Center, Doctors Hospital, Grady Memorial Hospital, Dublin Methodist Hospital, Marion General Hospital and Doctors Hospital-Nelsonville.



Kick Start Your Spring Fitness Routine

Long winter days are fading into warmer weather, which may mean there's an end in sight for your spring fever. Perhaps you're ready to get outside and stretch your legs, hoping to lose some of your winter weight. Before you dust off your running shoes, read some of these helpful hints to ease back into a fitness routine.

- 1. Slow and steady wins the race.** If you've had a sedentary winter, try walking a few times a week before gradually adding more activity. By slowly adding intensity to your workouts, you'll help to avoid injuries.
- 2. Two is better than one.** Find a partner you can work out with each day. Whether it's your best friend, next door neighbor or your dog, having someone to exercise with holds you accountable to yourself and to your partner.
- 3. Keep a journal.** Start writing down your workout activities. You might include the day of the week you worked out, amount of time you exercised, the activity you took part in and how you were feeling that day. This allows you to go back to see what activities worked best for you and also helps you track your progress.
- 4. Have fun!** Be sure to integrate activities that you enjoy such as biking, hiking or swimming. This will help ensure you keep on the workout track without getting bored with your routine.

BE SURE TO SEE YOUR PHYSICIAN BEFORE STARTING ANY NEW WORKOUT ROUTINE.

**COMING THIS FALL!
HARDIN MEMORIAL HOSPITAL 5K RUN/WALK**

CHOOSING THE RIGHT SHOE

If you're getting ready to embark on a new fitness routine, choosing the right shoe is important for your success. There are a few things to keep in mind when purchasing a new pair of kicks.

- **Activity level.** Different activities call for specialized shoes, and the right shoe can improve your comfort and performance.
- **Shape and width of your foot.** If you have a wider foot, be sure to find a shoe that is wide enough and gives your foot ample room and support. If you have a narrower foot, look for a shoe that adequately tightens to a comfortable fit.
- **The height of your foot's arch.** If you're not sure what kind of arch you have, an easy test is to get your bare foot wet and step on a piece of cardboard. If most of your footprint is visible, you have low arches; if you can't see much of your footprint, you have high arches.* Orthotic inserts designed for high, medium and low arches are available in shoe stores. If you need support customized to your exact foot shape, ask your doctor about custom-fit orthotics.

* Source: www.mayoclinic.com.

Active Kids Fall Asleep Faster

The more minutes children spend running around during the day, the fewer minutes it takes them to fall asleep at bedtime. It's not a new phenomenon; in fact, generations of parents have known that an active day makes for a better night's sleep (for the whole family!). Now there is new research to support this parental theory.

A study of 591 7-year-olds measured the children's activity level with an activity-measuring device. Children with high activity levels fell asleep faster, while those who were sedentary took a longer time to fall asleep. For every hour a child spent sedentary during the day, it took an average of three minutes longer to fall asleep at night. The report, published

in the *Archives of Disease in Childhood* in September 2009, noted that children who took less time to fall asleep stayed asleep for longer, and vice versa.

The research underscores the importance of physical activity for children – for good sleep and good overall health.