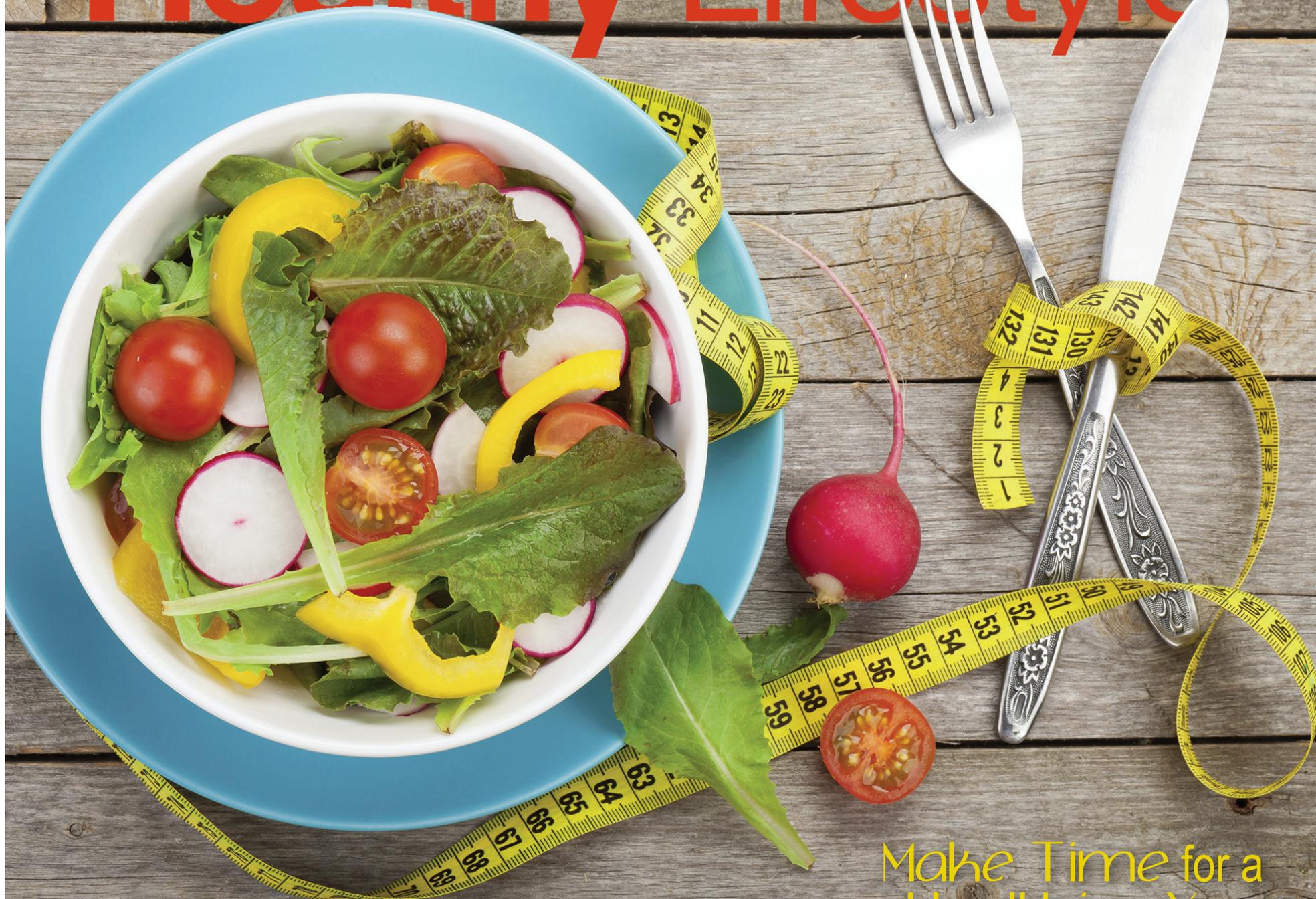


October 2015 | A Special Supplement to

Urbana Daily Citizen

Healthy Lifestyle



Clearing the Hurdles

How to overcome common weight loss roadblocks

Beating Stress

Healthy ways to handle stress

Make Time for a Healthier You

Find time for exercise



Maintain a safe and healthy pregnancy

You've received the good news, now it is time to take care of your body and the new life growing inside of it.

possible. Once the pregnancy test comes out positive, make an appointment with your doctor to discuss the course of the pregnancy and what can be done from the start. Doctors may schedule blood screenings and estimate due dates. They also will go over nutrition and care guidelines, which will usually include a regimen of prenatal vitamins.

Discuss age and risk factors with the doctor. The Centers for Disease Control and Prevention point out that there has been a societal shift in the age at which most women become pregnant, with many waiting until later in life to start their families. Whereas ages 20-24 used to be the peak time for pregnancy, many women in North America now become pregnant for the first time between the ages 25 and 29, while many more wait until their 30s. Waiting longer to become pregnant for the first time may increase a woman's risk for certain conditions during pregnancy. Your doctor can answer

any questions you may have and let you know about additional testing that may be necessary.

Don't overeat. Eating right is one of the best things you can do for yourself and the baby. Anything you put in your body can affect the baby, so prioritize a healthy diet. Contrary to popular belief, you do not need to eat for two. During the first few months, you may not have much of an appetite. The fetus does not require many additional nutrients until the end of the pregnancy. Only then will an increase of 200 calories or so be adequate. Speak with your physician about what constitutes healthy and unhealthy weight gain during pregnancy.

Choose healthy foods. Avoid undercooked foods and soft cheeses that may harbor bacteria. Some seafood, such as tuna or shark, may contain high levels of mercury. Lean meats, fruits, vegetables, fiber, and dairy products can fuel your body and keep the baby growing.

Continue to exercise. Unless there are complications during your pregnancy, you likely can continue to exercise. However, don't overdo it with exercise, and call your doctor if you experience any adverse side effects during or after exercise sessions.

Avoid drugs, tobacco and alcohol. Smoking, taking drugs or drinking during pregnancy can cause serious health problems for the baby. Miscarriage, premature birth, low birth weight, and SIDS are just a few of the potential side effects of drinking alcohol, smoking tobacco or taking drugs while pregnant, advises Baby Center. Avoid these behaviors and always check with a doctor before taking any over-the-counter or herbal remedies as well.

Get educated. Pick up a book from a reputable doctor or author so that you can better understand your pregnancy. It can save you stressful moments and keep your pregnancy on a healthy track.

Thousands of women will become pregnant this year for the first time. Pregnancy can trigger thoughts of the future and making plans for when the baby arrives. It also can be a time to take inventory of personal health to make changes that will benefit expecting mothers and the children growing within them. Prioritizing overall health is a great way to increase your chances of a safe and healthy pregnancy.

Visit an obstetrician or midwife as soon as

How to handle setbacks in your workout routine



An injured athlete's approach to recovery can go a long way toward determining how quickly he or she returns to action.

Few things frustrate athletes more than injuries. Sudden muscle pulls or the reemergence of nagging injuries can interrupt workout regimens and put athletes on the shelf until their injuries heal.

Some athletes may be tempted to fight through injuries and continue exercising, but doing so can make injuries worse and lead to even more time spent on the sidelines. Athletes who suspect they might have suffered more than minor aches and pains should consider the following approach when dealing with sudden setbacks in their workout routines.

Visit a doctor. Medical websites like WebMD are valuable resources, but athletes should not assume that perusing such sites takes the place of visiting doctors. Self-diagnosing an injury, whether it's with the help of a website or simply going on your own intuition, is not safe, as many fitness-related injuries share similar symptoms that make it easy for men and women without medical degrees to misdiagnose. Doctors can determine exactly what your

injury is and help get you on the path to recovery by prescribing medications or developing treatment plans. Such treatments can be the difference between a speedy recovery and one that lasts months on end.

Recognize the importance of patience. No two people heal the same, but patience with an injury is a part of every athlete's healing process. If you don't allow time for an injury to heal or if you try to accelerate your healing process, the existing injury can worsen and you may even injure another part of your body while overcompensating for your initial injury. Go into the healing process knowing it takes time, and be as patient as possible during your recovery.

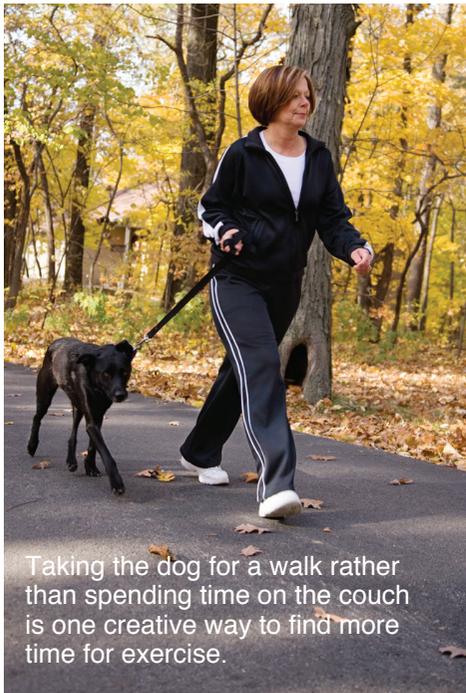
Be careful about the rest of your body. One of the problems many athletes encounter when dealing with an injury is the effect that injury has on other areas of your body. Athletes who perform strength training may be able to continue part of their regimen even after suffering an injury, but they should make note of their form to make sure their body is not overcompensating for the

area that is injured. Doing so can lead to new injuries or even exacerbate the existing injury. When visiting a doctor, get a specific list of which exercises, if any, you can still perform while recovering. If you plan to weight train during your recovery, reduce the amount of weight you lift, which can help ensure your form remains correct.

Report any new setbacks immediately. Some athletes suffer setbacks during their recoveries, and while setbacks can be expected, they should not just be accepted as another hurdle to clear. Report any setbacks to your physician immediately so he or she can advise you on the next steps to take.

Return slowly. Once your injury has healed, keep in mind that you can't just dive back in to your workout routine at full steam. Gradually increase the intensity of your workouts as your body once again acclimates itself to exercise. Injury is a reality of life for many athletes. But how athletes handle their recoveries can affect how quickly they get back in the swing of things.

How to find time for exercise



Taking the dog for a walk rather than spending time on the couch is one creative way to find more time for exercise.

Diet and exercise are essential components of a healthy lifestyle. While even the busiest men and women can find ways to eat healthy, finding time to exercise can be more difficult.

According to the President's Council on Fitness, Sports & Nutrition, regular physical activity can prevent chronic diseases like heart disease, cancer and stroke, which are the three leading causes of health-related death in the United States. In addition, men and women who are not physically active are at greater risk for developing type 2 diabetes. Regular exercise helps people control their weight while promoting bone, muscle and joint health.

While the benefits of regular exercise are substantial, finding the time for daily exercise is not always so easy. The following are a handful of strategies men and women can employ as they attempt to make more time in their days to exercise.

Reexamine your free time. Few adults, and especially those juggling families and careers, have an abundance of free time. But reexamining the ways you are spending your free time may help you uncover some moments for daily exercise. The Council on Fitness, Sports & Nutrition notes that adults between the ages of 18 and 64 need at least two and a half hours each week of moderate-intensity aerobic activity. While that may seem like a lot, it's only slightly more than 20 minutes per day. It helps to supplement such aerobic activity with some strength-training

activities at least two days per week. Try waking up 20 to 30 minutes earlier each day, using that time to hit the treadmill or jog around the neighborhood. You likely won't be affected by waking up earlier, and you won't need to alter your existing schedule for the rest of the day, either. If mornings aren't your thing, make better use of your lunch hour, going for a jog or visiting your company's exercise facilities if that option is available to you.

Work while you exercise. Technology has made it easier than ever before to stay connected to the office even when you are nowhere near your desk. Men and women who can't seem to find time to exercise often cite the demands of their job as the primary reason behind their inactivity, but those same individuals can use the technology at their disposal, be it smartphones that allow them keep track of work emails or tablets that make it possible to connect remotely to office servers, to work while they exercise. Bring your smartphone or tablet with you when you work out on the elliptical or jog on the treadmill.

Reduce your sedentary time. A 2008 study from Australian researchers found that people who regularly break up their sedentary time, including the hours they sit behind their desk at the office, with movement had healthier waist circumferences, body mass indexes and triglycerides than those who did not. While hourly breaks to walk around the office might not seem like exercise, such breaks can benefit your long-term health.

Get creative. Many people associate daily exercise with private gyms, and while gyms can serve as excellent motivators and great places to get full-body workouts, time involved in driving to and from the gym can make it difficult to commit to gym memberships. But you don't need a gym membership to live a healthy lifestyle. When possible, take the stairs instead of an elevator and park further away from your office door so you get a small cardiovascular workout on your way into and out of the office. Rather than retiring to the couch after dinner, walk or bike around your neighborhood. Such simple gestures may seem insignificant, but the more creative ways you find to exercise each day, the more beneficial such efforts become.

While there is no way to create more time in the day, men and women can employ several strategies to make more time for daily exercise.

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How to adjust to a healthier diet



Change often requires an adjustment period. Men and women who switch jobs may need a few weeks before they feel fully comfortable in a new office, while students changing schools may also need some time to adapt to their new surroundings.

An adjustment period is also common when people decide to adopt healthier diets. Diet is often habit-forming, and men and women will need some time to adjust as they kick some bad dietary habits in favor of healthier fare. The following are some simple ways to make that adjustment period a little easier to swallow.

Go slowly. Some people are capable of going cold turkey when adjusting to a new diet, while others must take a more gradual approach. Unless a health condition that requires immediate change is driving your dietary changes, take things slowly so your body acclimates to its new diet over time. Such an approach may make your efforts more successful over the long haul than making more sudden, drastic changes. For example,

suddenly cutting your daily calorie intake in half may force you into old, unhealthy habits when hunger pangs inevitably arise. But gradually reducing your caloric intake over time may make it easier for your body to adjust, decreasing the likelihood that you will relapse into bad habits.

Explain your motivation to loved ones.

Adults, especially married men and women and parents, may find adjusting to a new diet especially difficult unless their spouses and/or families are making similar adjustments. If you are the only member of your household who will be adjusting to a new diet, explain your efforts and motivation to your loved ones. Such an explanation will make them less likely to bring unhealthy foods into your home. In addition, your loved ones can prove an invaluable source of support as you make this big adjustment in your life.

Embrace positive results, even if they are initially underwhelming. Just because you have adopted a new diet does not mean you will see immediate results. Fad diets meant to last just a few

weeks may produce immediate results, but such results likely will not withstand the test of time, and you may even gain weight when you revert to some of your old eating habits. The right diet will produce long-lasting results, but you must allow for some time before such diets lead to significant weight loss. In the meantime, place more emphasis on how you feel than the figure that shows up on your bathroom scale each morning. Upon adopting a healthier diet, you will start to notice how much better you feel than you felt when eating a diet filled with fatty, unhealthy foods. Remind yourself of this extra hop in your step as you continue on the path to a healthier lifestyle.

Don't give up. Your adjustment period will require some discipline, and there may be moments when you backslide into bad habits. If that happens, don't allow it to derail all of the progress you have made since switching to a healthier diet. Just accept that you had a setback and resolve to do your best to avoid having another one. The sooner you get back on a healthier track, the better you will feel.

Strategies to motivate students to be more physically active

Today's students arguably have more on their plates than any generation that came before them. But even with their hectic schedules, kids still have free time, which many are not always using in the healthiest ways possible.

According to the Centers for Disease Control and Prevention, nearly one-third high school students play video games or computer games for three or more hours on an average school day. Sedentary lifestyles can increase kids' risk for being overweight or obese, and many parents struggle in their efforts to encourage their school-aged children to get off the couch and embrace physical activities. The following are a handful of strategies concerned parents can employ as they attempt to motivate youngsters to be more physically active.

Choose the right activity. Physical activity and organized sports are not one and the same. Kids can still be physically active even if they are not athletic or if they are simply not interested in sports. Find an activity kids can embrace, such as hiking, swimming or even riding bikes, and

they will be more likely to get off the couch.

Limit screen time. Kids spend lots of time in front of computer and television screens, which can be detrimental to their overall health. Parents can place restrictions on the amount of time kids are allowed to spend surfing the Internet, playing video games and watching television, encouraging youngsters to spend time enjoying the great outdoors or playing with friends rather than spending it staring at a screen.

Join in the fun. Parents can set positive examples by being physically active and even exercising with their children. Rather than retiring to the couch after dinner, take nightly walks or bike rides as a family. This is a great way to get kids off the couch, but also a great way to spend more time together as a family.

Involve kids in your own pursuits. Parents who are weekend warrior athletes can involve their kids in their own activities. Take kids along on weekend jogs, kayaking trips and so on, all the while explaining the important role physical activity plays in living a healthy lifestyle.



Recognize the warning signs of stress



Stress is a part of life for many men and women. But as prevalent as stress is, many people are unaware of the potentially negative side effects that can result when stress goes untreated. According to the American Psychological Association, chronic stress forces the muscles in the body to be taut and tense for long periods of time, a guardedness that can make men and women susceptible to stress-related disorders such as migraine headaches. In addition, the APA notes that stress can cause people to hyperventilate, which can trigger panic attacks in those prone to such events. Long-term stress has also been linked to a host of cardiovascular ailments, including hypertension, heart attack and stroke. Stress can be triggered by a host of things, and what's stressful for some may not be for others. But while people may react differently to certain situations, there are some common warning signs of stress that men and women should learn so they can more quickly address any problems with the stress they might encounter.

Physical symptoms

Stress manifests itself in various ways, including physically. Physical symptoms of stress may affect the musculoskeletal system, causing muscles to tense up and remain that way until a stressful situation has come and gone. Aches and pains can result as well, and some people coping with stress may experience nausea and dizziness. Stress also can affect the cardiovascular system. When that occurs, uncomfortable and potentially dangerous symptoms such as rapid heartbeat and chest pain may result.

Emotional symptoms

Stress also can affect mood. According to the Cleveland Clinic, signs of emotional stress include apathy, feeling on edge, a change in eating habits, and changes in sleeping patterns, which may involve sleeping more than usual or difficulty getting to sleep.

Cognitive symptoms

Some people coping with stress may have to deal with certain cognitive symptoms. Such

men and women may find themselves in constant states of worry, and their thoughts may race to an extent that makes it difficult to accomplish certain tasks. Additional cognitive symptoms include poor judgment, inability to focus and feelings of forgetfulness and disorganization.

Behavioral symptoms

Stress also can affect behavior, and men and women suffering from stress may act nervously. Nail biting, fidgeting and pacing are among the behavioral symptoms of stress, which may be more noticeable to loved ones or colleagues than the individual exhibiting the symptoms. Some people also may procrastinate and avoid their responsibilities when dealing with stress. Increased use of alcohol and drugs or suddenly smoking more cigarettes also are behavioral symptoms of stress. Men and women concerned about stress should consult their physicians and keep an eye out for any potential warning signs that stress levels are reaching unhealthy heights.

Did you know?

Protein-heavy diets became wildly popular in recent years, but many nutrition experts advise that men and women on high-protein diets avoid overdoing it when it comes to loading up on protein and reducing intake of carbohydrates. People on high-protein/low-carbohydrate diets may see their metabolisms change into a state of ketosis, which happens when the body goes from burning carbohydrates for fuel to burning its own fat. Burning fat is a goal for many people when they adopt high-protein/low-carbohydrate diets. When fat is broken down, tiny bits of carbon known as ketones are released into the bloodstream as energy sources. This process produces weight loss by suppressing appetite and increasing the loss of water weight that stems from the increased elimination of fluids through urine that occurs during ketosis. However, a high-protein/low-carbohydrate diet is not without its disadvantages. According to WebMD, the body produces ammonia as it breaks down protein. The long-term risks of high levels of ammonia in the body are unknown. In addition, men and women on high-protein diets excrete more calcium in their urine than people on more typical diets, and excessive calcium loss may lead to osteoporosis as men and women age. Finally, men and women who avoid carbohydrates may not be eating sufficient amounts of fruits and vegetables, which are great sources of vitamins, fiber and antioxidants.



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Oral health impacts overall health



A healthy mouth is good for more than just a pretty smile. Oral health can affect the entire body, making dental care more than just a cosmetic concern. Many people know that poor oral hygiene can lead to gum disease, tooth decay and even lost teeth. But are you aware that failing to brush or visit the dentist regularly also can lead to more serious health issues? According to Colgate, recent research suggests that there may be an association between oral infections, particularly gum disease, and cardiovascular disease and preterm birth. Gum disease also may make diabetes more difficult to control, since infections may cause insulin resistance and disrupt blood sugar.

Your mouth also can serve as an infection source elsewhere in the body. Bacteria from your mouth can enter the bloodstream through infection sites in the gums. If your immune system is healthy, there should not be any adverse effects. However, if your immune system is compromised, these bacteria can flow to other areas of the body where they can cause infection. An example of this is oral bacteria sticking to the lining of diseased heart valves.

Other links have been found between oral health and overall health. In 2010, researchers from New York University who reviewed 20 years of data on the association concluded that there is a link between gum inflammation and Alzheimer's disease. Researchers in the UK also found a correlation. Analysis showed that a bacterium called "Porphyromonas gingivalis"

was present in brains of those with Alzheimer's disease but not in the samples from the brains of people who did not have Alzheimer's. The *P. gingivalis* bacterium is usually associated with chronic gum disease and not dementia.

Researchers also have found a possible link between gum disease and pancreatic cancer. Harvard researchers found that men with a history of gum disease had a 64 percent increased risk of pancreatic cancer compared with men who had never had gum disease, based on studies of men from 1986 through 2007. While oral health issues may lead to other conditions over time, symptoms also may be indicative of underlying conditions of which a person is unaware. Inflammation of gum tissue may be a warning sign of diabetes. Oral problems, such as lesions in the mouth, may indicate the presence of HIV/AIDS. Dentists may be the first people to diagnose illnesses patients don't even know they have.

An important step in maintaining good overall health is to include dental care in your list of preventative measures. Visit the dentist for biannual cleanings or as determined by the doctor. Do not ignore any abnormalities in the mouth. Maintain good oral hygiene at home by brushing twice a day and flossing at least once per day. Mouthwashes and rinses also may help keep teeth and gums healthy.

Oral health and other systems of the body seem to be linked. Taking care of your teeth promotes overall health.

Healthy ways to handle stress



Daily exercise is a healthy and effective way to cope with stress.

that alcohol and caffeine can aggravate anxiety and trigger panic attacks.

Rely on a support network. Coworkers, family and friends have stressful days, too, and such confidantes can help you handle stress in healthy ways. The ADA recommends men and women dealing with stress let their support circle know how they can help relieve stress. Many people simply need to talk to someone after a stressful day, which can feel like a weight has been lifted off their shoulders. Let your support network know you're there for them when they experience stress as well.

Stress affects people of all ages. The symptoms of stress can be extremely unpleasant, as participants in a study released earlier this year by the Statistic Brain Research Institute and the American Institute of Stress who reported experiencing physical symptoms of stress admitted to feeling fatigue, headache, upset stomach, and muscle tension, among other things. Among those who reported feeling physical symptoms of stress, 77 percent admitted to feeling those symptoms regularly, citing job pressure and money as the primary causes of their stress. How men and women handle stress can impact both their immediate and long-term health, as stress has been linked to a host of problems and ailments, including sleep dysfunction and heart disease. Many people cope with stress in unhealthy ways, which may only exacerbate the effects of stress on the body. Certain methods of handling stress may work for some people but not others, but the following are a few healthy ways to combat stress.

Limit alcohol and caffeine consumption. Many adults turn to alcohol at the end of a stressful day, but the Centers for Disease Control and Prevention note that relying on alcohol to cope with stress may only create more problems down the road, and those problems will only increase your stress levels. In addition, the Anxiety and Depression Association of America notes

Get daily exercise. Exercise pays a host of dividends, not the least of which is relieving stress. At the end of a stressful day, get some exercise instead of pouring yourself a drink or indulging in an unhealthy meal. When the body is physically active, the brain secretes endorphins, which are neurotransmitters that make you feel good. Regular exercise also helps you get a fuller, deeper sleep, which can be disrupted by stress.

Eat a healthy diet. Diet also can affect how your body handles stress. Certain foods can tame stress. For example, oatmeal can boost levels of a calming chemical known as serotonin in your brain. That calming effect can make it easier to cope with stress. Other foods may help strengthen the immune system. Vitamin C, for instance, may help curb levels of stress hormones such as cortisol while simultaneously strengthening the immune system. Omega-3 fatty acids, which are found in fish such as salmon and tuna, may help prevent surges in stress hormones while also protecting against heart disease and depression, two serious conditions that studies have linked to elevated stress levels. Healthy ways to handle stress can help men and women who are stressed out ensure that stress is not compromising both their immediate and long-term health.

How to overcome common roadblocks to weight loss

Diet, exercise and maintaining a healthy weight are essential elements of a healthy lifestyle. Adapting to a new diet and embracing a new exercise regimen requires a strong commitment, but so, too, does maintaining a healthy weight once those pounds have been shed. Losing weight can be difficult, and many people who set out to shed a few extra pounds encounter a handful of common obstacles along the way. These roadblocks do not disappear once weight has been lost, which only highlights the long-term approach men and women must take as they look to lose weight and keep pounds off for the long haul. The following are a handful of obstacles men and women may face as they look to lose weight and keep weight off for years to come.

Snacks

Snacking is perhaps the biggest obstacle to weight loss many men and women will

face. Choosing the wrong snacks can compromise your efforts to lose weight, but the right snacks can provide energy boosts without negatively impacting your waistline. Rather than high-calorie snacks that offer little nutritional value, choose low-calorie alternatives. For example, instead of fried tortilla chips, opt for reduced-sodium baked chips instead. In lieu of ice cream on a warm afternoon, choose low-fat yogurt, which can be just as refreshing without all those empty calories.

Restaurants

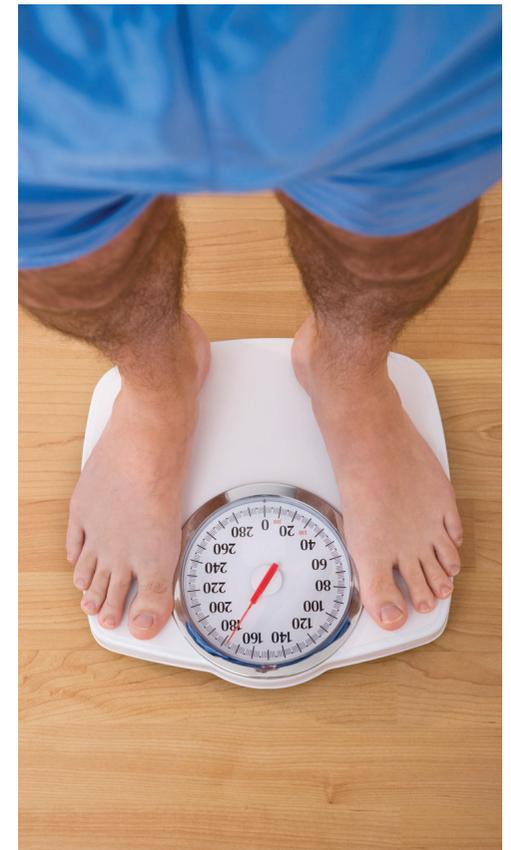
Dining out is another potential obstacle for men and women trying to lose weight. Avoid buffet-style restaurants or those establishments you know serve especially large portions. When dining out, ask to swap high-calorie side dishes with vegetables when possible, and choose nutritional, low-calorie entrées that won't compromise the hard work you put in all week eating at home.

Busy schedules

One common obstacle that compromises even the most dedicated weight loss efforts is a hectic schedule. Commitments to career and family can make it easy to veer off course with regard to diet. Planning is often an effective way to overcome a hectic schedule. Plan meals in advance so you are not tempted to order takeout or delivery after a long day at the office. Use weekends to schedule and plan your weeknight meals, preparing meals in advance when possible and using a slow cooker so your meals are cooking while you're at the office and ready to eat the moment you arrive home at night.

Setbacks

Setbacks are another common obstacle that can threaten weight loss goals. Everyone experiences a setback or two as they attempt to lose weight and keep that weight off. Don't allow such setbacks to derail your weight loss efforts, and don't beat yourself up when a setback occurs. Respond by rededicating yourself to your weight loss efforts, and before you know it, you will be back on track. Men and women can expect to face some common obstacles as they attempt to lose weight. Anticipating those obstacles is a great way to ensure they don't derail your weight loss efforts.



Did you know?

A person's mind can play a large role in how quickly he or she is able to lose weight. Exercise and diet alone may not be enough, and positive thinking can provide the extra boost some people need. A Harvard study found that mind over matter may extend to weight loss as well. The study followed 84 cleaning women, half of whom were told that their physically demanding jobs met the requirements for exercise as set by the Surgeon General, while the other half weren't given any information about their activity level and calorie burn. After a month's time, researchers discovered that the group of women who were told that their work activity was good for them reduced their body fat, waist-to-hip ratio and body mass index. These participants had not changed anything else about their daily exercise and eating habits. The other group of women who were given no positive reinforcement did not lose any weight.



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