

Connections

A plan for life

Take charge when the diagnosis is diabetes

When you first learn that you have diabetes, it may be a hard fact to face.

Without question, diabetes is a serious disease that can have life-altering consequences. And even though it's normal to feel uneasy about the diagnosis, now is not the time for denial.

What you need now is information and a plan, so you can manage your condition and get on with enjoying your life.

A team effort

“The main goal of diabetes treatment is to control your blood sugar (glucose) levels,” says Karthika Rajan, MD, endocrinologist at Berger Endocrinology. “When blood sugar isn't controlled, it can lead to eye, kidney and nerve damage. It can also put you at higher risk of infection and raise your risk of heart disease.”

But you don't have to go at it alone. Your doctor will develop a care plan that sets target levels for your blood sugar, and he or she will monitor your progress.

For additional help, your doctor may

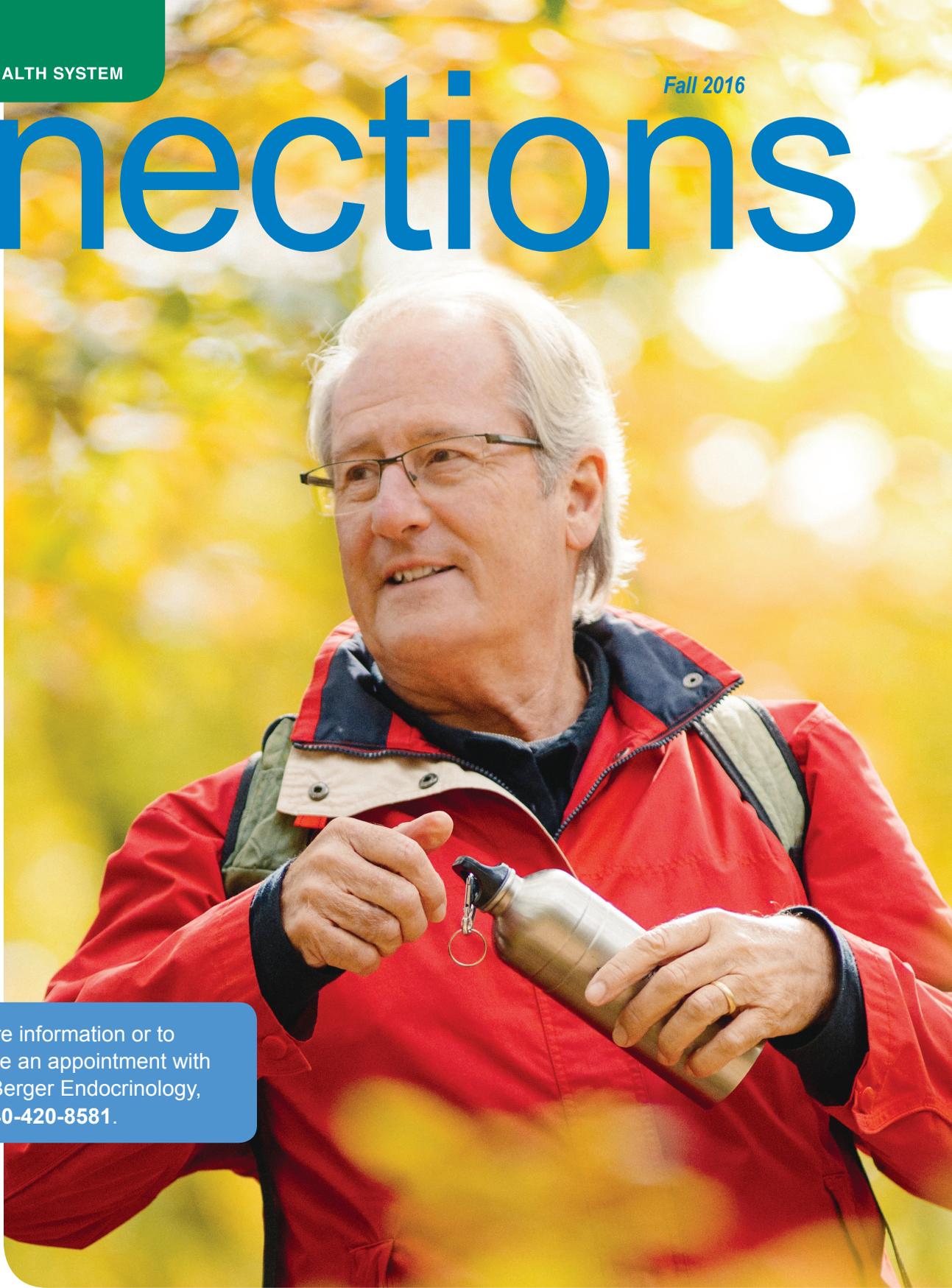
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Karthika Rajan, MD



For more information or to schedule an appointment with Dr. Rajan at Berger Endocrinology, please call **740-420-8581**.



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600 North Pickaway Street
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Berger Health System online resources

We are a Community Hospital with advanced specialized services and access to over 175 physicians to care for you.



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PROVIDER SPOTLIGHT



Berger Health Partners welcomes Pickaway County native and general surgeon **Jason Shoemaker, DO**, to the experienced

general surgery team of Dr. Robert Kloos and Dr. Raul Zamora. To make an appointment, call **740-420-8365**.



Lauren Fuller, DO, specializes in obstetrics and gynecology and joined the team of Dr. David Goldfarb and Dr. Carolyn Yost

at Berger Obstetrics and Gynecology. To schedule an appointment, call **740-474-5024** (Circleville location) or **614-277-4654** (Orient location).



Berger Health Partners is pleased to announce that we are expanding our experienced team of providers. **Meghan Yahn, CNP**,

is a graduate of Capital University with a master's degree in nursing. She completed her family nurse practitioner–post-master certificate at Otterbein University.

Slow & steady

8 ways to tip the weight-loss scale in your favor

When it comes to shedding a few pounds, you don't have to be the biggest loser in order to be a winner.

“Reducing as little as 5 to 10 percent of your total body weight can lead to improvements in several important areas, including cholesterol, blood pressure and blood sugar,” says April Tipton, DO, Family Medicine Physician at Berger Family Medicine.

And while losing weight can seem like a daunting task, there's more good news: Even small changes to your diet and lifestyle can help trim your tummy. Here are some simple tweaks you can try right away.

- 1. Keep a food diary.** Once you're aware of exactly what you're eating and when, it may be easier to avoid the mindless munching that can sabotage weight-loss plans. Simply write everything you eat on a piece of paper or consider using an app to track it, such as “My Fitness Pal.”
- 2. Downsize your dinnerware.** Smaller plates and slender glasses can help you reduce serving sizes—yet your brain won't perceive them as skimpy.
- 3. Extend the dinner hour.** It takes your brain at least 15 minutes to get the message that you've been fed. If you're reaching the mealtime finish line in less than 20 to 30 minutes, it's more likely that you're overeating.

- 4. Savor each bite.** But leave the last few on your plate. This will help you focus on receiving your body's signal that you're full.
- 5. Outsmart your sweet tooth.** Temporary cravings for things such as sugary foods usually pass within 10 to 20 minutes. When a craving hits, distract yourself: Call a friend, write a letter, work on a hobby or chew some sugar-free gum.
- 6. Allow yourself the occasional treat.** Just buy it in a single-serving size.
- 7. Make yours H₂O.** Each day, swap one sugary drink—maybe your morning latte or your afternoon soda—for a glass of water. Make your goal to get to where you're not drinking anything with calories, as they're usually not beneficial calories and just add to the waistline.
- 8. Get enough sleep.** Without seven to eight hours every single night, you may be more likely to gain weight.

“Losing weight slowly and steadily is the most reliable way to keep the pounds off—for a healthier you. It's not about dieting, it's about lifestyle changes that you can maintain,” Dr. Tipton says.

Have a doctor on your team

Dr. Tipton is providing primary health care for patients of all ages, including newborns. Her office is located at 1180 N. Court St., in Circleville. To schedule an appointment with Dr. Tipton, call **740-420-8067**. For more information, visit www.bergerhealth.com.



April Tipton, DO

A plan for life

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refer you to other team members, such as a nurse educator, a dietitian, a dentist, specialists to monitor problems with your eyes and feet, therapists, and pharmacists.

Still, you are the most important person on your health care team. You are the one who needs to care for your condition every day.

Your plan of action

To properly manage your diabetes, your care plan will include (among other things):

- Instructions on how to measure and record your blood sugar levels.
- A plan for taking your medication.
- Advice on eating and exercise.
- A schedule for your follow-up health care, including seeing specialists, such as an eye doctor, dentist and foot doctor.

“Your plan should be unique to you,” says Dr. Rajan. “It should take into account your work and home

life and any additional medical problems you have, such as high blood pressure or high cholesterol.”

Be open with your doctor about your current habits, and discuss how you can change them if necessary. For example, if you smoke, your doctor can help you with a plan to quit.

Follow up, follow through

If you have a concern or don't understand something about your care, be sure to bring it up with your doctor.



Achoo!

Is it a cold or the flu? Sniffle, sneeze, cough. Something seasonal is bugging you. But what exactly is it that's got you under the weather?

"The flu and cold are both considered respiratory illnesses but are caused by different viruses," says Sanju Mahato, MD, Family Medicine Physician at Berger Primary Care. "These viruses have similar symptoms, making it difficult to tell the difference based on symptoms alone."

One general clue is how bad your symptoms are—flu symptoms tend to be more severe. But that's not the only difference. Here are some more clues to help you uncover what's causing your illness.

Sneezing

Cover your sneeze, please! Sneezing is a common cold symptom, although it can sometimes accompany the flu. A stuffy or runny nose is also more common to a cold.

Complications

The flu is more likely than a cold to lead to complications such as pneumonia and bronchitis. If you think you have the flu, you may want to check in with your doctor. Prescription flu drugs called antivirals may shorten the time you are ill.

Temperature

Feeling overheated? You've probably caught the flu. Fevers occur only rarely with a cold. Running a temp is common, however, with the flu. Temperatures often reach 100 to 102 degrees and last three to four days.

Aches and pains

When everything hurts, chalk it up to a likely case of the flu. Headaches and body aches abound when the flu virus invades, and those pains can be quite severe. Acetaminophen or ibuprofen can help provide relief. Colds can be accompanied by aches and pains, but they tend to be milder.

Exhaustion

If you're dealing with extreme fatigue, it's often a result of the flu. Exhaustion is common with the flu but rarely results from a cold. Flu-induced fatigue can affect you for an extended time, sometimes as long as two or three weeks.

Because colds and flu share many symptoms, it can be difficult and sometimes impossible to tell the difference based on symptoms alone. Special tests that usually must be done with the onset of illness can tell if a person has the flu.

"Getting the flu vaccine is still your best defense and can help the flu illness be less severe and last a shorter amount of time," Dr. Mahato says.



Sanju Mahato, MD



Dr. Mahato is accepting new patients. For more information or to schedule an appointment, please call Berger Primary Care at 740-420-8422.

FLU SEASON ALERT

Influenza can be **MISERABLE & DEADLY**. Nearly **EVERYONE** 6 months or older should get a yearly flu vaccine.

- ✓ **Vaccinate!**
- ✓ **Don't wait.**
- ✓ **Don't hesitate.**

It takes **2 WEEKS** for the flu vaccine to be fully effective.



Get it **NOW** so you're protected when you need it.

Take your best shot at staying well

For more information on finding a primary care provider, call 740-420-8078.

Source: Centers for Disease Control and Prevention

Thank you, Berger Health System

The American Red Cross relies on strong community partners to maintain a successful blood program. Support of the Red Cross blood program is the bridge that connects those who desire to help with those who need lifesaving blood products.

The American Red Cross must collect more than 650 pints of blood each day from volunteer donors in central Ohio alone to support 40-plus area hospitals. By hosting blood drives, you help meet this need by creating opportunities for the community to donate blood. Your partnership literally touches countless lives right here in Ohio. Due to the generosity of Berger Hospital staff and the community, blood drives held at

Berger Hospital in 2016 yielded 124 units of blood—an increase of 46 percent compared to 2015, which yielded 58 units total. We ask for your continued support in 2017.

Your partnership truly makes a difference in our community. On behalf of the many patients we serve, thank you.

We can change lives together!

Christina Warbington
Account Manager II
American Red Cross Central Ohio Region
Serving Fayette/Highland/Pickaway/Ross County

“Berger Health System’s mission: To advance quality, compassionate care, personal health and community well-being.”

CALENDAR OF EVENTS

Wednesday, Nov. 9, 8 a.m. to 7 p.m.

Thursday, Nov. 10, 9 a.m. to 3 p.m.

**Berger Hospital Gift Shop
 Holiday Bazaar**

**Berger Health System
 Community Room**

Proceeds support Berger equipment purchases for patient care and nursing scholarships for graduating seniors of Pickaway County high schools.

Wednesday, Nov. 9, 8 a.m. to 4 p.m.

**Friends of Berger
 Food Sale and Raffle**

**Berger Health System
 Community Room**

Proceeds support continuing education opportunities and scholarships for clinical team members at Berger Health System.

Saturday, Nov. 12, 6 p.m.

**Circle of Caring—Dinner Concert
 Featuring The Brass Band of
 Columbus**

Heritage Nazarene Church

2264 Walnut Creek Pike, Circleville

Circle of Caring—Faith in Action volunteers assist frail, elderly and disabled people of Pickaway County so they can remain in their homes. This community service is coordinated by Berger Health System.

Sunday, Dec. 4, 7 p.m.

**Light Up a Life Tree Lighting
 Ceremony and Service**

Pickaway County Courthouse

207 S. Court St., Circleville

Berger Hospice will begin this service with a tree lighting at the Pickaway County Courthouse. Following the tree lighting, there will be a candlelight procession to St. Joseph Catholic Church for a ceremony and reading of names. If you have any questions, call Berger Hospice at **740-420-7950**.



Partnership for a healthier Pickaway County.

Some things are even stronger together.

Berger Health System and OhioHealth are partnering to provide more expert care to Pickaway County, building a stronger community and a healthier future for us all. We’re both committed to delivering patients exceptional healthcare, when and where they need it. That means expanded primary care, access to expert physicians in more specialties like cancer care, heart and vascular, neuroscience, and so much more.

Learn more at www.bergerhealth.com/partners.