

LiveWell



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Genesis
HEALTHCARE SYSTEM

Better Begins Here



A FIVE-STAR RATING AND A SILVER MILESTONE

Genesis Hospital has earned a Five-Star 2024 U.S. Centers for Medicare & Medicaid Services (CMS) Overall Hospital Quality Star Rating. The Five-Star Rating demonstrates exceptional patient care and our continuous implementation of innovative quality and safety practices.

As one of the 8% of hospitals in the U.S. to earn five out of five stars, this recognition celebrates your trust in Genesis and the work and determination of our entire team. Five areas were evaluated for the national study, including patient experience and communication, timely and effective care, patient safety, hospital readmission and low mortality rates.

We're additionally commemorating 25 consecutive years of accreditation from the nationally-recognized Intersocietal Accreditation Commission for vascular ultrasonographic testing. The silver milestone honors our commitment to vascular testing. We're proud to share this distinction with our community as a testament to our ongoing quality care.

Life-changing experiences

Learn about four patients and their journeys to improved health. Andy Winters' life was saved during a heart attack because of the speedy care from Genesis Community Ambulance. Our Cancer Care Center helped Johnna Pieper put her health first after a breast cancer diagnosis. David Desender is back to golfing after varicose vein treatments, thanks to the Genesis Vein Center. And our Heartburn Center repaired Christine Wolford's hernia so she could once again enjoy her favorite foods.

New doctors ready to serve you

You'll meet six new physicians who are already making a difference in our patients' lives, including Katherine Hill, M.D., with Genesis Orthopedic Group in Coshocton and Mark Kenamond, M.D., who joined the Genesis Cancer Care Center. Their range of training and skills make them excellent additions to our Genesis team.

As we embrace the fall and holiday seasons, may you celebrate health and happiness into the new year. We're thankful to care for you and your family.

In good health,

Matthew J. Perry
President & CEO



BREAST CANCER

SCREENING CAN SAVE YOUR LIFE

According to the American Cancer Society:

- Breast cancer is the most common cancer in women in the United States, except for skin cancers.
- Every **1 in 8 women** will develop breast cancer in their lifetime.
- **5-year survival rates** for breast cancer are:
 - 99% if detected early before it spreads.
 - 86% if it spreads to lymph nodes or nearby structures.
 - 30% if it spreads to distant parts of the body, like lungs, liver or bones.

Screenings

National Comprehensive Cancer Network guidelines recommend:

- **All women age 40 and older** at average risk of breast cancer should have an annual screening mammogram.
- **All women** should have a clinical breast examination by a physician every year, along with a monthly self-examination.
- **Women with higher-than-average risk** of breast cancer should have a clinical breast examination by a physician every 6 to 12 months and should consider a high-risk screening of an annual breast MRI along with an annual mammogram.

Talk with your doctor

Discuss your risk for breast cancer and a plan for a screening mammogram with your Primary Care Physician or your OB/GYN.

For more information on breast, colorectal, lung and prostate cancer screenings, visit [genesishcs.org/screenings](https://www.geneshcs.org/screenings).

her
HEALTH

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Want to learn about women's health?
HerHealth is our new women's health newsletter.
Visit [genesishcs.org/HerHealth](https://www.geneshcs.org/HerHealth) and sign up
with your email to receive the next issue.



SPOTLIGHT ON KATHERINE HILL, M.D.

Orthopedics

Katherine Hill, M.D., has joined the Genesis Orthopedic Group at Genesis Physician Services in Coshocton. She specializes in orthopedic surgery.

"I was raised on a farm and was always helping my dad," said Dr. Hill. "From that, I learned that I love working with my hands. I worked in the operating room, and I found my love for orthopedics when I assisted with an ankle fracture. From there, I was determined to continue orthopedic surgery and become the best surgeon for my patients."

Dr. Hill understands that you and your family need excellent medical care close to home. "I want to provide my patients with access to the best care for their orthopedic needs," said Dr. Hill.

Dr. Hill was the 2021 Summa Health Resident of the Year. She is a member of the American Academy of Orthopaedic Surgeons, the American Society for Surgery of the Hand and the Alpha Omega Alpha medical honorary.

Originally from Quaker City, she wanted to pursue medical school and return close to home to give back to the community.

She enjoys spending time with her fiancé and his two children. They recently bought a new home and plan to raise animals.

Dr. Hill still visits her dad's farm and helps with various tasks, including caring for zebras. She also enjoys playing softball and watching baseball, including the Cleveland Guardians.

Dr. Hill is accepting new patients at Genesis Physician Services, 23599 Airport Road, Suite B, Coshocton. She is performing surgeries at the Genesis Coshocton Medical Center. Patients can schedule appointments by calling 740-722-9555.

Doctor of Medicine:

Northeast Ohio Medical University
Rootstown, Ohio

Residency:

Orthopedic Surgery
Summa Health
Akron, Ohio

WELCOME NEW PHYSICIANS



Aaron Bowers, D.O.
Obstetrics/Gynecology

Aaron Bowers, D.O., has joined the Genesis OB/GYN Group, specializing in obstetrics and gynecology.

He is an Eagle Scout and a member of Sigma Sigma Phi Osteopathic Honor Society.

Dr. Bowers is accepting new patients at the Genesis OB/GYN Group, 945 Bethesda Drive, Suite 330, Zanesville. Patients can schedule appointments by calling 740-454-8800.

Doctor of Medicine:

Oklahoma State University
College of Osteopathic Medicine
Tulsa, Oklahoma

Residency:

Obstetrics and Gynecology
Riverside Methodist Hospital
Columbus, Ohio



Kamesh Gupta, M.D.
Gastroenterology

Kamesh Gupta, M.D., has joined Genesis Digestive Disease Specialists. Dr. Gupta specializes in advanced gastroenterological procedures, including esophagogastroduodenoscopy (EGD), colonoscopy, push enterostomy and small bowel video capsule endoscopy.

He is a member of the American College of Gastroenterology, the American Society of Gastrointestinal Endoscopy and the American Gastroenterology Association.

Dr. Gupta is accepting new patients at the Genesis Digestive Disease Specialists office at 999 Garden Road, Zanesville. Patients can schedule appointments by calling 740-454-8193.

Doctor of Medicine:

Armed Forces Medical College
Pune, India

Residency:

Internal Medicine
UMass Chan Medical School-Baystate
Springfield, Massachusetts

Fellowship:

Gastroenterology and Hepatology
UMass Chan Medical School-Baystate
Springfield, Massachusetts

Board-certified:

Internal Medicine

WELCOME NEW PHYSICIANS



Tejas Patel, M.D.
General Cardiology

Tejas Patel, M.D., has joined the Genesis Heart & Vascular Group, specializing in general cardiology.

He is a member of the American College of Cardiology, the American Society of Echocardiography and the American Board of Internal Medicine.

Dr. Patel is accepting new patients at the Genesis Heart & Vascular Institute, 955 Bethesda Drive, First Floor, Zanesville. Patients can schedule appointments by calling 740-454-0804.

Doctor of Medicine:

Saba University School of Medicine
Saba, Dutch Caribbean

Residency:

Internal Medicine
Canton Medical Education Foundation
Canton, Ohio

Fellowship:

General Cardiology
Canton Medical Education Foundation
Canton, Ohio

Board-certified:

Internal Medicine



Avneek Sandhu, M.D.
Hematology and Oncology

Avneek Sandhu, M.D., has joined the Genesis Cancer Care Center, specializing in hematology and oncology.

After completing medical training, he continued his education as a research scholar and clinical observer at the Mayo Clinic in Rochester, Minnesota.

In his free time, Dr. Sandhu participates in various sports activities, including swimming, soccer, cricket and squash.

Dr. Sandhu is accepting new patients at the Genesis Cancer Care Center, 2951 Maple Ave., Zanesville. Patients can schedule appointments by calling 740-454-5271.

Doctor of Medicine:

Maharishi Markandeshwar Institute of
Medical Sciences & Research
India

Residency:

Internal Medicine
Kettering Health Network
Dayton, Ohio

Fellowship:

Hematology and Medical Oncology
Kettering Health Network
Dayton, Ohio



SPOTLIGHT ON MARK KENAMOND, M.D.

Radiation Oncology

Mark Kenamond, M.D., has joined the Genesis Cancer Care Center in Zanesville, specializing in radiation oncology.

Dr. Kenamond first became interested in imaging and pathology of medicine because his father was a radiologist. Dr. Kenamond was the recipient of a first-year stipend in medical school, which further drove his interest in learning radiation oncology.

During his internship in 2019, Dr. Kenamond received the E.B. Flink Award in Internal Medicine. The annual honor recognizes one student with the most outstanding performance during their third year of medical school.

Originally from Wheeling, West Virginia, he chose Genesis because of the welcoming opportunities to get to know his patients and colleagues.

"The staff is friendly," said Dr. Kenamond. "I got to know everyone I'd be working with daily during my interview. I felt these are the kind of people I want to be around."

His medical philosophy is to get to know the patient first, then create a treatment plan to deliver the best care possible. He is committed to providing outstanding patient care and advancing treatment plans in radiation oncology.

Dr. Kenamond is an avid runner and has participated in many marathons. He is also a skilled piano player, taking lessons until he began college.

Dr. Kenamond is accepting new patients at the Genesis Cancer Care Center, 2951 Maple Ave., Zanesville. Patients can schedule appointments by calling 740-454-5271.

Doctor of Medicine:

West Virginia University School of Medicine
Morgantown, West Virginia

Residency:

Radiation Oncology
University of Kentucky Markey Cancer Center
Lexington, Kentucky

Internship:

Internal Medicine
Charleston Area Medical Center
Charleston, West Virginia



Genesis is a Top 50 Heart Hospital as rated by *Fortune Magazine* and PINC AI.



“My care was excellent.”

– Andy Winters

Andy encourages others to trust their medical symptoms.

CYCLING TO RECOVERY: HEART CARE CLOSE TO HOME

Pastor Andy Winters began his Easter Sunday 2024 sermon with a thank-you for support following a sudden heart attack.

“Life changes fast,” Andy told his Zanesville Christian and Missionary Alliance Church congregation, where he has been lead pastor since 2006.

Andy started March 18, 2024, like many Mondays. He prepared for a church meeting and worked on his next sermon. He then headed to the gym for a routine workout.

Andy felt discomfort while using a machine and attributed it to asthma. Pressure built in his chest after he moved to a second machine. He wasn’t sure what to do next.

No heart attack drills in life

“I decided to press on and keep going,” said Andy. He wondered if the trouble was with his heart. “I soon realized something wasn’t right, and I couldn’t walk things off.”

He managed to walk downstairs to the locker room. After showering, he was still soaked in sweat. Andy said he was stumbling, unable to pick up his phone.

He walked to the parking lot, hoping to drive to the hospital. “I probably should have stopped exercising sooner than I did,” said Andy. “I didn’t know all the things you should do. We don’t have heart attack drills like fire drills.”

Andy realized he had left his phone behind and drove to the entrance, asking someone to retrieve it.

Andy called his wife, Cyndi. “Now, don’t panic,” Andy said. “But I think I’m having a heart attack ... could you come and get me?”

Urgent response

Cyndi quickly advised Andy to call 911. Members of Genesis Community Ambulance began treating Andy on the scene before rushing him to the hospital.

Andy asked God for strength. He told an emergency medical technician (EMT) to tell Cyndi he loved her. The EMT replied, “Oh no, you’re going to tell her yourself.”

Arriving at the Genesis Emergency Department, he was quickly rushed to the cardiac catheterization lab for an emergent procedure. Andy’s anterior heart wall artery, notoriously known as the widowmaker artery, was 100% blocked. The vessel was emergently opened, and two stents were placed.

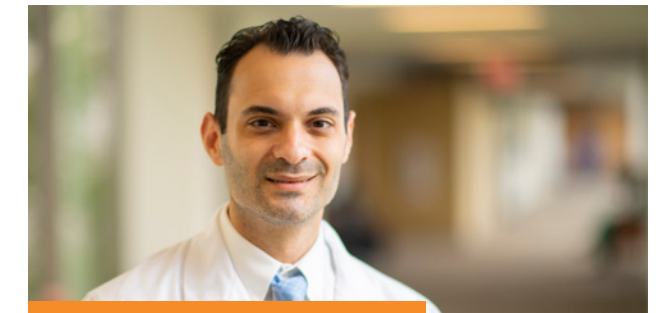
Kinan Kassar, M.D., Fellowship-trained and Board-certified Interventional Cardiologist at the Genesis Heart & Vascular Institute, was Andy’s heart doctor.

“When Andy arrived at the Emergency Department, his heart condition was critical,” said Dr. Kassar. “Our EMTs did an exceptional job stabilizing him until we could perform the life-saving procedure.”

Returning to the bike

Andy was discharged in two days. He compliments Dr. Kassar and Genesis Community Ambulance for their excellent care. Andy encourages others to trust their medical symptoms and seek help as soon as possible.

As Andy continues recovering from the heart stent procedure, he has returned to his active lifestyle, including long walks and workouts. He is also back to biking. This past summer, he completed a 120-mile ride in Michigan with friends.



Kinan Kassar, M.D.

Fellowship-trained and Board-certified Interventional Cardiologist
Genesis Heart & Vascular Institute



Heart attack symptoms

The American Heart Association provides these warning signs of a heart attack. Men and women experience varying symptoms. Even if you don’t think it’s a heart attack, immediately call 911 for help.

- Chest pain or discomfort.
- Arm or shoulder discomfort or pain.
- Feeling a cold sweat.
- Pain in the jaw, neck or back.
- Shortness of breath.
- Vomiting, feeling lightheaded or nauseous.

Learn more at genesishcs.org/heart.

VEIN THERAPY BRINGS GOLFER BACK TO HIS FEET

Varicose vein treatment was not something David Desender expected to discuss with his doctor while seeking care for heart arrhythmia concerns.

During an appointment at the Genesis Heart & Vascular Institute with Grant V. Chow, M.D., Fellowship-trained and Board-certified Cardiac Electrophysiologist, David shared that his ankles would sometimes swell.

Dr. Chow asked if David was experiencing pain and if he could refer him to the Genesis Vein Center.

"I've always gone to Genesis," said David. "It's the go-to place."

Ahmed Habib, M.D., Fellowship-trained and Board-certified Cardiologist and Vein Specialist at the Genesis Vein Center, soon evaluated David's symptoms with a quick ultrasound. Dr. Habib is the director of the accredited outpatient facility, offering comprehensive treatment options for patients with vein concerns.

A non-surgical procedure

David was diagnosed with chronic venous disease. Dr. Habib recommended ablation vein treatments for both legs. The non-surgical procedure uses heat to treat the abnormal veins, resulting in closure and improvement in circulation and symptoms.

David is an avid golfer. Dr. Habib said that walking on the golf course as regular exercise and maintaining an ideal body weight helped slow the progression of the disease.

Chronic vein disease affects about 30 million Americans. Weakened valves cause blood to flow backward, leading to spider and varicose veins, swelling, burning, aching, restless legs and skin discoloration. If left untreated, varicose vein symptoms can lead to more serious complications, such as ulcers and blood clots, which can become life-threatening.

"Unfortunately, only about half a million Americans seek varicose vein care," said Dr. Habib. "When treated in the early stages, we can offer significant improvement in a patient's quality of life."

David's treatment plan included four short endovenous procedures. His confidence in Genesis made the decision easy.

"I believe in Genesis," said David. "I trusted Dr. Habib's expertise."

Acing the recovery

With the advancement of technology, minimally invasive techniques have eliminated the need for open surgery, known as vein stripping. Dr. Habib said the recovery time for varicose vein treatment has improved over the years, making David's procedures a popular option.

"Patients who underwent vein stripping used to spend two to three days in the hospital. It would take three to four weeks to return to work," said Dr. Habib. "Now, I tell patients they can go shopping after they finish the 10-15-minute procedure done in our office. No cuts, stitches or sutures are involved."

Dr. Habib said no anesthesia or IVs are needed for the ablation vein procedure. Improvements often result as soon as one week, and relief is sustainable for several years.

David quickly returned to the golf course after the four treatments. "I'm happy with everything," he said. "My legs are in great shape. It made a big difference."



Ahmed Habib, M.D.

Fellowship-trained and Board-certified Cardiologist and Vein Specialist
Genesis Vein Center



Listen to Dr. Habib discuss chronic vein disease and the treatments that are available on the Genesis "Sounds of Good Health" podcast.

Learn more at genesishcs.org/veincenter.



Genesis is a Top 50 Heart Hospital as rated by Fortune Magazine and PINCAI.

"I've always gone to Genesis.
It's the go-to place."

– David Desender

David enjoys golfing in leagues around the area.



Genesis is a Top 100 Hospital as rated by Fortune Magazine and Pinnacle.



"Your journey matters, and it can save lives. Don't let a simple checkup be the difference."

— Johnna Pieper

Johnna has rescued four dogs, including Buttons, Mya and Hannah.

CANCER PATIENT ENCOURAGES ROUTINE EXAMS

Johnna Pieper was always the person who had it together. From working at a nonprofit supporting people with disabilities to rescuing four dogs, she has been dedicated to giving back.

She kept everybody on schedule, but amidst her busy life, she realized she had forgotten someone crucial: herself.

"As someone who prioritizes staying organized, I never expected to let anything fall through the cracks," said Johnna. However, it happened, and Johnna didn't get an annual mammogram for three years.

Prompted by MyChart reminders, Johnna scheduled a mammogram in December 2017. "I was convinced it had only been a year since my last mammogram. Between work and caring for my family, I was startled to realize three years had slipped by," said Johnna.

Personalized care

Following her mammogram, Johnna was urged to consult with Shannon M. Hanley, M.D., Fellowship-trained Breast Surgeon and Board-certified Surgeon at the Genesis Breast Care Center.

During Johnna's January 2018 appointment, Dr. Hanley expressed concerns about Johnna's imaging and performed a biopsy the same day.

Later that week, Johnna learned she had stage 1 breast cancer. "That moment changed everything for me," said Johnna. "I always tried to put others first, but now I was faced with this battle that I knew I had to fight."

Dr. Hanley said she makes a great effort to immediately see patients like Johnna who have highly concerning mammograms, as it's essential to ease the patient's fears as soon as possible. "At Genesis, we strive to take care of our patients' physical health while minimizing stress," said Dr. Hanley.

Johnna's journey included additional tests and surgery in February 2018, when 17 lymph nodes were removed, including one that was cancerous.

The results revealed that Johnna had two types of breast cancer in one breast. "Hearing that was overwhelming," Johnna said. "It wasn't bad, just complicated, and it made me realize how unpredictable life can be."

Putting your health first

Johnna underwent eight weeks of daily radiation at the Genesis Cancer Care Center, forming deep bonds with Genesis team members. "They made me feel like I was in the best hands possible," Johnna recalls.

Since treatment, Johnna completed five years of careful observation and has returned to regular screenings. She remains under the care of Dr. Hanley and Shyamal R. Bastola, M.D., Fellowship-trained and Board-certified Hematologist/Oncologist at the Genesis Cancer Care Center with ongoing medication and checkups.

Throughout recovery, Johnna realized the importance of prioritizing her health. She urges women to schedule regular mammograms. "Your journey matters, and it can save lives. Don't let a simple checkup be the difference."

Dr. Hanley encourages women to complete routine screenings. "Early detection is the key. We want to help you and it all starts with routine exams."



Shannon M. Hanley, M.D.

Fellowship-trained Breast Surgeon and Board-certified Surgeon
Genesis Breast Care Center

A LIFE-ALTERING PROCEDURE

For some people, heartburn is a mild discomfort to occasionally deal with during taco night or a stressful day at work.

For Christine Wolford, heartburn was ruining her life. Christine's symptoms were much more severe than mild annoyance when she ate spicy food. It was daily pain that was brought on regardless of what she ate.

For years, she tried eating different types of food, different portion sizes and at different times of the day.

Experiment after experiment failed and usually resulted in severe pain and occasionally waking up in the middle of the night coughing and vomiting blood. She only found relief by eating one small meal daily and sleeping in a chair.

Eventually, she was diagnosed with a paraesophageal hernia that was so big it was compressing both of her lungs. When she heard the news, she knew she needed to see Joshua K. Moore, D.O., Fellowship-trained and Board-certified General Surgeon at the Genesis Center of Surgical Excellence.

Trusted, ongoing care

The previous year, Christine's husband had seen Dr. Moore for hernia surgery, which turned out to be a double blessing. While preparing for his hernia surgery, the doctors at Genesis identified a heart condition her husband had.

During preparations for heart surgery, her husband had a heart attack and was successfully treated with a pacemaker at the Genesis Heart & Vascular Institute. After recovering from heart surgery, her husband returned to Dr. Moore for hernia surgery.

Christine and her husband were impressed by Genesis and the care they received.

"Everything about my hernia procedure was wonderful," said Christine. "Dr. Moore was so personable. When describing the procedure, he made the complicated seem simple. I felt safe with him as my doctor."

Dr. Moore said the minimally invasive hernia procedure uses small incisions and pinpoint precision. This method reduces the recovery time for patients, without the need for open surgery.

"Christine had a severe case of heartburn that had gone untreated for too long," said Dr. Moore. "It had caused part of her esophagus to erode. To treat her, we performed a robotic-assisted laparoscopic paraesophageal hernia repair with toupee fundoplication. We reduced her stomach back into her abdomen, restoring normal anatomy and then wrapped part of her stomach around the lower part of her esophagus. This reinforces the anti-reflux valve."

"Dr. Moore was so personable. When describing the procedure, he made the complicated seem simple. I felt safe with him as my doctor."

– Christine Wolford

Return to favorite foods

After Christine's procedure, she spent a few weeks working her way back to solid foods. About a month later, after she was released to eat what she wanted, she decided to celebrate with pizza. She had loved pizza all her life and had not been able to enjoy it in seven years.

After her celebratory dinner, she said the meal was delicious, but the rest of the night was even better as she didn't have any heartburn.



Joshua Moore, D.O.

Fellowship-trained and Board-certified General Surgeon
Genesis Center of Surgical Excellence

Learn more at genesishcs.org/heartburn.



Genesis is a Top 100 Hospital as rated by Fortune Magazine and PINCAI.



Christine enjoys reading about family history and crime.



PREDIABETES IS LIKE A WARNING LIGHT

Some people tend to ignore check engine lights or put off changing a furnace filter when the sensor goes off. One warning you can't afford to ignore is a prediabetic diagnosis.

What is prediabetes?

Prediabetes is usually the result of an A1C test that indicates your blood sugar is higher than normal, between 5.7% and 6.4%. A result of 6.5% or higher is generally accepted as a diabetes diagnosis.

Blood sugar is measured through an A1C test that reveals your average blood sugar level over the previous three months, so you can't cram for this test at the last minute by ignoring desserts for a week. Consider prediabetes as your last chance to make changes to keep from becoming diagnosed with diabetes.

What to do if you have prediabetes?

Hearing that you have prediabetes is similar to a rare do-over opportunity in life. Typically, if you are willing to change your lifestyle habits, you can often lower your A1C and prevent or at least delay diabetes. The best way to lower your A1C is to:

- Eat healthy foods.
- Be physically active each day.
- Maintain a healthy weight.
- Don't smoke.
- Control blood pressure and cholesterol.

Risk factors

For optimal health, you should try to live a healthy life and avoid reaching prediabetes status, especially if you fit into a high-risk category. According to the Genesis Diabetes & Nutrition Education Department, diabetes risk factors include:

- Being overweight.
- Having increased amounts of stress.
- Certain ethnicities.
- Being over the age of 45.
- Sedentary lifestyle.
- Family history.
- Having diabetes during pregnancy.

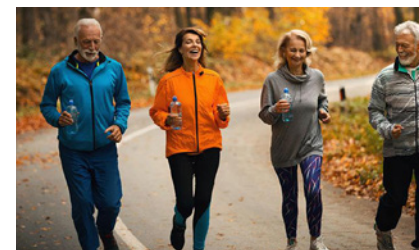
Stay informed

Most insurance plans will cover an A1C test as part of an annual wellness visit. If you have any of the risk factors, talk to your doctor for a plan to prevent prediabetes or reverse your trend if you have been diagnosed with prediabetes.



Want to prevent diabetes? Indulge on our tips and not desserts.

For more information on staying healthy, especially avoiding a prediabetes or diabetes diagnosis, try our online content. We have several articles that provide health tips backed by research. Start with:



Keys to preventing Type 2 diabetes

Small changes in diet, exercise and weight management can help prevent diabetes.

genesishcs.org/preventingtype2



Live the sweet life ... without sugar

Sugar typically makes things taste better and last longer. Continue to enjoy food and live healthier with these tips.

genesishcs.org/lifewithoutsugar



Your body is the only workout equipment you need

Grab your shoes, a space with room to move and use your bodyweight to get fit.

genesishcs.org/bodyweightworkouts

**If you prefer to listen because you are exercising, which is great,
try these podcast episodes at genesishcs.org/podcast.**

Tips for preventing diabetes • Take control of your diabetes

Learn more at genesishcs.org/diabetes.



Flu

SEASON IS HERE

Colder weather is often associated with some of our favorite activities, such as football season, pumpkin patches and the holidays. Chillier weather can also bring fevers, chills, coughs, body aches and sore throats, all symptoms of influenza.

One of the simplest ways to prevent the flu is to get a yearly flu shot. The U.S. Centers for Disease Control and Prevention (CDC) states that the annual vaccination has several advantages, including minimizing the risk of flu, time spent in the hospital and flu-related deaths.

Each year, there are different flu strains. The CDC recommends getting a flu shot in October to prepare for the peak season starting in December.

According to the CDC, anyone six months of age or older should receive the seasonal flu shot, although there are some rare exceptions. There are different types of flu shots for different age groups.

Adults 65 years old or older should receive a specific flu shot, which will give them more protection from the flu. Talk to your doctor if you have questions about the best flu vaccine for you.

Be mindful of others

If you don't get the flu shot for yourself, get it for someone else. Our well-being is a priority, but we also want to ensure our friends and family are healthy. For example, children, pregnant women, grandparents and those with chronic health conditions, such as diabetes or cancer, are at a higher risk for flu complications.

Many pharmacies and local health departments offer flu shot clinics. At Genesis Pharmacies, our Taylor, Maysville, New Concord, Roseville and Somerset locations offer the flu shot. Most insurance companies cover the flu shot and your healthcare provider can help you prepare for this year's flu season.

Visit [genesispharmacies.org](https://www.genesispharmacies.org) for more information.

NAVIGATING THE FALL TIME CHANGE



As crisp autumn air returns and daylight becomes shorter, the time change can impact our overall well-being. While gaining an extra hour of sleep is a bonus, the adjustment can disrupt our body's internal clock.

We can proactively alleviate these concerns and embrace the seasonal shift as we set our clocks back one hour.

Time change impact

The end of daylight saving time is the first Sunday in November. According to the National Institute of General Medical Sciences, this change can affect our circadian rhythm, the natural internal process regulating the sleep-wake cycle.

Disruptions to this cycle can lead to:

- Decreased energy levels.
- Impaired cognitive function.
- Mood changes.
- Sleep disturbances.

Tips to navigate

1. Healthy sleep habits

- Adjust your bedtime ahead of a time change to 15-20 minutes earlier, according to the Sleep Foundation.
- Create a sleep-friendly environment by keeping bedrooms cool, dark and quiet.
- Reduce exposure to electronics an hour before bedtime.
- Maintain a consistent wake-up time to help regulate your internal clock.

2. Maximize light exposure

- Spend time outdoors to reset your circadian rhythm and improve alertness.
- Lack of sunlight contributes to lower amounts of vitamin D, according to the University of Texas Southwestern Medical Center. This is linked to sadness, depression and fatigue. Consider using a light therapy box if you have limited access to sunlight. This can be beneficial for those with seasonal affective disorder.
- Aim for 30 minutes of moderate exercise five days a week to boost energy and improve sleep. Incorporate outdoor activities like hiking, biking, running or walking.

3. Mindful eating

- Maintain a diet with fruits, vegetables, whole grains and lean proteins to support your overall health and energy levels.
- Avoid consuming caffeine and alcohol too close to bedtime.

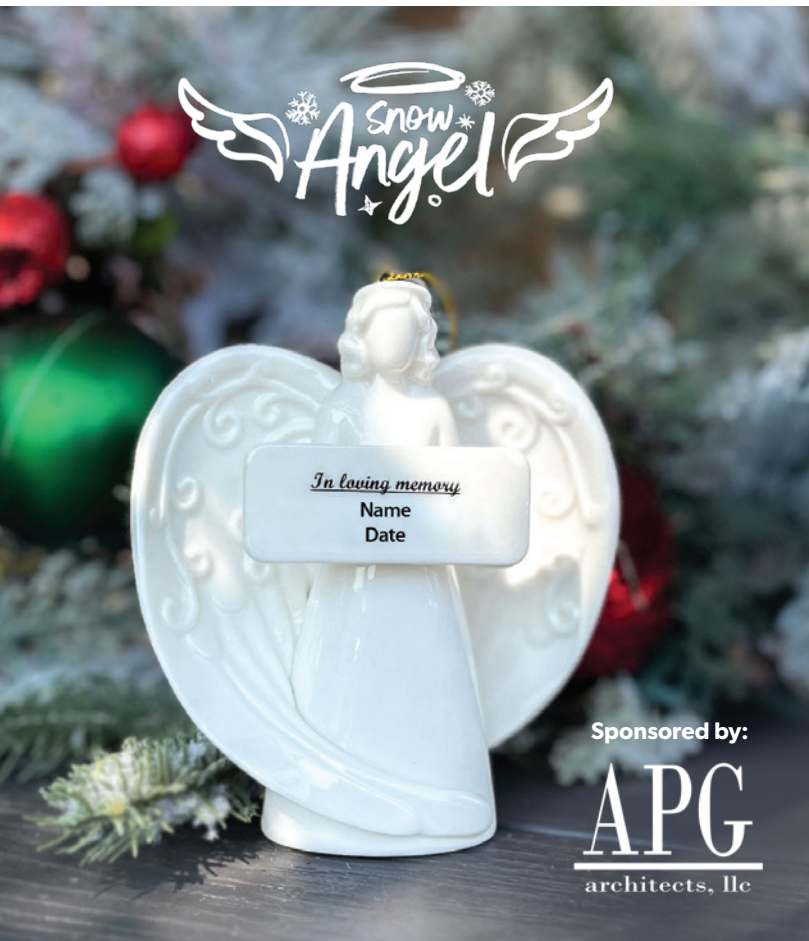
4. Mental health check

- Incorporate deep breathing techniques, meditation or yoga to manage stress and anxiety.
- If the time change significantly impacts your well-being, consider talking with a mental health professional.

Embrace a positive mindset

While the time change can pose challenges, it also presents opportunities to improve daily habits. Take a moment to prioritize your health, stay active and enjoy the new season. Minor adjustments can make a big difference in maintaining our physical and mental well-being.

2503 Maple Ave., Suite A
Zanesville, OH 43701



Honor a loved one with a Snow Angel

Benefiting Genesis Hospice Care

Genesis Hospice Care is a charitable, nonprofit hospice that has been providing compassionate, end-of-life care for more than 35 years. We are the only hospice in the area offering comprehensive care, including in-home, Morrison House, nursing homes and assisted living facilities.

How it works

For \$25, the name of the person you're remembering will be placed on a beautiful snow angel to display in your home. Once your snow angel arrives, we will notify you via email when it can be picked up from the Genesis HealthCare Foundation at 1135 Maple Ave. in Zanesville. Order through Dec. 9, 2024.

Scan QR code to order.



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APG | Architects, LLC

Stay connected, stay healthy

Keep current on Genesis and health information by following us on Facebook and subscribing to our quarterly publication, *LiveWell*. We also post additional information at [geneshcs.org](https://www.geneshcs.org).

To be added to or removed from our lists, contact:

Genesis HealthCare System
Marketing & Public Relations
740-454-5913

Email: livewell@geneshcs.org