

# HEALTH CONNECTION



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YOUR COMMUNITY CONNECTION FOR BETTER HEALTH

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## WELCOME TO THE FIRST ISSUE OF HEALTH CONNECTION!

This monthly newsletter will provide important information to help improve your health, as well as keep you up-to-date on what's happening at your community hospital.

If you'd like to receive this newsletter every month, please send a message to the email below with "Health Connection" in the subject line.

✉ [community@cityhospital.us](mailto:community@cityhospital.us)

## WHAT'S NEW AT YOUR HOSPITAL

- We have launched a new name for our hospital, signifying the **quality and growth of our clinical programs** to serve the community around us.
- We have opened renovated clinic space for our **nationally-known bariatrics weight loss program**.
- We recently **renovated an inpatient unit of 48 rooms**, creating a beautiful, comfortable space for healing.

## RESOLVE TO HAVE A HEALTHY NEW YEAR!

As you welcome the New Year and think about resolutions, we encourage you to make your health a top priority.

Since the pandemic began, many people have needed to delay important health checkups and screenings that can help prevent major illnesses. If you fall into this category, January is a great time to make a 2022 health plan for yourself and family.

### Schedule an Annual Exam

The first step is scheduling an annual exam for yourself and family members to see a healthcare provider. Make the most of your visit by preparing ahead of time. Review the following recommendations and make some notes to take with you because it can be difficult to remember everything while you are in the exam room.

### Ensure You're Fully Vaccinated for COVID-19

COVID-19 vaccinations are the most effective protection against severe illness and death from the virus. Now everyone ages 5 and older can receive the vaccine, and those ages 18 and older can receive the booster.

The Pfizer and Moderna vaccines require two doses and you're eligible for the booster six months after the last shot. The Johnson & Johnson vaccine is one dose and you're eligible for a booster after two months, preferably either the Pfizer or Moderna vaccine.

To schedule a COVID-19 vaccine, call our hospital (see phone number at the top of this page).

[more ▶](#)

## Know Which Cancer Screenings are Recommended

According to the American Cancer Society, one in three people will be diagnosed with cancer during their lifetime. However, early detection is key to long-term health.

The table below includes general guidelines for reference. Discuss cancer screenings that are appropriate for you during your appointment. Your provider will take your personal health and family history into account when making cancer screening recommendations specifically for you.

### GENERAL CANCER SCREENING RECOMMENDATIONS



#### Age 25–39

- **Cervical cancer screening** recommended for people with a cervix beginning at age 25.



#### Age 40–49

- **Breast cancer screening** recommended beginning at age 45, with the option to begin at age 40.
- **Cervical cancer screening** recommended for people with a cervix.
- **Colorectal cancer screening** recommended for everyone beginning at age 45.
- At age 45, Black men should discuss **prostate cancer screening** with a doctor.



#### Age 50+

- **Breast cancer screening** recommended.
- **Cervical cancer screening** recommended.
- **Colorectal cancer screening** recommended.
- People who currently smoke or formerly smoked should discuss **lung cancer screening** with a doctor.
- Discussing **prostate cancer screening** with a doctor recommended.

To learn more, visit [www.cancer.org/healthy/find-cancer-early/get-screened.html](http://www.cancer.org/healthy/find-cancer-early/get-screened.html)

Source: American Cancer Society

## Get Your Flu Shot

Almost everyone six months of age and older should receive a vaccine for influenza (flu) every season. When you schedule your exam, request a flu vaccine, if needed. They're also available at pharmacies and local health departments, or visit [www.vaccines.gov/find-vaccines](http://www.vaccines.gov/find-vaccines).

## Ensure You're Up-to-Date on Immunizations

Children and adults require regular immunizations. While immunizations are a routine part of medical exams for children, they can be more difficult to keep up with for adults.

During your next appointment, review the immunization list in your medical record with your healthcare provider. To become familiar with the immunizations that the CDC recommends for adults prior to your appointment, visit [www.cdc.gov/vaccines/schedules/hcp/imz/adult.html](http://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html).

## Set Wellness Goals for the Year

If you've resolved to eat better and exercise in the new year, discuss your goals with your healthcare provider.

Following routine bloodwork, they may recommend making some specific dietary changes that target your unique needs. For example, if your cholesterol is high, you might be advised to add foods that have omega-3 fatty acids to your diet, like salmon. And if you need to get out and exercise, your provider will ensure your cardiovascular system is up to the task.

### Let us help you meet your health goals.

Be sure to take your notes—and even this newsletter—with you to your next health appointment. For more information about services at this hospital, visit [www.whiterockmedicalcenter.com](http://www.whiterockmedicalcenter.com).

Here's to your good health in 2022!