

LiveWell

FEBRUARY IS HEART MONTH

A SURGEON'S MISSION TO PREVENT HEART DISEASE

LUNG CANCER SCREENING

CATCH LUNG CANCER EARLY BECAUSE YOU MATTER

PHYSICIAN WELCOMES

PERSEY O. BEDIAKO, M.D.
General Cardiology

ADEL HANANDEH, M.D.
Vascular Surgery

ALEX K. KEMEI, M.D.
Internal Medicine

NIMISHA SRIVASTAVA, M.D.
Hematology and Oncology

EAR, NOSE & THROAT Q&A

ERIC ANTONUCCI, M.D.,
ANSWERS YOUR QUESTIONS



Genesis
HEALTHCARE SYSTEM

Better Begins Here

ANNIE FERGUSON

TAKING THE WHEEL FROM CANCER

PAGE 8



JULIE MCCLURE

HER HEART, HER VICTORY

PAGE 6



DIANE WILLS

**CHECK-UP STORY:
HEALTHY, HAPPY AND IN
CONTROL AFTER CANCER**

PAGE 12



HEALTHY START. HEALTHY HEART.

As we've turned the calendar to 2026, the choices we make for our health can shape a stronger, healthier year. Every day at Genesis, we see patients take charge of their health, by asking questions, taking action, making changes and seeking help to improve their lives.

February is National Heart Month, a reminder to focus on heart health. High blood pressure is a common risk for adults, and even when we feel well, paying attention to the warning signs of heart disease can make all the difference.

Stories like Julie McClure's show the importance of acting quickly. When her blood pressure was high, she trusted her instincts and sought care. She received treatment for a heart attack and has regained her strength, moving forward with renewed purpose.

Annie Ferguson and Diane Wills are also making the most of each day. Annie, who received treatment for stage IV lung cancer, has returned to the job she loves. Diane remains in remission following lymphoma and continues regular checkups. She is back to her exercise routine and enjoys time with her grandchildren.

Early detection of lung cancer saves lives. Taking charge of your health can start with a simple, fast, low-dose CT scan. This screening is designed for people who have a history of smoking and are between 50 and 80 years old. Choosing to get screened is a way to protect your future and continue being there for the people who count on you.

These examples of taking action remind me why patients are at the center of everything we do. We've added new physicians in Cardiology, Internal Medicine, Vascular Surgery and Hematology/Oncology, making it easier for you and your family to access the expertise you need when you need it.

You are the hero of your health story. We're honored to care for you and support you along your journey.

In good health,

 | Matthew J. Perry
President & CEO

Breathe easier this winter

Q&A WITH GENESIS ENT GROUP SURGEON ERIC ANTONUCCI, M.D.

Winter often brings unwanted congestion and sinus pressure. But you want your family to stay active and enjoy the season, not sit on the sidelines.

Eric Antonucci, M.D., Ear, Nose & Throat Surgeon (ENT) at the Genesis ENT Group, answers common questions to help your family breathe easier.

How might I know if symptoms are a cold, sinus infection or winter allergies?

"All three have overlapping symptoms, including coughing, sneezing and congestion. Infections have additional symptoms, such as fever and fatigue. Viruses usually run their course in about 10 days. Bacterial infections can stick around longer, especially without the help of antibiotics."

How can I prevent winter sinus and allergy problems?

"Encourage your family to wash their hands often. Keep dust under control with regular vacuuming, fresh bedding and air purifiers."

Are allergy medications effective during the winter?

"They can make a difference. When your body reacts to something harmless, like pollen, it releases histamine. This causes sneezing, itchy eyes and a runny nose. Saline rinses and antihistamine pills can bring relief. Nasal sprays can help reduce swelling and congestion. Talk with your doctor about your symptoms to find the best option."

Fact or fiction?

Sinus infections can spread.

"Fact. Viral infections, such as the common cold, can pass from person to person. Bacterial infections are less contagious but can still spread."

Vitamin C supplements help prevent colds.

"Fiction. A healthy diet usually provides enough vitamin C, so additional supplements aren't too helpful to protect against colds."

Drinking plenty of water promotes healthy sinuses.

"Fact. Increased hydration keeps mucus thin and your sinuses clear."

Understanding common sinus and breathing issues can help you and your family breathe more easily. Simple habits, like staying hydrated, maintaining a healthy diet and washing hands regularly, can make a big difference.

Keep your family feeling their best.

Read more at genesishcs.org.



Eric Antonucci, M.D.

Ear, Nose & Throat Surgeon
Genesis ENT Group





SPOTLIGHT ON

ALEX K. KEMEI, M.D.

Internal Medicine

Genesis Primary Care welcomes Alex K. Kemei, M.D., specializing in internal medicine.

Dr. Kemei supports patients with wellness visits, acute illness care and chronic disease management.

"I love working with patients in small communities," said Dr. Kemei. "I wanted to join Genesis because it reminds me of the rural area I was raised in."

Dr. Kemei chose internal medicine because he wants to help patients manage their chronic diseases and improve their overall health.

"The heart of internal medicine is compassionate care," said Dr. Kemei. "I'm always learning the best ways to treat patients. Internal medicine offers a lifetime of learning, because every patient's needs are different."

"I'm here to help patients experience relief and live healthier, fuller lives."

– Alex Kemei, M.D.

Dr. Kemei knows that explaining the causes of pain and what to expect from treatments is important to patients and their families.

When not caring for patients, Dr. Kemei enjoys exploring hiking trails, playing soccer and watching movies.

Dr. Kemei is accepting new patients at Genesis Primary Care, 1210 Ashland Ave., Zanesville. Patients can schedule appointments by calling 740-454-0370.

Doctor of Medicine:

Saint James School of Medicine
The Quarter, Anguilla

Residency:

Internal Medicine
Mount Carmel Health System
Columbus, Ohio

WELCOME NEW PHYSICIANS



Persey O. Bediako, M.D.
General Cardiology

Persey O. Bediako, M.D., joined the Genesis Heart & Vascular Group, specializing in general cardiology.

A member of the American College of Cardiology and the American Heart Association, Dr. Bediako offers expert care for heart conditions and general cardiovascular health.

Dr. Bediako is accepting patients at the Genesis Heart & Vascular Institute, 955 Bethesda Drive, First Floor, Zanesville. Call 740-454-0804 for appointments.

Doctor of Medicine:
University of Maryland
School of Medicine
Baltimore, Maryland

Residency:
Internal Medicine
University of Virginia Medical Center
Charlottesville, Virginia

Fellowship:
Cardiovascular
Maine Medical Center
Portland, Maine

Board-certified:
Echocardiography
Cardiovascular Disease
Internal Medicine
Nuclear Medicine



Adel Hanandeh, M.D.
Vascular Surgery

The Genesis Heart & Vascular Group welcomes Adel Hanandeh, M.D., specializing in vascular surgery.

Offering expert surgical care, Dr. Hanandeh uses the latest surgical techniques while focusing on personalized treatment for every patient.

Dr. Hanandeh is accepting patients at the Genesis Heart & Vascular Institute, 955 Bethesda Drive, First Floor, Zanesville. For appointments, call 740-454-0804.

Doctor of Medicine:
St. George's University
School of Medicine
St. George's, Grenada

Residencies:
General Surgery
Henry Ford Wyandotte Hospital
Wyandotte, Michigan

General Surgery
Chief Resident
Case Western University
MetroHealth System
Cleveland, Ohio

Fellowship:
Vascular and Endovascular Surgery
University of Central Florida
HCA Healthcare General Medical
Education Program
Orlando, Florida

Board-certified:
Surgery



Nimisha Srivastava, M.D.
Hematology and Oncology

Nimisha Srivastava, M.D., joined the Genesis Cancer Care Center, specializing in hematology and oncology.

Dr. Srivastava provides high-quality care and guides patients through each step of their treatment.

Dr. Srivastava is accepting patients at the Genesis Cancer Care Center, 2951 Maple Ave., Zanesville. For appointments, call 740-454-5271.

Doctor of Medicine:
Kasturba Medical College
Manipal, Karnataka, India

Residency:
Internal Medicine
SUNY Upstate Medical University
Syracuse, New York

Fellowship:
Hematology and Medical Oncology
SUNY Upstate Medical University
Syracuse, New York

Board-certified:
Internal Medicine



HER HEART, HER VICTORY

It was a typical morning for Julie McClure. She dropped off her grandson at school and started her workday.

Then she felt it. There was heaviness in her chest, a tiredness in her left arm and growing pressure.

"I knew something was wrong," said Julie. "Sweat was dripping off my head. I felt nauseous. I knew I needed help fast."

A co-worker checked her blood pressure. Julie's readings were high, and she needed immediate care.

Acting quickly, Julie's supervisor drove her toward Genesis Hospital. Along the way, Julie made a crucial decision that she couldn't wait. She asked to stop at Genesis Community Ambulance.

Trusting her instincts

"I listened to my symptoms," Julie said. "I knew Genesis Community Ambulance could help."

The emergency medical technicians soon ran an electrocardiogram (EKG) to check Julie's heart. When the pressure didn't go away, they rushed her to Genesis Hospital.

In the Emergency Department, Julie was diagnosed with a heart attack.

She stabilized and was rushed to the catheterization lab.

Julie soon received a heart catheterization, quickly performed by Kinan Kassar, M.D., Fellowship-trained and Board-certified Interventional and Structural Cardiologist at the Genesis Heart & Vascular Institute.

This helped Dr. Kassar locate a 99% blockage in Julie's anterior heart wall artery, known as the "widowmaker."

Julie's artery was opened, and three stents were placed.

"Julie's procedure went very smoothly, and she was released a few days later," said Dr. Kassar. "We talked through her recovery plan, what to expect in the coming weeks and the best ways to support her ongoing progress."

"I listened to my symptoms, and because of that, I have more time and more memories with my children and grandsons."

—Julie McClure

Julie has returned to her active lifestyle, enjoying walks with her dog, Jazz, on local trails.



Julie's message is to always listen to your body and not face health challenges alone.

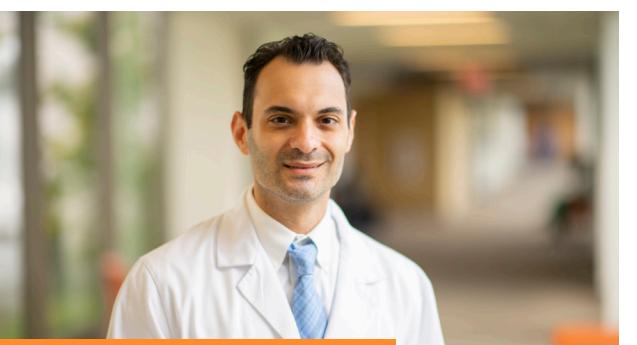
"I'm grateful to everyone who helped save my life," said Julie. "Genesis Community Ambulance got me to the hospital safely. My heart care team supported me and guided me to recovery. I listened to my symptoms, and because of that, I have more time and more memories with my children and grandsons."

Keep your heart strong. Visit genesishcs.org/heart.

More heartbeats

Julie meets with Olusola Olubowale, M.D., M.P.H., Fellowship-trained and Board-certified Interventional Cardiologist at Genesis Heart & Vascular Institute, for follow-up appointments. She continues practicing healthy habits to keep her heart beating strong.

"Julie is following her recovery plan, which is making a positive difference in her long-term heart health," said Dr. Olubowale. "I work alongside her to monitor progress, answer questions and support her efforts to stay healthy and active."



Kinan Kassar, M.D.

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



Olusola Olubowale, M.D., M.P.H.

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



Annie covers 200 miles a day on her two bus routes. She enjoys seeing the students grow up.

“Dr. Bastola knelt beside me. He answered my questions. His guidance helped me understand my diagnosis.”

– Annie Ferguson

TAKING THE WHEEL FROM CANCER

When Annie Ferguson had trouble breathing in July 2024, she wanted to be on the safe side and made an appointment with her doctor.

“I couldn’t stop coughing,” Annie said. “I had a few X-rays and am so glad that I did.”

Her decision saved her life.

Annie learned she had stage IV non-small cell lung cancer, a condition that develops in the lung tissue.

Like for so many people, Annie’s diagnosis was unexpected. She cherished her family, loved spending time outdoors and valued her work as a school bus driver in Coshocton County.

“I was shocked to hear that I had lung cancer, especially as a non-smoker,” said Annie.

A new roadmap

Up to 20% of lung cancers happen in non-smokers in the United States. Non-small cell lung cancer is the most common form of lung cancer. It starts when lung cells grow abnormally and spread to other parts of the body.

Annie soon met with Shyamal Bastola, M.D., Fellowship-trained and Board-certified Hematologist/Oncologist at the Genesis Cancer Care Center.

Further testing also revealed that the cancer had spread to other parts of her body.

“I felt helpless,” said Annie. “Dr. Bastola knelt beside me. He answered my questions. His guidance helped me understand my diagnosis.”

Annie was ready to rise above her condition.

She wanted to understand her treatment options and return to her active lifestyle as soon as possible.

In November 2024, Annie underwent 14 days of radiation to prevent the cancer from spreading. She also started taking targeted medication after learning the cancer was caused by a genetic mutation. The pills help fight remaining cancer cells while protecting healthy ones.

Back on route

Her dedication has paid off. She is responding well to treatment and continues to receive treatment with ongoing checkups and monitoring.

Annie has returned to her favorite activities over the last year, including walking, biking, kayaking and spending memorable moments with her grandson.

Annie has also returned to the work she cherishes, helping students start and end their school days.

“I feel like I am called to be their bus driver,” said Annie. “I’m blessed and thankful to see them grow up.”

Continued on next page »



Shyamal Bastola, M.D.

Fellowship-trained and Board-certified Hematologist/Oncologist Genesis Cancer Care Center



Use your phone’s camera to scan the QR code and hear Annie’s journey. Visit geneshcs.org/annie-ferguson.

Continued from page 9 »

Understanding stages of non-small cell lung cancer

Doctors use imaging and tests to see the size and location of a lung tumor and whether it has spread. Knowing the stage helps guide the best treatment plan and supports your journey toward recovery. Stages range from 0 to IV:



Stage 0 is found in the top lining of the lung.



Stage I cancer has grown but hasn't spread to lymph nodes or other areas.



Stage II may be a larger tumor or a tumor that has spread to nearby lymph nodes but not other organs.



Stage III means the cancer has spread further, often to lymph nodes in the chest.



Stage IV cancer has spread to other parts of the body.

Take charge of your lung health. Early detection makes a big difference. Talk with your primary care provider about any symptoms and known family history. Annual visits are a great opportunity to review any risks and schedule recommended screenings.

Compassionate care starts here. Visit geneshcs.org/cancer.

Foods to help support brain health



Your brain works hard, keeping you on track, helping you make decisions and staying focused.

A few smart, delicious foods can help keep you energized and ready for the day.

Genesis Food & Nutrition recommends these top brain boosters:

- Spinach, kale and broccoli
- Salmon or sardines
- Walnuts
- Blueberries, strawberries and raspberries
- Tea and coffee

A healthy brain offers many other benefits as well:

- Improves memory
- Boosts energy
- Lifts mood
- Reduces stress
- Powers your body for the day
- Supports overall health

Every meal is an opportunity to support your brain. Simple, wholesome ingredients make healthy eating enjoyable, satisfying and a natural part of your routine.

Find more brain-boosting food tips at geneshcs.org.



Take care of the back that carries you.

A quiz for everyday heroes.

You lift, bend, sit and stretch your way through busy days. You care for others, help at home and keep life running smoothly. Your back supports it all. This quick quiz can help you see if you're giving your spine the same support it gives you.

When lifting something heavy, you should:

- A. Bend at the waist and hope for the best.
- B. Keep your back straight, bend your knees and lift with your legs.
- C. Wait for a taller friend.

Answer: B. Using your legs to lift protects your back and helps prevent injury.

At your desk, how's your posture holding up?

- A. Slouched over the keyboard.
- B. Feet flat, shoulders relaxed and eyes level with your screen.
- C. Constantly adjusting but never comfortable.

Answer: B. Good posture keeps your spine aligned and reduces daily strain.

What's one of the best ways to strengthen your back?

- A. Hope.
- B. Core exercises like planks, bridges and gentle yoga.
- C. Carrying in all the groceries at once.

Answer: B. Having a strong core is the secret to a healthy, pain-free back.

If your back starts to ache, the first thing you should do is:

- A. Ignore it and hope it goes away.
- B. Rest briefly, stretch gently and check your posture.
- C. Blame your mattress.

Answer: B. Listening to early warning signs helps you stay active longer.

True or false:

Stretching before and after activity helps prevent back pain and injury.

Answer: True. Even a few minutes of stretching can keep muscles loose and flexible.

Your partner in back health

"Most back pain comes from small habits that build up over time," said Melissa Cook, Physical Therapist at Genesis Outpatient Rehabilitation. "The good news is small changes can make a big difference."

Your next step

Whether you aced the quiz or learned a few new tips, remember caring for your back means caring for yourself.



WE'RE CHECKING IN ON A PATIENT
WHOSE STORY WE SHARED IN 2022.

HEALTHY, HAPPY AND IN CONTROL AFTER CANCER

At 73 years old, Diane Wills feels younger than ever.

"I could do cartwheels," said Diane. "I will forever celebrate the words, 'you're in remission.'"

In early 2022, Diane began having trouble swallowing. Pills were also getting wedged in her throat.

Diane quickly made an appointment with her doctor.

She learned in April 2022 that she had non-Hodgkin's diffuse large B-cell lymphoma.

Partners in care

Diane soon met with her Genesis Cancer Care team, including Shyamal Bastola, M.D., Fellowship-trained and Board-certified Hematologist/Oncologist at the Genesis Cancer Care Center.

"Dr. Bastola shared the best news that the cancer would respond well to chemotherapy," said Diane.

Diane also worked with Genesis Cancer Care Center Nurse Navigator Annette Barr, B.S.N.

Nurse Navigators support patients from diagnosis through treatment. They check in regularly, help schedule appointments, manage side effects and connect patients and their families with the support they need.

Diane said with the help of her care team, she and her family could focus on what mattered most, her health.

After three of the six planned rounds of chemotherapy, Diane's PET (positron emission tomography) scan showed no cancer cells.

"Dr. Bastola wanted to do one more treatment to be sure the cancer was gone," said Diane.

"I went in with a positive attitude and deep faith and came out with so much more. I remain healthy and have a stronger outlook on life."

— Diane Wills

Two months after her diagnosis, Diane was in remission.

"When Dr. Bastola told me that there were no more signs of cancer, I hugged him tightly and cried," said Diane. "We beat this together."

Embracing second chances

Diane and her husband, Dave, enjoy an active lifestyle, taking every opportunity to celebrate life's moments. They visit their local gym a few days a week.

"I love exercising," said Diane. "I feel healthier now than I did before having cancer."

Diane's family has also grown over the last four years. Along with their two children, she and Dave now have four grandchildren, three great-granddaughters and several step and bonus grandchildren.

Diane meets with Dr. Bastola for routine follow-up appointments. She remains in remission on surveillance, continuing ongoing imaging and labs to be sure there isn't a recurrence of cancer.

Diane said that she no longer worries about the small things. She's grateful every day for her second chance.

"Every time I pass the Genesis Cancer Care Center, I thank God for my care team," Diane said. "I went in with a positive attitude and deep faith and came out with so much more. I remain healthy and have a stronger outlook on life."



Shyamal Bastola, M.D.

Fellowship-trained and Board-certified
Hematologist/Oncologist
Genesis Cancer Care Center



Diane is back to the activities she loves and is celebrating every step of her progress.



Gentle chair yoga

SIMPLE MOVES TO FEEL BETTER EVERY DAY

Looking for an easy way to reduce stiffness, improve flexibility and boost your mood? Chair yoga is a gentle, low-impact way to stretch and strengthen your body, making it perfect for all ages and abilities. Whether you're at home, at work or anywhere in between, these poses can help you feel more relaxed and energized.

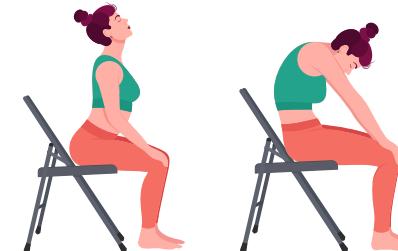
Follow along with the pictures and try each move at your own pace.



Chair forward fold

Sit tall at the edge of your chair with feet flat on the floor. Slowly hinge forward from your hips, letting your arms reach toward the ground. Relax your head and neck as gravity gently stretches your back and hamstrings. Breathe deeply and slowly roll back up to a sitting position.

Benefits: Relieves tension in your lower back, neck and shoulders.



Chair cat-cow

Sit with your hands on your knees. As you inhale, lift your chest and gently arch your back (Cow). As you exhale, round your spine and tuck your chin toward your chest (Cat). Move slowly with your breath.

Benefits: Improves spine mobility and reduces stiffness.



Seated warrior II

Sit on the edge of the chair and turn your body to the left side. Extend your right leg behind you, keeping toes on the floor. Raise your arms in each direction until they are parallel to the floor and face forward. Repeat on the other side.

Benefits: Strengthens legs and core while opening the chest and hips.



Seated figure 4

Sit tall and cross your right ankle over your left knee, forming a "4" shape. Keep your foot flexed to protect your knee. Lean forward slightly if it feels comfortable. Repeat on the other side.

Benefits: Opens tight hips and glutes, helping ease lower-back discomfort.



Seated eagle arms

Sit upright and stretch your arms forward. Cross your left arm under your right, then bend your elbows and try to touch palms (or hands to shoulders if needed). Lift your elbows slightly and breathe. Switch sides.

Benefits: Stretches shoulders and upper back, improving posture.

Tips:

- Move slowly and breathe deeply.
- Never push into pain. Gentle stretching is the goal.
- Check with your doctor before starting a new exercise routine if you have medical concerns.

A few minutes of chair yoga each day can help you feel more flexible, balanced and calm. Try these poses regularly and enjoy a healthier, happier you.

Expand your yoga practice

Chair yoga is a great way to stay active and improve flexibility.

You can explore additional poses to further improve your strength, balance and confidence. Learning terms like "asana" and "vinyasa" is easy and part of the fun.

Many movements can be adapted for any ability, so you can progress at your own pace while enjoying all the benefits yoga offers.

Learn more at geneshchs.org/expand-yoga.



Stopping the silent killer.

A SURGEON'S MISSION TO PREVENT HEART DISEASE.



Surender Neravetla, M.D., FACS, knows the human heart better than most. As a board-certified thoracic surgeon, he's spent decades performing life-saving heart procedures. However, these days, Dr. Neravetla's mission is more than repairing hearts. He is also focused on helping people protect their hearts before heart disease begins.

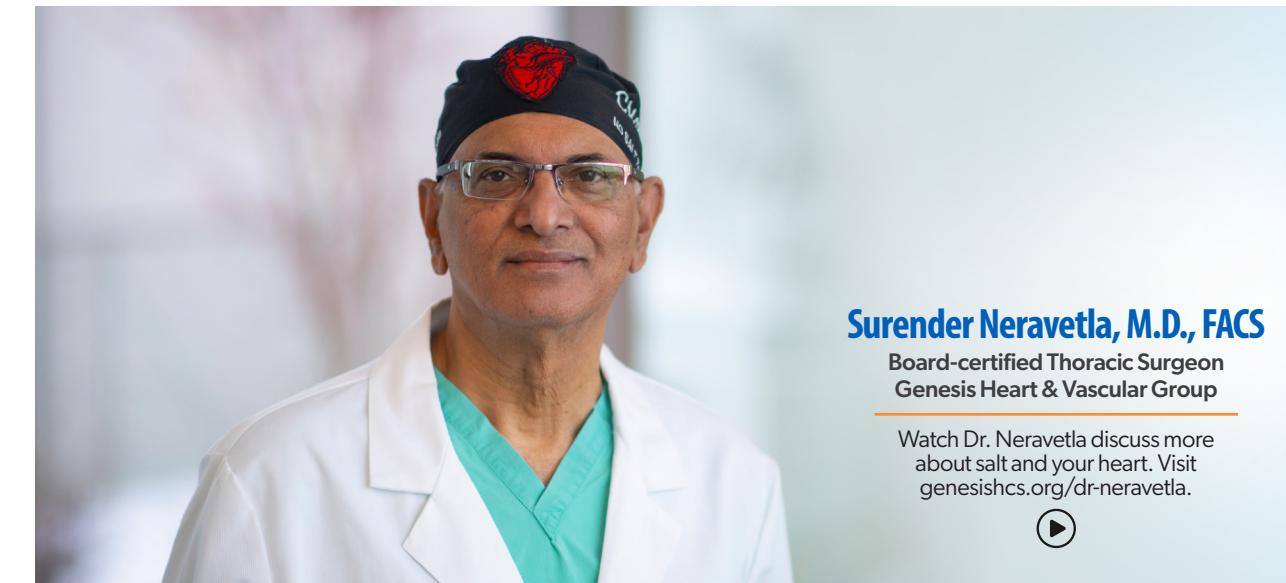
"I've seen too many patients on the operating table whose heart problems could have been prevented," Dr. Neravetla said. "That's why I've shifted my focus to prevention. We can do a lot to stop heart disease before it starts."

Dr. Neravetla agrees wholeheartedly with the American Heart Association's finding that up to 80% of heart disease is preventable. The key is understanding the everyday habits that quietly damage our cardiovascular system.

One of the biggest culprits? High blood pressure.

Known as the silent killer, high blood pressure often doesn't have symptoms but can lead to serious complications such as heart attack, stroke and kidney failure. "High blood pressure is one of the most common health problems in the world," said Dr. Neravetla. "What's most frustrating is that it's largely caused by something we do, which is adding salt to our food."

Our bodies need a small amount of sodium to function, which is already in the natural foods we eat. The result of too much salt is extra fluid in the bloodstream, which puts pressure on blood vessel walls and forces the heart to work harder. Over time, this constant strain can damage arteries and increase the risk of heart disease.



Surender Neravetla, M.D., FACS

Board-certified Thoracic Surgeon
Genesis Heart & Vascular Group

Watch Dr. Neravetla discuss more about salt and your heart. Visit geneshcs.org/dr-neravetla.



1,500 mg*

of daily salt consumption is
a standard goal

2,300 mg

should be the most salt
consumed in a day

3,300 mg

of salt on average are consumed
by Americans daily

*Mg stands for milligrams



Spice things up with salt alternatives

It is hard to be excited about bland food. If you are trying to reduce your salt intake and still enjoy mealtimes, try adding other seasonings. To learn more, take our salt alternatives quiz at geneshcs.org/salt-alternatives.



Helping our community

ONE PLAYHOUSE AT A TIME

Local nonprofits are leaders in strengthening our community, and Genesis team members take pride in supporting their efforts.

One great example is Project Playhouse. Habitat for Humanity of Southeast Ohio's Project Playhouse brings sponsors and volunteers together to build playhouses for local families. The playhouses provide children with a safe place to play, dream and feel at home.

Genesis Quality Management team members Maggie Palko, Bailee Hampton, Kimberly Johnson, Dana Woodruff, Heather Hartman, Dee Clapper, Cynthia Lanning and Michelle Huff built a playhouse for a local family in October 2025.

Heather Hartman, R.N., B.S.N., R.N.F.A., Surgical Clinical Reviewer for Genesis Quality Management, shared her team's excitement about participating in Project Playhouse.

"Our team has looked forward to this project for the past year," said Heather. "Working alongside our community, we built more than a playhouse. We created a safe, joyful space for a child, strengthened local connections and experienced firsthand the meaningful impact this project can have on a family."



Share local opportunities with us

Need a volunteer for your organization? Our team can help. Eligible local nonprofit organizations that meet the guidelines can complete the online request form at genesishcs.org/request-volunteers.

- Opportunities that support Muskingum, Coshocton, Perry, Guernsey, Noble or Morgan counties.
- Church events that benefit the entire community.
- Submit requests at least 30 days before your event.
- Requests are reviewed weekly.



Catch lung cancer early. Because you matter.

In every great story, there's a moment when the hero takes control. For many people in our community, that moment starts with a simple, fast, low-dose CT scan. If you've spent years putting others first, working hard and caring for family, this screening is your chance to put your health back at the center, which is vital because early detection saves lives.

A low-dose CT scan can find lung cancer long before symptoms appear, when it's most treatable. And if you meet the guidelines, this screening is designed specifically for you. You may qualify if you:

- Have a 20-pack-year or more history of smoking. That means smoking one pack a day for 20 years or two packs a day for 10 years.
- Smoke now or quit within the past 15 years.
- Are between 50 and 80 years old.
- Have no signs or symptoms of lung cancer.

If that sounds like you, then you're eligible and the hero of this story. By choosing to get screened, you're taking a powerful step to protect your future and stay present for the people who count on you.

The scan itself is simple. Here are the basics:

20%

Better chance of surviving lung cancer with a low-dose CT scan if you are high-risk.



Painless.



Only takes about 1 minute to complete.

5%

Of eligible people get a screening, is it right for you?



No medication.



No needles.



It only takes a minute to take charge of your lung health. Visit genesishcs.org/screenings.



February is National Heart Month.

**YOU DESERVE A STRONG, HEALTHY HEART,
AND WE'RE HERE TO HELP.**

Every day, people in our community search for clear, trustworthy guidance to keep their hearts healthy. At Genesis, we believe you shouldn't have to look far to find it. That's why over the past year, we've shared over 50 pieces of heart-health information to help families stay informed, confident and in control of their well-being.

Whether you want to prevent heart issues or better understand a diagnosis, we make it simple to get the answers you need, from the experts you trust, near home.



Tips the way you like them

Watch videos where heart specialists share their experience, what inspires them and how they care for patients like you every day.



Stay informed with weekly tips

Our blog is packed with easy-to-read articles, quizzes and more. Plus, it often features information to help build good habits and maintain a healthy heart.



Be inspired

Discover stories from your neighbors who had heart procedures, recovered and returned to the moments and people they love most.



Understand your options

From MitraClip to Transcarotid Artery Revascularization, watch videos where our physicians explain advanced and minimally invasive heart procedures in ways that are easy to understand.



Listen and learn on the go

Tune in to physician-led podcasts that explain conditions and treatments, so you feel confident in your health journey.



New AED loaner program

Hosting an event? You can borrow an AED (Automated External Defibrillator) for free for heart emergencies from Genesis. For qualifications, visit genesishcs.org/aed.

Take the next step toward a healthier heart

You don't have to navigate heart health alone, and you don't need a medical degree to feel informed. Your heart matters and we're here to help you keep it strong. Visit genesishcs.org/wellness to learn more.

Stay connected, stay healthy

Keep updated with Genesis by following us on Facebook. Subscribe to our quarterly publication, *LiveWell*, and our women's email newsletter, *HerHealth*. Visit genesishcs.org/subscribe.

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

Genesis HealthCare System
Marketing & Public Relations
740-454-5913
Email: livewell@genesishcs.org