LIVEWELL

AUTUMN ISSUE • 2026

FOUR EMPLOYEES. FOUR PATIENTS. ONE CONNECTION.





A LETTER FROM OUR PRESIDENT & CEO

MORE TIME FOR WHAT MATTERS

Most of us don't think much about our health when we feel well. Good health allows us to do the things we enjoy, spend time with people we care about and look forward to what lies ahead.

But when something changes, we're reminded that taking care of our health and looking out for others often go hand in hand.

You'll see that connection in the stories of four Genesis team members featured in this issue. Natalie Thompson, Shon Bender, Eric King and Michael King each faced a serious health challenge and chose Genesis when they needed lifesaving care.

Now, they're telling their stories and what brought them together.

It began with a cancer diagnosis and one person wanting to help a friend. From there, one story became part of another as friends supported each other and shared what they had learned.

It's a reminder that looking out for the people we care about can start with something as simple as passing along what we know.

And there's plenty in this issue worth sharing. On the following pages, you'll read about what your family history can tell you about your heart, why wellness visits matter even when you feel well and how past exposures can increase your risk of lung cancer.

New physicians

We're also pleased to welcome Frank Kickel, M.D., and Joseph A. Trapp, D.O., to Family Medicine and Neely Nelson Wade, M.D., to Obstetrics & Gynecology. Each brings added experience and more options for care close to home.

You also have a new option when a minor illness or injury can't wait. Genesis Advanced Immediate Care is now open on Airport Road in Coshocton, offering high-quality care for you and your family.

As you read through this issue, I hope you'll think about what you can do for your health and for the people you care about. Sometimes, it starts with asking a question, making an appointment or simply checking in with someone.

Thank you for choosing Genesis.

In good health,

Matthew J. Perry
President & CEO



MEET NEELY NELSON WADE, M.D.

OBSTETRICS & GYNECOLOGY

Expert care. Local roots. Lifelong wellness.

A first gynecology appointment. Starting a family. Building a healthy future. Throughout life, women experience milestones that shape their health and well-being.

Neely Nelson Wade, M.D., FACOG, has spent her career caring for women through those moments. Now, she's bringing that experience home to Genesis OB/GYN Group.

A native of Crooksville, Dr. Wade is joining the team at the hospital where her story began.

"I'm honored to care for women and families in the community that shaped me," Dr. Wade said. "Whether someone is coming in for her first appointment, preparing to welcome a baby or has a new health concern, I want her to feel supported and informed every step of the way."

Dr. Wade completed a general surgery internship at Mount Carmel Health System in Columbus, followed by a four-year tour in the United States Navy as a general medical officer.

Dr. Wade brings experience from UPMC Mercy and UPMC Magee-Womens Hospital in Pittsburgh, Pennsylvania, and the Adena Regional Medical Center in Chillicothe, Ohio.

"I want patients to feel comfortable discussing their concerns," Dr. Wade said. "My role is to provide guidance, answer questions and help women make informed decisions about their care."

Why patients choose Dr. Wade

- Women's care from adolescence through menopause
- Pregnancy and obstetric care
- Minimally invasive surgical experience
- Preventive care focused on long-term wellness

Doctor of Medicine

The Ohio State University College of Medicine
Columbus, Ohio

Residency

Obstetrics & Gynecology
Abington Memorial Hospital
Abington, Pennsylvania

Schedule an appointment

Dr. Wade is accepting patients at Genesis OB/GYN Group, 945 Bethesda Drive, Suite 330, in Zanesville. To schedule an appointment, call 740-454-8800.

Watch Dr. Wade's welcome video at genesishcs.org/dr-wade.



MEET FRANK KICKEL, M.D.

FAMILY MEDICINE

Primary care for every stage of life

Good health is about more than treating illness. It starts with having someone you trust to listen, answer questions and guide you through important healthcare decisions.

Frank Kickel, M.D., has joined Genesis Primary Care. As a Family Medicine Physician, he provides routine checkups, preventive care and personalized treatment plans for patients of all ages.

With a focus on building lasting relationships and supporting long-term wellness, Dr. Kickel believes the best care begins with listening and understanding what matters most to each patient.

Doctor of Medicine

University of Toledo
College of Medicine and Life Sciences
Toledo, Ohio

Residency

Family Medicine
Firelands Regional Medical Center
Sandusky, Ohio

Accepting new patients

Schedule an appointment with Dr. Kickel at Genesis Physician Services in Coshocton. His office is located at 23599 Airport Road, Suite A. For appointment information, call 740-722-9510.



MEET JOSEPH TRAPP, D.O.

FAMILY MEDICINE

Compassionate care for lifelong health

Life doesn't always happen on schedule.

A wellness visit you've been meaning to make. An ongoing condition that needs attention. Questions that come with a new stage of life.

Having a primary care physician who knows you can make those moments easier to navigate.

Genesis Primary Care welcomes Joseph A. Trapp, D.O., a Family Medicine Physician with nearly three decades of experience caring for individuals and families. His approach focuses on prevention, managing ongoing conditions and building lasting relationships with patients.

Doctor of Osteopathic Medicine

Ohio University College of Osteopathic Medicine
Athens, Ohio

Residency

Family Medicine
Mount Carmel Health System
Columbus, Ohio

Find your primary care partner

Dr. Trapp is accepting patients at Genesis Primary Care in Zanesville at 1210 Ashland Ave. To schedule an appointment, call 740-454-0370.

FAMILY CARING FOR FAMILY

FOUR EMPLOYEES • FOUR PATIENTS • ONE CONNECTION

In *LiveWell*, we often share stories of our neighbors and community members who have faced frightening health challenges and found their way forward.

This time, the stories are a little closer to home.

From late 2024 through summer 2026, four members of our Genesis family experienced health problems that could have easily taken their lives.

What makes their stories remarkable isn't simply that all four are doing much better today.

It's that their lives became connected through friendship, concern for others and a willingness to listen when something didn't feel right.

And the impact of their stories didn't end with them.

In ways only God could have planned, the choices they made helped protect the lives of others.

They weren't just employees. When their own lives were on the line and they became patients themselves, they chose Genesis.

These are their stories.



Genesis team members Public Safety Director Eric King, Chief Operating Officer Shon Bender, Imaging Services Manager Natalie Thompson and Credit Union Manager Michael King are connected by their life-changing health journeys.

CANCER DOESN'T CARE ABOUT DREAMS

BY NATALIE THOMPSON

Some people dream of becoming president, a rock star or an actor.

I only had one dream. I wanted to be a mom.

But it wasn't easy for me. My husband and I tried to get pregnant for six years. Six long years. We prayed. We tried every remedy suggested. We cried over negative tests. Then we prayed some more.

Finally, in October 2024, it happened. I was pregnant.

After six years of hoping, waiting and wondering if it would ever happen, our dream was finally coming true.

Then, in November, my right shoulder started to hurt. At first, I ignored it. I was pregnant and focused on preparing for our baby. But the pain kept getting worse.

Eventually, I scheduled an appointment with Dr. Matthew Craig at the Genesis Orthopedic Center. The results revealed what could be cancer in my shoulder.

By then, I was nine months pregnant.

We had tried so hard, waited so long and come so far. We were finally within reach of becoming parents.

Then came more tests. One morning, I woke up at 4 a.m. to get ready for work and logged into MyChart.

What I read changed my life. I had cancer. And it was spreading through my body.

I sat staring at the screen.

It wasn't just the diagnosis that shattered me. It was what the diagnosis threatened to take away.

After waiting six years for a child, I suddenly found myself wondering if I would live long enough to watch my daughter grow up.

I woke my husband and shared the news.

Would our baby be okay? How would he raise her without me?

My mind immediately went to practical things. I started talking about life insurance and finances. I was planning for a future I desperately didn't want to imagine.

Most of all, I couldn't understand why.

Why would God deny us a child for so long, bring us so close to our dream and then allow something like this to happen?

I called off work while tears streamed down my face. My friend calmly told me what I needed to do and stayed on the phone until I finished.

Then I stepped outside.

It was 4:30 in the morning. The sky was dark. The grass beneath my bare feet was cool and damp.

I closed my eyes and took a deep breath.

And I thought about what mattered most.

I wanted to be a mom.

That hadn't changed.

The fear didn't disappear. The sadness didn't disappear. But I decided they weren't going to control me.

The love I already felt for my daughter was stronger. I was going to fight for the chance to be her mother.

I went to an appointment at Genesis Cancer Care Center, where Dr. Scott Wegner started the next stage of testing.

Soon after, I called Dr. Callie Crider, an Obstetrician with Genesis HealthCare System, who had been caring for my unborn baby.

For the first time since seeing my diagnosis, I felt something I hadn't felt in days.

Hope.

Because of the complexity of my situation, I also traveled to Columbus to meet with a high-risk pregnancy specialist. But I knew I wanted my care close to home. I needed expertise, but I needed more than that. I needed people who truly cared about my baby and me.

I returned to Dr. Crider and told her she would deliver my daughter.

Soon after, I had my biopsy, followed by more tests to determine where the cancer started. Not surprisingly, my blood pressure rose, and Dr. Crider induced me early.

The next day, doctors performed another biopsy.

The day after having my baby, I received the results.

It was HR-positive breast cancer with metastases. The cancer was fueled by hormones and had spread to other parts of my body.

Continued on page 8 »



"I will be forever grateful to the Genesis caregivers who stood beside us when we needed them most."

– Natalie Thompson

After years of waiting to become a mother, Natalie treasures every moment with her daughter.

» *Continued from page 6*

I was rushed to the Genesis Cancer Care Center, where Dr. Scott Wegner and Dr. Shalini Garg Gupta created a personalized care plan for me. They gave me more hope.

I underwent 10 rounds of radiation over two-and-a-half weeks. I received monthly hormone injections to suppress cancer growth, treatments to strengthen the bone in my shoulder and daily medications.

Most importantly, I never felt alone.

My team of doctors and nurses answered every question. They addressed every concern. Every step of the way, I was treated with compassion, dignity and kindness.

And through it all, I had my baby. I had my daughter. And I had my life.

My journey to motherhood didn't happen the way I imagined it would.

But when I look at my little girl today, I think about everything that nearly slipped away.

Six years of waiting. A devastating diagnosis. Fear, uncertainty and countless tears.

Yet because of the care I received, I get to watch her grow.

I get to hold her. I get to be her mom.

For that, my daughter, my husband and I will be forever grateful to the Genesis caregivers who stood beside us when we needed them most.

But surviving changed something else in me. I couldn't stop thinking about those who would come after me. The patients who would walk through the doors of the Genesis Cancer Care Center, wondering if they would get their lives back.

I knew exactly how impossible that could feel. And I knew I wanted to do something about it.

Paying it forward

Learning I had cancer was scary. Fearing I would never get to be a mom was devastating.

Once I was past the shock and accepted the challenge God had given me, I was determined to beat it. So, I tackled treatment like everything else in life. I kept my head up and looked for the good.

There was good in treatment. I met wonderful people. Many of whom were going through the same thing I was.

We grew close. When one of us finished treatment, my husband and I would throw a little party.

Come on. How can you not celebrate beating cancer?

Eventually, my day came. I finished that stage of treatment.

But I couldn't stop thinking about those who would follow me into the Genesis Cancer Care Center. I knew how it could feel impossible. I wanted to do something for them.

With the help of several Genesis employees and the Genesis HealthCare Foundation, we organized the first Hope in Motion 5K and 1 Mile Memory Walk.

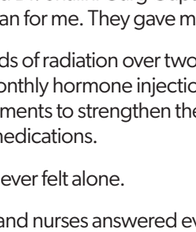
Our families, teammates, neighbors and community members came together to support cancer patients and their families.

Nearly 500 people participated, raising over $20,000.

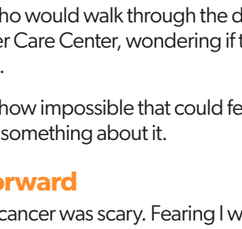
It was an incredible reminder that sometimes the hardest experiences in our lives can lead us to help someone else.

And I was about to learn just how far one simple act of helping could reach.

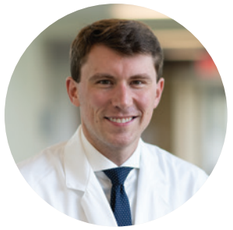
Watch Natalie's story at genesishcs.org/natalie-thompson.



Callie E. Crider, D.O.
Board-certified Obstetrician & Gynecologist
Genesis OB/GYN Group



Shalini Garg Gupta, M.D.
Board-certified Radiation Oncologist
Genesis Cancer Care Center



Matthew J. Craig, M.D.
Fellowship-trained and Board-certified
Orthopedic Surgeon
Genesis Orthopedic Center



Scott A. Wegner, M.D.
Fellowship-trained and Board-certified
Hematologist/Oncologist
Chief Medical Officer
Genesis Medical Group



Protect the moments you dream about

When Natalie learned she had breast cancer, her greatest fear wasn't the diagnosis.

It was missing the chance to watch her daughter grow up.

Screening mammograms can help find breast cancer early, often before it can be felt.

Know your screening milestones

The National Comprehensive Cancer Network recommends the following screening guidelines for women at average risk:

- Age 25: Breast cancer risk assessment
- Age 40: Begin annual screening mammograms
- Know when your next mammogram is due

Could you benefit from earlier screening?

Breast cancer risk is different for everyone. Talk with your provider if you have:

- A family history of breast cancer
- Certain genetic mutations
- Other factors that may increase your risk
- Questions about when to start screening

Women at higher-than-average risk may need checkups every 6 to 12 months, along with additional screening.

Understanding your health history can help you choose a screening plan that's best for you. Early detection can lead to more treatment options, less aggressive treatment and better outcomes, helping you protect the future you dream about.

Screening may be available at no cost for eligible women. To learn more or find out if you're eligible for a free mammogram, call Genesis Cancer Services at 740-454-4274.

GOD PUT ME WHERE I NEEDED TO BE

BY SHON BENDER

Helping people and being active has always been part of who I am.

As an adult, it meant spending countless hours on my feet as an Intensive Care Unit and Heart Cath Lab Nurse. Later, as I moved into leadership roles, I stayed active through golf and exercise.

So, when my colleague Natalie Thompson decided to launch the Hope in Motion 5K to benefit Genesis Cancer Care patients, supporting her was an easy decision.

I wanted to help. So, my son and I made a pact to run it together as our first 5K.

I knew there was a difference between being active and running a 5K. So, I made plans to get ready.

On Feb. 9, I started working out on my elliptical. A couple of minutes in, I felt something strange. It felt like I had pulled a muscle in my chest and back at the same time, which seemed possible as I had played golf all weekend. The pain wasn't terrible. On a scale of 1 to 10, maybe a three. Still, I stopped.

That decision probably saved my life.

I could have ignored the signs. However, knowing what was at risk, memories to be made with my wife and children and watching my grandchildren grow. There was no other option.

With everything on the line, I chose to call a Genesis heart doctor. I spoke with Dr. Abdulhay Albirini, a Cardiologist.

Soon, I was on my way for testing. The result was something I never expected.

At only 52, my left anterior descending artery, or LAD, was severely blocked. The LAD is sometimes called the "widowmaker" because of the serious consequences a blockage in that artery can cause. While in the Heart Cath Lab, Dr. Albirini performed a minimally invasive procedure and placed a stent in my artery. I went home that night.

I was shocked.

My father had open-heart surgery at 55. So, I had a history of heart disease in the family. I had always tried to eat healthy, exercise and take care of my body.

I didn't think this was supposed to happen to me, especially not at this age.

Physically, I began recovering quickly.

Emotionally, my recovery was different. I kept thinking about how close I had come to losing everything. My family. My friends. My work. The people I love.

And I kept thinking about all the people I knew who might be walking around with the same false sense of security.

That same week, I was sitting around my kitchen table with a group of friends. I could have talked about my procedure. Instead, I found myself talking about them.

I asked about their health. Their lifestyles. Their family histories. I encouraged them to pay attention to things that didn't feel right and to get checked if they had concerns.

I wasn't trying to scare them. I wanted them to have the chance I had.

One of those friends was my Genesis colleague and close friend, Eric King.

He listened.

Eric went home and kept thinking about our conversation. Then he decided to take my advice. That decision would lead him to a diagnosis he never expected. And a procedure he desperately needed.

Sometimes the answer is in the timing

Looking back, I believe God was guiding the timing of everything. He led me to Genesis decades ago. He put me in a place where I knew the people who would care for me when I needed them most.

And then, just months before my own heart scare, He had put Natalie in my life at a time when she needed people to rally around her.

I thought I was helping Natalie by supporting the Hope in Motion event. I never imagined that the chain of events would eventually help save my friend Eric's life.

Having a heart episode was scary. I could've died. But I'm grateful. Not because I had to go through it, but because I came through it with a message I couldn't keep to myself.

I believe God watched over me through the entire ordeal. He put me where I needed to be, surrounded me with the right people and gave me another chance to help others.

It has already made a difference for Eric. I hope it makes a difference for more. Sometimes we don't understand why something happens to us. Maybe we never will. But we can choose what we do with what comes next.

One decision changed more than his life. Take charge of your heart health today.



"Sometimes we don't understand why something happens to us. But we can choose what we do with what comes next."

– Shon Bender

Abdulhay Albirini, M.D.
Fellowship-trained and Board-certified Interventional Cardiologist
Genesis Heart & Vascular Institute

What started as training for a 5K led to a diagnosis that saved Shon's life. Today, he is back to his active lifestyle and encouraging others to pay attention to their heart health.



“Don’t assume you’re fine because you feel fine. I now get to tell people what Shon told me.”

– Eric King

Surender Neravetla, M.D., FACS
Board-certified Thoracic Surgeon
Genesis Heart & Vascular Institute

Michelle Garber, P.A.
Physician Assistant
Genesis Primary Care - Dresden

An easy heart test could save your life

Shon and Eric felt healthy. Neither expected a scan to reveal hidden heart disease.

Many heart conditions develop without warning signs. A CT Coronary Calcium Score can help detect problems before symptoms appear.

Ask your primary care provider about screening if you have:

- Family or personal history of heart disease
- High cholesterol
- High blood pressure
- Diabetes
- Obesity
- Smoking history

Getting checked is quick and affordable. Screenings are available by appointment at Genesis Hospital and Genesis Coshocton Medical Center for $99 self-pay. Prepayment is required, and testing takes about 30 minutes.

MY FRIEND’S WARNING **CHANGED MY FUTURE**

BY ERIC KING

Sometimes a conversation stays with you.

For me, it was a talk with my friend and Genesis colleague, Shon Bender.

Shon had recently undergone a heart procedure. What struck me wasn’t just what had happened to Shon. It was what he said afterward.

He encouraged the people around him to pay attention to their health, consider their family history and get checked if something didn’t seem right.

I listened. Then I went home and kept thinking about it.

At 58, I was enjoying life. I had a job I loved, a family I cherished and no reason to think anything was wrong.

But my father had suffered a heart attack at 59. I was getting close to that age. What if Shon’s warning was meant for me, too?

Rather than ignoring the thought, I sent a message to Michelle Garber, P.A., with Genesis Primary Care through MyChart. That message started a conversation about my family history, lifestyle and heart health.

She took my concerns seriously. She was fantastic. She answered all my questions and helped keep me at ease. When it came to my health, there was no quitting time for her. She was involved with every step of my care.

She scheduled a specialized CT scan to examine the blood vessels in my heart. I expected the test to give me peace of mind. It didn’t.

The test showed significant plaque buildup. I was referred to the Genesis Heart & Vascular Institute for more tests.

The results showed three blocked arteries. Two were 90% blocked. The third was 80% blocked. I needed triple bypass surgery.

Suddenly, the conversation with Shon didn’t feel like a conversation anymore. It felt like a warning I had been given just in time.

On May 20, at Genesis Hospital, Dr. Surender Neravetla, a Thoracic Surgeon, performed the procedure.

A couple of days later, I was home.

Dr. Neravetla told me that because of my family history of heart disease, I needed to pay attention to my diet, exercise and sleep health.

I took that message seriously. After surgery, I changed the way I approached my health.

I cut back on salt, sugar, carbohydrates and processed foods. I participated in cardiac rehabilitation and learned more about the importance of sleep.

I was also diagnosed with sleep apnea, which causes a person to stop breathing for short periods while sleeping. The resulting reduction in oxygen levels had been putting additional strain on my heart.

With treatment, regular exercise and healthier eating habits, I was soon spending more time with my children and grandchildren, getting back to the activities I enjoy.

Those moments feel different now. Preparing a healthier meal. Standing on the sidelines at a sporting event. Getting back on the golf course. They are ordinary moments. But I don’t take them for granted anymore.

What could have been

When I think about what happened, I keep coming back to how easily the story could have been different.

Natalie wanted to help others after her cancer battle. That led to the Hope in Motion 5K. Shon wanted to support Natalie and those she was trying to help. That led him to discover his own heart problem. Then Shon talked to his friends. I listened. And that conversation led me to discover three blocked arteries before I had a heart attack.

I don’t know what would have happened if Shon hadn’t spoken up. I don’t know what would have happened if I hadn’t listened. But I know one thing. I’m grateful I did.

My father didn’t get the chance to act on his family history before his heart attack. I did.

Today, I get to spend time with my children and grandchildren. I get to work. I get to golf. I get to enjoy the everyday things I might have taken for granted before.

And I get to tell people what Shon told me.

If you have a family history of heart disease or concerns about your heart health, talk with your healthcare provider about getting tested.

Don’t assume you’re fine because you feel fine.

Sometimes, the most important health decision you make begins with a simple conversation. Mine did. But the conversation didn’t end with me.

I wasn’t the only friend who heard Shon’s message. Our friend Michael King heard it too. Like me, Michael had a family history of heart disease. Our stories unfolded differently. But thankfully, we are all still here.

A conversation changed everything. Learn more at genesishcs.org/heart.



"God gave me a warning, and I didn't listen. He also gave me a second chance. I'm listening now."

– Michael King

After a heart attack, Michael is focused on a full recovery and making more memories with friends and family.

DON'T WAIT

BY MICHAEL KING

My chest hurt. Not horrible, but too much to ignore.

My wife got me through the doors of the Genesis Emergency Department, and I was rushed into a room.

I was just short of 55 years of age.

Would I make it to my birthday?

Nurses, techs and doctors rushed around, hooking me up to equipment. Taking vitals.

My children were grown. Adults by law. But they were still my children, and I was not ready to let them go. They needed me. I needed them.

My dear wife. The years ahead are what we had worked for. When we could slow down and enjoy life. Relish time with grandkids.

The bed I was in was being rushed through the door and down the hall. This was serious.

My memories flooded back from a few months before to when my friend Shon Bender had a heart scare and went to Genesis Hospital for testing.

They found a severe blockage and treated him. He didn't even spend the night in the hospital, but it was enough to show him what could have been if he had ignored the pain and put off treatment.

Shon had encouraged, even pleaded with all of us who knew him, to get our hearts tested if we had any signs of trouble or concerns. I was still young, relatively. I was in good health, I thought. Yes, my father had a heart attack at 41 and at 55. My grandfather had died of a heart attack in his mid-40s.

That was then. It wasn't me. Eric King, another of our friends, had listened to Shon and got tested. It led to a triple bypass that saved his life. Why didn't I listen? Why didn't I get tested?

I was busy. I had a big project at work that I was excited about completing. It was summer. There was so much going on. I was scheduling the test … for the fall.

Did I wait too long? I thought about my faith. Would God see me through this?

Over the next couple of days, I received six stents from Dr. Olusola Olubowale, an Interventional Cardiologist at Genesis. Dr. Abdulhay Albirini, another Interventional Cardiologist at Genesis who is a friend, told me I was a lucky man.

God gave me a warning, and I didn't listen. He also gave me a second chance. I'm listening now. I'm eating better. I'm going to cardiac rehab. I'm getting better, but three months later, I'm still working my way back to full recovery. Shon and Eric are back on the golf course, saving me a spot. I will get back there.

If I had listened to Shon. Paid attention to the signs. Considering my family history and my risk factors, I could have avoided so much pain.

I thank God, my family, my friends, the doctors and the entire care team at Genesis for being there for me. They were fantastic.

If even one person listens to this, don't wait. Don't make excuses. Don't put your health second. When in doubt, get checked. Sometimes, there are no second chances.



Abdulhay Albirini, M.D.
Fellowship-trained and Board-certified
Interventional Cardiologist
Genesis Heart & Vascular Institute



Olusola Olubowale, M.D., M.P.H.
Fellowship-trained and Board-certified
Interventional Cardiologist
Genesis Heart & Vascular Institute

Protect more of life's important moments. Talk with your provider about a $99 Cardiac Calcium Score preventive screening.



Feeling healthy is important

KNOWING YOU'RE HEALTHY IS EVEN BETTER

An annual wellness visit can feel easy to skip.

You're not sick. You're not injured. Nothing seems wrong.

So why make that appointment?

A wellness visit isn't about treating illness. It's about helping you stay healthy and continue to do the things that matter most to you.

Many health conditions develop gradually and may not cause noticeable symptoms.

You don't schedule a wellness visit because you think something is wrong. You schedule it because you want to keep what's right.

The bigger picture

Family health history may change. New screenings may be recommended based on your age. Small changes in sleep, energy, weight or mobility may be worth discussing, even if they don't seem serious.

A wellness visit gives you a chance to step back and make sure you're staying on track.

Consider these questions:

- Has a family member received a new health diagnosis?
- Have you noticed changes in your sleep, energy or weight?
- Do you know which cancer screenings are recommended for you right now?
- Are aches, pains or stiffness making your daily activities more difficult?
- Do you have health questions you've been meaning to ask but haven't found the time?

If you answered yes to any of these questions, a wellness visit may be worth scheduling.

And if none of the questions raised concerns, a wellness visit can give you confidence that you're taking steps to stay healthy for years to come.

Pictured:
Family Medicine Physician Frank Kickel, M.D.
Genesis Physician Services - Coshocton

Connect with primary care close to home by visiting genesishcs.org/primary-care.

Heart disease may run in families, but so can prevention

If you have a family health history of heart disease, you are more likely to develop heart disease. Different types of heart disease and related conditions, like high blood pressure and high cholesterol, can run in families.

Therefore, discussing your family's history with your primary care provider (PCP) is important to create a clear picture of your family's heart health. Be prepared to:

- Share what you know about the health of your parents, siblings, children, grandparents, grandchildren, aunts and uncles.
- Include family history from both your mother's and father's sides.
- Identify relatives who have had heart disease, related conditions or procedures and the age at which they were diagnosed or treated.
- Record the age and cause of death of family members.
- Regularly update your family health history and alert your PCP to any new diagnosis, condition or procedure.
- Tell your PCP if a parent or sibling had a heart attack before age 50. This may increase your risk of heart disease, heart attack and stroke.

Knowing your family's history is essential for heart disease screening, as conditions like hypertension, arrhythmias, high cholesterol, coronary artery disease, heart failure and even congenital heart defects often run in families.

This knowledge helps your cardiologist determine your risk of cardiovascular disease, allowing for more personalized and effective prevention strategies.

Your family history can tell an important story about your heart health. Learn what you can. Share it with your primary care provider. Together, you can use that information and other risk factors to make informed decisions about your future.





Can you spot the sneaky saturated fat?

You're doing your best to make healthy choices. Maybe you order meals that sound nutritious or fill your cart with options you feel good about serving at home.

But some foods are better at hiding saturated fat than others.

For people with diabetes, those choices matter even more. Diabetes can increase the risk of getting heart disease. That's why the care team at Genesis Diabetes & Nutrition Education helps patients cut through nutrition confusion and understand how food choices affect their health.

Why it matters

Too much saturated fat can raise LDL or "bad" cholesterol, increasing the risk of heart disease and stroke. For a 2,000-calorie diet, a good goal is 20 grams or less of saturated fat a day, according to Genesis Diabetes & Nutrition Education.

The good news? Foods like avocados, nuts, seeds and fatty fish contain unsaturated fats that can help support a heart-healthy lifestyle.

Detective challenge

Some foods like to wear healthy disguises. Can you spot the foods with more saturated fat? Take the quiz below.

1. Breakfast showdown
Coconut yogurt vs. Plain Greek yogurt

2. Caffeine challenge
Black coffee vs. Specialty coffee drink

3. Soup's on
Broth-based vegetable soup vs. Cream-based soup

4. Dinner dilemma
Cheese pizza vs. Veggie wrap

Turn to page 23 for the reveal.

Could hidden exposures affect your lung cancer risk?

A $52 self-pay screening could save your life

Many people assume lung cancer is only a concern for smokers. That is far from the truth.

The places you've worked, the air you've breathed and even the home you live in may also affect your lung cancer risk.

Risk builds over time

Exposure to dust, diesel exhaust, chemicals, smoke and radon can increase lung cancer risk, sometimes years or decades later.

Many people encounter these exposures through work. If you have been in the following careers, you may have been exposed to substances that can cause lung cancer:

- Restaurants or bars before indoor smoking bans
- Farming
- Manufacturing
- Construction
- Truck driving
- Heavy equipment operation
- Mining
- Automotive trades
- Welding

Lung cancer can be symptom-free

Many people with lung cancer feel healthy. In fact, finding lung cancer early can lead to more treatment options and better outcomes.

Screening could make a difference

A low-dose CT scan can help detect lung cancer before symptoms develop. The screening:

- Takes about one minute
- Requires no needles
- Requires no medications
- Requires no special preparation
- Uses less radiation than a standard CT scan

Affordable

To help as many people as possible, Genesis now offers low-dose CT lung cancer screening for $52 with a primary care provider (PCP) referral. The screening is self-pay, and prepayment is required.

Look back to protect the future

Understanding your lung cancer risk is an important part of protecting your health.

You cannot change past exposures, but you can take steps to understand your risk. Ask your provider to find out if a low-dose CT screening is right for you.

If you need a PCP, now is a great time to find one. Schedule an appointment with a Genesis PCP through MyChart, by calling Genesis One*Call* at 740-455-7500 or at genesishcs.org. Select "Primary Care" from the "Services" menu and click "Book your visit online today."



Know your risk. Protect your future. Learn more at genesishcs.org/low-dose.



Nothing to be embarrassed about

Symptoms like bleeding, pain or changes in bowel habits can be difficult to talk about. Many people put off talking to a doctor about them.

But while these kinds of concerns may feel uncomfortable, they can be signs of conditions that should be checked.

We spoke with Board-certified General Surgeon and Director of the Genesis Center of Surgical Excellence Adam Rothermel, M.D., about the symptoms people shouldn't ignore, why early treatment matters and how starting a conversation can help prevent more serious problems.

Here is what you should know.

1. What symptoms related to digestive and colorectal health should people never ignore?

Bleeding should never be ignored. Additionally, ongoing abdominal or anorectal pain, changes in bowel habits, unexplained weight loss or new lumps or swelling around the anus should also be reasons to get evaluated. While these symptoms may be caused by common conditions, they can also be signs of a more serious problem that needs medical attention.

2. One concern many people have is seeing blood when they use the restroom. What could that mean, and why is it important to get it checked?

Blood with a bowel movement can have several causes, including hemorrhoids, anal fissures, inflammation, diverticular disease or colorectal cancer. Even if the bleeding seems minor or happens only once, it is important to have it evaluated so the cause can be identified and treated appropriately.

3. What's the difference between hemorrhoids, fissures and fistulas?

Hemorrhoids are swollen veins in or around the anus that can cause bleeding, itching or discomfort. An anal fissure is a small tear in the lining of the anus that often causes sharp pain during bowel movements and bleeding. An anal fistula is an abnormal tunnel that develops between the inside of the anal canal and the skin, often after an infection, and may cause bothersome drainage or recurrent abscesses.

4. People often assume hemorrhoids are something they must live with. Is that true?

No. While hemorrhoids are common and may improve with dietary changes, increased fiber intake and other conservative treatments, many effective options are available when symptoms persist. No one should feel they have to live with ongoing pain, bleeding or discomfort.

5. Diverticulitis is a condition many people have heard of but may not understand. What is it, and when should someone seek medical attention?

Diverticulitis occurs when small pouches or bubbles in the colon wall, called diverticula, become inflamed or infected. Diverticulosis, or bubbles without inflammation, is incredibly common in the United States. If you are over 50, you probably have them. When the inflammation or infection occurs, symptoms often include abdominal pain, fever, nausea or changes in bowel habits.

Anyone experiencing these symptoms for more than 24 hours, especially severe pain or fever, should contact a healthcare provider or go to the nearest Emergency Department.

6. Colon cancer rates have been increasing in younger adults. What do you want people to know about that trend?

This is a real and concerning trend. Research is showing that environmental and food exposures are strongly contributing to colon and rectal cancer at earlier stages in life. The most important message is not to ignore symptoms such as rectal bleeding, persistent changes in bowel habits, abdominal pain or unexplained weight loss, regardless of age. And please, when you get to 45, get a colonoscopy.

7. How can screening help identify problems before they become more serious?

Screening allows doctors to find precancerous polyps and other abnormalities before they cause symptoms or transition into cancer. By detecting problems early, screening can often prevent cancer from developing or identify it at a stage when treatment is most effective.

8. What would you say to someone who has been experiencing symptoms for months or even years but is still hesitant to talk with a doctor?

You're not alone. Many people feel embarrassed or worry about what they might hear, but surgeons and gastroenterologists discuss these symptoms every day. Having a conversation and getting an evaluation is the first step toward understanding what's causing your symptoms and finding relief.

So often, patients tell us they wish they had come in sooner. Delaying care may allow a condition to worsen, potentially leading to more complex treatment and a longer recovery.

If you have been experiencing symptoms, even for a short time, talk with your doctor. Early evaluation can lead to simpler treatment and better outcomes. If you need a provider, call 740-455-7500.



Adam R. Rothermel, M.D.
Board-certified General Surgeon
Director of the Genesis Center of Surgical Excellence

Learn more about how the Genesis Center of Surgical Excellence can help at genesishcs.org/surgical-excellence.



The hidden link between sleep and heart health

You may not think about your heart when you go to bed, but your sleep habits play a powerful role in how well it works.

A good night's sleep does more than help you feel rested. It helps protect one of your most important organs, your heart.

Many people focus on diet and exercise to stay healthy, but often overlook sleep. When sleep suffers, your heart can suffer too. Getting enough quality rest allows your body to recover, regulate blood pressure and reduce stress on the cardiovascular system.

One of the most common sleep-related conditions is sleep apnea. Nearly 30 million Americans are estimated to have it, but many do not know they do. Sleep apnea occurs when breathing repeatedly stops and starts during sleep, reducing the amount of oxygen your body receives overnight.

Many people associate sleep apnea with loud snoring, but other warning signs include morning headaches, daytime fatigue, difficulty concentrating and waking up feeling unrefreshed. In some cases, a spouse or family member may notice pauses in breathing during the night.

Sleep apnea places stress on the cardiovascular system. When untreated, it can increase the risk of high blood pressure, irregular heart rhythms and heart disease.

Even without sleep apnea, poor sleep can take a toll on your health. When you consistently get too little sleep, your body may release stress hormones that increase blood pressure and inflammation. Over time, those changes can contribute to heart disease and other health problems.

The good news is that small changes can improve both sleep quality and heart health.

Sleep tips to support a healthy heart:

- Aim for seven to nine hours of sleep each night.
- Go to bed and wake up at the same time every day, even on weekends.
- Limit screen time for at least 30 minutes before bedtime.
- Keep your bedroom cool, dark and quiet.
- Avoid large meals, alcohol and caffeine close to bedtime.

Sleep is one of the most powerful tools we have for protecting heart health. When patients improve their sleep, we often see improvements in blood pressure, energy levels and overall wellness.

If you snore loudly, wake up tired despite spending enough time in bed or often feel fatigued during the day, do not wait to talk with your primary care provider. A simple evaluation can help determine whether a sleep disorder may be impacting you.

Better sleep is an investment in your long-term heart health. Visit genesishcs.org to get started.

Continued from page 18

Saturated fat quiz answers

The results are in from page 18. Let's see which foods were the sneakiest.

1. Breakfast showdown

Answer: Coconut yogurt

Healthy-sounding doesn't always mean lower in saturated fat. Coconut yogurts get their rich texture from coconut cream, which is naturally high in saturated fat. A typical serving contains about 6 to 10 grams of saturated fat, compared to 0 to 3 grams in a serving of plain Greek yogurt.

2. Caffeine challenge

Answer: Specialty coffee drink

Don't let that foam fool you. Cream, whole milk and whipped toppings can add a surprising amount of saturated fat to your favorite coffeehouse order. A cup of black coffee contains 0 grams, while a specialty coffee drink may contain 3 to 8 grams or more per serving.

3. Soup's on

Answer: Cream-based soup

The creamy texture is the giveaway. That rich, comforting flavor often comes from ingredients like heavy cream, butter and cheese. A typical cup of broth-based vegetable soup contains 0 to 1 gram, while a cup of cream-based soup may contain 4 to 8 grams.

4. Dinner dilemma

Answer: Cheese pizza

A good pizza is hard to resist, but cheese is one of the biggest sources of saturated fat in many diets. One slice of cheese pizza often contains about 3 to 5 grams. A veggie wrap can vary widely depending on its ingredients, but it's often lower when made without cheese or creamy dressings.

One more clue

Serving sizes aren't always what you expect. Nutrition Facts labels can help uncover hidden sources of saturated fat while you're shopping or dining out. Put your detective skills to work. Small swaps can make a big difference for heart health without sacrificing flavor.

Don't let saturated fat go undercover. Learn more at genesishcs.org/diabetes.



Ready for the answers? Flip the page.

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