

Patient Satisfaction Scores

Every month, patients from our practice are randomly chosen to complete a survey about their patient experience. Our average overall score is **98.7%**. We'll report on our recent scores in each issue of this newsletter. Thank you for taking time to complete this survey... we value your feedback!



PATIENT AND FAMILY ADVISORY COUNCIL (PFAC) UPDATES

Our first year of meetings has concluded and the office wants to thank the Advisors for their contributions and all the work that has been achieved.

We are currently recruiting patients and family members to participate in our upcoming meetings.

Advisors must be willing to attend regularly scheduled meetings, identify opportunities for change and share helpful ideas to improve the quality of care we provide all patients of the practice.

If you are interested in becoming an Advisor, please let us know!

For more information about our PFAC, call
513-564-3803

HOLIDAY HOURS:

Thanksgiving Day 11/22/18 **CLOSED**
Day after Thanksgiving Check with Office

Christmas Eve 12/24/18 Check with Office
Christmas Day 12/25/18 **CLOSED**

New Year's Eve 12/31/18 **OPEN** Normal Hrs
New Year's Day 1/1/2019 **CLOSED**

HEALTHY Habits

October is Breast Cancer Screening Month.

Here are the top 5 things you should know before your first mammogram:

1. **It doesn't take very long.** You can expect the actual mammogram screening to take less than 20 minutes. In most cases, four images are taken of each breast and the breast is only compressed for about 10 to 15 seconds per image.
2. **It's best not to wear a dress.** You will be asked to undress from the waist up for your mammogram screening, so a two-piece outfit is easiest.
3. **Clean skin is best.** In order to have the clearest possible reading for your mammogram, you should not wear any lotions, powder or deodorant to the screening.
4. **The best time for a mammogram is the week after your period.** A mammogram is not painful, but it may be uncomfortable. Your breast tissue will be more tender before and during your cycle, so scheduling a mammogram for afterward makes the most sense.
5. **Being asked to return for additional imaging does not mean you have cancer.** If your mammogram shows any potential abnormalities, or if the image is unclear, you will be asked to come back for additional images. The majority of the time, there is nothing there, or the finding is a benign (non-cancerous) mass or cyst.

Remember: The main purpose of a mammogram is to detect breast cancer and the goal is to detect it at the earliest possible stage. Having your first mammogram is one of many ways you can safeguard your health and help ensure you enjoy a long and active life.

Schedule your mammogram by calling [513-585-2668](tel:513-585-2668) or schedule your [screening mammogram appointment online](#).