

PATIENT AND FAMILY ADVISORY COUNCIL (P F A C) U P D A T E S

Our patient advisors continue to meet regularly to provide feedback on how our practice can better serve our patients.

A request from the PFAC advisors was to raise awareness of the resources in our office.

- We have a new resource in the practice. A **Resource Social Worker** connects patients and family members with community resources that may help meet their needs. These resources can assist with things like: substance abuse, housing or financial issues or guardianship. If you feel like you may benefit from talking with a resource social worker, talk to your physician or provider.
- We also have a **Community Resource Guide** available on our website and on MyChart

For more information about our PFAC, call **513-770-0330**

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 **95.2%**.

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!



PRACTICE UPDATES

We are excited to welcome Dr. Shyamala Jagtap to our practice.



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](#)