

MARCH 2020

YOUR CARING CONNECTION



Stay connected to your care with 'Your Caring Connection' - a monthly newsletter for patients of Fairfield Community Health Center

UPCOMING EVENTS & DATES TO REMEMBER

CommUNITY Day: Saturday, March 7th 2020 from 10am - 2pm. This family friendly event will take place at the River Valley Mall in support of National Developmental Disabilities Awareness Month!

FCHC Podcast: We are excited to announce the official launch of the Fairfield Community Health Center podcast. Check out our website or social media to find links to the latest podcast episodes. Each one features a timely health topic that impacts you and our community!

Pie an Exec Day: A new FCHC fundraiser is coming on May 9th, 2020! Keep an eye out for more info on how you can pitch (or catch) a pie and help us raise money to help our community!

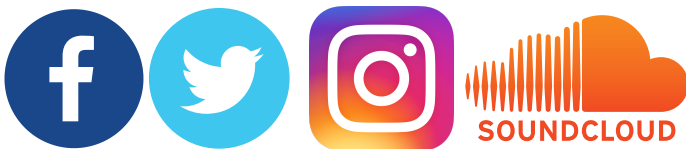


NEWS FOR YOUR HEALTH WITH DR. HAMPTON, CMO

March is National Kidney Month. Your kidney's are two of the most important organs in your body. They help the body pass waste as urine and help filter toxins out of your blood before circulating it back to your heart and through the rest of your body.

Here are 5 things everyone should do to make sure you're protecting your kidneys.

- 1) GET TESTED** - If you are over 60, have diabetes or high blood pressure you should have your kidneys tested regularly.
- 2) REDUCE USE OF NSAIDS** - Overuse of over the counter pain medication can damage kidneys.
- 3) CUT BACK ON PROCESSED FOODS** - These foods are loaded with sodium and force kidneys to work harder.
- 4) EXERCISE REGULARLY** - Getting 30 minutes a day of exercise will keep your kidneys healthy and strong.
- 5) CONTROL BLOOD PRESSURE AND DIABETES** - when these things get out of control, your kidneys can become damaged over time.





HELPFUL HINTS FOR A HEALTHIER YOU!



March is Colorectal Cancer Awareness Month

Colorectal Cancer Screenings Save Lives

According to the Center for Disease Control (CDC) regular colorectal cancer screenings, beginning at age 50, is the key to preventing colorectal cancer.

Every year in the United States about 140,000 people will be diagnosed with colorectal cancer and more than 50,000 people will die from it, making it the second leading cause of cancer deaths for both men and women in the country.

Early Detection is Critical

Many colorectal cancers can be prevented through regular screening. Screening can find precancerous polyps— abnormal growths in the colon or rectum — so that they can be removed before they turn into cancer. Screening is crucial because when found early, colorectal cancer is highly treatable. Early stages of colorectal cancer usually present no symptoms, which tend to appear as the cancer progresses.

Colon Cancer At-A-Glance*



Colon cancer is the second leading cause of cancer-related death in the U.S.



On average, your risk is about 1 in 20, although this varies widely according to individual risk factors.

50+

90% of new cases occur in people 50 or older.



People with a first-degree relative (parent, sibling or offspring) who has colon cancer have two to three times the risk of developing the disease.



There are currently more than one million colon cancer survivors in the U.S.



**"Building a healthy community,
one life at a time."**



PIE AN EXEC DAY FUNDRAISER

ALL PROCEEDS BENEFIT FAIRFIELD COMMUNITY HEALTH
CENTER'S MISSION TO EXPAND ACCESS TO **QUALITY,**
AFFORDABLE HEALTHCARE TO EVERYONE IN OUR
COMMUNITY

WHEN: Saturday, May 9th 2020

WHERE: 220 E. Walnut Street, Lancaster, OH 43130
Former South Elementary School

WHY: 36% of Fairfield County residents report leaving the
county to receive quality, affordable healthcare. FCHC is
working to renovate the former South Elementary School which
will greatly increase their ability to serve the community.

WHO: ME - YOU CAN PIE ME!!! Come on, you know you want to!

HOW: Register to "Pitch a Pie" by going to
www.FairfieldCHC.org and clicking on the EVENTS tab!

QUESTIONS? Visit www.FairfieldCHC.org



WHAT'S NEW AT FAIRFIELD COMMUNITY HEALTH CENTER?



There are so many exciting things happening at Fairfield Community Health Center in 2020!

- **PODCAST:** The FCHC podcast is LIVE right now on SoundCloud. Each week a new episode will cover a health topic that impacts your life and your community! Check it out now by following us on social media or by searching "FCHC Podcast Soundcloud" on Google!
- **EDUCATIONAL VIDEO CONTENT:** Currently, our team is creating content that will soon be shown on the television screens you see throughout our clinics! The content is designed to educate and inform our patients about healthy living and resources available to you in the community.
- **FUNDRAISING OPPORTUNITIES:** We have some great ways for you to get involved with our mission all year long, including our Pie an Exec Day in May, our Hogs-4-Healthcare Poker Run & Silent Auction in August, and the Tournament of Healthcare Champions Golf Outing in September!

An Update from Lisa Evangelista, CEO



Fairfield Community Health Center is very excited about our fundraising events that will begin in May. Our very first "Pie an Exec Day" will be on Saturday, May 9th at noon. We will be holding the event at the location of the former South Elementary School - 220 E. Walnut Street in Lancaster. We are gathering executives from all over Fairfield County to participate. I am sure there will be someone that you will want to throw a pie at... including me!

Our Baltimore clinic location now has two new providers, Dr. John Whittington, D.O. and Aaron Murfin, CNP. This location will now be open 5 days a week, Monday-Friday, to take care of all your healthcare needs.



We are sprucing up our health center sites with new flooring and painting. I hope you have enjoyed the transition at our main street clinic from carpet to the new flooring in the receptionist area. We strive to provide you with the best healthcare services and environment possible so we always appreciate your feedback on your health center visit.

Enjoy your last few days of winter!

WALK-INS WELCOME!

EVERY MONDAY-THURSDAY from 5pm-7:30pm, & EVERY SATURDAY from 9am-12:30pm

East Main Clinic 1155 E. Main

Patients are seen on a first-come first-served basis.

