

The Region's Leader

Healthtrak



Dear Friends:

Often people say they don't go to the doctor or get tests they need because they don't want to know if they have a problem. It's easy to understand. Not knowing means not dealing with whatever might be there.

However, not knowing makes you powerless.

You are

- powerless to stop worrying if nothing is wrong;
- powerless to get help when a health problem is new and easier to treat or cure;
- powerless to control a problem so it doesn't create other problems;
- powerless to take control of your own health.

Getting your recommended health screenings is an important part of taking care of yourself. Even if a result shows a health problem, knowing about it gives you the power to do something about it.

Continued on next pages.



Miami Valley Hospital School Partnerships. . . .

A New Way of Building Healthier Communities



Miami Valley Hospital's mission is to build healthier communities. To us, schools are at the heart of a community. They are where our friends and families come together for academics, sports and other extra-curricular activities. A place where our youth build on their values, strengths and encouragement for a positive future. A place where our general community members plan and foster an overall environment of vitality and possibilities. Miami Valley Hospital's partnership with area school districts helps meet the need for community support at a fundamental level – where our investment lies in our youth and the future quality of life of the communities we serve.

Collaborating with schools is so much more than putting a name on

a football stadium. It's a long-term, hands-on, active relationship between a community and Miami Valley Hospital. MVH has gone beyond sponsoring a team; it's investing in communities. We hope to be more than a partner; we want to be a good neighbor with a serious stake in the community and its future.

Miami Valley Hospital is proud to partner with area school districts to provide a model of healthy living that will last far into the future.

The time is here for Miami Valley Hospital to bring its clinical expertise to the heart of a community – the schools. Miami Valley Hospital is proud to partner with area school districts to provide a model of healthy living that will last far into the future. Whether it's conditioning for a sport, providing necessary health screenings or offering students a glimpse into the healthcare field with hands-on seminars, MVH's team of experts is on site at the schools encouraging and guiding students, their parents and their community toward success.

Dear Friends continued...

For example, if you find out your cholesterol is high, you have the power to lower it. You can talk to your doctor about medicines and learn about eating a healthy diet.

Getting your recommended health screenings each year can help you stay healthier and in control of your health. And, if you are age 65 or older, Medicare pays for many of these important tests.

If you have any questions, call your doctor. He or she will be a great help to you in understanding what tests you may need or if you are at special risk to need a screening more often. Some of these screenings include mammograms, colorectal exams, cholesterol testing, blood pressure, etc.

Miami Valley Hospital, and our various resources through Premier Health Partners, can offer free and low-cost health screenings for prostate cancer, stroke risk, heart risk, colorectal cancer and others. Use any of them, but still get your regular medical screenings with your doctor. It's an important part of taking care of you.

Sincerely,

Your friends at Miami Valley Hospital

 **Miami Valley Hospital**
Premier Health Partners

One Wyoming St.
Dayton, OH 45409

mvh.org

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MVH Awards Boast Clinical Excellence

Miami Valley Hospital has earned the HealthGrades Cardiac Care Excellence Award, ranking MVH first in the Dayton area for overall cardiac care.



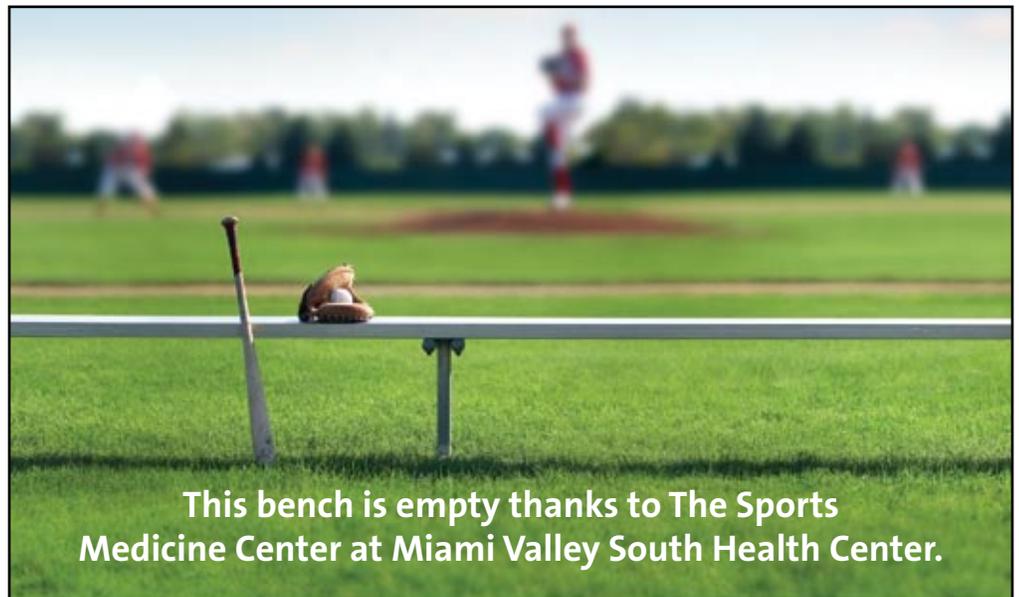
"Earning such high ratings in this study, which focuses on patient outcomes, is testimony to the commitment we make every day to deliver or support outstanding care," MVH President and Chief Operating Officer Mary Boosalis said.

The HealthGrades study also awarded MVH with specialty excellence awards for coronary intervention, critical care, pulmonary care and stroke care, and a five-star rating for spine, back and neck surgery.



The announcement of the HealthGrades award added to other major designations MVH earned recently. In July, MVH was named to U.S. News & World Report's "America's Best Hospitals" list as one of the top 50 hospitals in orthopedics in the U.S.

And, just weeks ago, MVH received the Consumer Choice Award for the Dayton area from the National Research Corporation for the 13th year in a row.



This bench is empty thanks to The Sports Medicine Center at Miami Valley South Health Center.

Our award-winning team will get you off the bench and on the field.

Whether it's due to injury or under-performance, there's nothing worse than sitting on the bench. Our team feels the same way. That's why our certified athletic trainers are on the field at every game – the first person your child sees should anything ever happen. And if something does, the quick action of our board-certified physicians and the dedication of our rehab specialists give every athlete the opportunity to be their best, and stay off the bench.

 **Miami Valley Hospital**
Premier Health Partners

The Sports Medicine Center
Miami Valley South Health Center
2400 Miami Valley Drive
Dayton, Ohio 45459

To learn more about The Sports Medicine Center, call 1-877-MVH-HLTH.