

# Healthy Steps Update

January 2011

[www.PremierCommunityHealth.org](http://www.PremierCommunityHealth.org)

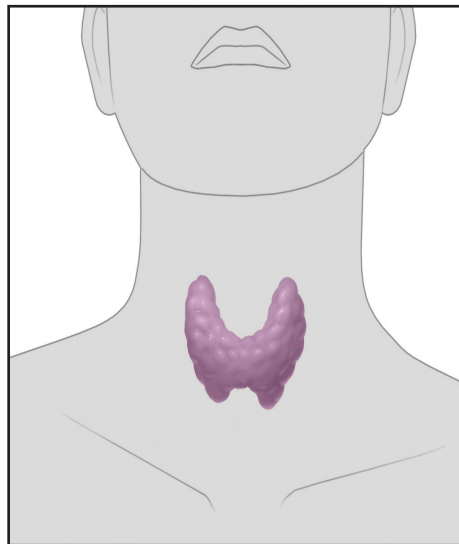
## Get the Facts About Your Thyroid

Everyone has a thyroid, but few know what it does.

The thyroid is a butterfly-shaped gland at the front of your neck, under your voice box. A healthy thyroid is about the size of a quarter.

The thyroid makes hormones that affect your heart rate, blood pressure, body temperature, weight and it helps you keep a healthy amount of calcium in your body. It helps set your metabolism, or how your body gets energy from the foods you eat.

Millions of people in the U.S. have thyroid disease. Most are women. If you have thyroid disease, your body either uses energy more slowly or quickly than it should. If your thyroid gland is not active enough — this is called hypothyroidism. “Hypo” means slow. This can make you gain weight, feel very tired and very cold. You may also notice dry skin,



National Cancer Institute

your hair falling out or aches and pains.

If your thyroid gland is too active — this is called hyperthyroidism. “Hyper” means fast. This can make you lose weight, speed your heart rate, cause protruding eyes and make you sensitive to heat.

Both conditions have many causes. The goal of treatment is to

return your body to a normal thyroid hormone level.

Often you can have thyroid disease and not know it. The changes can take place very slowly, so you blame them on not sleeping enough or getting older. The chance of you having thyroid disease is higher if:

- You are a woman
- Someone in your family has it
- You’re pregnant or are within the first year after giving birth
- You’re a smoker or use tobacco
- Your thyroid was exposed to high radiation, such as during cancer treatment
- You are under a lot of stress

If you think you may be having problems with your thyroid, call your doctor. He or she can order a simple blood test to see if your thyroid is working normally. If you do not have a doctor, call CareFinders at 1-866-608-FIND (3463) to find a doctor in your area.

## Ring in the New Year and Take Care of Your Health

As we ring in 2011, we ring in a fresh start for healthy resolutions. Whether you want to stop smoking, lose weight or learn

how to better control your diabetes, Miami Valley Hospital, Good Samaritan Hospital, Atrium Medical Center and Upper Valley

Medical Center, can help! To see what is offered in your community, call CareFinders at 1-866-608-FIND (3463).



Find a complete list of events for January on the back side



Miami Valley Hospital  
Good Samaritan Hospital  
Atrium Medical Center  
Upper Valley Medical Center

**Premier  
Health  
Partners**

[PremierHealthPartners.org](http://PremierHealthPartners.org)

# January Health Events and Screenings

## Blood Pressure Screenings

Friday, January 14  
9 to 10 a.m.

The Mall at Fairfield Commons  
2727 N. Fairfield Road,  
Beavercreek  
Cost: Free

Thursday, January 27  
8:30 to 10:30 a.m.  
Life Enrichment Center  
425 N. Findlay Street,  
Dayton  
Cost: Free

## Classes

Adult Asthma and COPD  
Cost: Free

Schedule an appointment for a one-on-one counseling session with an asthma educator at Good Samaritan Hospital. Call (937) 734-5212 for more information.

Diabetes Classes  
Cost: Free  
Meets the first Wednesday of each month at 7 p.m. at the Upper Valley Medical Center Cancer Care Center. Call (937) 440-4706 for more information.

Healthy Lifestyle Program  
Cost: \$170  
Includes 12 exercise sessions within a six-week period plus education and meeting one-on-one with a dietitian.  
Meets various times by



appointment on Monday, Wednesday and Friday. Call Miami Valley Hospital at (937) 208-2375 for more information.

## Health Fairs

Miami Valley Hospital Health Fair  
Saturday, January 29  
9:30 to 11:30 a.m.  
The Mall at Fairfield Commons  
2727 N. Fairfield Road,  
Beavercreek  
Cost: Free

## Heart Health Screenings

Saturday, January 15  
9 a.m. to 1 p.m.  
Princeton Pike Church of God  
6101 Princeton Glendale Road,  
Hamilton  
Cost: Free  
Includes total cholesterol, HDL (good cholesterol), blood sugar, blood pressure and height and weight measurements.

## Presentations & Lectures

Topic: Colorectal Cancer  
Thursday, January 13  
12 noon to 1 p.m.  
Wesley Center  
3730 Delphos Avenue,  
Dayton  
Cost: Free

Topic: Stress  
Friday, January 14  
9 to 10 a.m.  
The Mall at Fairfield Commons  
2727 N. Fairfield Road,  
Beavercreek  
Cost: Free

Topic: The Truths and Myths about Female Cancers  
Thursday, February 3  
6 to 7:30 p.m.  
Miami Valley Hospital South  
2400 Miami Valley Drive,  
Centerville  
Cost: Free

## Join Us on Facebook, Keyword: Premier Community Health

Premier Community Health, on behalf of Miami Valley Hospital, Good Samaritan Hospital, Atrium Medical Center and Upper Valley Medical Center, works to build healthier communities through prevention, early detection and disease self-management focusing on heart and lung health, cancer and diabetes.



**Premier Community Health**  
Premier Health Partners