

Kettering Medical Center Network

Community Wellness...For Life.

Kettering Medical Center (KMC) Community Wellness is dedicated to improving the quality of life of people in the communities we serve through health education programs and screenings.

Our programs and screenings will provide a greater awareness and knowledge of current health standings. The education we offer will empower healthier decision making and lifestyle changes.

Our health care professionals will conduct the tests, screenings and consultations at an affordable cost, as availability allows.

Health Risk Assessments

Health Profiles

This is a health assessment in which participants answer questions on a standard questionnaire. The answers are used to generate a health profile that will identify health risks for the individual and offer suggestions on how to make improvements. Nutrition, women and heart disease, stress, health age, cancer, coronary risk, exercise, and osteoporosis are each addressed in separate profiles. The results can be given immediately.

Screenings

Diabetes

This blood sugar test requires an twelve-hour fast and a finger stick. Results are immediate.

Cholesterol/Diabetes

This screening measures the risk for cardiovascular disease. The results included in the total lipid profile are: total cholesterol, HDL, LDL, triglycerides and blood glucose. This requires a 12-hour fast and a finger stick. Results are immediate and educational hand-outs are included. Counseling is available for an additional fee and is provided by KMC health care professionals.

Calcium Scoring CT

This fast CT scan detects calcium deposits in coronary arteries of the heart at the earliest

stages. This scan must be performed at either Kettering Medical Center located at 3535 Southern Boulevard, Kettering, OH or Englewood Health Center located at 1250 W. National Road, Clayton, OH.

Stroke

Early detection is a key factor in preventing and treating cardiac disease and stroke. Three painless vascular screenings are offered, requiring less than 15 minutes per test. We screen the carotid arteries, arteries in the leg, and abdominal aorta using ultrasound technology.

Body Fat Analysis

Lean weight versus fat weight is determined using a bioelectrical impedance machine. Results are immediate. Recommendations for fat loss are discussed with a KMC health care professional.

Resting Metabolic Rate

The calorimeter is used to measure your resting metabolic rate. This helps to determine your caloric expenditure for weight loss purposes. This test also includes a body fat analysis.

Balance Screening

As we age our balance decreases and we are more prone to falls. More than 1/3 of adults, age 65 and older, fall each year. These falls can result in serious injury. Our Exercise Physiologist will provide 15 minutes of education and a 15 minute screening to determine your fall risk, based on balance activities.

Prostate Cancer/PSA

An elevated PSA level may indicate problems with the prostate gland, but is not always cancerous. The American Cancer Society recommends that men age 50 and older consider having a prostate screening. A blood draw is required.

Osteoporosis

This screening will estimate bone loss using state-of-the-art ultrasound technology. The test takes less than five minutes and results are immediate.

Mammogram

Certain criteria apply - please call the Kettering Breast Evaluation Center (KBEC) at 937-299-0099.

Educational Programs

Tobacco Cessation - FREE

Cigarette smoking is the single most preventable cause of premature death in the U.S. KMC provides comprehensive tobacco cessation programs designed for the tobacco user who has tried to quit but failed, and for those who have never tried. This four week program is free in part due to a grant received from the Ohio Tobacco Prevention and Control Foundation.

Adult, Child, and Infant CPR, and AED Training

At least one person in every home should be certified in CPR (Cardiopulmonary Resuscitation). By taking this class you will become certified in adult, child and infant CPR. An optional AED training can be combined with this certification. AED is an Automated External Defibrillator and every minute of early defibrillation of a victim raises the chances of survival by 10%. Learning and becoming certified in CPR and AED use could save a life!

First Aid Training

First aid certification can be added on to the CPR training class. Topics covered include: heat and cold related emergencies, injuries to muscles, bones and joints, injury prevention, burns and bleeding.

Cancer Awareness Presentations

A registered nurse, certified in oncology (cancer care) can discuss a variety of cancer awareness topics. Topics include: *Skin Cancer & You*, *Colon Cancer: Are you at Risk?*, *Is a PSA Blood Test Right for You?*, *DeMYTHifying Breast Cancer*, *Come Walk Beside Me: Understanding the Cancer Experience*, and *Cancer in Your Community: What You Can Do to Prevent Cancer*. Customized presentations can be arranged.

Other services include:

- Blood Pressure
- Foot Screenings
- Vision Screenings
- Hearing Screenings
- Driving Simulator Machine
- Safe Sitter® Training
- Hand Washing
- Alcohol Awareness Goggles
- Sun Exposure Awareness
- Cancer Risk Profile
- Massage Therapy
- Personal Training
- Gail Model Breast Cancer Risk Assessment
- Stress Dots
- Health and Wellness Presentations

Prices and availability are subject to change.



Community Wellness

Kettering Medical Center Network®

www.kmcnetwork.org

For more information or to schedule a program, please call 937-384-4857 or 1-800-888-8362.