

ADENA HEALTH

FOCUS

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From cancer prevention to recovery
Caring for you at every step



Ring in hope



Emily Wood, 45, shares why she turned to Adena Health as her trusted partner to fight breast cancer.

For Emily Wood, there have been few sounds sweeter than that of the bell she rang at Adena Cancer Center celebrating completion of her final breast cancer treatment.

"It means a whole lot to get to ring that bell," Emily says. "I was beyond excited and cried tears of joy. I told them I was going to ring it off the wall because ringing that bell is absolutely amazing."

Like so many other patients, the journey to that triumphant moment began with the news nobody wants to hear. Emily, a mother of three, admits to having put her health on the backburner. When she felt a lump in her breast, she initially explained it away as something that couldn't be serious.

After feeling the lump, Emily called her Adena Women's Health OB/GYN provider, who immediately arranged further testing. The prompt care led to a diagnosis of stage two breast cancer.

Adena's speed moving from testing to the beginning of treatment was unbelievable and just what Emily needed, she said. She also learned how important her care team at the cancer center would be for her, not only physically, but mentally and emotionally as well.

"The entire Adena Cancer Center team has been nothing but supportive," Emily says. "As soon as you walk through the door, there are smiles on their faces

and you know they're here to fully support you. My nurse navigator was on call for me around the clock and has been absolutely amazing, and my doctor, Sandip Patel (MD), has been awesome. We have an amazing health system and everybody at Adena Cancer Center is top notch."

Those closest to her care, Emily said, made her feel like a friend. In addition to making sure she had everything she needed to be comfortable for treatment, they took the time to focus on her interests and everyday life, helping her take her mind off cancer.

Having quality care close to home was also important for Emily in keeping her spirits up, allowing her to continue doing the things that are so meaningful for her and her family.

"Having the convenience of my care so close to home helped me stay involved in most of my children's activities, even with treatments," Emily says. "I was able to be home in time for ball games and to have dinner with my family. There were days I wouldn't have been able to do that if I had to travel farther, and that was really great."

Now, having experienced the strength and confidence her care team's support provided her during treatment, she's quick to offer advice to others who find themselves in a similar situation.

"If you are just beginning treatment or receiving a cancer diagnosis and you're not sure where you want to go, I highly recommend visiting Adena Cancer Center," Emily says. "Just meet the doctors, nurses, and caregivers — you'll see that even though you're uncomfortable with what lies ahead, they'll make you feel comfortable here."

"Ring in that bell will just knock you to the ground with excitement because you don't think you're ever going to get there," she adds. "Your care team at Adena makes sure you do."

Watch more of Emily's story:



Guiding patients with heart

Meet Kendra, a breast health and imaging navigator. She's often the first point of contact for patients with an abnormal mammogram — helping them find answers, schedule follow-ups, and feel supported every step of the way. Kendra treats every patient with the same care she'd want for her own daughters, and she's proud to guide others through such an important time in their lives.

Watch Kendra's story and learn more about her role in supporting breast health at Adena.



Mobile mammography unit by the numbers

15,564
mammograms



82,983
miles traveled

11 counties
visited



Food for thought

Simple ways to reduce your colorectal cancer risk

Colorectal cancer is one of the most common cancers in the United States, and cases continue to rise – especially among younger adults. However, the good news is that your diet can play a powerful role in reducing your risk.

Jessica Flynn, MS, RD, LD, an oncology dietitian at Adena Cancer Center, shares her expertise on how nutrition affects colorectal cancer risk – and what you can do to protect yourself.

“Healthy eating doesn’t mean giving up everything you love,” Flynn explains. “Small, sustainable changes, like swapping in high-fiber snacks or adding more vegetables to your meals, can significantly benefit your digestive health. It’s not about dieting – it’s about improving your health, one meal at a time.”

Why colorectal cancer should be on your radar

Most people don’t think about their colon until something goes wrong. However, with cases rising, particularly in adults under 50, it’s important to be aware.

“There’s strong scientific evidence that healthy dietary habits, physical activity, and maintaining a healthy weight can greatly help reduce your risk of colorectal cancer,” Flynn says.

In fact, research shows that up to 50% of colorectal cancer cases could be prevented through lifestyle changes like diet and exercise. That means what’s on your plate could be one of your best defenses against this disease.



Your colon’s best friend: fiber

If there’s one dietary change you make today, eat more fiber.

“Eating high-fiber foods like whole grains, fruits, vegetables, nuts, seeds, beans, and lentils helps reduce the risk of developing colorectal cancer,” Flynn explains. “Most people don’t realize how easy it is to increase fiber – sometimes it’s as simple as swapping white bread for whole grain or adding beans to your soup.”

Research suggests that every 10g increase in dietary fiber is linked to a seven percent lower risk of developing colorectal cancer.

Fiber works in several ways to support colorectal health:

- It helps move waste through the digestive system, reducing exposure to harmful substances.
- It feeds good gut bacteria, which may lower inflammation and cancer risk.
- It binds to toxins in the colon, helping to remove them from the body.

Screenings are the most powerful prevention tool

While a fiber-rich diet is important, it’s only part of the equation. Regular colorectal cancer screenings are essential for early detection and prevention. “A colon cancer screening, or a colonoscopy, is still the gold standard for catching the disease early,” Flynn says. “Even if you eat the healthiest diet in the world, screenings are non-negotiable – they save lives, because early detection can have a huge impact on outcomes.”

If you’re 45+ or have risk factors, like family history of certain cancers or inflammatory bowel conditions, don’t wait – schedule your colorectal cancer screening today.

Schedule your colonoscopy today

740-779-4550

adena.org/colonoscopy



Five reasons to have a primary care provider

Having a trusted primary care provider is one of the most important steps you can take for your long-term health — and it often plays a critical role in early cancer detection and prevention.

1. Stay current on screenings
2. Detect issues early
3. Get care tailored to you
4. Coordinate specialist care
5. Support your overall wellness

Start your journey toward lifelong health.

Call 740-779-FIND (3463) to schedule with a primary care provider.



Changing breast cancer care

A diagnosis of breast cancer is never easy. However, thanks to the addition of technology that changes the way breast tumors are identified and removed at Adena Health, treatment is becoming more comfortable, precise, and reassuring for patients.

Adena now offers the Food and Drug Administration (FDA)-approved SCOUT® breast tumor radar localization system, an advanced tool that enhances surgical precision and overall patient experience.

SCOUT is trusted in more than 850 hospitals across the country. Adena general surgeons Christin Spahn, MD, and Damien Benjamin, MD, are pleased to be able to bring this innovative technology to patients locally.

“Adopting technologies like this demonstrates Adena’s commitment to advancing cancer detection and treatment and delivering the best possible results for patients,” Dr. Benjamin says.

How does it work?

A tiny reflector, about the size of a grain of rice, is placed in the breast up to 30 days before surgery. During surgery, Adena’s skilled surgeons use hand-held radar technology to precisely locate and remove the tumor.

“Utilizing SCOUT helps reduce the volume of normal breast tissue removed during surgery because it is a more targeted technology, which can also result in better post-operative cosmetic results,” Dr. Spahn says.

Adena’s use of SCOUT was made possible through support from the Adena Health Foundation.

Adena Health is your partner in breast cancer prevention. **Call 740-779-7771 to schedule your mammogram at one of our six convenient locations.**



Five steps to a breast self-exam

1. Look

In the mirror, check for changes in shape, color, or texture.

2. Lift

Raise your arms and look again for any differences.

3. Press

Gently feel each breast in a circular motion while lying down.

4. Repeat

Try again while standing or in the shower.

5. Act

If something feels different, contact your provider.

A breath of innovation

For Rajinish Jesudoss, MD, pulmonologist at Adena Health, medicine has always been about combining passion with purpose. Inspired by his older brother, a physician whose dedication to caring for others left a lasting impression, Dr. Jesudoss followed in his footsteps and now leads efforts to bring advanced lung care to patients across south central and southern Ohio.

Lung cancer is the leading cause of cancer death in the United States, and recent community health surveys show that smoking remains one of the top health concerns across Adena’s nine-county region — making prevention, early detection, and advanced treatment especially critical. That’s why Adena has invested in the ION robotic bronchoscopy system, one of only four such technologies in the entire state of Ohio.

“ION allows us to reach suspicious spots deep within the lung with incredible precision,” explains Dr. Jesudoss. “In the past, patients often needed surgery to determine whether a nodule was cancer. Now, we can safely biopsy those areas with accuracy — sometimes saving patients from unnecessary surgery altogether.”

The technology combines robotic guidance with shape-sensing and 3D imaging, ensuring pulmonologists can return to the exact location within the lung every time. For patients, this means faster answers, fewer invasive procedures, and care close to home without the stress of traveling to a large city.

Dr. Jesudoss finds the greatest reward in seeing patients spared from major surgery when advanced tools reveal a nodule is non-cancerous. “We’re bringing big-city medicine to rural Ohio,” he says. “That’s the heart of our mission: excellent, compassionate care, right here at home.”

Hear more from Dr. Jesudoss and how Adena is advancing lung cancer care.



If you’re between 50 to 80 and currently smoke or quit within the last 15 years, you may qualify for a low-dose CT lung screening — at no cost to you.

Early detection saves lives. Call 740-542-LUNG (5864) to learn more.



Beth knows experience matters. Hers and yours.

BETH HARPER
Chemo infusion nurse



Beth got an early start as a caregiver, bandaging her dolls as a child. After more than 30 years in nursing, she's learned small gestures often make the biggest impact. Whether it's offering a warm blanket or sharing a story about her grandkids to pass the time — she makes sure chemo patients at Adena Fayette Medical Center always feel cared for. Beth is one of the many faces of our caregivers in the community we call home.

See Beth's story and more at Adena.org/Faces.