

careconnection

A Healthy Lifestyle Today for a Better Tomorrow

SPRING 2025



SUMMER OR SEASONAL RESIDENT?

River Hospital can help you continue your care! Our focus is to provide you and your family with quality care and exceptional service so getting the care you need doesn't have to wait! Whether you want to establish for the season with one of our primary care providers, see one of our specialists, continue with your physical therapy, or get lab work or infusions- we've got you covered. Give us a call today and we can get you scheduled! [315-482-2094](tel:315-482-2094)

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Chris Jewett, FNP-C

Women's Health Month

In May we celebrate “Women’s Health Month,” which makes it a perfect time to reinforce the importance of regular checkups and important screenings. Women's health screenings can play a vital role in detecting potential health concerns early and can help ensure that women receive the necessary treatment and support to maintain optimal health and wellbeing.

Here are some general guidelines, by age:

All Ages

An annual primary care visit: This visit should take place once per year with your primary care provider, who will discuss your overall health, risk factors, update immunizations, do a physical exam, order routine labs, and discuss any concerns you might have.

Flu shot: The Centers for Disease Control and Prevention recommends that everyone get a flu vaccine once per year.

Tetanus diphtheria booster: Once every 10 years, you should get a booster shot.

HPV Vaccine: Recommended for both boys and girls from ages 11-45.

In Your 20s & 30s

Clinical breast exams: Talk with your healthcare provider about whether you should have this exam every one to three years.

Women’s Wellness Exam: Starting at age 21 with pap smears every 3 years (as long as your previous ones have been normal) to screen for cervical cancer. You can also take this time to request a STD screening if you’re concerned.

In Your 40s

Women's Wellness Exam: This should continue according to the schedule you have decided on with your provider.

Mammograms: Annual mammograms to screen for breast cancer should begin at age 40.

Menopause: Discuss with your provider when you start noticing early symptoms of menopause or begin experiencing unexpected hormonal changes.

Colorectal cancer screening: At age 45, screening for colorectal cancer should begin. Colonoscopies should be done every 10 years for people at average risk. Your provider might recommend beginning earlier if you are at high risk.

At Age 50+

Cervical cancer screening: Continue until age 65.

Bone density screening: This should be done for all women aged 65 and older or for those between ages 50 and 64 who have risk factors for osteoporosis or who have had a broken bone.

Lung cancer screening: If you are between 50-80, have a 20-pack-year smoking history (1 pack a day for 20 years, or 2 packs a day for 10 years), and you currently or have quit smoking, you may be eligible for a lung cancer screening.

Vaccinations: Get vaccinated for shingles, as well as pneumonia, at 65.

Our Women’s Health Team at River Hospital provides comprehensive health screenings for women of all ages. If you are ready to schedule an appointment, please give us a call at 315-482-2094 today!



River Hospital March 2025 Daisy and Bee Award Winners

River Hospital March 2025 Daisy & Bee Award Winners



Jillian Hyde, RN



Karoline Snyder,
LMSW

At River Hospital, we recognize that to achieve our mission and vision, we must live our values every day. As a team, River Hospital makes a powerful impact on the healthcare needs of our community by providing care that goes above and beyond expectations. As individuals, employees build the foundation of that team with their strengths and commitment to healthcare.

If you would like to nominate someone at River Hospital that you think has gone above and beyond, please visit our website at riverhospital.org to read more and to fill out a nomination form!

Enjoy this Berry Good Recipe from the River Hospital Wellness Committee!

Strawberry Overnight Oats

Prep Time: 1 hour 15 min

Ingredients:

- 1 cup sliced fresh strawberries
- 1/2 teaspoon sugar
- 3/4 cup old-fashioned oats
- 3 tablespoons powdered peanut butter
- 1-1/2 teaspoons chia seeds
- 1 cup unsweetened almond milk

Instructions:

1. In a small bowl, combine strawberries and sugar. Let stand 1 hour; mash if desired.

2. In a pint jar, layer 1/4 cup oats, 1 tablespoon powdered peanut butter, 1/2 teaspoon chia seeds and 1/3 cup strawberry mixture. Repeat layers twice.
3. Pour almond milk over top; seal and refrigerate overnight





Thank You to Our Employees!

Celebrating our staff during Hospital and Nurses Week and all year long!

We are grateful to serve this community, and we could not provide quality medical care without our dedicated employees. Every staff member at River Hospital—whether a doctor, provider, nurse, therapist, or administration—shares the goal the making you and your loved ones whole again.