



IN FOCUS

OUR FIRST ISSUE

KNOWLEDGE
IS POWER

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SENIOR CARE SERVICES

Our team provides personalized care tailored to the unique needs of seniors at every stage of life. From **Independent Living** in our newly opened apartments, to the supportive services of **Willow Brook Assisted Living**, the skilled long-term care offered at **Hearthstone**, and the comfort and convenience of **Home Health**, we are committed to enhancing quality of life. Our focus is on promoting independence, providing expert care, and creating safe, welcoming environments where older adults can thrive.

York General Senior Care services are designed to support the well-being, health, and independence of older adults with compassion and respect.



HEARTHSTONE

INDEPENDENT LIVING

ASSISTED LIVING



WE'RE NOT LOOKING FOR EMPLOYEES.
WE'RE LOOKING FOR DIFFERENCE-MAKERS.

SEE WHERE YOU FIT. *Explore careers at York General.*



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The York General Specialty Clinic brings expert specialists to York, so you can receive advanced care close to home.

Ortho Today: Expert care without the wait

When an orthopedic injury happens, waiting days or even weeks for answers can be frustrating. That is exactly why York General launched Ortho Today: to provide our community with faster access to expert orthopedic care when injuries and pain occur.



According to **Chad Springer, PA-C**, early evaluation is one of the most important factors in achieving the best possible outcome. "I think one of the biggest mistakes that people make is not doing something," he says. "They think, 'If I can tough it out, maybe it'll go away.'"

Get seen, start healing

Ortho Today was designed to eliminate the uncertainty and delays that often come with orthopedic injuries. Rather than waiting for an appointment or spending hours wondering what is wrong, patients can walk in and receive a prompt evaluation from an orthopedic specialist.

Early diagnosis can help reduce recovery time; minimize complications; and get patients back to work, sports and daily activities more quickly. Whether it is a sprain, strain, fracture, sports injury or unexplained joint pain, getting evaluated right away allows patients to start the appropriate treatment plan sooner.

"I want to have people walk out of the clinic not having a question. They understand it," Springer says.



Help is here

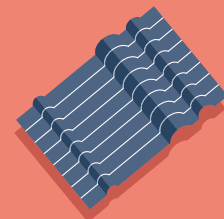
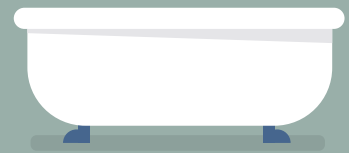
Ortho Today is open Tuesdays and Thursdays, 8 a.m. to 4:30 p.m. Call the York General Specialty Clinic at **402-362-0420** for an appointment.



5 WAYS TO FALL-PROOF YOUR HOME

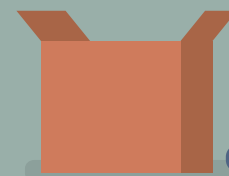
Fall risk goes up as you age, and many falls happen at home. To help reduce your risk:

Equip tubs and showers with grab bars.



Remove loose rugs.

Keep things bright with enough light.



Clear clutter from any place you walk.

Make sure all stairs have handrails, preferably on both sides.



Source: National Institute on Aging



Breast cancer: What are your risks?

Do you know your personal risk factors for breast cancer? While no one factor is a sure sign you'll develop the disease, it's important to know about them. You may be able to reduce certain risks.

What you can't control

You can't change some risk factors. These include your:

- **Biological sex.** While men can get breast cancer, it's far more common in women.
- **Age.** Most women with breast cancer are diagnosed after age 55. Your risk increases as you age.



Early detection saves lives

Last October,
York General performed:

222 mammograms and 10 breast biopsies,
with 2 cases of cancer confirmed.

Things you can change

Some risk factors are related to your lifestyle, which means you can control them. These include your:

- ✓ **Alcohol use.** Drinking alcohol increases the risk of breast cancer. It also raises the risk for some other types of cancer, like cancers of the head or neck.
- ✓ **Weight.** The link between weight and breast cancer risk is complex, but generally your risk goes up after menopause if you're overweight.
- ✓ **Activity level.** Regular exercise can reduce your risk for breast cancer, especially after menopause.
- ✓ **Reproductive history.** Not having children, or having your first child after age 35, slightly raises your risk. Having many pregnancies and becoming pregnant at a younger age reduces your risk.
- ✓ **Choice to breastfeed.** Breastfeeding may slightly lower breast cancer risk, especially if it continues for a year or more.
- ✓ **Birth control use.** Some birth control methods use hormones, which might increase your risk.

- **Genes.** Up to 10% of breast cancers are hereditary. The most common cause of this type of breast cancer is a mutation in the BRCA1 or BRCA2 gene, but there are others.
- **Ethnicity.** White women have a slightly higher risk for developing breast cancer in general. But under age 40, breast cancer is more common in African American women.
- **Family history.** Most women who get breast cancer do not have a family history of the disease. But if your mother, sister or daughter has it, your risk is almost doubled. (Don't forget to consider your father's side of the family!)
- **Breast density.** If you have dense breasts, meaning the tissue is more fibrous than fatty, your risk is higher. This isn't something you can feel, but it can be seen on a mammogram. About half of women 40 years and older have dense breasts.
- **Menstrual history.** Women who have had more menstrual cycles have a slightly higher risk of breast cancer. This includes those who started their periods early (before age 12) or went through menopause later (after age 55).



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Make time for a mammogram

Mammograms can detect tiny lumps early, sometimes before you can even feel them. When breast cancer is caught at this stage, it is often easier to treat successfully.

During a mammogram, each of your breasts will be pressed between plastic plates. A technologist will then take x-ray images of each breast to check for any abnormal areas. To help make your mammogram more comfortable and stress-free:

- If you're still menstruating, avoid scheduling your mammogram for the week before or during your period. Your breasts are more likely to be swollen and tender during this time.
- Since you'll need to undress from the waist up, plan to wear a two-piece outfit, like a blouse and pants. That way, you'll only have to remove your top.
- Take a few deep breaths before your mammogram to calm your mind and body.
- If you feel more than mild discomfort during the mammogram, tell the technologist. They may be able to adjust the compression to improve your comfort.

Screening is key

Talk to your provider about regular mammograms starting at age 40. If you need a provider, visit [YorkGeneral.org/medical-providers/primary-care-providers](https://www.yorkgeneral.org/medical-providers/primary-care-providers).

Wellness visits are for everyone



Going to the doctor isn't just for when you feel sick. Visiting your doctor when you're well is important too. It's called preventive care, and it helps you stay healthy by catching problems early and reducing your risk of serious illness.

Wellness visits are regular checkups that focus on prevention rather than treatment. They give your provider the chance to identify potential health concerns before they become serious and help you manage any chronic conditions. They also provide an opportunity to discuss lifestyle choices, nutrition and other factors that affect long-term health.

Who needs wellness visits?

No matter your age, wellness visits are important. Kids and adults both benefit from these visits, though their needs may be different.

When to schedule your next wellness visit

Adults should have regular wellness visits. Most health insurance plans recommend annual wellness visits, but you may need checkups more often depending on your recommended screenings or chronic conditions.

Children need more frequent wellness visits, especially in the first few years of life. The American Academy of Pediatrics recommends:

- Infants and toddlers: visits at 1, 2, 4, 6, 9, 12, 15, 18 and 24 months.
- Ages 3 years and up: yearly checkups.

What to expect at a wellness visit

A wellness visit may include:

- **A full health review.** Your doctor will ask about your medical history, lifestyle and any concerns you have.
- **A physical exam.** Height, weight, blood pressure



“ I genuinely enjoy what I do. Every day brings the opportunity to listen, to solve problems and to make a difference in someone's life. That's what makes family medicine so rewarding.”

—Brady Fickenscher, MD



and other health metrics are checked.

- **Screenings and tests.** Depending on your age and risk factors, screenings may include vision, hearing, cholesterol and others.
- **Immunizations.** Your doctor will check that you're up-to-date on your vaccinations and administer new ones as needed.
- **Health and wellness guidance.** Your doctor may offer advice on diet, exercise, mental health and more.

Take charge of your health

Preventive care helps you stay ahead of potential health problems. Don't wait until you feel sick—schedule your wellness visit today. A simple checkup can make a big difference in your long-term health.

Sources: American Academy of Family Physicians; American Academy of Pediatrics; American Medical Association; MedlinePlus Medical Encyclopedia; National Council on Aging

Need a checkup?



York General Family Medicine is dedicated to the health and well-being of our patients in all aspects of their lives. We serve a rural population and pride ourselves on the long-term relationships we forge with our patients.

Our providers offer personalized, quality care:



Mondays through Fridays, 8 a.m. to 5 p.m.
Saturdays, 8 a.m. to noon.



York General Family Medicine is located at 2222 N. Lincoln Ave., York. To schedule a visit, please call **402-362-5555**.



“It's a privilege to serve (and be) committed to patient-centered care that makes a difference.”

—Nicole Swartzendruber, PA-C

**CULTURE
CORNER**

Intentional Excellence

Culture is something that feels truly sacred at York General. We are lucky to be part of an organization that knows what it means to cultivate Excellence, belonging and compassionate care for those we serve. From the first interaction with a new employee to the lives of those we get to care for, every touchpoint is something we have practiced, enhanced and thought out on purpose.

We work under leaders who stay connected to our community—listening, adapting and leading with intention.

A small example of this can be seen as soon as you enter one of our facilities. Have you ever noticed how many times you are smiled at and acknowledged? That is something we have intentionally baked into the experience and care you receive while you are with us.

Another cornerstone of Intentional Excellence is our commitment to leadership and employee development. With multiple off- and on-site training for every employee, we are committed to bringing our mission statement to life: Regional Excellence through enhancing health and providing accessible care. We know this doesn't happen by accident. That is why we are committed to Intentional Excellence.



Chad Springer, PA-C

Introducing our new podcast!

Listen to the *In Focus* podcast for authentic conversations about health insights, patient journeys and more. Visit YorkGeneral.org/about/news/new-podcast-focus or scan the QR code.



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