

# Veterans' Health

THE WELLNESS MAGAZINE  
FOR OHIO VETERANS

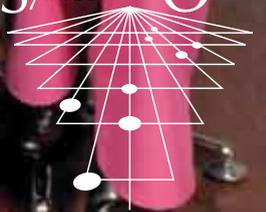


Take control  
of diabetes

Do you need dietary  
supplements?

Helping Veterans  
in crisis

VA Healthcare  
System of Ohio





## To our readers

Spring is here! Let's make it a fresh beginning for all of us. This issue of *Veterans' Health* focuses on the many services VA offers to keep our Veterans



healthy, both physically and mentally.

The Home Tele Health program (page 3) helps Veterans who have a chronic

condition monitor their health at home.

For tips to prevent diabetes and diabetic friendly recipes for those who have been diagnosed with the disease, read pages 4 and 5. Veterans with diabetes are encouraged to enroll in classes. See page 11 for details.

Veterans often face stress when returning from combat to the routine of everyday life. For some Vets, combat stress can become chronic and may lead to thoughts of suicide. To recognize the signs of suicide, see pages 8 and 9.

Whether you need help making end of life care decisions, advice on whether you should take a dietary supplement or support during a personal crisis, VA has compassionate, qualified professionals ready to help.

Wishing you and your family a safe and healthy spring.

— Jack Hetrick, Network Director

## About our mailing list

We make every effort to ensure our mailing list is accurate. If you have questions or would like to be added to or deleted from the list, let us know. Please include your entire address. To make a change, you *must* mail the mailing panel to:

*Veterans' Health*  
VA Healthcare System of Ohio Network Office  
11500 Northlake Drive  
Suite 200  
Cincinnati, OH 45249

## Multi Drug Resistant Organisms (MDRO)

While MRSA was the first on the list of organisms where drugs like penicillin no longer work for some people, the list keeps growing:

- methicillin resistant *Staphylococcus aureus* (MRSA)
- vancomycin resistant *Enterococcus* (VRE)
- carbapenem resistant Enterobacteriaceae (CRE)
- extended spectrum beta lactamase producing gram negative bacteria (ESBL)
- *Clostridium difficile* (*C. diff*, not technically an MDRO, but associated with antibiotic use)

### How to protect yourself:

1. Wash your hands or use a hand sanitizer often throughout the day to prevent an infection.
2. Wear clean clothing each day. Change your clothes when they are soiled.
3. Keep your environment clean.
4. Avoid taking antibiotics unless necessary. If you're given an antibiotic, take the entire amount prescribed and as ordered. Taking a few pills until you feel better, and then saving the rest for the "next time" is the worst thing you can do. This will help the germs resist treatment with this same antibiotic the next time.

*Veterans' Health* is published quarterly as a patient education service by VA Healthcare System of Ohio, one of the 21 integrated networks of the Department of Veterans Affairs. The publication is intended to provide information to help you stay well, manage your health care and learn about the many health services available through VA. This publication is not intended as a substitute for professional medical advice, which should be obtained from your doctor. All articles may be reproduced for educational purposes.

### The Mission of VA Healthcare System of Ohio is:

- To provide Veterans a continuum of care that is accessible, value added and cost effective, and of the highest quality, within an environment of outstanding education and research.
- To promote a culture that supports and develops a caring, compassionate, competent and quality oriented workforce.

### Veterans' Health Editorial Board

**Kristen Fortner-Anderson**  
Dayton VAMC

**Debbie Page**  
VA Healthcare System of Ohio

**Joyce Seltzer**  
Cincinnati VAMC

ON THE COVER: A PACT CARE TEAM AT DAYTON VA MEDICAL CENTER. SEATED (LEFT TO RIGHT): YOLANDA YAP, M.D.; VETERAN JIMMY SISTRUNK; AND LACI SHULTZ, L.P.N. STANDING (LEFT TO RIGHT): SALLY KENNEDY, SOCIAL WORKER; DELORIS WHITE, CLERK; AND JANET CHAPPELL, R.N. PHOTOGRAPHER: ROBERT KUMMER, DAYTON VAMC



# Is Home Tele Health right for you?

**H**ome Tele Health provides personalized health information and useful tips to help you better manage your health. Do you have a chronic condition like diabetes, high blood pressure, heart failure, COPD or depression? Then Home Tele Health may be right for you.

The Home Tele Health program is done in the comfort of your own home. You enter a daily health check into your individualized Home Tele Health program. Your assigned care coordinators review your record and follow up with your doctor, if needed.

Checking your health status daily through Home Tele Health can help you better manage your health. If you think Home Tele Health is right for you, talk with your primary care provider.

Mr. Kurlas, a Veteran, uses this system in Cincinnati. He started using the “Health Buddy” last year to better manage his heart failure. Using the Health Buddy has become part of his daily routine. “This program has proved to be very unobtrusive and easy to use,” he says. “It has also helped me be aware of any changes in my condition and reminds me to stay on course.” Mr. Kurlas feels that this tool and program has helped him stay as healthy as possible.

**Save the Date**

**Ohio Women Veterans Conference**

**Sept. 28, 2013**

**Aladdin Shrine Center**  
**3850 Stelzer Road**  
**Columbus, Ohio**

registration: 8-10am | conference: 10am-4pm  
 For more info, visit us online at [www.ohiovet.gov](http://www.ohiovet.gov)

## Ohio Veterans

Your military service may be worth more than you think. Most discharged Veterans have earned benefits! Your benefits could include:

- health care
- help with your education
- a loan for a new home
- a special Ohio Veterans Bonus if you served in the Persian Gulf War or after Oct. 7, 2001
- eligibility to live in an Ohio Veterans Home (for disabled wartime Veterans)

**Get started right away.** Contact the County Veterans Service Network at **1-877-OHIO-VET (1-877-644 6838)** or find your county on the map at [dvs.ohio.gov](http://dvs.ohio.gov).

# Diabetes prevention and management

## What you can do to take control

**M**ore than 25 million Americans have diabetes. Among adults in Ohio, the number has increased by more than 50 percent from 2000 to 2010. Diabetes raises the risk of death and stroke by two to four times. It's also the leading cause of new cases of blindness in people ages 20 to 74 and the leading cause of kidney failure. People who have diabetes are more at risk for other illnesses. For instance, they're twice as likely to have depression. The good news is that there are many things you can do to prevent type 2 diabetes or to better manage it if you have it.

### Prevention

**Maintain a healthy weight or move toward a healthier weight:** Losing just 5 percent of your weight can greatly reduce your risk. If you weigh 200 pounds, this would mean losing only 10 pounds. Shed extra pounds by eating smaller portions and choosing lower calorie foods.

**Be active:** Aim for 150 minutes of moderate activity each week. You can break it up into a few minutes at a time, but try to get some exercise every day. Always talk with your health care team before starting any exercise program.

**Make healthy choices:** Eat more fruits and veggies and whole grains, like oatmeal and whole wheat bread. Bake, broil or grill your foods and limit added fats and sugars. Avoid sugary drinks and choose water instead.

**Reduce your risks:** Some factors that increase your risk for diabetes can't

be controlled. These include such things as being older than 45 or having a family history of diabetes. But you do have control over others. Untreated sleep apnea can increase your risk of both obesity and type 2 diabetes. If you manage high blood pressure and cholesterol and triglyceride levels, you can also reduce your risk.

### Managing diabetes

**Get educated:** Attend a diabetes self management program at your local VA. Or schedule a visit to see a dietitian or diabetes case manager. Even if you've had education in the past, there's always new information about this disease. See page 11 for more details.

**Stay active:** Exercise is one of the best ways to improve your blood glucose control. It also helps you manage blood pressure, cholesterol and weight.

**Follow a healthy meal plan:** Making healthy food choices can help you get blood glucose in your target range and prevent hypoglycemia (low blood sugar). Making small changes to your diet is a good step in controlling weight, blood pressure and cholesterol. Try one of the diabetic friendly recipes on page 5.

**Check your blood glucose:** This lets you see how well you're controlling your diabetes, and it can help you make better food choices. Bring your blood sugar readings to your doctor visits; this will help your health care team to help you better manage your disease.

**Take your medications:** Some people with diabetes don't need any medications, while others need to take medications to control their blood sugar, blood pressure and cholesterol as well as other health problems. You should take all medications as prescribed.

**Prevent complications:** Diabetes management involves more than just blood glucose control. It's also important to manage blood pressure and cholesterol. Regular foot care, eye screenings and simple urine tests can lead to early detection and treatment, reduce your risk or prevent other problems.



# Diabetic friendly recipes

## Low carb meat loaf

### Ingredients:

- ¾ cup quick-cooking oats
  - ½ cup skim milk
  - 1 medium onion
  - 2 pounds ground turkey breast
  - ½ cup red bell pepper, chopped
  - 2 eggs, beaten
  - 2 teaspoons Worcestershire sauce
  - ¼ cup ketchup
  - ½ teaspoon salt
  - Fresh ground pepper
  - 8 ounce can tomato sauce



Preheat oven to 350 degrees. Stir together the oats and milk. Thinly slice one quarter of the onion and set aside; finely chop the remaining onion. In a large bowl, combine the turkey, oat mixture, chopped onion, bell pepper, eggs, Worcestershire sauce, ketchup, salt and some freshly ground pepper. Shape the mixture into a 5 inch wide by 2½ Inch tall loaf and place in a baking dish. Pour the tomato sauce over the meat loaf and place sliced onions on top. Bake for 1 hour. Let stand about 10 minutes before serving.

*Per 3 ounce serving: calories, 207; total fat, 3 grams; protein, 32 grams; carbohydrates, 13 grams; fiber, 2 grams; cholesterol, 92 milligrams; sodium, 409 milligrams*

## “Mock” garlic mashed potatoes

### Ingredients:

- 1 medium head cauliflower
- 1 tablespoon cream cheese, softened
- ¼ cup Parmesan cheese, grated
- ½ teaspoon garlic, minced
- 1/8 teaspoon chicken bouillon
- 1/8 teaspoon finely ground black pepper
- 3 tablespoons unsalted butter
- fresh or dried chives for garnish

Bring a pot of water to a boil. Clean and cut cauliflower into small pieces; place in boiling water until well done. Drain well and dry well with paper towels. Place cauliflower, cream cheese, Parmesan cheese, garlic, bouillon and pepper in a blender or food processor and blend until almost smooth. Garnish and serve hot with pats of butter. Serves 4.

*Per serving: calories, 145; fat, 11.5 grams; protein, 5 grams; carbohydrates, 8 grams; fiber, 4 grams; cholesterol, 31 milligrams; sodium, 170 milligrams*



## Fruit crumble

### Ingredients:

- 2½ cups fresh or frozen fruit (blueberries, peaches, plums, apples)
- 1 tablespoon granulated sugar
- 3 tablespoons all purpose flour (divided)
- 1 tablespoon orange juice
- ½ cup rolled oats
  - ¼ cup pecans or almonds, chopped
  - 3 tablespoons brown sugar
  - ¼ teaspoon ground cinnamon
  - 2 tablespoons canola oil



Preheat oven to 400 degrees. Combine fruit with granulated sugar, 1 tablespoon flour and orange juice. Divide into four 6 ounce ovenproof bowls. Combine oats, nuts, brown sugar, 2 tablespoons flour and cinnamon. Drizzle with oil and stir to combine. Sprinkle over the fruit mixture. Set the bowls on a baking sheet and place in the oven. Bake for 20 to 25 minutes until the fruit is bubbling and the top is golden. Let stand at least 10 minutes before serving.

*Per serving: calories, 252; fat, 11 grams; sodium, 1 milligram; cholesterol, 0 milligrams; carbohydrates, 38 grams; protein, 4 grams; fiber, 5 grams; potassium, 179 milligrams*



# Should your diet include supplements?

**V**itamins and minerals play a big role in your health. A balanced diet that includes a wide range of food types will help provide the nutrients that your body needs. Your doctor may suggest supplements if you are not able to get all of what you need from food alone.

Dietary supplements include vitamins, minerals, herbs, enzymes and other products. Because these products are not tested or regulated in the same way that medications are, use them with caution. Although you might think of them as more natural, that doesn't mean they are safe. Discuss any dietary supplement with your health care team before

adding it to your diet. Sometimes they may interact with your medications or other supplements you may be taking. They also may have side effects.

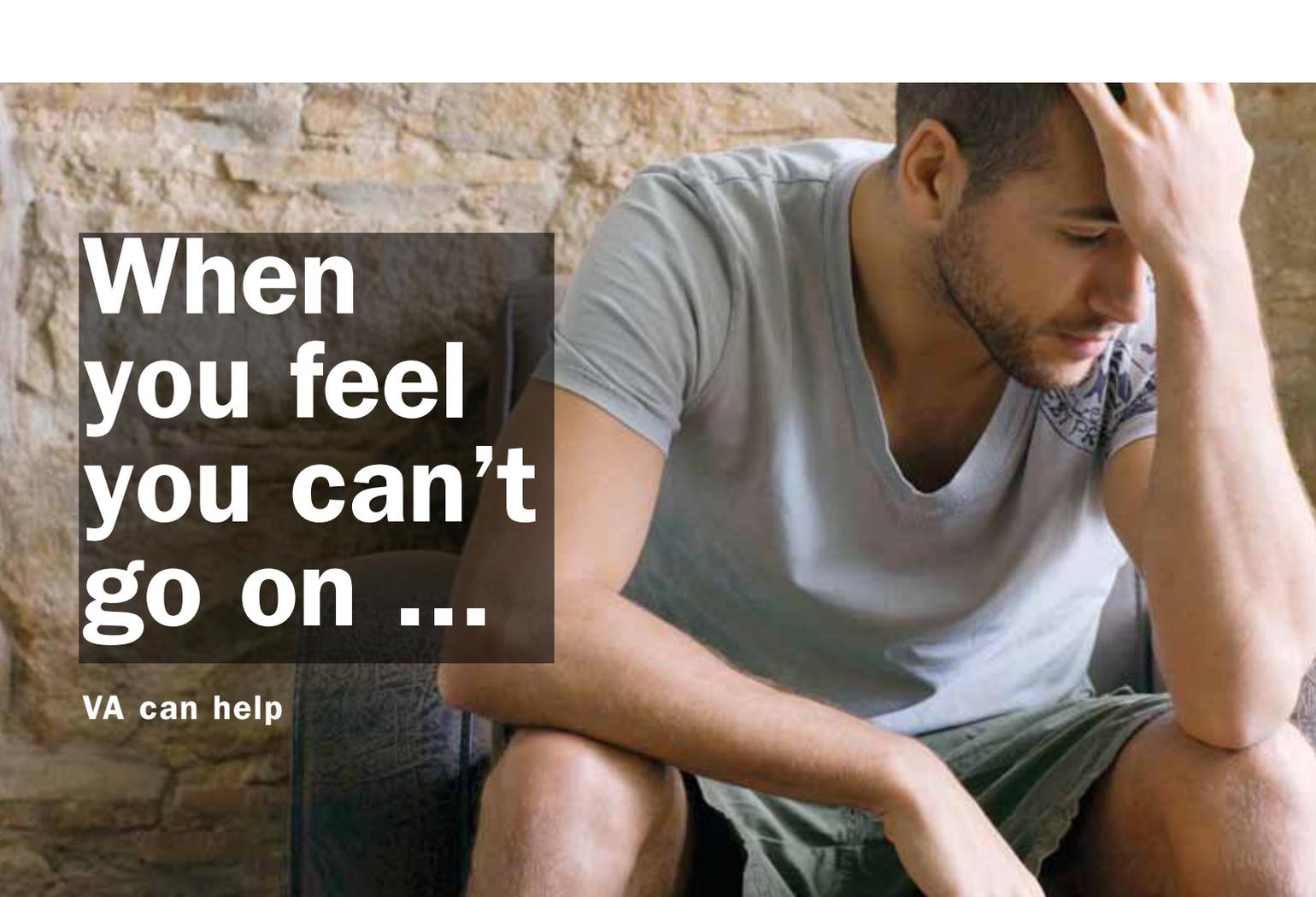
See the list of some common supplements listed on page 7.

## To learn more ...

**F**or more information on supplements, visit The Office of Dietary Supplements at [ods.od.nih.gov](https://ods.od.nih.gov) or Medline Plus at [www.nlm.nih.gov/medlineplus/vitamins.html](https://www.nlm.nih.gov/medlineplus/vitamins.html).

<b>Supplement</b>	<b>Function</b>	<b>Where it's found</b>
<b>Vitamin A</b>	Plays a role in vision, immune function and reproduction	Leafy greens, broccoli, carrots and cantaloupes as well as salmon, eggs and dairy products
<b>Vitamin C</b>	Helps your immune system fight disease and helps your body absorb iron	Citrus fruits, such as oranges, red and green peppers, broccoli, strawberries and tomatoes
<b>Vitamin D</b>	Helps your body absorb calcium, playing a vital role in bone health; your muscles, nerves and immune system also need vitamin D to work properly	Food sources include salmon, tuna, dairy products and avocados. Your body forms vitamin D from sun exposure. Risk of skin cancer and not enough sunshine often keep people from getting enough vitamin D from the sun.
<b>Vitamin E</b>	Boosts your immune system; helps widen blood vessels and helps keep clots from forming inside blood vessels	Almonds, sunflower seeds, vegetable oils and spinach
<b>Vitamin K</b>	Makes proteins for blood clotting as well as for healthy bones and tissues	Eggs, green vegetables and dark berries. If you take blood thinners, it's important that your intake of vitamin K is the same each day
<b>B Vitamins</b>	Help your body get or make energy from food and help form red blood cells B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6, B7 (biotin), B12 and folic acid	Meat, poultry, fish, eggs and dairy products as well as beans and peas
<b>Antioxidants</b>	May reduce cell damage from oxidative stress caused by free radicals*	Vitamins A, C and E found in fruits and vegetables are excellent sources of antioxidants.
<b>Calcium</b>	Stored in bones and teeth; helps your muscles and blood vessels contract and expand and sends messages through the nervous system	Dairy products, such as milk, cheese and yogurt, are high in calcium. You can also find calcium in leafy green vegetables, sardines, almonds and dried beans.
<b>Potassium</b>	Helps maintain a healthy blood pressure and is needed to keep your cells, muscles and nerves working properly	Bananas, potatoes, beans, yogurt, milk, melons, grapes, tomatoes and fish
<b>Magnesium</b>	Plays a part in keeping your bones strong, your immune system healthy and your muscles and nerves working normally	Wheat bran, almonds and brazil nuts, spinach, peanut butter, beans, brown rice and avocados
<b>Iron</b>	Needed to make the oxygen-carrying proteins hemoglobin (found in red blood cells) and myoglobin (found in muscles)	Lean red meat, poultry, salmon and tuna, eggs, dried beans, dried fruits and whole grains

\*When your body breaks down food, free radicals are naturally produced. Additional exposure to free radicals from environmental sources includes cigarette smoke and air pollution. They may play a role in cancer, heart disease, diabetes and other diseases.



# When you feel you can't go on ...

VA can help

In the United States, at least 30,000 deaths each year are the result of suicide. Suicide is the eighth leading cause of death in males and the third leading cause of death in people ages 10 to 24. A combination of individual, relationship and societal factors adds to the risk of suicide, although they may or may not be direct causes:

- alcohol and substance abuse
- being abused as a child
- cultural or religious beliefs
- experiencing loss (relative, friend, job, money)
- family history of suicide
- feeling cut off from other people
- feelings of hopelessness
- having easy access to a method
- having impulsive or aggressive tendencies
- local epidemics of suicide
- mental disease, in particular depression
- not willing to seek help
- previous suicide attempt(s)
- problems getting access to mental health

## What are the warning signs of suicide?

The best way to prevent suicide is to know the risk factors and warning signs of suicide. Warning signs that someone may be thinking about or planning to commit suicide include:

- a sudden, unexpected switch from being very sad to being very calm or appearing happy
- always talking or thinking about death
- clinical depression (deep sadness, loss of interest, trouble sleeping and eating) that gets worse

## Support is a click away

If you are a Veteran in crisis or concerned about one, get free, confidential support 24 hours a day, 365 days a year. Visit [www.veteranscrisisline.net](http://www.veteranscrisisline.net) and click on "Confidential Veterans Chat." A caring, qualified VA professional is standing by to help get you or a loved one through a personal crisis.

- having a “death wish” (taking risks that could lead to death, such as reckless driving)
- losing interest in things one used to care about
- making comments about being hopeless, helpless or worthless
- putting affairs in order, tying up loose ends, changing a will
- saying things like “It would be better if I wasn’t here” or “I want out”
- thinking about suicide or about killing oneself
- visiting or calling people to say goodbye

If you or someone you know has a mental illness, it’s important to know the warning signs of suicide. Watch for these signs, and take these signs seriously. Knowing how and when to respond can save someone’s life.

Take any person who expresses suicidal thoughts or intentions seriously, and call a suicide hotline immediately:

- **800-273-TALK (800-273-8255)**. Press 1 if you are a Veteran
- **800-SUICIDE (800-784-2433)**
- Deaf Line at **800-799-4889**
- Text **838255**
- **www.veteranscrisisline.net**

For the most part, the absence of mental illness and substance abuse, as well as the presence of a strong social support system, decrease the likelihood that a person will kill him or herself.

## Veterans and combat stress

Returning from combat to the normal routines of everyday life can be a complicated transition. Some Veterans experience combat stress, strong emotions of anger, sadness, guilt, fear or numbness. Many Vets can’t stop thinking about the difficult things they may have experienced.

Combat stress reactions are normal and should fade after a few days or weeks. But what happens when they don’t? In some Veterans, combat stress deepens and becomes all consuming. Chronic combat stress can even trigger suicidal thoughts.

If combat stress or thoughts of suicide are overwhelming you, remember:

- **You aren’t alone.** You, like your comrades, have undergone a life changing experience. You can find support from those who have also been there and those who know how to help deal with the emotional aftermath. Chronic symptoms of combat

stress and suicidal thoughts are your body’s way of telling you something is wrong. They aren’t normal and you don’t have to suffer.

- **You can reach out.** Help can only start if you reach out. Talk to a counselor, your doctor, friends, family or a clergy member, and ask them to help you navigate the next steps. You should reach out immediately, especially if you’re experiencing thoughts about suicide.

- **Treatment can save your life.** Whether it’s counseling, medication or a little of both, treatment can give you skills to cope, solve problems and let you regain your confidence. Treatment can change your thoughts and feelings, allowing you to adapt and return to enjoying and living life. It’s a smart strategy that has worked for many other Veterans like you.



## How families can help

If your Veteran returned home physically hurt, you wouldn’t hesitate to get good care for him or her. Emotional pain and suicidal thoughts are no less urgent than physical injuries. Here’s how to get your Vet on track toward a new outlook.

### Know the warning signs:

- dangerous risk taking
- depression
- disinterest in his or her appearance
- heavy drinking or drug use
- isolation
- outbursts of anger or violence
- preoccupation with death
- talking (even joking) about suicide

**Be a good listener.** Make it clear that you’ll listen, love, support and not judge.

**Get your Vet out of danger.** Remove drugs, weapons and alcohol from the environment and seek help. Talk to your doctor, clergy member or a counselor for advice.

# Beginning with the end

## A health priority for living well

Perhaps better than most, Veterans know how fragile life is. Planning is important for all aspects of our lives. This is also true for making end of life decisions. Planning ahead can help your loved ones and health care providers know what you want. Many times, end of life events, such as a serious accident or a severe stroke, occur unexpectedly. If this happens, you may not be able to speak or communicate what you want done.

VA will support the National Healthcare Decisions Day on April 16. This day promotes letting others know what's important to you should you become unable to speak for yourself.

### Share your wishes with loved ones

A common mistake is to think that advance directives are only for old people or those with a serious illness. However, all people over the age of 18 should have an advance directive in place. These

documents help to ensure your medical wishes are known and honored.

Death is a fact of life that no one can avoid. So why not talk about it? Here are some tips for talking to your loved ones about the types of health care decisions you would want for yourself.

- Invite your loved ones out to lunch and share your advance directives.
- Set aside time during a family dinner to discuss your wishes.
- Write down your wishes and schedule a “family meeting” with loved ones to explain.
- Remember that your priorities may change over time and as you age or your health changes. Be sure to review your plan yearly with your loved ones and your health care providers.

### Turn to VA for help

Often, when faced with making medical decisions for a loved one, families tell us that they wished they'd known what the Veteran would have wanted. But they never spoke about it with him or her. Having a plan in writing is the best way of making sure your loved ones know your wishes. You can't predict how or when you'll die, but you can have a plan for your end of life care and share it so no one has to try and guess.

VA medical centers and clinics have information on advance directives. Your health care team can help you understand your choices and write down your wishes.



## Help for making end of life care decisions

- National Health Care Decisions Day  
[www.nationalhealthcaredecisionsday.org](http://www.nationalhealthcaredecisionsday.org)
- Starting the conversation  
[www.advancecareplanning.ca/](http://www.advancecareplanning.ca/)
- VA Advance Directive forms  
[www.va.gov/vaforms/medical/pdf/vha-10-0137-fill.pdf](http://www.va.gov/vaforms/medical/pdf/vha-10-0137-fill.pdf)

For more ideas, questions or concerns, talk with your health care team or email Mary Davidson at [mary.davidson2@va.gov](mailto:mary.davidson2@va.gov).



## Women's Tele Health Education Series

**Where:** Your local VAMC or CBOC via video conference

**When:** Every third Friday of the month at noon

- Apr. 19: Nutrition
- May 17: Osteoporosis
- June 21: Menopause
- July 19: Anxiety
- Aug. 16: Lower back pain
- Sept. 20: Depression

For more information, check with your health care provider or contact Tamara Grimm at **513-247-4280**.

## Now available!

More patient records are available online with My HealthVet's Blue Button. VA patients with authenticated\* My HealthVet accounts can now view more of their VA electronic health record:

- VA demographics
- VA problem list (active)
- VA admissions and discharges
- VA progress notes (from Jan. 1, 2013)
- VA vitals and readings
- VA pathology and radiology reports



*\*Patient authentication takes three minutes. Register online for a My HealthVet account at [www.myhealth.va.gov](http://www.myhealth.va.gov). Then stop by any VA medical facility Primary Care check in, Release of Information or My HealthVet office.*

# What's new?

## Healthy U workshop

The *Healthy U* workshop can help caregivers and people with chronic diseases learn ways to deal with pain, fatigue, frustration, stress and depression. Call the VA near you for information about the next VA class. Or to look for an Ohio Department of Aging *Healthy U* workshop near you, call **1-866-243-5678** or visit **[www.aging.ohio.gov](http://www.aging.ohio.gov)**.

## Diabetes education

If you have diabetes and it's been more than two years since you took a diabetes education class, it's time to go back. Learn about new medications and many other changes. Get back on track with managing your health, and share your thoughts about diabetes with other Veterans and their families. Ask your PACT nurse to help you register for the class.

## Make it personal

Picture yourself five years from now. If you don't change anything, what will your health be like? If you changed just one bad habit for a better one, would your health be any different in five years? Here are some things to consider for improving your health.

- Be involved in your health care.
- Be tobacco free.
- Eat wisely.
- Be physically active.
- Strive for a healthy weight.
- Limit alcohol.
- Get recommended screening tests and immunizations.
- Manage stress.
- Be safe.

Talk to your PACT team about setting one goal for 2013. A small change can make a big difference over time.

## May is Physical Activity Month

Every VA will have a "VA2K" event on May 15th. Join the fun! Celebrate health! Walk, run or roll the two kilometers (1.2 miles) with other Vets and VA staff. Call your local VA for more information or watch your VA's Facebook page for information.



# Reaching us is easy

Keep this information handy, when you need us, we'll be there.

## Northeastern Ohio

**Cleveland VAMC**  
10701 E. Blvd.  
Cleveland, OH 44106  
216-791-3800

**Akron Annex**  
95 W. Waterloo Road  
Akron, OH 44319  
330-724-7715

**Akron CBOC**  
55 W. Waterloo Road  
Akron, OH 44319  
330-724-7715

**Canton CBOC**  
733 Market Ave. S.  
Canton, OH 44702  
330-489-4600

**East Liverpool CBOC**  
15655 state Route 170,  
Suite A  
East Liverpool, OH 43920  
330-386-4303

**Lorain CBOC**  
205 W. 20th St.  
Lorain, OH 44052  
440-244-3833

**Mansfield CBOC**  
1456 Park Ave. W., Suite N  
Mansfield, OH 44906  
419-529-4602

**McCafferty CBOC**  
4242 Lorain Ave.  
Cleveland, OH 44113  
216-939-0699

**New Philadelphia CBOC**  
1260 Monroe Ave.,  
Suite 1A  
New Philadelphia, OH 44663  
330-602-5339

**Painesville PC CBOC**  
7 W. Jackson St.  
Painesville, OH 44077  
440-357-6740

**Painesville MH CBOC**  
54 S. State St.  
Painesville, OH 44077  
440-357-6740

**Parma CBOC**  
8787 Brookpark Road  
Parma, OH 44129  
216-739-7000

**Ravenna CBOC**  
6751 N. Chestnut St.  
Ravenna, OH 44266  
330-296-3641

**Sandusky CBOC**  
3416 Columbus Ave.  
Sandusky, OH 44870  
419-625-7350

**Warren CBOC**  
1460 Tod Ave. N.W.  
Warren, OH 44485  
330-392-0311

**Youngstown CBOC**  
2031 Belmont Ave.  
Youngstown, OH 44505  
330-740-9200

## Southeastern Ohio

**Chillicothe VAMC**  
17273 state Route 104  
Chillicothe, OH 45601  
740-773-1141 or 1-800-358-8262

**Athens CBOC**  
510 W. Union St., Suite B  
Athens, OH 45701  
740-593-7314

**Cambridge CBOC**  
2146 Southgate Parkway  
Cambridge, OH 43725  
740-432-1963

**Lancaster CBOC**  
1550 Sheridan Drive, Suite 100  
Colonnade Medical Building  
Lancaster, OH 43130  
740-653-6145

**Marietta CBOC**  
418 Colegate Drive  
Marietta, OH 45750  
740-568-0412

**Portsmouth CBOC**  
840 Gallia St.  
Portsmouth, OH 45662  
740-353-3236

**Wilmington Outreach Clinic**  
448 W. Main St.  
Wilmington, OH 45177  
937-382-3949

## Southwestern Ohio area

**Cincinnati VAMC**  
3200 Vine St.  
Cincinnati, OH 45220  
513-861-3100 or 1-888-267-7873

**Bellevue, KY CBOC**  
103 Landmark Drive, 3rd Floor  
Bellevue, KY 41073  
859-392-3840

**Clermont County CBOC**  
4600 Beechwood Road  
Cincinnati, OH 45244  
513-943-3680

**Dearborn, IN CBOC**  
1600 Flossie Drive  
Greendale, IN 47025  
812-539-2313

**Florence, KY CBOC**  
7711 Ewing Blvd.  
Florence, KY 41042  
859-282-4480

**Georgetown CBOC**  
4903 state Route 125  
Georgetown, OH 45121  
937-378-3413

**Hamilton CBOC**  
1750 South Erie Highway  
Hamilton, OH 45011  
513-870-9444

## Western Ohio area

**Dayton VAMC**  
4100 W. Third St.  
Dayton, OH 45428  
937-268-6511

**Lima CBOC**  
1303 Bellefontaine Ave.  
Lima, OH 45804  
419-222-5788

**Middletown CBOC**  
4337 N. Union Road  
Middletown, OH 45005  
513-423-8387

**Richmond, IN CBOC**  
4351 S. A St.  
Richmond, IN 47374  
765-973-6915

**Springfield CBOC**  
512 S. Burnett Road  
Springfield, OH 45505  
937-328-3385

## Central Ohio

**Columbus VAACC**  
420 N. James Road  
Columbus, OH 43219  
614-257-5200

**Grove City CBOC**  
1955 Ohio Drive  
Grove City, OH 43123  
614-257-5800

**Marion CBOC**  
1203 Delaware Ave.  
Corporate Center 2  
Marion, OH 43302  
740-223-8809

**Newark CBOC**  
1855 West Main St.  
Newark, OH 43055  
740-788-8329

**Zanesville CBOC**  
2800 Maple Ave.  
Zanesville, OH 43701  
740-453-7725