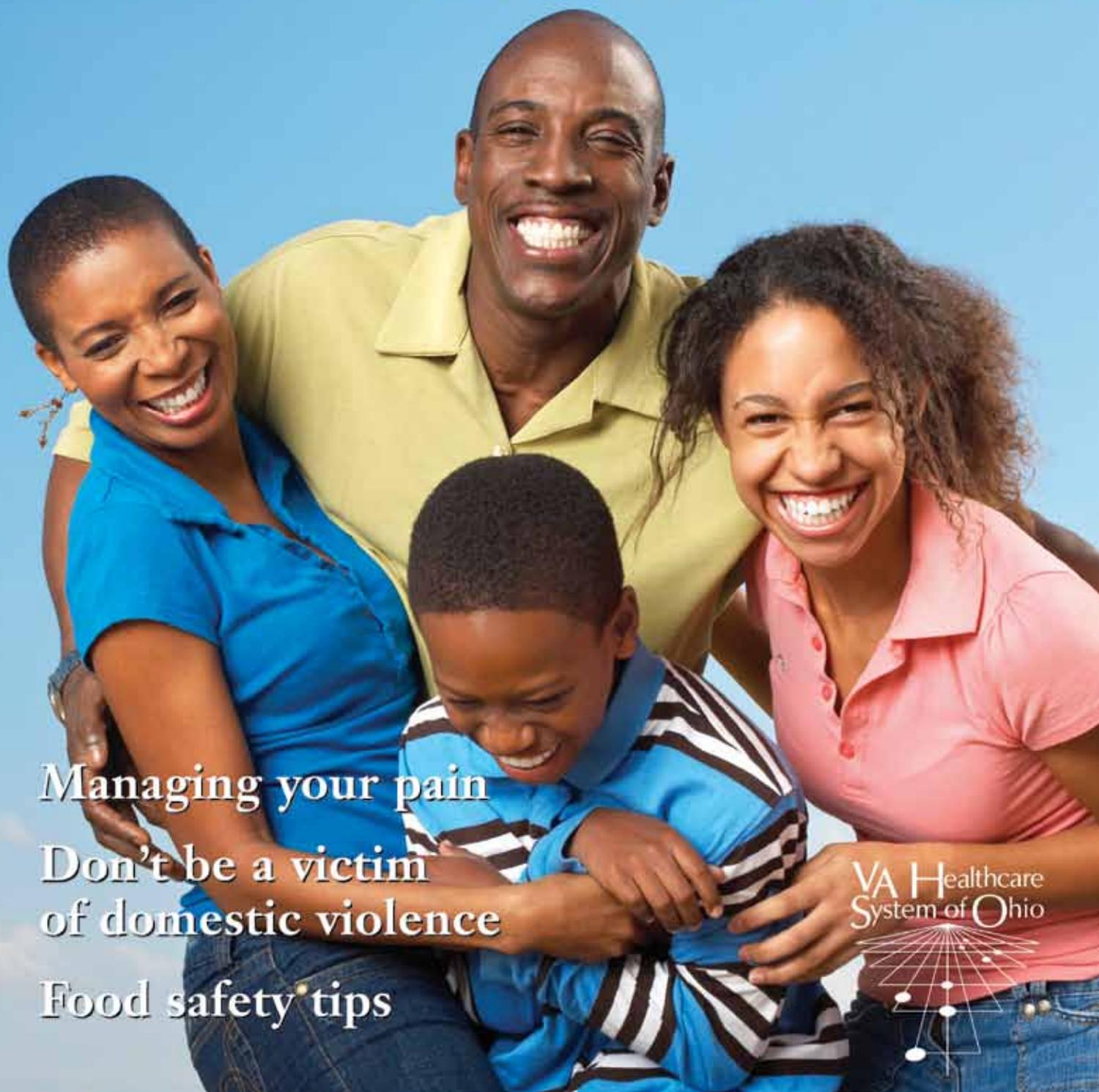


SUMMER • 2013

# Veterans' Health

THE WELLNESS MAGAZINE  
FOR OHIO VETERANS



Managing your pain

Don't be a victim  
of domestic violence

Food safety tips

VA Healthcare  
System of Ohio



## To our readers

Summer is here, and everyone is heading outside to enjoy the warm weather. This issue focuses on keeping Veterans and their families safe and pain free so they can enjoy their outdoor activities.

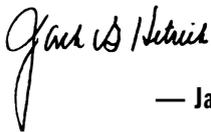


On page 3, learn how you can keep all your health records up to date and track your progress in reaching your health goals

by using My HealtheVet's Blue Button. Many Veterans are finding that using new technologies improves wellness and their access to health care. Managing a chronic health problem or losing weight can be easier with a Health Buddy. See how you can use your computer or phone to improve your health with VA's Telehealth program (page 4). Taking certain drugs for chronic pain can be dangerous. VISN 10 has new guidelines that ensure safe pain management (page 5).

Whether you're cooking food for a picnic (pages 8 and 9), planting your garden (page 10) or planning a sunny day at the beach (page 11), we at VISN 10 want you to stay healthy. VA is also here to help any Veteran who faces domestic violence. Learn what you can do to help yourself, and remember, support is just a phone call away (pages 6 and 7).

Enjoy your summer and stay safe!



— Jack Hetrick, Network Director

*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.

## 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



## 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**.

## Changing our approach to chronic pain management

Veteran safety is our top priority. Our goal is for you to lead as healthy a life as possible. People who take high doses of some types of pain medicines, as well as those who take opioids for pain along with antianxiety medication, have significant risks for overdose.

VA has new guidelines approved for the treatment of noncancer chronic pain. If this affects you, your provider will talk with you about the risks and benefits of your treatment options. Be sure to read the articles on pain in this issue (pages 5 and 10), and in the fall issue about the management of pain.

### Veterans' Health Editorial Board

**Kristen Fortner Anderson**  
Dayton VAMC

**Debbie Page**  
VA Healthcare System of Ohio

**Joyce Seltzer**  
Cincinnati VAMC

# Blue Button enhancements are here!

Need test results? Your VA health care team notes? Use the VA Blue Button with a My HealthVet premium account and you can:

- see your VA health record information, including VA OpenNotes and test results
- download and share your information with those you trust
- boost your knowledge about your health issues and your health care
- be better prepared for visits and communication with your VA health care team

VA Blue Button, available on My HealthVet at [www.myhealth.va.gov](http://www.myhealth.va.gov), offers an easy way to view, print or download your health record when you want and need it. Need a list of your medications? Want to read the note from your last doctor's visit? Whatever you choose.

VA Blue Button will help you see your progress in reaching your health goals. VA Blue Button and VA OpenNotes are designed to give you greater control of your health care. Additional features are now available through My HealthVet's Blue Button that allow you to access:

- VA OpenNotes: view health care team notes written during appointments or hospital stays from Jan. 1, 2013, to present

- VA problem list: a list of active health issues
- VA laboratory results: results of chemistry, hematology and microbiology tests
- VA pathology reports: results of tests and procedures (surgery, pathology, cytology, electron microscopy, etc.)
- VA electrocardiogram (EKG) lists: a list of EKG studies
- VA radiology reports: results of imaging and radiology studies
- VA vitals and readings: blood pressure, heart rate, blood sugar readings, etc.
- VA demographics: personal information on record with VA (e.g., address, telephone number, health insurance)
- VA admissions and discharges: a list of hospital stays and discharge summaries
- Self reported food and activity journals: self entered information
- VA CCD: a communication tool that contains essential health and medical care information in an .XML (extensible mark up language) file format



## Learn more!

For more information about VA Blue Button, visit [www.va.gov/bluebutton](http://www.va.gov/bluebutton). Visit [www.myopennotes.org](http://www.myopennotes.org) to learn more about VA OpenNotes.

## Get a My HealthVet premium account

If you're a Veteran and use the VA Health Care System, you can register and upgrade to a My HealthVet premium account. Follow these two steps:

1. Register for My HealthVet at [www.myhealth.va.gov](http://www.myhealth.va.gov)
2. Get authenticated in person at a VA health care facility.

For more information, contact the My HealthVet coordinator at your local VA medical center.



Vets lose weight and stay active with broadcasted live sessions of "Be Active and MOVE!"

# Care closer to home

Even if you grew up before the Information Technology era, you can use VISN 10's Telehealth to improve your health. This latest technology brings health care closer to you, often as close as your own living room.

## Daily monitoring

Home Telehealth (HT) can help you learn what you can do to manage and improve your health. If you're in this program, you'll use in home devices, such as a Health Buddy, or in some cases your home computer and/or cellphone, to send daily information to a Care Coordinator. Your health problems are identified early, which can prevent a trip to the emergency room or admission to the hospital.

Cleveland Veteran Albert Del Bane enrolled in HT for his uncontrolled diabetes. "I was able to get my diabetes under control," says Albert. "I thank my Care Coordinator Karen Swain for this. I couldn't have done it alone. Help is here, don't be afraid to ask for it."

Chillicothe Veteran Claude Duty lost more than 60 pounds through the Weight Management

Dialogue. He was monitored and supported by his Care Coordinator Kimberly Newsome. "My Health Buddy helped me lose weight and keep it off," says Claude. "Just knowing other people were pulling for me helped a lot."

## More options

Clinical Video Telehealth (CVT) uses real time video conferencing. CVT links patients at one site with health care staff at another site. This can provide care that's as effective as an in office visit. CVT programs offer a range of health care choices, increased access to care, shorter wait times to get an appointment and less traveling.

"Be Active and *MOVE!*," an 8 week program, helps Veterans lose weight and become more active. Live sessions are broadcast to VISN 10 CBOCs. In the first class, 99 percent of those enrolled lost weight! "When I started the program, I could only get around in my power chair," says Dayton Veteran Daniel Whittaker. "I lost 33 pounds and now use a cane at home. I still do the exercises. And I recommend this program to all my Vet friends!"

Telehealth's newest program, Clinical Video into the Home (CVH), allows real time care at home. A doctor must approve a Veteran for this program. The Veteran must agree to participate. An in home appointment is scheduled using the Vet's home computer. "We use CVH as an option for our Veterans living at the Scenic Pointe Nursing Home in Millersburg. It's an effective, convenient way for me to provide care," says Cleveland psychiatrist A. Daniel Hatchett, M.D. "Millersburg is a 4 hour round trip from my practice at the Akron CBOC. The program has saved a lot of travel time, which I now use to see more patients. But most of all, Veterans enjoy using this leading edge form of health care delivery."

## Use this new health care tool

For more information about these and other programs, contact your local Facility Telehealth Coordinator.

# Managing chronic noncancer pain

## VISN 10 keeps Veterans safe

The Centers for Disease Control and Prevention reports that drug overdose death rates in the United States have more than tripled since 1990.

Drugs prescribed for pain are very powerful, therefore they can be dangerous. These drugs can create feelings of euphoria. They can cause physical dependence and, in some people, lead to addiction. Opioids can cause sedation and slow down a person's breathing. This puts people at risk for serious side effects or even death.

We know that Veterans' service experiences often place them at higher risk for chronic pain problems. And they have a higher risk for post traumatic stress disorder (PTSD) as well. Benzodiazepines are often prescribed to treat PTSD symptoms. When benzodiazepines are used along with opioids to treat chronic pain, the risk for serious side effects is greater.

### Commonly abused medications

Opioids, drugs derived from the opium poppy used for pain relief. Examples include:

- codeine
- fentanyl (Duragesic)
- hydrocodone (Vicodin)
- methadone
- oxycodone (OxyContin and Percocet)

Benzodiazepines, central nervous system depressants used as sedatives to induce sleep and relieve anxiety. Examples include:

- alprazolam (Xanax)
- diazepam (Valium)
- lorazepam (Ativan)



### VISN 10 guidelines

Because of the dangers that are present when opioids are used to manage chronic noncancer pain, VISN 10 has put in place new practice guidelines. These guidelines require providers to review their patient's pain plan of care and identify any risks, including the amount of opioids prescribed. When benzodiazepines are used along with opioids to manage anxiety or sleep problems, this is also reviewed.

Chronic low back pain is a problem that has often been treated with opioids. Non drug therapies are shown to be helpful in relieving low back pain. Veterans will be shown exercises that can help better manage their pain.

Opioid doses will be adjusted to safer ranges. State Prescription Drug Monitoring programs will be used to gather data about those at highest risk. Providers will discuss with their patients whether benzodiazepines or opioids are the best treatment for dealing with their issues.

VISN 10 Guidelines will help ensure safer pain management. The goal is to reduce the risks of overdose and death from these dangerous drugs. If you are taking these drugs for chronic noncancer pain, you can expect your provider to review your pain plan. You will be offered newer, more effective ways to help you manage noncancer pain.

### To learn more

For more information about the pain epidemic, visit [www.cdc.gov/homeandrecreational/safety/rxbrief/](http://www.cdc.gov/homeandrecreational/safety/rxbrief/) or [www.healthyohioprogram.org/vipp/drug/dpoison.aspx](http://www.healthyohioprogram.org/vipp/drug/dpoison.aspx). For questions or concerns, contact Mary Davidson, M.S.N., R.N., CHPN, VISN 10 Pain Management Lead, at [mary.davidson2@va.gov](mailto:mary.davidson2@va.gov).



# Domestic violence

## What you should know

**D**omestic violence is a pattern of intentionally harmful behaviors or threats used by a person to overpower and control his or her spouse or partner. Examples include:

- **Physical:** Hitting, biting, pinching, hair pulling, grabbing, shoving, forcing alcohol or drugs on a partner
- **Sexual:** Forced sex (including marital rape), treating someone in a sexually demeaning manner
- **Emotional:** Name calling, constant criticism
- **Economic:** Withholding access to money, not letting someone attend school or work
- **Psychological:** Making threats of physical harm to self or partner, children or family/friends, destruction of property, forcing isolation from family/friends or school/work

## How common is domestic violence?

Most people know someone who is a victim of domestic violence. One in 4 women and 1 in 9 men will be a victim of domestic violence over the course of their lifetime. More than three women are

murdered by their husbands or boyfriends daily in the United States.

Women Veterans and active duty military personnel are more likely to have experienced domestic violence. Thirty to 44 percent of active duty women and 39 percent of women Veterans have experienced domestic violence during their lifetimes.

## Risk factors

The risk factors for domestic violence are listed below. Not everyone with these risk factors becomes a victim of domestic violence.

- **Individual:** Low self esteem, low income, young age, heavy drug or alcohol use, belief in strict gender roles, being a victim of physical or psychological abuse
- **Relationship:** Power and control over the relationship by one person over the other, economic distress, unhealthy family relationships
- **Community:** Poverty, lack of community intervention
- **Societal:** Traditional gender norms (beliefs that women should be submissive and stay at home)

## Help is available

Each VA has a full time Women Veterans Program Manager. She can help coordinate all the services you may need that relate to domestic violence or other kinds of care. This includes help with safe housing or shelter or medical and mental health care.

For housing or shelter, contact your nearest VA and ask for the Social Work Service or the VA homeless coordinator.

**Military Sexual Trauma (MST):** If relationship violence occurred while you were in the service, you can contact your nearest VA to speak with the Military Sexual Trauma (MST) Coordinator. Every VA has staff trained in the treatment for the aftereffects of MST.

Immediate help is also available 24 hours a day. See “Help is a phone call away.”

## Staying safe

Only you know what is safe for you and your family. Listed below are safety plans that could help you or someone you know:

- Check your home for safe rooms. Avoid rooms with weapons (kitchen) and with no exits.
- Establish a code word to use as a signal to family and friends. They will know if you use that word that

you are in trouble and need help.

- Pack a suitcase with items that you will need if you decide to leave your abusive situation. Pack birth certificates, social security cards, money or other items you think you will need. Hide your suitcase in a place where the abuser cannot find it.
- Make an emergency contact list that might include a shelter. Try to memorize as many of these numbers as you can.
- Think about talking to your neighbors about when to call the police if they hear loud fighting or yelling coming from your house.

## Help is a phone call away

The phone numbers listed below are available 24 hours a day, seven days a week. In case of an emergency, keep these numbers where you can find them.

- Call 911
- National toll free 24 hour Domestic Violence hotline: **1-800-799-SAFE (7233)**; [www.ndvh.org](http://www.ndvh.org)
- National Sexual Assault Hotline: **1-800-656-HOPE (4673)**; [www.rainn.org](http://www.rainn.org)

# WOMEN VETERANS HEALTH CARE

*You served, you deserve  
★ the best care anywhere.*



## New women Veterans hotline

On April 23, the VA launched its new Women Veterans hotline, **1-855-VA-WOMEN (1-855-829-6636)**. This call center receives and responds to questions from women Veterans across the nation about VA services and resources.

Since 2000, the number of women using VA health care has more than doubled, from 160,000 to more than 360,000 in 2012. Women now make up 15 percent of active duty and 18 percent of Guard/Reserves service members. Based on the upward trend of women in all branches of service, the number of

women Veterans and female VA users will most likely double again in the next decade.

Women Veterans underuse VA care. This is largely due to a lack of knowledge about VA benefits and services. Call center agents who can help you use VA services and are informed about eligibility, benefits, health care and other services. Agents can route calls within VA as needed and are also trained to respond to crisis situations such as suicidal behavior, homelessness, sexual trauma and domestic violence. VA aims to meet the unique needs of our women Veterans.

# Food safety tips

## Don't get bugged

**A**nts, flies and wasps might not be the only uninvited “bugs” at your next picnic or summer reunion. Food poisoning, or foodborne illness, results from eating or drinking food and beverages contaminated with bacteria or their toxins, parasites, fungi or viruses. Food poisoning increases during summer months but can occur year round. The Centers for Disease Control and Prevention estimates 1 in 6 Americans get sick annually and 3,000 die of foodborne illness.

### What are the symptoms of foodborne illness?

Some common symptoms of food poisoning are nausea, vomiting, abdominal cramps, diarrhea, fever and jaundice. Symptoms usually appear within a few hours, but some can take days to develop. Fortunately most individuals will recover without lasting effects. Some serious effects include: renal failure, chronic arthritis, brain and nerve damage and death. See a doctor immediately if you don't seem to be improving or if you have more serious problems.

People at greatest risk for foodborne illness are young children, older adults and those with lower immune function. A foodborne illness outbreak occurs when two or more people experience the same illness after eating the same food. It's important to report suspected illness from food to your local public health department.

### How can you protect yourself?

Purchase food from reputable sources. Avoid rusted, dented or bulging canned goods. Don't purchase bruised or damaged fresh produce. Steer clear of buying packages that are open or have been tampered with. Look for expiration dates. Follow recommended storage guidelines. Also follow the four basic food safety steps: clean, separate, cook and chill.

### Step 1. Clean

- Wash hands and surfaces that come in contact with food often. Half of all cases of foodborne illness could be eliminated with proper hand washing. Hand washing should take about 20 seconds or singing two rounds of “Happy Birthday.” Dry hands with a clean paper towel or dish towel.
- Keep appliances, countertops, cutting boards and utensils clean. Use hot soapy water.
- Wash fresh fruits and vegetables under running tap water. For firm produce, scrub with a clean produce brush. Bacteria can spread from the outside to the inside with cutting or peeling. Cut away damaged or bruised areas. Remove and discard outer lettuce leaves. Dry produce with a clean cloth or paper towel.

### Step 2. Separate

- Cross contamination occurs when pathogens “cross” from one food to another or pass from surfaces, like utensils or equipment, to food.
- Keep raw meat, poultry and seafood separate from produce and ready to eat foods while shopping, preparing and storing food at home. Pack it in plastic bags to prevent the juice from leaking in grocery totes and onto other foods. Store raw meat, poultry and seafood in secure containers on the bottom shelf of the refrigerator to prevent dripping onto other food.
- Clean cutting boards between uses for raw meat, poultry and seafood. Use different cutting boards or clean cutting boards before using them for fresh produce and other ready to eat foods.
- Once meat has been cooked, don't put it back onto an unwashed plate that held the raw meat. Never use the same unwashed knife or other utensils used for raw meat, poultry and seafood on cooked meat, produce or other ready to eat foods.

### Step 3. Cook

- Color or texture isn't a reliable indicator of doneness. Foods must be cooked to a high enough internal temperature to kill harmful bacteria. Use a food thermometer. Steaks, roasts and chops (beef, pork, veal and lamb) should reach 145 F; ground meat (beef, pork, veal or lamb) 160 F; all poultry, 165 F; leftovers and casseroles should be heated to 165 F.
- Microwave food thoroughly using microwave safe containers.

### Step 4. Chill

- Refrigerate foods quickly. Harmful bacteria can grow rapidly at room temperature. According to ServSafe®, the temperature danger zone is 41 F to 135 F with bacteria growing even faster between 70 and 120 F.
- Foods should be refrigerated within two hours or within one hour if the temperature is 90 degrees or above. When shopping, buy cold foods last and bring them directly home from the store. Always refrigerate or freeze perishable foods within two

hours. Eggs should be stored in their original container on the refrigerator shelf. Thaw meat in the refrigerator, under running water or in the microwave. Food defrosted under running water or in the microwave should then be cooked immediately. Don't thaw food at room temperature.

- Remember you can't necessarily see, smell or taste if food is contaminated. But if food looks or smells questionable, don't taste it. When in doubt, throw it out!

## Are you food safety savvy?

To learn more (including temperature and storage recommendations) and to view "how to" videos, visit [www.HomeFoodSafety.org](http://www.HomeFoodSafety.org), [www.foodsafety.gov](http://www.foodsafety.gov) or [www.fightBAC.org](http://www.fightBAC.org). You can also download the free app "Is My Food Safe?" at [www.HomeFoodSafety.org/app](http://www.HomeFoodSafety.org/app).



# What you need to know about back pain

## Good habits are the best prevention!

**M**ore than 4 out of 5 people will experience low back pain in their lifetime. As the days get longer and the weather warms up, many Americans head for the outdoors, engaging in yard work and gardening. But a full day in the garden squatting, lifting, digging and twisting can result in painful spasms if your back isn't as prepared as your garden beds.

### Don't let back pain keep you out of action this summer!

Low back pain can have many causes: excess weight, poor posture, muscle tension from unrelieved stress, muscle strain, a torn ligament or a herniated disk can all contribute to back pain. However, the primary contributing factor for low back pain is an inactive lifestyle, which may occur over the long winter months. Most cases of low back pain are mild, with the person recovering on his or her own. Prevention is the key to reducing your risk and ensuring a healthy and productive summer.

If you're currently experiencing back pain, remember to stay active. Do as much of your normal activities as possible; lengthy bed rest can actually slow down your recovery time.

If your pain lasts more than a few days or increases over time, contact your health care provider who may suggest a referral to a physical therapist for an individualized back care program.

### What you can do now to minimize your risk

- **Begin slowly.** Split tasks into shorter sessions as you build up your stamina. Like any exercise program, warm up before you start: try some gentle exercises such as back bends, leg lifts, pumping your ankles and hip circles.
- **Take breaks often** and change your body position every 15 to 20 minutes.
- **Pay attention to good body mechanics.** Keep

tools and heavy equipment close to your body.

- **Bend your knees, not your back**, so you keep the normal curve of your spine while you bend, lift or reach.
- **Sit on a small stool or chair when doing prolonged tasks**, such as weeding, to reduce strain through the hips and knees.
- **Consider raised flower beds or container gardens** to reduce repetitive bending.
- **Pay attention to what your body is telling you.** Don't work through pain.



### Don't suffer in pain

**C**ontact your health care provider if pain lasts more than a few days or gets worse. If you experience numbness and tingling in your inner thigh or groin area or loss of control of your bowel or bladder in addition to your back pain, seek help immediately.

# Summer skin safety

## Are you aware of the dangers?

**D**id you know that 1 in 5 Americans will get skin cancer over the course of their lives? Skin cancer is the most common type of cancer in the United States. Each year, 3.5 million cases of skin cancer are diagnosed.

Follow these tips to keep your skin healthy while you enjoy the outdoors:

- Seek the shade, especially between 10 a.m. and 4 p.m.
- Do not burn.
- Avoid tanning beds and UV tanning booths.
- Cover up with clothing, including a broad brimmed hat and UV-blocking sunglasses.
- Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water resistant, broad spectrum sunscreen with an SPF of 30 or higher. Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating.
- Keep newborns out of the sun. Sunscreens



should be used on babies over the age of 6 months.

- Examine your skin every month from head to toe. Report any odd moles, spots, bumps or sores that won't heal to your doctor.
- See your health care provider every year for a thorough skin exam.



## Communication is key

**A**sk Me 3 was developed by the National Patient Safety Foundation. This program promotes communication between health care providers and patients in order to improve health outcomes. We encourage you to ask your doctor or health care team these three questions:

- What is my main health problem?
- What do I need to do?
- Why is it important for me to do this?

It's important to ask these questions every time

you have an appointment. And make sure you understand the answers to these three questions. If you don't understand something—speak up!

Studies show that people who understand health instructions make fewer mistakes. They're able to safely take their medicine. They're better prepared for tests and procedures. Ask Me 3 is key to managing your health and wellness.



# 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**  
1703 N. Memorial Drive  
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