

Susquehanna health

A free publication
for your good health,
compliments of
Susquehanna Health

Fall 2008

Another
reason
to trust
Susquehanna
Health



Vascular health
See page 6

Calendar inside!
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 **Susquehanna Health**
The art of caring. The science of healing.



TUGging along!

At The Williamsport Hospital & Medical Center, we have recently implemented an automated robot system, called TUG, for assisting with numerous support service activities. These activities include trash and soiled linen removal, soiled dietary tray removal, delivery of floor stocks, and delivery of some materials from receiving. The unique robots can wirelessly open doors and call the elevator, and they will immediately stop for people and objects in their path.

TUG is just one more example of how Susquehanna Health uses

advanced technology to help our employees do their jobs more efficiently. Aethon, a Pennsylvania-based company and leading maker of practical, dependable courier robots for hospitals, created TUG.

ARAMARK, SH's partner for a variety of services, including food, clinical technology and facility services, is providing and maintaining five of these robots at no cost as a test program. During the test program, ARAMARK will study the actual benefits, such as efficiency, and patient, employee and nursing satisfaction.

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The Williamsport Hospital & Medical Center receives national award

Study notes patients are safer here than in most hospitals across the nation

By Ellen Melley

SUSQUEHANNA HEALTH'S Williamsport Hospital & Medical Center (TWH&MC) is one of only 249 hospitals in the country to receive a 2008 Distinguished Hospital for Patient Safety™ Award from HealthGrades*, the nation's leading healthcare ratings company. This distinction reflects the hospital's performance among the top five percent of the nation's 5,000 hospitals for patient safety outcomes.

For the study, HealthGrades reviewed 41 million Medicare patient records and found that patients treated at top-performing hospitals, such as TWH&MC, had, on average, a 43 percent lower chance of experiencing one or more medical errors compared to the poorest performing hospitals. What this means is that if all U.S. hospitals had performed at the level of HealthGrades 2008 Distinguished Hospitals for Patient Safety, approximately 220,106 patient-safety incidents and 37,214 Medicare deaths could have been avoided, saving the U.S. approximately \$2 billion between 2004 and 2006.

"This award reflects the outstanding commitment and attention to detail by our physicians and employee service partners in an area of critical

importance that affects all of our patients: patient safety," says SH President and CEO **Steven P. Johnson**. "Residents

of our region can have confidence in our clinical excellence as this distinguished award ranks us as one of the best in the nation. It is an honor to be grouped with leading healthcare institutions who also received this recognition."

"It also demonstrates that we are leading the way in reducing costly errors and improving patient care," says Immediate Past President of City Medical Staff **William McCauley, M.D.** "As a critical care physician, I have confidence working with an organization that is committed to ensuring patients receive the safest possible medical care."

At the same time, TWH&MC was recognized as No. 1 in Pennsylvania for spine surgery and among the top five percent in the nation, according to the Tenth Annual HealthGrades Hospital Quality in America Study. This study analyzed patient outcomes at virtually all of the



Accepting the HealthGrades 2008 Distinguished Hospital Award for Patient Safety are (from left): Renee Rigal, M.D., chair of Patient Safety Committee; Candy Dewar, vice president, chief nursing officer and chair of Corporate Quality Council; William McCauley, M.D., immediate past president of City Medical Staff; and Steven P. Johnson, president and CEO.

Other physicians recognized during the event include Rodwan Rajjoub, M.D., medical director of Neurosurgery; Hani Tuffaha, M.D., neurosurgeon; Ronald DiSimone, M.D., orthopedic surgeon; Daniel Glunk, M.D., chief quality officer; and John Burks, M.D., medical director of the Heart & Vascular Institute.

nation's 5,000 hospitals over the years 2004, 2005 and 2006. TWH&MC is also recognized with five-star ratings, the top rating, in the following areas:

- » Back and neck surgery (five years in a row).
- » Spinal fusion.
- » Interventional heart procedures (four years in a row).
- » Treatment of heart attack.
- » Treatment of irregular heartbeat.

Details on both studies, as well as ratings for individual hospitals, are

"This distinguished award ranks us as one of the best in the nation."

—Steven P. Johnson, president and CEO

posted on HealthGrades' consumer website, healthgrades.com. We encourage you to compare us for quality, safety and cost on other leading healthcare websites, such as hospitalcompare.hhs.gov.

*HealthGrades Fifth Annual Patient Safety in American Hospitals Study

(orthopedics)



OUR REGION'S MOST

advanced ORTHOPEDIC CARE

By Tracy A. Haas

OUR REGION'S MOST technologically advanced orthopedic care is closer than you think. Susquehanna Health offers its orthopedic surgeons state-of-the-art options to provide leading-edge care to patients across the region. As a result, our patients receive the most advanced orthopedic procedures, ranging from joint replacements and revisions, sports injuries, and spine surgery.

COMPUTER NAVIGATION

Susquehanna Health is among the first in the region to offer this specialized technology that puts computers in operating rooms. Computer navigation equipment acts as an extension of the surgeon's eyes and hands because it provides real-time 3-D images of the hip or knee joint during implant alignment for a joint replacement.

Computer navigation is beneficial for individuals who have had previous fractures or bones that did not heal straight. With traditional surgery, it was often difficult to perform a knee or hip replacement surgery for these patients.



DIGITAL IMAGING ENSURES ACCURATE DIAGNOSIS

A wide variety of the newest digital imaging is available to our surgeons, including MRIs, CT scans and x-rays, enabling them to make an accurate diagnosis in the bones or joints with non-invasive techniques instead of having to open up a patient's knee to determine the problem. Add to this the convenience of picture archival and communications system (PACS) that records high-resolution images of x-rays, MRIs and CT scans into a digital file. The patient care team can securely access these files from any computer workstation in the hospital or from remote locations such as doctors' offices.

MINIMALLY INVASIVE SURGERY TECHNIQUES

Minimally invasive orthopedic surgery involves surgical techniques that enable the procedure to be performed through a smaller incision, requiring much less cutting of normal tissue. This smaller incision means less trauma to the underlying muscles and soft tissues, resulting in a smaller scar and, oftentimes, less postoperative pain. Minimally invasive approaches, such as arthroscopic techniques and mini-incisions, can be successful for repairing rotator cuff tears of the shoulder.

TECHNOLOGICALLY ADVANCED IMPLANT MATERIALS

In this great age of modern science, orthopedic implant technology for

total joint replacement is better than ever. SH follows this technology very closely to offer its patients the most advanced orthopedic implants possible.

Orthopedic implants are complex, and the materials used to make them—biomaterials—are highly developed. Biomaterials include titanium, cobalt-chrome, polyethylene and Trabecular Metal™ material. Whether you are considering a first time joint replacement or a revision of a prior joint replacement, no single implant technology works best for everyone—orthopedic surgeons evaluate each patient and carefully consider the type of implant that will work best for that person's unique situation.

GENDER-SPECIFIC KNEE IMPLANTS

A leading orthopedic implant manufacturer recently pioneered research to learn just what makes a properly fitting knee implant for women. The research showed it was not just about size, it was also about shape. Following this research, a gender-specific implant was created based on three distinct and scientifically documented shape differences between women's and men's knees: a thinner profile for women so the knee replacement feels natural, not bulky; more natural movement, allowing the implant to move more like the natural knee; and a contoured shape proportioned to fit women's anatomies. These implants are available to Susquehanna Health surgeons.



FOR MORE INFORMATION about orthopedic care, please make an appointment with one of our orthopedic surgeons who will help you determine an individualized course of treatment to provide an optimal outcome.

Get to know our orthopedic surgeons

Orthopedic care at Susquehanna Health means you have convenient, timely access to the finest doctors, all of whom have the most advanced training in a wide range of orthopedic procedures.

Susquehanna Bone & Joint Specialists

1705 Warren Ave.
Williamsport, PA 17701
Office: 570-322-0609

THOMAS C. CONNOLLY, M.D.



- » Minimally invasive total knee replacement.
- » Gender-specific knee replacement.
- » Minimally invasive total hip replacement.

» Back pain diagnosis and management. » Arthroscopic rotator cuff repair. » Hand surgery. » Carpal tunnel surgery. » Workers' compensation—evaluation and treatment.

RONALD E. DISIMONE, M.D.



- » Back fusion.
- » Minimally invasive total knee replacement.
- » Gender-specific knee replacement.
- » Minimally invasive total hip replacement.

» Arthroscopic rotator cuff repair. » Shoulder and knee arthroscopic surgery. » Carpal tunnel surgery. » Workers' compensation—evaluation and treatment.

Susquehanna Physician Services—Susquehanna Orthopedic Services

1705 Warren Ave., Suite 103
Williamsport, PA 17701
Office: 570-320-7575

MICHAEL HOFFMAN, M.D., M.S.



- » Total hip and knee revision, fellowship trained.
- » Total knee replacement with computer navigation.
- » Gender-specific knee replacement.

» Minimally invasive total knee replacement. » Partial knee replacement. » Total hip replacement, resurfacing.

West Branch Orthopedics & Sports Medicine

699 Rural Ave., Suite 101
Williamsport, PA 17701
Office: 570-322-3640

JOHN H. BAILEY, M.D.



- » Total knee replacement with computer navigation.
- » Gender-specific knee replacement.
- » Total hip replacement with computer navigation.

» Arthroscopic shoulder surgery, including labrum and rotator cuff repair. » Minimally invasive total knee replacement.

PATRICK J. CAREY, D.O.



- » Sports medicine, fellowship trained.
- » Diagnosis and treatment of knee injuries, arthroscopic meniscus and ligament

surgery. » Total knee replacement. » Shoulder surgery—reconstructive and rotator cuff. » Throwing injuries of elbow and shoulder. » Carpal tunnel surgery.

MARK A. RACKISH, M.D.



- » Total hip replacement, tailoring technology to the patient.
- » Total knee replacement with computer navigation.

» Total shoulder replacement. » Orthopedic hand surgery.

CRAIG L. STABLER, M.D.



- » Sports medicine, fellowship trained.
- » Knee ligament injuries and ACL reconstruction; arthroscopy of the knee.

» Total knee arthroplasty, including minimally invasive procedures. » Carpal tunnel surgery. » Shoulder surgery; instability and rotator cuff.

What our patients are saying about us*

*Patient Satisfaction Surveys, 4 West, June 2007–June 2008

What is the likelihood you would recommend TWH&MC to friends or family?

91.2%

94.9%

How well did we instruct you on how to care for yourself at home?

94.4%

How would you rate the overall nursing care you received?

How would you rate the degree to which you felt safe from medical errors?

91.4%

95.5%

How would you rate the overall care provided by your doctor(s)?

94.2% How would you rate the overall care and services you received while a patient at The Williamsport Hospital & Medical Center (TWH&MC)?

How well did we do controlling your pain?

91.7%



Doctors discuss vascular health

By Gwynne Kinley

SYMPTOMS OF VASCULAR disease often go unnoticed or are mistaken for something else. Peripheral vascular disease (PVD), especially abdominal aortic aneurysm (AAA), can be fatal if undetected or lead to serious complications like heart attack or stroke.

The good news is that both PVD and AAA can be easily detected through routine and relatively inexpensive screenings. SH Heart & Vascular Institute surgeons **Karla Anderson, M.D.**, medical director of Vascular Surgery, and **A. Tayfun Gurbuz, M.D.**, medical director of Cardiothoracic Surgery, recently set aside time to answer some common questions about these diseases.

VITAL VESSELS

Q: What is peripheral vascular disease (PVD)?

Dr. Gurbuz: Peripheral vascular disease is a common name for the diseases

that involve blockages in the arterial system other than the heart. Blood vessels that carry clean blood to areas of the body—such as the legs, kidneys, brain and bowels—get blocked, mostly due to the hardening of the arteries, a condition called *arteriosclerosis*. It is, unfortunately, the disease of the century. The hardening of the arteries is due to waxy deposits, called *plaque*, that form in the vessel due to high cholesterol, high fat, calcium, tobacco and blood clots.

Q: Are there common symptoms for PVD?

Dr. Anderson: The most common symptom of PVD is trouble walking. Symptoms can also include pain, muscle cramps, fatigue and weakness. Some patients describe the symptoms as their legs giving out. Symptoms occur with walking and are often relieved with rest. The symptoms of carotid vascular disease, or the

narrowing of arteries in the neck that supply the brain with blood, are TIAs, or transient ischemic attacks, and stroke. TIAs have symptoms similar to strokes that go away and serve as warning signs. The problem is that not everyone gets these warning signs.

Q: What are the risk factors for PVD?

Dr. Anderson: The risk factors include smoking or tobacco use, high blood

Screenings for PVD and AAA are relatively inexpensive and can help you avoid serious complications like heart attack or stroke. Turn to the calendar on page 13 for screening details.

pressure, high cholesterol and a family history of the disease.

Dr. Gurbuz: If you are diabetic and a cigarette smoker, you are guaranteed to have some sort of blockage in these arteries.

Q: How is PVD diagnosed?

Dr. Anderson: Medical history and physical examination are the mainstays for diagnosis.

Dr. Gurbuz: The first test we do is called a NIAL, a non-invasive arterial study that is an ultrasound study. Blood pressure cuffs are placed on the leg to measure blood pressure in different locations. When there is a severe drop in the blood pressure from one cuff to another, the blockage has been located. The next step is an arteriogram where dye is injected into the artery and pictures are taken. Basically, we create a road map of the arteries so we can plan how to increase blood flow to the affected area.

Q: What are the most common treatments for the disease?

Dr. Anderson: The first step is to address the risk factors, and then, depending on the severity, options for treatment include angioplasty or ballooning; repairing the vessel with a stent; laser and cryotherapy (use of a balloon with nitrogen to freeze the area and kill the cells); or atherectomy (the shaving off or removal of plaque). Surgical procedures include endarterectomy—the surgical removal of plaque or bypass.



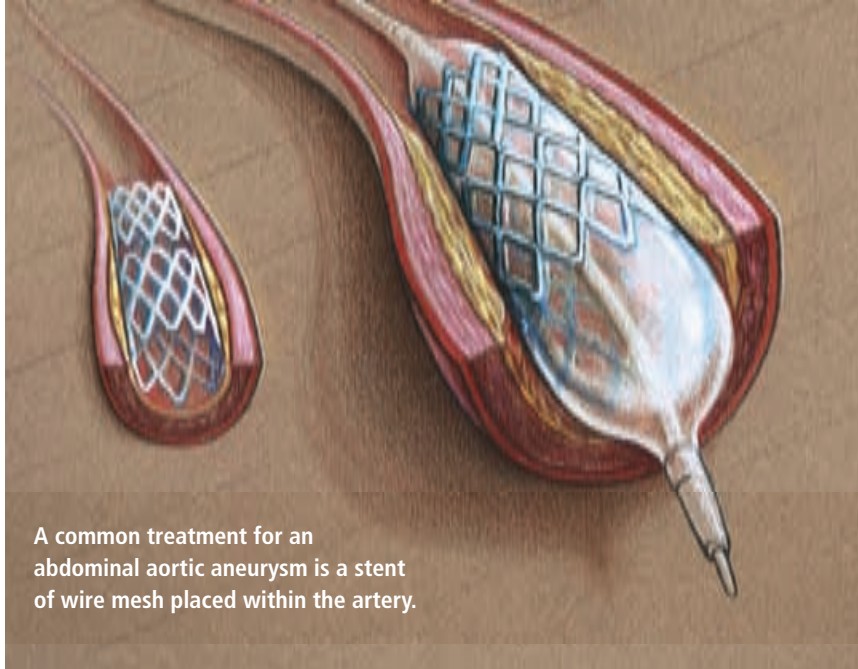
Normal aorta (left) and an abdominal aortic aneurysm

ARTERY ALERT

Each year, 15,000 Americans die unexpectedly from an abdominal aortic aneurysm (AAA). These aneurysms are most often caused by atherosclerosis, which, left untreated, could lead to a ruptured artery. Since the majority of people with this disease have no symptoms, the mortality rate is as high as 80 percent. Questions about AAAs, including who is at risk and how they are detected and treated, are answered below.

Q: What is an abdominal aortic aneurysm?

Dr. Anderson: This is a weakening in the wall of the abdominal artery that, over time, expands or progresses to a point where rupture is a risk. This is similar to the inner tube inside the



A common treatment for an abdominal aortic aneurysm is a stent of wire mesh placed within the artery.

tire on a bicycle; when the tube gets weak, you realize you need to replace it or it's going to pop.

Q: Who is most at risk for an AAA?

Dr. Anderson: Individuals who are most at risk are males who smoke or have smoked and are over 60 years of age. Also included are those who have a family history of the disease.

This is not to say that individuals in other categories aren't at risk: AAA can also be seen in women and younger people too.

Q: Are there symptoms of AAA?

Dr. Gurbuz: Most of the aneurysms are asymptomatic, meaning they do not have symptoms. In about 95 percent of cases, you may have no idea there is an aneurysm. Most of the time, they are discovered while looking for something else, like during an ultrasound for a gallbladder disease or abdominal



X-ray of an abdominal aortic aneurysm

pain, or for an MRI for a patient with back pain or during a physical examination when a doctor feels a pulsating mass in the patient's stomach.

Q: How is an AAA detected?

Dr. Anderson: After physical examination, ultrasound is the easiest and most cost-effective method. A CT scan is the most thorough because it allows us to see the aorta and all of its branches.

Q: What are the methods for treating an AAA?

Dr. Gurbuz: If the aneurysm is small, we monitor it and tell the patient so they can modify their lifestyle. They have to quit smoking; they have to control their blood pressure, lower their cholesterol, follow an exercise program and control other risk factors, such as diabetes. It has been shown that controlling the risk factors might slow down the progress of the aneurysm.

Dr. Anderson: When an aneurysm is 5½ cm or larger, we use good old-fashioned open surgical repair. The newer therapy is the endovascular approach in which we use a stent of wire mesh with a Gore-Tex cover. The stent is loaded on a catheter, placed within the artery wall at the site of the aneurysm and expanded to fit the space. This creates a new path for blood flow, excluding the aneurysm.



FREE SCREENINGS for Medicare patients! To learn more about PVD and AAA, talk to your doctor or call the Heart & Vascular Institute at The Williamsport Hospital & Medical Center to schedule a screening: **570-321-2700** or **800-243-1002**.

A bright forecast for regional healthcare

Susquehanna Health employees, volunteers and the community invest in *Count On Us For Life* Campaign



By Gwynne Kinley

IT HAS BEEN SAID that actions speak louder than words. So when it comes to quality healthcare, it is comforting to know that Susquehanna Health employees and volunteers who serve patients on a regular basis believe in the future of the health system enough to invest their money in it.

Susquehanna Health Foundation is pleased to announce its \$12.5 million *Count On Us For Life* Capital Campaign. Over \$5 million has already been raised to support Project 2012, the health system's \$250 million master facility plan to upgrade patient service technology and expand service areas, including operating rooms, the Emergency department, the Cancer Center and the Heart & Vascular Institute.

OUTPOURING OF GENEROSITY

Internal family support for the project has been impressive, with over \$1.5 million donated or pledged by employees and auxiliary members. Some of the \$800,000 pledged by the auxiliaries has already helped to furnish the Cancer Center. A portion of more than \$753,000 donated by nearly half of the health system's employees has been used to beautify the Cancer Center with a healing garden designed to benefit the health and well-being of patients and their families.

"Participating in this successful effort with our employees to give even more to their patients, community

and fellow workers has been a welcome reminder of the amazing teamwork at Susquehanna Health," says Lynn Sauers, R.N., SH coordinator of Risk Management and chair of the Divine Providence Hospital Tree of Life Employee Giving Committee.

This three-year campaign, guided by a Development Council of volunteers and local leaders, has also received tremendous support from the community, with a dozen signature gifts, each more than \$100,000, and donations from businesses, including \$125,000 from Muncy Bank & Trust Company and \$75,000 from Jersey Shore State Bank.

Families and individuals throughout the region are already contributing to this campaign because they envision the impact a state-of-the-art regional health system will have on our communities.

"After touring the three existing hospital facilities, it became apparent to us that major upgrades are needed, and this community deserves the very best in healthcare," say contributors Albert and Judy Styracula. "We intend to do what we can to help this project become the community's proud heritage for now and for future generations."

"We are pleased to see such a generous outpouring of support coming from our employees and volunteers,

as well as from so many individuals, families and businesses throughout our communities," says President and CEO Steven P. Johnson. "The return on these investments is quality healthcare in state-of-the-art facilities that will touch the lives of every individual in the region for generations to come."

MORE SUNNY DAYS AHEAD

Several projects in the first phase of the master facility plan are already completed or in development, including moving the Community Health Center and Dental Center to Hepburn Plaza, expanding Outpatient Rehabilitation at Muncy Valley Hospital, and renovating and expanding the Cancer Center. Plans for a new Energy Service Center, located at The Williamsport Hospital & Medical Center, were announced in early June. The Energy Service Center that will power the entire hospital serves as the foundation for the next phase of the project that includes a new patient tower, featuring single-occupancy rooms.

Beyond the renovations and expansions of Project 2012, this support reaps additional benefits, including the system's increased qualification for grant funding, stronger physician recruitment and the creation of nearly 300 additional jobs for our area.



FOR INFORMATION about Project 2012, or to make a donation to the *Count On Us For Life* Campaign, visit susquehannahealth.org or contact the Susquehanna Health Foundation at 570-320-7460. You can also use the envelope provided here to submit your contribution. We appreciate your support!

DESIGNED TO HEAL

...when we build, let us think that we build forever. Let it not be for present delight, nor for present use alone, let it be such work our descendants will thank us for...let us think as we lay stone on stone that a time is to come when those stones will be held sacred because our hands have touched them, and that men will say as they look upon the labor and wrought substance of them, 'See! This our fathers did for us.'

—John Ruskin, 1819 to 1900, *Seven Lamps for Architecture*

By Ellen Melley

SUSQUEHANNA HEALTH Vice President of Facility Development **Rita Spangler** agrees with Ruskin's sentiments: "These words touch the root of what we are doing with Project 2012, our \$250 million endeavor to assure excellent delivery of healthcare for the future of our community and its families."

Project 2012, however, embraces a concept that Ruskin could never have conceived—the design of some structures can actually promote a healing environment and advance the science of healing.

"While some things just feel right, other things actually are right," says **Collin Beers**, principal of Granary Associates. "Architectural firms that specialize in designing hospitals have learned the value of one physical configuration versus another. Susquehanna Health's current facility designs incorporate many of the principles and practices documented by their organizations."

Here are some things that can promote a healing environment:

» **Privacy.** Privacy is not just in patient rooms but virtually everywhere in the facility. Privacy makes people less anxious and allows caregivers and

patients to talk frankly. There are no roommates to compromise sleeping, eating and visiting. Privacy creates a quieter environment so patients can recover their health. It also helps reduce the spread of infection.

» **Uniformity.** This, rather than variety, is emphasized in patient care environments. This applies to the headwall of the patient rooms with medical gases and monitors as well as to the Emergency department and postsurgical areas. Standardization leads to familiarity and fewer errors, and ultimately increases flexibility and easy adoption by staff from one unit to another.

» **Choice.** Giving patients choices and control can improve outcomes. For example, patients can choose to congregate or contemplate, raise or lower the temperature, or have bright or low lighting. In the right supportive environment, patients get better quicker.

» **Decentralization of caregivers and centralization of support.** When patient rooms are on the perimeter of the facility, the patients have improved daylight and views. It makes more sense to have staff work in areas close to patient rooms. This arrangement reduces travel for staff, puts caregivers closer to patients and allows for the distribution of supplies and equipment in an area out of public view.

HOW DO WE KNOW THIS WORKS?


There is evidence that designs that follow these principles do work. SH is one of many hospitals across the country that joined in the Pebble Project, a joint research effort between the Center for Health Design, a nonprofit research and advocacy organization, and selected healthcare providers. Their goal is to create a ripple effect in the healthcare community by providing researched and documented examples of healthcare facilities whose designs have made a difference in the quality of care.

The commitment to be part of the Pebble Project helps us document the "evidence" regarding a design and track its impact on patients, families and staff.

Evidence is accumulating every day—good practices with positive results, as well as bad choices that should be avoided. In this way, it helps other healthcare providers to share, learn and design better spaces to improve health and wellness.



IN OUR NEXT ISSUE, we will feature Susquehanna Health's commitment to green building technology.



The newly enhanced Susquehanna Cancer Center, much of which overlooks the healing garden, is designed to increase patient comfort.

With beauty and peace comes ADVANCED HEALING

By Ellen Melley

WHEN SUSQUEHANNA Cancer Center opened its new Medical Oncology area this spring, it marked a milestone in treatment for patients throughout the region. “Not only are we bringing patients with cancer the most advanced treatment, we also provide an enhanced environment to create a feeling of beauty and peace, healing and hope,” says Administrative Director **Heather Haefner**. The expansion also triples the size of the existing Center, making it the largest center in the region for the treatment of cancer.

The first aspect patients notice upon entering the Center is how it incorporates the theme of nature in both furnishings and design. This is accomplished through the use of natural light, earth-friendly products and special lighting to create a calming mood.

“And because we believe patients respond to a feeling of peace and beauty, much of the treatment area overlooks our new healing garden to give patients a direct view of nature with shrubs, trees and seasonal flowers,” Haefner says.

This area has a new and spacious look, designed with a mix of private and open bays to accommodate patients

who prefer to socialize during therapy as well as those who prefer privacy. Many of the Center’s patients were involved in the process of selecting new chemotherapy chairs to assure that we are providing the most patient-friendly furnishings. Susquehanna Health is grateful to the members of the Divine Providence Hospital Auxiliary who donated the funds for these new chairs.

“We are excited about the newly enhanced Center,” says Medical Director of Oncology **Warren Robinson, M.D.** “The facility is visually attractive and will increase patient comfort and staff efficiency. And, we believe the skill of our physicians and staff, augmented by advanced technology that is housed in a more comfortable and aesthetically pleasing atmosphere, is the ideal way to uphold our mission of improving the health of those we serve.”

WORLD-CLASS CANCER TREATMENT

The next phase of the project currently underway is the expansion and renovation of the Radiation Oncology area. A major feature of this is a new Trilogy Stereotactic Linear Accelerator, the most precise and powerful cancer treatment technology in the world. Using a new form of image-guided

radiation therapy, or IGRT, it:

- » Ensures a clearer, more accurate picture to target the cancer more precisely.
- » Gives treatments in the shortest amount of time.
- » Provides greater patient comfort.

Since 2006, Susquehanna Cancer Center has been an affiliate of the Penn State Hershey Cancer Institute, a partnership that helps bring the most advanced cancer services to patients throughout north central Pennsylvania.

Thomas P. Loughran Jr., M.D., director of the Penn State Hershey Cancer Institute, notes, “We’re pleased to have the Susquehanna Cancer Center as part of our family. The improvements they’ve made will provide enhanced cancer care to the people of north central Pennsylvania, keeping Susquehanna Health in step with the Cancer Institute’s goal of caring for the residents of rural Pennsylvania, at the same time pursuing a National Cancer Institute designation—the hallmark accreditation for academic cancer centers.”



FOR MORE information about the Susquehanna Cancer Center, call 800-598-4282 or visit our website at susquehannahealth.org.

SYSTEM UPDATE

Hospital recognized for quality cardiac and stroke care

The American Heart Association and American Stroke Association are recognizing The Williamsport Hospital & Medical Center for its performance in treating cardiac and stroke patients using the association's Get With The Guidelines (GWTG) program. The hospital joins 518 other hospitals that were featured in an advertisement in the July 21st "America's Best Hospitals" issue of *U.S. News & World Report*.

GWTG is a hospital-based quality-improvement program designed to ensure that hospitals consistently care for cardiac and stroke patients following the most up-to-date guidelines and recommendations. The program provides three modules that address coronary artery disease, heart failure and stroke. Currently more than 1,450 hospitals use one or more GWTG modules.



Physical therapy center opens

Susquehanna Health Sports & Physical Therapy has opened in the Eastern Lycoming YMCA (ELYMCA), Muncy. Staffing the new facility are **Karen Horne, P.T.**, coordinator, and **Lisa Stopper-Gee, P.T.**, formerly of Divine Providence Hospital Physical Therapy. Both are experts in treating conditions ranging from complex surgical procedures to everyday sprains and strains.

Patients at Susquehanna Health Sports & Physical Therapy benefit from:

- Aquatic therapy in the ELYMCA zero depth entry pool.
- Convenient, close-to-door parking at the center's private entrance.
- Post-therapy program at the ELYMCA, lessening the risk of reinjury.
- Prompt scheduling and flexible hours.
- Comprehensive insurance participation.

Services are also still available at Divine Providence Hospital Physical Therapy. For more information or to schedule an appointment, please call **570-546-0999**.

Unique health-improvement partnership

Blue Cross of Northeastern Pennsylvania has joined forces with Susquehanna Health at the LifeCenter-Lycoming Mall to collaborate on health promotion and early intervention initiatives to increase awareness and prevention of various health conditions. The two organizations began their partnership at the LifeCenter last year to bring events such as free health screenings for diabetes, high blood pressure, colorectal cancer and other health conditions; healthy cooking demonstrations; and educational displays throughout the year.

Wound healing physician named medical director of the year

William R. Beltz, M.D., FACS, medical director of Susquehanna Wound Healing Center, was recently named Medical Director of the Year at the National Healing Corporation Annual Meeting held earlier this year. National Healing currently represents over 130 hospital partners in wound healing throughout the United States.



SH CEO presents business awards

Susquehanna Health recently sponsored the Manufacturers Association of Central Pennsylvania Business of the Year Awards. **Steven P. Johnson**, Susquehanna Health president and CEO, and board secretary for West Branch Manufacturers Association, is shown here presenting the Small Business of the Year Award to Cromaglass President **Allan N. Young**. Johnson also presented the Large Business Award to Woolrich, Inc., and the Medium Business Award to PMF Industries.



Living healthy

Visit us online at
susquehannahealth.org.

Tools, tips and events for your health

For a complete list of programs, classes and support groups available, visit our website, susquehannahealth.org, and click on "Classes and Events."

Fall 2008



Hospital key

- » DPH—Divine Providence Hospital
- » MVH—Muncy Valley Hospital
- » TWH&MC—The Williamsport Hospital & Medical Center

EVENTS

Gallery Of Hope

In honor of National Breast Cancer Awareness Month, Blue Cross of Northeastern Pennsylvania is proud to sponsor their Gallery of Hope display, depicting personal photographs and stories. If you know of a breast cancer survivor who you would like to nominate for the traveling gallery, come in and fill out our prepaid form.

» **Monday, Oct. 27, to Friday, Nov. 7**
The LifeCenter—Lycoming Mall

FREE! Has Your Loved One Forgotten You?

Judy Seroska, R.N., Greater PA Chapter of Alzheimer's Association, can help. Learn the symptoms to look for, how to access care, and tips for keeping your loved one safe and handling behaviors in the season of holiday stress.

» **Tuesday, Nov. 18, 10:30 A.M.**

The LifeCenter—Lycoming Mall
Registration: 321-3000

FREE! Menopause: Who Me?

Learn the basics to be prepared for this change in your life. The presentation is for women who have not yet entered menopause or who are beginning menopause.

» **Tuesday, Sept. 30, 11:30 A.M.**

The LifeCenter—Lycoming Mall
Registration: 321-3000

Breast Cancer Awareness

In honor of National Breast Cancer Awareness Month, learn about how to take care of your breasts and how to detect problems early. Be sure to enter a drawing for prizes! Sponsored by SH's Kathryn Candor Lundy Breast Health Center.

» **Monday, Oct. 20, to Sunday, Oct. 26**
The LifeCenter—Lycoming Mall

LIVING WELL

FREE! Susquehanna Striders—Walking For Fun and Fitness

Our free communitywide walking program offers incentives and health benefits for your efforts. Check out Striders' City Mile, downtown Williamsport's Heart Walk on Pine and W. Fourth Streets, and the One Mile Loop at Montoursville's Indian Park. Register at susquehannahealth.org/Lifecenter/Striders.asp or at **The LifeCenter—Lycoming Mall**, walk-in

FREE! Cancer Exercise Program

Exercise helps control and lessen the side effects of cancer treatment. One-on-one consultation with an exercise therapist.

AutumnFest 2008

Enjoy a day of fun for the whole family!

Sunday, Sept. 21

» **Breakfast: 7:30 to 11 A.M.**

» **Activities: 11 A.M. to 7 P.M.**

DPH grounds and cafeteria

Costello Center Physical Therapy
Appointment: 320-7470

Osteoporosis Screening: How Strong Are Your Bones?

A quick, painless ultrasound heel screening can measure your bone density level.
\$25

» **Tuesday, Oct. 21, and Wednesday, Dec. 10**
The LifeCenter—Lycoming Mall
Appointment: 321-3000

Manage Your Cholesterol

Meet with our health educator to learn about cholesterol, including recommended levels, factors that cause high cholesterol and ways to manage it with nutrition.
\$25

The LifeCenter—Lycoming Mall
Appointment: 321-3000



DIRECT DELIVERY. Sign up for free monthly E-Health Newsletters at susquehannahealth.org. You'll find a wide variety of topics that relate to your interests and health concerns.

CHECK YOUR HEALTH

FREE! Ovarian Cancer

During this informative program from the Pennsylvania Cancer Education Network, participants will learn signs, symptoms and screening methods of ovarian cancer, as well as ways to prevent it.

» **Tuesday, Sept. 30, 10:30 A.M.**

**The LifeCenter—
Lycoming Mall**
Registration: 321-3000

FREE! Vision Screening

Vision screenings for adults and children provided by North Central Sight Services.

» **Tuesday, Dec. 2, 10 A.M. to 2 P.M.**

**The LifeCenter—
Lycoming Mall**
Registration: 321-3000

Lime Ridge United Methodist Church

Appointment: 800-779-6353

FREE! Stroke Screening

Stroke risk increases with age but can often be prevented with proper screening and risk assessment. Learn what you can do to help prevent this brain attack—it just might save your life.

» **Tuesday, Nov. 11, 10 A.M. to 3 P.M.**

**The LifeCenter—
Lycoming Mall**
Appointment: 321-3000

FREE! Legs For Life: PAD Screening

Beyond pain and numbness, undiagnosed peripheral artery disease (PAD) increases your risk of heart attack and stroke. This quick and painless test can identify if you have PAD.

» **Tuesday, Sept. 23, 10 A.M. to 4 P.M.**

**The LifeCenter—
Lycoming Mall**
Appointment: 321-3000

FREE! Fall Prevention

Are you falling frequently? A physical therapist reviews medical diagnoses, medications, home modifications, risk factors, assistive devices and simple exercises to reduce falls.

» **Second Tuesday of the month, 12:30 to 1:30 P.M.**

**TWH&MC, Outpatient
Neuroscience Center**
Appointment: 321-2681 or 800-326-7519



Life Line Stroke Screenings

Three painless and non-invasive tests detect abdominal aortic aneurysms, peripheral arterial disease and carotid artery build up (the No. 1 cause of stroke).

\$45 per screening, all three for \$119

» **Tuesday, Sept. 30**

**Christ the King Church,
Benton**

» **Monday, Oct. 6**

**Trinity United Church of
Christ, Centre Hall**

» **Monday, Oct. 20**

Mill Hall Senior Center

» **Monday, Oct. 27**

**First Presbyterian
Church, Milton**

» **Wednesday, Oct. 29**

**Grace Brethren Church,
Berwick**

» **Monday, Nov. 10**

**St. John Lutheran
Church, Bellefonte**

» **Tuesday, Nov. 11**

**Nittany Mall Community
Room, State College**

» **Thursday, Nov. 13**

SENIOR ACTIVITIES

Senior Citizens Information Center

Trained senior citizen volunteers provide information and assistance with transportation, AARP driver safety, PACE, health insurance, tax rebates and other community senior services on the following days and locations:

» **DPH: 1100 Grampian
Blvd., 2nd floor, Mon-
days and Wednesdays,**

9:30 A.M. to Noon
Information: 326-8657

» **MVH: Thursdays,**
9:30 A.M. to Noon
Information: 546-4278

AARP Driver Safety Program

Eight-hour classroom refresher course helps drivers 50 years and older improve their skills and prevent traffic accidents. Graduates are eligible for premium discounts on automobile insurance.

\$10

12:30 to 4:30 P.M.

» **Wednesday, Oct. 1, and
Thursday, Oct. 2**

» **Thursday, Nov. 13, and
Friday, Nov. 14**

**The LifeCenter—
Lycoming Mall**

Registration and pre-

payment: **Mondays and
Wednesdays, 9:30 A.M. to
Noon, DPH, 326-8657**

Insurance Filing Assistance

Bring pertinent bills, statements, correspondence and filing forms during regular office hours. The APPRISE insurance counseling program is a service of the Lycoming–Clinton Office of Aging.

DPH only

SENIOR DISCOUNTS

Reduced-Fee Auto Registration

This reduced-fee program (\$10) is available to retirees

with incomes less than \$19,200 per year.

Property Tax And Rent Rebate

Stop in for eligibility information, filing forms and assistance with completing forms.

Transportation Services

Information on River Valley Transit and Lycoming–Clinton Transportation Services discounted fares.

PACE And PACENet Prescription Savings Applications


Eligibility information, filing forms and assistance with completing forms.

» **PACE eligibility levels:**

Older than 65, income per year less than \$14,500 single, \$17,700 couple

» **PACENet eligibility levels:**

Income per year \$14,500 to \$23,500 single, \$17,700 to \$31,500 couple

 **HAPPY, HEALTHY HOME!** We've got the entire family covered, including: • Senior activities. • Screenings. • Healthy eating. • Childbirth classes. • Support groups. • And more! Visit us at susquehannahealth.org to find events near you.

Hospital key

- » DPH—Divine Providence Hospital
- » MVH—Muncy Valley Hospital
- » TWH&MC—The Williamsport Hospital & Medical Center

LEARN MORE ABOUT OTHER RESOURCES:

- Siblings and birth.
- Welcoming your newborn.
- Breastfeeding.
- Infant weight check.

Call 321-3000 or visit susquehannahealth.org.

FOR YOU AND YOUR BABY

Register for the following classes by calling 321-3000 or at susquehannahealth.org. All classes are held at **The Williamsport Hospital & Medical Center, 5 North.**

Baby Care Class

Learn how to care for your new baby and how to keep your baby safe. Discover ways to help your baby learn. This class is for Weekend Class couples and for adoptive parents. **\$10 per couple**
» Sept. 29, Oct. 23, Nov. 24, Dec. 9, 7 to 9 P.M.

Breastfeeding Class

Gather information to decide whether breastfeeding is right for you. Learn how to get off to the best start and how to pump and store milk. Fathers welcome. **\$10 per couple**
» Wednesdays, Oct. 8, Nov. 12, Dec. 10, 7 to 9 P.M.



HEALTHY WEIGHT

Customized Nutrition Plan For A Healthy Weight

Meet with our health educator and receive an individualized report of the calories your body uses each day, your percent body fat, and a sample daily menu of an eating plan that promotes healthy

eating and a healthy weight. Not appropriate for those with diabetes or other special dietary needs. Water, but no food or exercise four hours prior to testing.

\$35
The LifeCenter—
Lycoming Mall
Appointment: 321-3000

Percent Body Fat Assessment

Body fat measurement by bioelectric impedance. Review of results with our health educator. Water, but no food or exercise four hours prior to testing.

\$20
The LifeCenter—
Lycoming Mall
Appointment: 321-3000

Childbirth Class

Build your confidence as you learn different ways to labor. Gain a sense of trust in your body's ability to give birth. Partners will find out how to help you through labor with touch and words. Learn about pain relief, newborn safety and newborn care. Tour The Birthplace.

\$40 per couple for four-week series: 6:45 P.M., registration; 7 to 9 P.M., class

- » Thursdays, Oct. 2, 9, 16, 30
- » Mondays, Nov. 3, 10, 17, 24
- » Tuesdays, Nov. 18, 25, Dec. 2, 9

Weekend Childbirth Class

This two-day course will help you understand labor and be less nervous about giving birth. Partners will learn ways to help you through labor with touch and words. Learn about pain relief and tour The Birthplace. Please bring two bed

pillows and an exercise mat or comforter to class.

\$40 per couple for a two-day course
» Fridays and Saturdays, Oct. 3 and 4, Nov. 7 and 8, Dec. 12 and 13, 6:30 to 9 P.M. on Fridays and 9 A.M. to 1 P.M. on Saturdays

Childbirth Refresher Class

Build your confidence for your next baby. Spend one evening together preparing for your birth story. Tour The Birthplace. Please bring two bed pillows and a mat or comforter to class. **\$10 per couple**
» Monday, Oct. 27, 7 to 9 P.M.

FREE! Boot Camp For New Dads

Dads-to-be learn practical tips from men. Get the straight talk about helping your partner through birth, calming both mother and baby, and how to deal with in-laws.
» Wednesdays, Sept. 24, Nov. 19, 7 to 9 P.M.

Happiest Baby On The Block

Find the off switch for your baby's crying. Learn an easy way to soothe your baby and help your baby sleep longer. Expectant parents, new parents, grandparents and child care providers are welcome. Valuable take-home gift included. **\$25 per family**
» Oct. 20, Nov. 13, Dec. 8, 7 to 9 P.M.

Big Brothers And Big Sisters

In this one-hour class, children ages 3 to 8 will learn what to expect when a new baby arrives. Children learn how a baby acts, how to hold a baby and ways they can be involved. Children should bring a favorite doll or stuffed animal. *If your child has obvious symptoms of a cold, cough or other illness, please call to reschedule.*

\$10 per family
» Mondays, Oct. 20, Dec. 1, 7 to 8 P.M.



BABY ON BOARD? Whether you're a veteran or a first-time parent, we've got classes to put you at ease. Call 321-3000 to learn more about Susquehanna's childbirth and parenting services.

Hospital key

- » DPH—Divine Providence Hospital
- » MVH—Muncy Valley Hospital
- » TWH&MC—The Williamsport Hospital & Medical Center

SUPPORT GROUPS

Head Injury

Information and support for individuals who have experienced a traumatic or pathological brain injury. Family members and caregivers encouraged to attend.

- » Meets monthly
- TWH&MC
- Information: 321-2656

Breast Cancer Support

- » Last Monday of each month, 7 P.M.
- DPH, Susquehanna Cancer Center waiting room
- Information: 326-8555

Scleroderma

- Also for people with Raynauds and CREST syndromes.
- » First Wednesday of each month, 1 P.M.
 - The LifeCenter—Lycoming Mall
 - Information: Gayle, 398-0551, or Jayne, 323-4228

Diabetes

- » Wednesday, Oct. 8, 6 to 7 P.M.: Diabetes Medication with Betsy Wadele
- DPH, Fourth Floor Conference Room
- » Wednesday, Nov. 12, 6 to 7 P.M.: Open discussion with support group members
- DPH, Board Room
- » Wednesday, Dec. 10, 6 to 7 P.M.: Party On Your Own with support group members
- DPH, Board Room
- Information: Diabetes Center, 326-8410

Stroke Club

- Open to stroke survivors, their families and caregivers.
- » Meets monthly
 - TWH&MC
 - Information: 321-2656

Prostate Cancer

- » First Wednesday of each month, 6 to 7:30 P.M.
- DPH, Auditorium Room B
- Information: 320-7525

Bereavement

- » Generally the second Tuesday of each month, 2 to 3 P.M.
- MVH, Park View Room
- Information: Sister Sharon Hartman, 546-8282

- » Third Wednesday of each month, 6 to 7:30 P.M.
- Hospitality Lounge, 802 Campbell St.
- Information: Pat Kiernan, 320-7690
- » First Wednesday of each month, 1 to 2:30 P.M.
- DPH, Third Flood (near the Gatehouse)
- Information: 320-7690

Transplant

- For pre- and post-transplant patients.
- » First Thursday of each month, 6:30 to 7:30 P.M.
 - TWH&MC, Conference Room 1B
 - Information: 321-3000

Look Good...Feel Better

- For women diagnosed with cancer. Licensed cosmetologists give make-up, hair styling and scarf-tying pointers. Lunch is served. Offered with the American Cancer Society.
- » First Monday of each month, 11 A.M. to 1 P.M.
 - DPH, Susquehanna Cancer Center
 - Registration: 326-8555

Better Breathers Club

- » Wednesday, Oct. 1, 2 P.M.: Respiratory Effects of Environmental Exposures; presentation on our air

- quality risks with Jameel Durrani, M.D.
- TWH&MC, Conference Room 1 A and B
- » Wednesday, Nov. 5, 1 P.M.: Holiday Luncheon (flu shots, if available). Join us for our annual holiday social event. Bring a favorite dish to share. Ham, beverages and place settings provided.
- TWH&MC, Conference Room 1 A and B
- Information: 321-2799

Reflex Sympathetic Dystrophy Syndrome (RSD)

- » Second Tuesday of each month, 6:30 P.M.
- DPH, Cafeteria Dining Room A
- Information: A. J. Moyer, 673-5548

HEALTHY EATING

Nutrition Checkup

- Good food helps you feel great! Eating habits affect how you feel, mentally and physically. Meet with our health educator to learn simple steps to improve eating habits.
- \$25
- The LifeCenter—Lycoming Mall
- Appointment: 321-3000

Health Careers For Grades 8 To 12

Teens, are you researching careers? Interested in healthcare? Join us for any or all of the following programs on careers, just for teens! Registration is required at susquehannahealth.org/careers or by calling 321-2433. Parents are welcome but do not need to register.

6 to 7:30 P.M.

- » Rehabilitation: Tuesday, Oct. 7, TWH&MC, First Floor Rehabilitation Gym
- » Nursing: Thursday, Oct. 23, TWH&MC, Conference Rooms A and B
- » Nurse Anesthesia: Monday, Jan. 12, 2009, TWH&MC, Conference Rooms A and B
- » Cardiology Services: Wednesday, Jan. 21, 2009, TWH&MC, 5 North Classroom



NO TIME FOR A CLASS? You can access reliable health information 24/7 at susquehannahealth.org. Get advice you can count on when it's convenient for you.

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570-321-2160 or
877-883-4789.

1 Dakshina Walgampaya, M.D., has joined William Judson, M.D., in his practice of internal medicine. Dr. Walgampaya completed his residency in internal medicine at Seton Hall University/St. Michael's Medical Center. He previously served as medical director for the New Leipzig Ambulance Service, Prairie Learning Center, coroner for Grant County in North Dakota and as chief of the medical staff for Jacobson Memorial Hospital and Care Center. He is located with Dr. Judson at 904 W. Fourth St. in Williamsport and is now accepting new patients. To make an appointment, call **570-326-6515**.

2 Janice Schifferli, D.O., has joined the Family Medicine Residency faculty. She received her medical degree from Lake Erie College of Osteopathic Medicine, PA, and completed her residency in family medicine at Family Medicine Residency Program in Williamsport, where she was chief resident. Her office is located at 699 Rural Ave. in Williamsport.

3 Sai Sajja, M.D., has joined the vascular surgery practice of Karla Anderson, M.D. He is board-certified in general and vascular surgery. Under the direction of Dr. Anderson, he completed a fellowship at Penn State Milton S. Hershey Medical Center. His office is located in the Heart & Vascular Institute at 777 Rural Ave. To make an appointment, call **570-321-2805**.

4-5 James S. Callaghan Jr., M.D., and David E. Young, M.D., have established Empire Family Medicine at 699 Rural Ave., Suite 302.

Dr. Callaghan did a residency at the Family Medicine Residency, The Williamsport Hospital & Medical Center and received his medical degree at Universidad Autonoma de Guadalajara, Jalisco, Mexico.

Dr. Young received his medical degree from Tufts University School of Medicine, Boston, MA, and also did a residency at the Family Medicine Residency, The Williamsport Hospital & Medical Center. For an appointment with either physician, call **570-321-3772**.

6-7 Matthew Kelleher, M.D., and Puneet Gupta, M.D., have joined our hospitalist staff.

Dr. Kelleher is board-certified in internal medicine. He received his medical degree from the University of Massachusetts Medical School and completed his residency in internal medicine at the University of Kentucky Chandler Medical Center. He comes to Susquehanna Health from Central Baptist Hospital where he was a hospitalist in the Baptist Hospital Medicine Service.

Dr. Gupta completed his residency in internal medicine at St. Joseph's Regional Medical Center, Patterson, NJ, and received his medical degree from Government Medical College, Amristar, India.

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