New heart surgeon
See page 3

Joints in motion
See page 12

Project 2012:
We’re under construction
Open house programs generate enthusiasm for Project 2012

Over the past months, Susquehanna Health has held a number of open houses to allow employees, neighbors and members of the community to see the progress being made with Project 2012, a $250 million initiative designed to establish The Williamsport Hospital & Medical Center as a regional medical facility and bring major renovations and expansion to our campuses at Muncy Valley Hospital and Divine Providence Hospital.

Williamsport’s historic trolley took over 100 invited guests on tours of the Divine Providence Hospital campus to visit sites of construction and the expansion area for the Cancer Center. A few weeks later, SH employees were invited to have lunch and meet professional representatives involved in the project to learn more about specific aspects of the project. Hundreds of community members and neighbors living near TWH&MC joined SH employees that evening for refreshments and an opportunity to meet with these professionals as well.
WHEN YOUR HEART is ailing, it is comforting to know that nationally recognized cardiac surgical expertise is available close to home.

Susquehanna Health is proud to announce that A. Tayfun Gurbuz, M.D., cardiothoracic surgeon, has joined SH as medical director of Cardiothoracic Surgery. In this position, he joins our group of cardiologists and surgeons who provide high-quality cardiology and vascular surgery care to patients in our region.

Dr. Gurbuz brings an impressive résumé of skills to his new position here. Nationally recognized for his innovative cardiac procedures, Dr. Gurbuz was among the first surgeons to practice beating heart bypass surgery in the state of Arizona and has trained surgeons from the United States and abroad in off-pump coronary artery bypass surgery. In addition to these surgical procedures, he specializes in mitral valve repair, surgery for atrial fibrillation, aortic root and aneurysm surgery, abdominal and thoracic aorta and carotid artery surgery, and endovascular surgery. He is also trained and certified to care for critically ill patients, and he performs trauma and abdominal surgeries.

But it isn’t just his skills that make Dr. Gurbuz a special surgeon. He brings a care and compassion that provide a heightened comfort level for his patients, which helps in their recovery. His years of experience in other areas of the United States have gained him a reputation as the doctor to come to for heart care.

Born in Kilis, Turkey, in 1966, he graduated from Hacettepe University Medical School, Ankara, Turkey, with honors and achieved the overall best score in the National Residency Selection Examinations in 1989. He completed his general surgery residency in Colorado and completed his cardiothoracic surgery residency at the University of Tennessee Health Sciences Center. He practiced as a cardiovascular and thoracic surgeon in Arizona for six years.

Throughout his career, Dr. Gurbuz has accomplished a number of professional achievements in his field. He received awards for scientific research projects and still holds full and unrestricted licenses to practice medicine and surgery in Colorado, California, Arizona, Pennsylvania, Oregon, Washington, Florida, New York and Missouri. He has also published many scientific clinical and research papers in scientific journals of North America, Europe and Asia. Currently, he serves as a reviewer for The Asian Cardiovascular and Thoracic Annals and reviews scientific articles submitted for publication in this journal.

Dr. Gurbuz is a Fellow with the American College of Surgeons and with the American College of Chest Surgeons. He is board-certified by the American Board of General Surgery and the American Board of Thoracic Surgery.

“Excellent, one-of-a-kind. I don’t find many doctors like him. He takes the time to explain things.” —G. Stroup, patient

A. Tayfun Gurbuz, M.D.

Heart & Vascular Institute, The Williamsport Hospital & Medical Center
777 Rural Ave.
Williamsport, PA
570-321-3165
susquehannahealth.org
By Christina Klingerman

“As the sole provider of healthcare in our community, we feel it is our responsibility to provide accurate, up-to-the-minute healthcare information to our patients,” says Angela Nicholas, M.D., Siemens physician consultant.

“Our new website has an updated look and feel, improved navigation and functionality. The objectives of the new design are to provide healthcare content and news from a trusted source like Susquehanna Health, build a relationship with our visitors so they will return regularly to our site, and create a strong design wrapped around all of these new features,” says Tracie L. Witter, director of Marketing and Corporate Communications.

The new features allow patients and visitors to:
» Send a card to a patient in the hospital.
» Subscribe to e-newsletters on healthcare topics in which they are interested. For example, a new mother might want to receive information about the care of her newborn.
» Search for information on illnesses and conditions from Alzheimer’s disease to Zoster (herpes) virus.
» Find links to age-specific services including health content and hospital departments.

All our current online services are still available:
» Pay your bill or apply for a job online.
» Buy a gift online for an inpatient at the Williamsport Hospital & Medical Center.
» Register for wellness and new parenting classes.

Additional information on our home page includes an updated photo gallery of progress on our Project 2012 building projects and a Susquehanna Health Quality Report with a message from Daniel J. Glunk, M.D., chief quality officer, Susquehanna Health.

Sign up for our newsletters and reminders. Get the latest healthcare news. You choose the topics—then each month, you will receive a free health e-newsletter that is personalized to your interests, medically reviewed, selected from hundreds of publications and always current.

Is it time for you or a loved one to get an annual exam or prevention screening? Our “Health Tools” feature will remind you via e-mail!

Susquehanna Health magazine. View the latest edition of Susquehanna Health’s own quarterly publication.

Health news.
» Today’s headlines—updated twice daily.
» Health News Feature—updated Monday of every week.
» Future of Medicine—updated monthly.
» Healthy Living—updated monthly.
» National Observances—updated monthly.
» Sports Health—updated monthly.
» Senior Health—updated monthly.
Interactive toolbars

QUICK LINKS

» Find A Doctor. See the names, addresses and credentials of doctors on staff at Susquehanna Health.

» Meet Our Nurses. Read about the services provided by our nursing staff and nursing career opportunities.

» Classes And Events. View and register for our many classes and events to promote good health. At Susquehanna Health our vision is to become the healthiest region in the United States.

» Online Bill Pay. Pay your bill conveniently online using your credit card.

» Online Gift Shop. Send a gift to a friend or loved one who is in the hospital.

Get Our Newsletter. Sign up to receive monthly health e-newsletters on any one of 25 health topics you choose.

Health Information. Look up information on approximately 500 illnesses and medical conditions, reference a drug guide, receive health updates, gather information on medical tests and self-help information.

Looking for specialized health information? Just click on “For Women,” “For Men” or “For Seniors.”

Primary navigation bars. » About Us. » Services.
» Patient & Visitor Information. » Health Information.
» Ways To Give/ Volunteer. » Residency/Education.
» Employment Opportunities. » Contact Us.

» Product Safety Recalls and FDA Drug Approvals—updated as released.

Just for you

Web nursery. Just arrived! Visit our online nursery and view the first photos of the new baby!

New to our site, My Baby Expectations™ is a free e-newsletter for parents and parents-to-be. It’s personalized for you and provides month-by-month information about changes mom experiences during pregnancy and what is going on with baby’s development. It also covers your baby’s first year of life with monthly guidelines about what to expect.

CarePages. CarePages are free, personal, private web pages that help family and friends communicate when someone is facing illness. You can view patient updates, captioned photos and message boards; you can even recognize caring healthcare personnel with a CAREcompliment.

Cheer Card. It’s that easy to make someone’s day! You can send a free Cheer Card to patients in any of our three hospitals—The Williamsport Hospital & Medical Center, Divine Providence Hospital or Muncy Valley Hospital. Volunteers will deliver your Cheer Card to current patients.

Visit the new site today at susquehannahealth.org and click your way to better health.
We are under construction…

Building a space for the region’s most advanced medical services

By Ellen Melley

Project 2012 is moving ahead fast, as is evident in the many phases of construction visible on our three hospital campuses. This construction is part of a $250 million initiative designed to establish The Williamsport Hospital & Medical Center as a regional medical facility and to renovate and expand our campuses at Muncy Valley Hospital and Divine Providence Hospital.

And while 2012 may seem far off, major phases of this project have been completed or are on their way to completion. Others will begin in the coming months.

Cancer Center at Divine Providence Hospital. At Divine Providence Hospital, Project 2012 kicked off earlier this year. A major highlight at the campus is the expansion and renovation of the Cancer Center to establish a state-of-the-art regional destination center for cancer care. Focus in the Center is on patient convenience, ease of registration and comfortable staging areas for improved patient and visitor access. The cancer project also includes:

» A new two-story entry with covered access and free patient valet parking.
» A 50-seat conference center for community education and oncology programming.
» A mix of private and open bays for chemotherapy treatment to accommodate patients who prefer privacy and those who prefer to socialize during therapy.
» Twenty new chemotherapy chairs, tested by current cancer center patients, to assure that the chairs are the most patient-friendly and comfortable on the market.
» A state-of-the-art accelerator that targets radiation so precisely that it can significantly reduce the side effects from treatment.
» A healing garden where patients, family members and employees can enjoy a natural healing environment.

There will also be a new covered entrance at the main entrance of the hospital.

Muncy Valley Hospital expansion. At Muncy Valley Hospital, plans call for the addition of more single-occupancy patient rooms. In the Skilled Nursing Unit, there will be a new Family Visitation Center for the convenience of our residents and their family members.

TWH&MC renovations. At The Williamsport Hospital & Medical Center, plans are under way to create a new entrance facing the city that will provide an attractive, pedestrian-friendly gateway to the hospital. The City of Williamsport will add new landscaping and period lighting as part of its Street-scape Project and its commitment to help make SH a regional medical center.

Other phases of construction at TWH&MC include:

» Additional parking.
» A day care center operated by Bostley’s Childcare and Preschool Learning Centers, Inc.
» Expansion of the Emergency department to provide single-occupancy patient rooms with restrooms.
» Single-occupancy inpatient rooms.
» Designated areas and elevators for support staff, food service and laundry services.
» A new state-of-the-art surgical facility.
» Expanded Imaging Center.
» Replacement of inpatient suites in the Nursery and OB/GYN unit.
» Expansion and modernization of the Heart & Vascular Institute.

For more information about the latest in Project 2012, check out the photo gallery 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.”

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

**EVENTS**

**FREE! Psychological Aspects Of Weight Change**
What are some of those thoughts, feelings and behaviors beneath our expanding and shrinking skin? Take a break to discuss these questions. Presented by Gary Eggerton, M.A., Susquehanna Behavioral Health.
- **Tuesday, May 6, 10 A.M.**
- The LifeCenter—Lycoming Mall, walk-in Registration: 321-3000

**FREE! Don’t Fix What’s Not Broken**
Stay mentally healthy—take a look at building your strengths to promote mental health. Presented by Barb Martinez, L.C.S.W., Susquehanna Behavioral Health.
- **Wednesday, May 14, 10 A.M.**
- The LifeCenter—Lycoming Mall, walk-in Registration: 321-3000

**FREE! Who’s Really In Charge?**
Discover that positive and negative thoughts not only influence but actually control our genes and DNA. This exciting research is shattering the long-accepted myth that DNA and genetics in general do not randomly determine our lives. Presented by Jim Rose, M.A., Susquehanna Behavioral Health.
- **Tuesday, May 20, 1 P.M.**
- The LifeCenter—Lycoming Mall, walk-in Registration: 321-3000

**FREE! Building Love That Lasts: Lessons From The Love Lab**
Get some useful and surprising information on the differences between happy couples and those who separate, as well as how to make your relationship stronger. Presented by Marian Knapp, M.Ed., Susquehanna Behavioral Health.
- **Wednesday, May 28, 10 A.M.**
- The LifeCenter—Lycoming Mall, walk-in Registration: 321-3000

**LIVING WELL**

**Susquehanna Striders**
Our free community-wide 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 or at The LifeCenter—Lycoming Mall, walk-in Registration: 321-3000

**FREE! Stress Busters And Tension Tamers**
Too much stress in your life? Our health educator will help you learn how to cope better.
- **$25**
- **The LifeCenter—Lycoming Mall**
- Appointment: 321-3000

**FREE! Calling It Quits: Help For Smokers**
Meet with our health educator to learn basic strategies to cut back on or quit smoking.
- **$25**
- **The LifeCenter—Lycoming Mall**
- Appointment: 321-3000

**FREE! Cancer Exercise Program**
Exercise helps control and lessen the side effects of cancer treatment. One-on-one consultation with an exercise therapist.
- **Appointment: Costello Center Physical Therapy, 320-7470**

**How Healthy Are You?**
Find out with health screenings offered by Susquehanna Health. Then you can take Living Healthy classes to improve areas of concern.
Dysphagia/Swallowing Disorders Program
People affected by dysphagia, or swallowing difficulties, can meet with experts, including speech pathologists, dietitians and occupational therapists, to develop specialized care plans and direct referrals at the dysphagia program, led by Lawrence Tomack, M.D., rehabilitation doctor.
Fee
Susquehanna Neuroscience Center
Appointment: 321-2619

CHECK YOUR HEALTH
FREE Dental Screening
Students and faculty of the Pennsylvania College of Technology’s Dental Hygiene Program will provide free dental and oral cancer screenings to the public. Free toothbrushes, floss and toothpaste also provided.
» Friday, April 4, 10 A.M. to 3 P.M.
The LifeCenter, Bon-Ton Wing—Lycoming Mall
Appointment: 321-3000

Asthma Screening
Screening with James Merrick, M.D., for children 5 and older.
» Thursday, May 1
2 to 7 P.M.
The LifeCenter—Lycoming Mall
Appointment: 321-3000

Dizziness/Balance/Fall Prevention Clinic
One-on-one evaluations with C. Mitchell Finch, M.D., neurologist, and a physical therapist.
Fee
» Fourth Tuesday of each month, Noon to 4 P.M.
TWH&MC, Gibson Rehabilitation Center
Appointment: 321-2600 or 800-326-7519

How Strong Are Your Bones?
A quick, painless ultrasound heel screening can measure your bone density level.
$25
» Wednesdays, April 16, May 21, June 18, July 16
The LifeCenter—Lycoming Mall
Appointment: 321-3000

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, Mondays 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.
» Thursday, May 15
» Friday, May 16
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.

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

PACE & 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

LOOKING FOR SPECIFIC CLASSES? You can search for health classes by topics, such as:
• Senior activities. • Screenings. • Healthy eating. • Quitting smoking. • Managing stress.
Visit susquehannahealth.org to find classes near you.
**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

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**LEARN MORE ABOUT OTHER RESOURCES:**
- Siblings and birth.
- Welcoming your newborn.
- Breastfeeding.
- Infant weight check.
Call 321-3000 or visit susquehannahealth.org.

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**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
» March 27, April 15, April 28, May 22, June 3, July 23, Aug. 4, 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, April 9, May 14, June 11, July 9, Aug. 13, 7 to 9 P.M.

**Childbirth Class**
Prepare for labor, birth and parenting. Tour The Birthplace.
$40 per couple for four-week series, 6:45 P.M. registration, 7 to 9 P.M. class
» Mondays: April 7, 14, 21, 28; June 2, 9, 16, 23; July 14, 21, 28, Aug. 4
» Tuesdays: March 25, April 1, 8, 15; May 13, 20, 27, June 3
» Thursdays: May 1, 8, 15, 22

**Weekend Childbirth Class**
Prepare for labor and birth. Tour The Birthplace.
$40 per couple for a two-day course
» Fridays, April 4, May 2, June 13, July 11, 6:30 to 9 P.M.
» Saturdays, April 5, May 3, June 14, July 12, 9 A.M. to 1 P.M.

**Childbirth Refresher Class**
Review the process of labor and delivery. Tour The Birthplace.
$10 per couple
» Mondays, May 19, Aug. 18, 7 to 9 P.M.

**La Leche League**
Breastfeeding help and support with a trained La Leche League leader. Babies welcome.
» Third Thursday of each month, 10 A.M.
Information: Annette, 323-9861

**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, March 26, May 28, July 23, 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
» April 22, May 12, June 17, Aug. 12, 7 to 9 P.M.

**Big Brothers And Big Sisters**
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, May 5, June 30, Aug. 25, 7 to 8 P.M.
Diabetes
» Wednesday, April 9, 6 to 8 P.M.: Taste-In With Chef Richard “Hosch” Hoschar, DPH, Auditorium
» Wednesday, May 14, 6 to 7 P.M.: Elite Feet With Bonnie Dodge, physical therapist DPH, Board Room
» Wednesday, June 11, 6 to 7 P.M.: Medicare Benefits With Steve Nelson, coordinator, Social Services DPH, Board Room
» Wednesday, July 9, 6 to 7 P.M.: Supermarket/ Nutrition With Kelly Hoffheins, clinical dietitian and diabetes educator DPH, Board Room

Prostate Cancer
» First Wednesday of each month, 6 to 7:30 P.M. DPH, Auditorium Room B

Bereavement
» Generally the second Tuesday of each month, 2 to 3 P.M. MVH, Park View Room

Scleroderma
Also for people with Raynauds and CREST syndromes.
» First Wednesday of each month, 1 P.M. The LifeCenter— Lycoming Mall

Stroke Club
Open to stroke survivors, their families and caregivers.
» Fourth Tuesday of each month, 2 P.M. TWH&MC, ISS Training Room

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

Look Good...Feel Better
For women diagnosed with cancer. Licensed cosmetologists give make-up, hair styling and scarf-tying pointers.
» First Monday of each month, 11 A.M. to 1 P.M. DPH, Susquehanna Cancer Center

Hepatitis
» Last Wednesday of each month, 7 to 8:30 P.M. Third Street United Methodist Church, 931 E. Third St., Williamsport

Parkinson’s Disease
» Third Thursday of each month, 7 P.M. Faith United Methodist Church, 700 Fairview Drive, Montoursville

Reflex Sympathetic Dystrophy Syndrome (RSD)
» Second Tuesday of each month, 6:30 P.M. DPH, Cafeteria Dining Room A

Understanding Depression
Depression is one of the most prevalent mental health illnesses, yet often remains unrecognized. Join us to learn more about this illness.
» Tuesday, May 13, 6 to 7 P.M. DPH, Dining Room B

Healthy Eating
Personalized Health Analysis
A customized report of your healthy habits and a consult with a health educator to discuss areas of risk.
$50 The LifeCenter— Lycoming Mall
Appointment: 321-3000

Nutrition Checkup
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

FREE! Cooking Tips
Chef Hosch prepares healthy recipes for taste testing.
» Tuesdays, April 8, May 13, Noon to 1 P.M. The LifeCenter— Lycoming Mall
Registration: 321-3000

Diabetes Taste In 2008 Cooking on the Wild Side!
Wednesday, April 9
» Registration: 5:30 to 6 P.M.
» Program: 6 to 8 P.M. DPH, Auditorium
Registration (by April 4): 326-8410

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

Support groups
Head Injury
» Meets monthly TWH&MC, Gibson Rehabilitation Center, 3 West
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

Stroke Club
Open to stroke survivors, their families and caregivers.
» Fourth Tuesday of each month, 2 P.M. TWH&MC, ISS Training Room
Information: 321-2656

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

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

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For women diagnosed with cancer. Licensed cosmetologists give make-up, hair styling and scarf-tying pointers.
» First Monday of each month, 11 A.M. to 1 P.M. DPH, Susquehanna Cancer Center
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Parkinson’s Disease
» Third Thursday of each month, 7 P.M. Faith United Methodist Church, 700 Fairview Drive, Montoursville

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

 лечите копия! Всегда будьте в курсе новостей о здоровье с susquehannahealth.org. Просто кликните по "Health Information" на главной странице.
By Linda Lorson

IN THIS AGE of leading-edge technology, something as simple as washing your hands is your best weapon in the prevention of a deadly infection that causes over 5,000 deaths a year!

A germ that commonly lives on the skin and in the nose is called Staphylococcus aureus, or staph bacteria. Usually staph bacteria don’t cause harm, but sometimes they get inside the body through a break in the skin and cause an infection.

Sheila Koskey, director, SH Infection Control, says, “These infections are usually treated with antibiotics, but sometimes the antibiotic that is used does not kill the staph bacteria. This can mean that the bacteria have become resistant to those antibiotics, and this type of staph is called methicillin-resistant Staphylococcus aureus (MRSA).”

Resistance to antibiotics is due to increased use of antibiotics for colds, flu and other viral infections that would normally clear up on their own.

SIGNS AND SYMPTOMS OF MRSA
» A pimple or boil, causing the skin to become red, swollen and painful.
» A cut that is swollen, hot and filled with pus, or blisters filled with fluid (called impetigo).
» MRSA can also appear in other areas of the body, such as blood, lungs, eyes and urine. Although often more serious, this is less common.

PREVENT THE SPREAD OF GERMS
» Wash your hands often with soap and warm, running water.
» Carry alcohol-based hand gel with you so that you can sanitize your hands if soap and water are not available.
» Do not touch others’ wounds or bandages.
» Keep cuts and scrapes clean and bandaged until they heal.
» Do not share personal items, such as razors, towels or water bottles.

WHAT SH IS DOING
Susquehanna Health is taking part in state and national patient-safety programs to reduce the transmission of antibiotic-resistant bacteria.

Susquehanna Health is taking part in state and national patient-safety programs to reduce the transmission of antibiotic-resistant bacteria. some of the things we are doing include:
» Having hand sanitizers located throughout SH at the entrances and in every patient’s room.
» Sanitizing hands when entering and leaving patient rooms.
» Wearing a gown and gloves when entering a MRSA-positive patient’s room.
» Educating visitors about performing hand hygiene when entering and leaving a patient’s room.
» Screening high-risk patients for MRSA on admission to facilitate prompt implementation of control measures to reduce the transmission of MRSA. We collect nasal and wound (if present) swabs upon admission from patients at high risk for having MRSA, and we take precautions when placing patients with MRSA to prevent the bacteria from spreading to other patients.

“SH is committed to patient safety and preventing the spread of MRSA,” Koskey says.

FOR MORE information, read the booklet Living With MRSA on our website at susquehannahealth.org.
Joints in motion

NOT YOUR GRANDMOTHER’S KNEE REPLACEMENT

By Tracy A. Haas and Ellen Melley

SINCE THE EARLY 1930s, when the first fully programmable computer was developed, computers have made life easier, paying our bills, placing vast amounts of knowledge at our fingertips, and helping keep our lives and businesses running smoothly. And now computers are helping orthopedic surgeons perform total joint replacements to keep our joints running smoothly.

Susquehanna Health is among the first in the region to have computer-navigated knee replacement—a leading-edge technology that takes computers into the operating area.

SAFER SURGERY, LONGER-LASTING JOINTS

Michael V. Hoffman, M.D., a new orthopedic surgeon with Susquehanna Physician Services, believes computer navigation offers a vast array of benefits to patients.

“Computer-navigated surgery is safe, less invasive, accurate and longer lasting,” he says. “Safe because with computer navigation, we do not have to insert a rod into the bone as we do in traditional surgery.”

The computer also allows for more precise bone cuts and leg alignment. This precision means less wear and tear on the joint over time, often resulting in a longer lasting joint. So now, he says, “Surgeons have more confidence performing total knee replacement on younger patients as well.”

YOUNGER JOINTS? NO PROBLEM

In the past surgeons were more apt to perform joint replacement on older patients, those in their mid- and later 60s and older who were looking to simply walk without pain.
In the past, when people injured their anterior cruciate ligament (ACL), it could haunt them for life. "The ACL is an important stabilizer of the knee, as it prevents the lower leg (tibia) from sliding forward on the upper leg (femur)," explains Craig L. Stabler, M.D., orthopedic surgeon and medical director of Susquehanna Health’s Sports Medicine Center. “Left untreated, a patient with an injured ACL is less able to control knee movement, causing injury and damage to other tissues in the knee. With proper diagnosis, treatment and rehabilitation, this doesn’t have to be the end result.”

Commonly occurring when the foot is planted on the ground and a sudden force hits the knee when the leg is straight or slightly bent (contact), ACL injuries can also happen when changing direction rapidly, slowing down when running, or landing from a jump (non-contact).

“The injury occurs when the knee joint is bent backward, twisted, or bent side to side,” says Patrick J. Carey, D.O., orthopedic surgeon with The Sports Medicine Center. “ACL injuries are not just limited to sports; falling off a ladder or missing a step while using stairs can also cause injury. Tears of the ACL can occur to people of all ages, so don’t assume that ACL injuries are just for student athletes.”

Symptoms of an ACL injury include:
» Feeling or hearing a pop in the knee.
» Pain around entire knee.
» Swelling in the knee within the first few hours of the injury. Sudden swelling is usually a sign of a serious knee injury.
» The knee wobbling, buckling or giving out.

“Important advances in arthroscopic surgical techniques are very beneficial for our patients because it allows for a faster rehabilitation, leading to a quicker recovery and return to activity,” Dr. Carey says. Dr. Stabler adds, “An emphasis on more functional rehabilitation allows the patient to return to activities at the earliest yet safest opportunity.”

Another important component of our ACL treatment program is our team of certified athletic trainers who staff our high school training rooms and Injury Clinic at Divine Providence Hospital.

This team ensures prompt diagnosis and coordinates comprehensive, individualized treatment plans for all active individuals, whether they are varsity soccer players or people who play in a recreational basketball league.
New combined surgery to treat glaucoma and cataracts

By Christina Klingerman

There is good news for patients who are being treated for glaucoma and need cataract surgery: Combined endoscopic cyclophotocoagulation (ECP) and cataract surgery may improve vision while reducing or even eliminating the need for glaucoma medicines.

“Many patients who need cataract surgery have glaucoma or intraocular pressures at higher than normal levels,” explains Durriya S. Esaa, M.D., an ophthalmologist who uses this procedure. “These patients, along with those who have had other types of glaucoma laser treatments, are ideal candidates for ECP.”

When a person has cataract surgery, a surgeon makes a microincision and inserts an ultrasonic probe to break up and gently remove the cataract from the eye. An intraocular lens is then inserted to give the patient the best corrected vision following the procedure. Once the cataract is removed, the ECP procedure begins.

ECP is minimally invasive surgery that lasts only a few minutes. During the surgery, the ECP probe, a laser microendoscope, is inserted through a small incision already made during the cataract procedure. The ECP probe uses an integrated imaging and laser fiber optic bundle to simultaneously view and treat the surface cells of the ciliary processes.

The ciliary processes are located beneath the iris and make aqueous fluid that causes the high pressure in glaucoma. Applying laser energy to the ciliary body reduces its fluid production, thereby lowering pressure in the eye. Both surgeries are performed under local anesthesia on an outpatient basis.

“We have successfully treated many patients who no longer need their glaucoma drops,” says Dr. Esaa.

For more information on cataract and ECP surgery, call Dr. Esaa’s office at 570-322-9948.

Hearty, healthy brussels sprout side dish

» 1 pound fresh brussels sprouts
» 4 to 6 tablespoons butter
» ¼ onion, chopped
» Salt and pepper
» 1 teaspoon lemon juice or 1 tablespoon lemon juice, fresh squeezed
» ¼ cup toasted slivered almonds

Boil or steam brussels sprouts for 3 to 4 minutes until tender. Strain and place in a bowl of ice water to keep the color bright green. Cut into halves.

Sauté onions in 2 to 3 tablespoons of butter in a wide sauté pan until the onions are translucent. Add the sprout halves and 2 to 3 tablespoons more of butter, and cook on medium high heat for several more minutes, until the sprouts have reached your desired level of doneness.

Add salt and pepper to taste while the sprouts are cooking. Do not overcook.

Remove from heat, toss in half of the toasted slivered almonds and the lemon juice. Add salt and pepper if needed. Put into serving dish and garnish with the rest of the toasted almonds.

Serves 6 to 8.

The secret to preventing cancer: It’s in your pantry and fridge!

A healthy diet rich in fruits and vegetables is important for cancer prevention. By eating more of these foods, your body receives antioxidants that help prevent cancer.

Fruits and vegetables that are the most rich in antioxidants are onions, garlic, broccoli, brussels sprouts (see recipe), kale, cabbage, cauliflower, tomatoes, carrots, turnips, papaya, pineapple and blueberries.

The American Cancer Society recommends eating five or more servings of fruits and vegetables every day and limiting your consumption of processed and red meats. Simple lifestyle changes—such as substituting an apple or a banana for a candy bar as a snack—can save lives and improve your quality of life. Along with lowering your risk for cancer, eating more fruits and vegetables will help make you feel better.

Take small steps: Pick up a ready-made salad, a piece of fruit or snack on raw vegetables, such as baby carrots or celery.

Other ways to prevent cancer that you should not overlook include exercising, maintaining a healthy weight, not smoking—or quitting if you presently smoke—and having regular checkups and screenings.
Welcome, new doctor

In addition to A. Tayfun Gurbuz, M.D., who joined our Heart & Vascular Center (see page 3), Susquehanna Health welcomes Lisa Ann Bentley Galloway, M.D., board-certified in family medicine, who has joined the WorkCenter at Divine Providence Hospital.

Dr. Galloway received her medical degree from the University of Louisville School of Medicine in Louisville, KY, and completed a residency in family medicine at Eastern Tennessee State University in Bristol. She also completed the American College of Occupational and Environmental Medicine curriculum in occupational medicine.

Dr. Galloway will serve as the medical director for the WorkCenter, providing organizational and clinical leadership for occupational medicine. She will also practice emergency medicine at the Emergency department at The Williamsport Hospital & Medical Center.

SH to open physical therapy center in Eastern Lycoming YMCA

Susquehanna Health plans to open Susquehanna Health Sports & Physical Therapy, an outpatient physical therapy center located within the Eastern Lycoming YMCA (ELYMCA) in Muncy. Five state-licensed SH physical therapy staff members will help people of all ages improve their health and productivity by providing hands-on therapy complemented with the latest rehabilitation and strength-building equipment.

The 5,000-square-foot facility will house state-of-the-art physical therapy equipment and will have its own convenient outside entrance, plus an additional entrance from within the ELYMCA. Patients will also have access to aquatic therapy in the ELYMCA pool.

The facility is expected to be completed by early summer.

FOR MORE information on Susquehanna Health Sports & Physical Therapy, call 570-320-7448. For more information on the ELYMCA, call 570-323-7134.

S.T.A.R. PROGRAM

Employees’ bright ideas achieve cost savings

Have you ever had a lightbulb moment? You know, a moment when you are in the middle of a task and realize there is a smarter, faster and better way to accomplish the end result. Susquehanna Health’s S.T.A.R. program allows employees to submit their ideas to help SH Save Time And Resources.

To date, the program has saved over $75,000 for Susquehanna Health.

Here are two really bright lightbulb moments: When inpatient rooms are cleaned, the policy states that all toiletries must be discarded. An employee noticed that over 75 percent of the products have never been used and recommended that these items only be given upon request, perhaps by placing a note card on the bedside table to let the patient know they are available.

This system represents a savings of $13,994.

Another employee called the Verizon representative for her department and asked to have an analysis on their 66 cell phone bills for SPS physicians and the administration team. After the analysis, they switched the accounts to plans that are more effective, with a monthly savings to SPS of $637.40 and a total savings of $7,648.
Saturday, June 21
• Sausage and pancake breakfast:
  6:30 to 11 A.M.
• Art auction, crafts, entertainment
  and more: 9 A.M. to 4 P.M.
Hospital lawn

See the calendar on pages 7 to 10
for more classes and events.