A more accurate, comfortable MRI

Susquehanna Health recently installed the Siemens Espree MRI scanner, which offers greater clarity and accuracy than open scanners and ensures that your doctor gets the most accurate diagnosis.

The new MRI accommodates patients of all sizes, including large patients, older patients and children. It is perfect for people who become anxious or claustrophobic during an MRI exam. These patients will no longer be nose-to-nose with the machine. The machine also provides more shoulder, elbow and leg room than conventional MRI scanners.

Visit SusquehannaHealth.org for more information about MRI technology, how to prepare for an exam and what the exam results might mean.

Our new MRI scanner offers high-quality images while still preserving comfort.

Susquehanna Health
The art of caring. The science of healing.

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CUM23128c
Migraines
stop here!

By Tracy A. Haas

JAMES HAMM SR., 72, of Linden, suffered from migraine headaches for many years. And while many people can directly attribute their migraines to stress, this wasn’t the case for James.

“My migraines began long after my retirement,” he says. “Unfortunately, they severely limited my ability to enjoy my freedom from work.”

An almost everyday occurrence, James’ migraines were a terrible pain that started at the crown of his head and gradually worked its way into his neck and shoulders. Taking an over-the-counter pain medication and resting—basically waiting out the pain—provided some relief.

In an attempt to figure out if something more was causing the headaches, James eventually sought help from his family doctor, who suggested MRIs, CT scans and blood tests. No cause was found for the headaches.

“After all of the tests and attempts to solve this mystery, I made up my mind that I was going to try one more option—visit a neurologist,” James says.

He made an appointment with C. Mitchell Finch, M.D., medical director of Susquehanna Health’s Neuroscience Center. Dr. Finch confirmed that James’ headaches were indeed migraines and prescribed a U.S. Food and Drug Administration-approved antiepileptic medicine used to treat migraines. Just three days after James started the medicine, the migraines stopped.

WHAT CAUSES MIGRAINES?

“Migraines are a result of nerve activity causing irritation and swelling of the brain’s blood vessels,” Dr. Finch explains. “These swollen blood vessels then send pain signals to the brain stem, a pain-processing area of the brain. Migraines can be triggered by stress, anxiety, depression, changes in sleep patterns, bright lights, fluorescent lights, excessive noise, certain foods and overuse of over-the-counter headache medicines.”

Not every person with migraines experiences them on a daily basis. “For people who have occasional migraines, medicines such as triptans may be used,” Dr. Finch says. “These work to ‘turn off’ a migraine, and for them to be most effective, they should be taken early in a migraine attack.”

SOUND FAMILIAR? If you experience migraines and would like to make an appointment with Dr. Finch, please call (570) 321-2820.

Migraine symptoms

- Throbbing headache on one side of the head. Pain may move from one side of the head to the other or be on both sides at the same time.
- Nausea and/or vomiting.
- Sensitivity to activity, light, noise or odors.
- Experiencing an aura—seeing spots, wavy lines or flashing lights.

For more information about migraines, call (570) 321-2820 or visit SusquehannaHealth.org.
The power of two

PET/CT imaging at Susquehanna Health

By Ellen Melley

In our continuing efforts to provide patients with the most advanced technology available, Susquehanna Health now offers PET/CT imaging. This innovative, leading-edge technology takes PET imaging to a new level by combining its imaging of organ function with the anatomical imaging of CT.

What this means, says Adwoa Essel, M.D., medical director of Susquehanna Health PET/CT Service, is that we have combined PET and CT scanners into one device that uses the two technologies in a single study.

“Both of these technologies have played a major role in diagnosing diseases in the past,” Dr. Essel says. “But when combining them together, they provide more information than either one can alone.”

For example, PET imaging technology detects small lesions or tumors in their earliest stages, and the CT imaging provides doctors with the exact location and size of these tumors.

“This,” Dr. Essel says, “has revolutionized medical diagnosis by guiding surgical planning, radiation therapy and cancer treatment. The advantage of early detection provides the greatest chance for successful therapy or cure.”

For cancer patients PET/CT has major implications in the diagnosis and treatment of disease. It can pick up tumors that are not always seen by other imaging procedures and can differentiate between primary and metastatic cancers and help establish the grade of the malignancy. It can also detect regional spread of these cancers as well as help monitor the treatment or progress of the disease. PET/CT can also detect certain diseases of the heart and brain, help doctors plan treatment, and then monitor the effects of the treatment.

WHAT TO EXPECT

PET/CT is a non-invasive diagnostic exam performed in the Nuclear Medicine department at The Williamsport Hospital & Medical Center.

During the test, a colorless radioactive material is injected into the patient’s body and the patient remains lying down as the liquid circulates for about 45 to 60 minutes. Once the liquid has circulated throughout the body, the patient is positioned on the imaging table, which slowly passes through the scanner. This takes about 30 minutes. During this time, the scanner picks up information from the body. This information is then reassembled by a computer to create an image of the body.

The test is painless and safe. The radioactive liquid has no side effects and the radiation exposure is said to be safe and much lower than that of many other conventional studies. To limit radiation exposure, fewer x-rays are used for the CT portion of the exam, which is only used to locate lesions and tumors on the PET scan.

After the test, board-certified nuclear medicine doctors review the images and a report is sent to your doctor.

If you have cancer, memory loss or heart disease, talk to your doctor about the benefits of having a PET/CT scan.

FOR MORE information and brochures about PET/CT, call the Nuclear Medicine department of Susquehanna Health at The Williamsport Hospital & Medical Center at (570) 321-2400.
THE STATISTICS on women and heart disease are startling...Heart disease is the No. 1 killer of women in the United States...Eight million women currently live with heart disease...One in three women will die of heart disease in her lifetime...One in two women will develop or experience cardiovascular disease, including heart disease and high blood pressure, in her lifetime.

According to the Cardiovascular Research Foundation, there are five things every woman should know about women and heart disease.

1. **Women’s heart attack symptoms are different from men’s.** Women are less likely to have typical heart attack signs such as chest pain. Instead, they may experience fatigue, nausea, upper back pain, indigestion, anxiety, weakness, cold sweats and dizziness.

2. **Symptoms can occur long before a heart attack.** A recent study of female heart attack patients found that 95 percent had symptoms (both typical and unusual) long before their heart attack—some up to two years before.

3. **Heart disease is not just for men.** More women will die of heart disease this year than men, making it the No. 1 killer of both sexes. Heart disease risk increases with age. Women who lead a healthy lifestyle in their 20s, 30s and 40s can significantly reduce the risk of a heart attack or stroke.

4. **Women are less likely to survive a heart attack than men.** While the reasons for this are not well understood, women have less chance of surviving a heart attack than men. Women are also more likely to have a second heart attack sooner, more likely to become disabled as a result of a heart attack and more likely to die after bypass surgery.

5. **A gender gap exists in cardiovascular care and research.** Women receive just one-third of all heart-related surgeries (angioplasties, bypasses and open-heart surgeries) and make up only one-quarter of participants in cardiovascular related research studies.

**PREVENTION: A LIFESAVING TOOL**

The good news behind these startling statistics is that heart disease is very preventable and women can take steps to lower their risk of developing heart disease. The first step is to have blood pressure and cholesterol levels checked, and then talk to a doctor about existing conditions, such as diabetes, that affect heart health. And finally, stop smoking, maintain a healthy weight, limit alcohol and manage stress.

**Know the risks**

Five major heart disease risk factors are:

- Cigarette smoking.
- High blood pressure.
- High blood cholesterol.
- Diabetes.
- Family history of premature coronary heart disease.

**WITH YOUR HEART in mind, visit SusquehannaHealth.org and sign up for our free women’s heart health E-Health Newsletter to receive regular heart information.**
Five-star

TOTAL HIP REPLACEMENT RATING

By Tracy A. Haas

SUSQUEHANNA HEALTH’S Williamsport Hospital & Medical Center recently received a five-star rating for Total Hip Replacement from HealthGrades, Inc., the nation’s leading healthcare ratings organization.

The rating is based on The Tenth Annual HealthGrades Hospital Quality in America Study that identifies key trends in quality of care provided by 5,000 hospitals nationwide. Researchers analyzed Medicare discharges from every U.S. hospital between 2004 and 2006. Risk-adjusted mortality and complication rates were calculated, and hospitals were assigned a one-star (poor), three-star (as expected) or five-star (best) quality rating for diagnoses and procedures ranging from heart failure to pneumonia."

Here are some answers to common questions about hip replacement.

Q: Why is hip replacement necessary? A: “When a patient with arthritis or avascular necrosis (death of bone tissue caused by lack of blood supply) fails to respond to non-surgical treatment and is losing a quality of life,” says orthopedic surgeon John H. Bailey, M.D.

Q: What is hip replacement? A: According to orthopedic surgeon Michael V. Hoffman, M.D., “Hip replacement is a surgical procedure where worn-out parts of the ball-and-socket hip joint are removed and replaced with new artificial parts.”

Q: What are alternatives to surgery? A: “Before suggesting hip replacement surgery, orthopedic surgeon Rackish, M.D., advises, “weight loss, walking aids, such as a cane, anti-inflammatory medication, or injections and simple exercises, as well as avoiding high-impact activities.”

Q: What can be expected immediately after surgery? A: Pain from arthritis is gone after surgery. There is some discomfort from the surgery itself, but this goes away within four to six weeks.

Q: How long does recovery and rehabilitation take? A: Patients typically stay in the hospital for four to six weeks after surgery. During this time patients usually work on range-of-motion exercises at home and gradually increase activity. People who live alone may require short-term rehabilitation or a nursing home stay at discharge.

Q: What types of exercise and activity are most suitable after surgery? A: Walking, swimming, bicycling, skiing, using an elliptical machine, gardening and hunting are fine after surgery. Many doctors recommend avoiding high-impact activities, such as running, or competitive sports, such as racquetball or basketball, that can damage or loosen the new hip.

Q: When is hip revision surgery necessary? A: When a hip replacement loosens from its attachment, is worn out, or is fractured, dislocated or infected, it may need to be replaced again. Few patients who have hip surgery today will need revision surgery. Most hip replacements last 15 to 20 years.

Q: How is technology used for hip replacement surgery? A: Hip replacement surgery is constantly evolving. New techniques address the shape of the replacement parts, surgical approach and what bearing surface is used. These techniques are exciting because they may allow replacement hips to last even longer.

Celebrate With Us!

The Williamsport Hospital & Medical Center is

Five Star Rated for Total Hip Replacement

Our complications for total hip replacement are 57% lower than the national average.

Our Complications Our Complications National Average Predicted by HealthGrades

3.16% 7.67%

WANT TO learn more? Call (877) 852-2874 or visit SusquehannaHealth.org and sign up for our free orthopedic E-Health Newsletter. We’ll send you timely news and information that’s related to your needs and interests.
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.”

LIVING WELL

Osteoporosis Screening: How Strong Are Your Bones?
A quick, painless ultrasound heel screening can measure your bone density level.
$25
» Wednesdays, March 18, May 20, June 17
» Friday, April 17
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

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

Family Health Fest
Free health information and screenings for the entire family.
» Friday, April 17, 10 A.M. to 2 P.M.
The LifeCenter—Lycoming Mall
Information: 320-7470

FREE! Congestive Heart Failure: What You Need To Know
Join us for an information session to help you better care for yourself or your loved one with congestive heart failure. John M. Burks, M.D., FACC, with Susquehanna Cardiology Associates, will cover various topics, including weight management, when to call 911 or your doctor, and the importance of your medications. Dr. Burks will also answer your questions and address your concerns. Following this session, stay to watch Chef Hosch cook up some delicious, low-salt recipes perfectly seasoned with the freshest of herbs at Noon.
» Tuesday, May 12, 11 A.M.
The LifeCenter—Lycoming Mall
Registration: 321-3000

Diabetes Alert Day
See the back page for some of the day’s events.
» Wednesday, March 25, 10:30 A.M. to 3 P.M.
The LifeCenter—Lycoming Mall
Information: 321-3000

KNOCK, KNOCK. Sign up for free monthly E-Health Newsletters at SusquehannaHealth.org to receive health news and tips. No need to go searching—health information is knocking on your door.
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 to care for and keep your new baby safe. This class is for Weekend Class couples and for adoptive parents.
$10 per couple
» Mondays, March 23, May 18, 7 to 9 P.M.
» Thursdays, April 23, June 25, 7 to 9 P.M.

Breastfeeding Class
Is breastfeeding right for you? Learn how to get to the best start and how to pump and store milk. Mothers welcome.
$10 per couple
» Wednesdays, March 25, May 27, 7 to 9 P.M.

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
» Mondays, March 2, 9, 16, 23, April 27, May 4, 11, 18
» Thursdays, April 2, 9, 16, 23, June 4, 11, 18, 25

Saturday Childbirth Class
This one-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. Receive a coupon for a free Baby Care Class.
Bring two bed pillows and an exercise mat or comforter to class.
$50 per couple
9 A.M. to 4 P.M.
» Saturdays, March 7, April 4, May 2, June 6, 27

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
» Mondays, April 6, June 8, 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
» Tuesdays, April 14, June 16, 7 to 9 P.M.
» Thursdays, March 5, May 7, 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, April 13, June 1, 7 to 8 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, March 25, May 27, 7 to 9 P.M.

Percent Body Fat Assessment
Body fat measurement by bioelectric impedance. Review results with our health educator. Water, but no food or exercise four hours prior to testing.
$20
The LifeCenter—Lycoming Mall
Appointment: 321-3000

BRINGING UP BABY. “What do I do if...?” “What should I do when...?” There’s no question: Babies bring questions. We can help. Call 321-3000 to learn more about our classes and services.
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

Stroke Club
Open to stroke survivors, their families and caregivers.
» Meets monthly
TWH&MC
Information: 326-8541

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

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

Diabetes
» Wednesday, March 11, 6 to 7 P.M.: Albright’s Facility
with Betsy Wade
DPH, Board Room
» Wednesday, April 22, 6 to 7 P.M.: Taste In with Chef Hosch
DPH, Auditorium
» Wednesday, May 13, 6 to 7 P.M.: Legal Concerns
DPH, Board Room
Information: Diabetes Center, 326-8410

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 Floor (near the Gatehouse)
Information: 320-7690

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
Information: 326-8555

Better Breathers Club
» Mondays, April 20, May 18, June 15
Information: 321-2799

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/Volunteers/HealthCareers4U or by calling 321-2433. Parents are welcome but do not need to register. 6 to 7:30 P.M.
» Pharmacy: Monday, March 9, TWH&MC, Conference Room 1B (cafeteria)
» Physicians and Physician Assistants: Monday, March 23, DPH, Dining Room B
» Nursing: Thursday, April 16, TWH&MC, ISS Training Room
» Applications, Resumes and Interviews Made Easy: Tuesday, April 28, DPH, Cafeteria Dining Room A

HEALTHY EATING
FREE Chef Hosch’s Cooking Demonstrations
Everyone is welcome to join us as Chef Hosch prepares healthy recipes for taste-testing. Noon to 1 P.M.
» Wednesday, March 25, Cooking Healthy with Diabetes
» Friday, April 17, One-Pot Suppers
» Tuesday, May 12, Cooking to Lower Cancer Risks
Registration: 321-3000

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

*ROUND THE CLOCK. Turn to SusquehannaHealth.org 24/7 when you need to access free, reliable health information. No matter what hours you keep, you can find answers here.
HELLO, NEIGHBOR! Visit us at SusquehannaHealth.org to find healthy happenings near you. With support groups, senior activities, screenings, childbirth classes, information sessions and more, we’ve got something for everyone in your family.

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

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., Second Floor, Mondays and Wednesdays, 9:30 A.M. to Noon
Information: 326-8657
» MVH: Thursdays, 9:30 A.M. to Noon
Information: 546-4278

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
Going green

By Ellen Melley

REMEMBER KERMIT the Frog lamenting on Sesame Street how “It isn’t easy being green?” Well, today it still may not always be easy, but green is definitely the right way to go when you are involved in a building project.

“Being green encompasses everything from the choice of building materials to the energy used to run the building and the products used to clean them—and just about everything in between,” says Rita Spangler, vice president of Facility Development.

“Since SH is building a facility and renovating other campuses that will house the healthcare services for generations to come, it is crucial that we do this in a way that does the least amount of damage to our environment and utilizes products and materials that will help us be more financially efficient over the coming years,” notes Spangler, who has responsibilities for all Susquehanna Health’s construction and renovation projects, including Project 2012.

ENERGY

Perhaps the most urgent issue in green technology is energy use. A perfect example of a major green effort is our new Energy Service Center. It includes boilers that operate at above-average efficiency, as well as two diesel-powered emergency electric generators that replace eight existing emergency generators and provide approximately 30 percent more power with 10 percent less emissions.

Other ways we are reducing the use and cost of energy:

» Using motion sensor lighting control in public restrooms, conference rooms, lounges and other frequently unoccupied spaces where lights are often left on.

» Working with the local bus service to provide more accessible public transportation for employees to and from our hospitals.

» Adding more bike racks on our campuses to encourage employees to ride bikes to work.

» Offering ride-share opportunities.

SUSTAINABILITY

Sustainability is another word you hear when discussing green technology.

“What this means is that we are working to meet the needs of our community without damaging or depleting natural resources,” Spangler says.

Some of these efforts include:

» Installation of motion sensor water fixtures in public restrooms to limit water usage.

» Recycling most metals removed in daily operations, such as tin, aluminum, steel, iron and copper.

» Having a local battery distributor collect all old batteries.

» Selling or recycling retired medical equipment or donating it to Third World countries.

» Using environmentally friendly lubricants and cleaners.

» Changing from oil-based to water-based paint to reduce hazardous chemicals released into the atmosphere.

» Using T-8 and T-5 fluorescent lamps to reduce the mercury waste generated from the disposal of lamps in landfills.

“These are just some of our efforts,” Spangler says. “Green technology is a continually evolving process, and as other ways become available to help Susquehanna Health be green, we will evaluate and use them whenever possible.”

YOU CAN HELP! If you would like to contribute to Project 2012, please see the envelope at the center of this magazine.

Single Occupancy Rooms: A special preview

When the new patient tower becomes a reality, the rooms will provide privacy, comfort and space for family and loved ones. (See drawing of ICU room below.) Rooms also use natural light and views to help create a quiet, healing environment. The rooms are designed to protect the environment and conserve energy. Special features include:

» High-efficiency toilets and sinks to conserve water.

» Lighting to maximize energy efficiency and longer lamp life.

» Products and materials to provide patients with clean, healthy air quality.

» Interior finishes, including flooring, base, ceiling tiles, wall coverings and window treatments, to reduce the release of certain toxic chemicals.
By Ellen Melley

OVER THE PAST YEAR, Susquehanna Cancer Center has undergone a major $20 million expansion and renovation project, bringing the most advanced care to our patients, as well as a renewed sense of peace and healing.

Some of the major highlights of this project include:

» The renovation and expansion of the Medical Oncology area.
» The renovation and expansion of the Radiation Oncology area.
» The installation of the world-class Trilogy Stereotactic System.
» The construction of a healing garden.

MEDICAL ONCOLOGY

Talk to anyone who has seen our new Medical Oncology area in the Cancer Center and you will hear enthusiastic comments like this: “The entire area is open, bright, peaceful and just beautiful...so comforting for patients and their families.”

Designed for the comfort and convenience of patients and families, the area takes its theme from nature and makes extensive use of natural light and earth-friendly products designed to create a calming mood. The infusion room features 18 stations, ten of which are private, to accommodate patients who enjoy the company of others during treatment and those who prefer privacy. Much of the area overlooks a healing garden, which surrounds our patients with the colors of nature throughout the four seasons.

RADIATION ONCOLOGY

A major feature of the Radiation Oncology expansion is the installation of our new Trilogy Stereotactic System. This new robotic and automated system is the most precise and powerful cancer treatment technology in the world. It uses a new form of image-guided treatment, allowing us to:

» Treat cancer with fewer side effects.
» Give treatments in the shortest amount of time.
» Provide greater patient comfort.

The Trilogy Stereotactic System treats all parts of the body but also offers optimized ultra-precise treatment for brain, lung and prostate cancers. A second linear accelerator will be in use this spring. This machine will have imaging features that provide a tool for precise positioning of the patient.

Next spring renovations begin on a third treatment room to house brachytherapy (internal radiation) treatment. This room affords more privacy for the patient receiving treatment and allows the family to sit with the patient prior to the procedure. These rooms will include visual therapy lighting with outdoor scenes that give patients the feeling of having a window in their rooms.

TO LEARN MORE about the patient-focused care at Susquehanna Cancer Center, call 800-598-4282 or (570) 326-8470 or visit SusquehannaHealth.org.

Physician joins Cancer Center

Warren R. Robinson, M.D., and Edward G. Wyshock, M.D., welcome Charles K. Agbemabiese, M.D., to their practice for patients with cancer and diseases of the blood at Susquehanna Cancer Center, the largest cancer center in the region, located at Divine Providence Hospital.

Dr. Agbemabiese is board-certified in medical oncology and internal medicine. He comes to Susquehanna Health from Howard University Hospital in Washington, D.C., where he was a hematology fellow in the division of hematology/oncology and also served as chief resident in internal medicine.

For an appointment with Dr. Agbemabiese, call (570) 326-8470.
Good news
FOR BREAST CANCER PATIENTS

IF YOU HAVE BEEN DIAGNOSED WITH BREAST CANCER, YOU NEED TO KNOW THIS

By Ellen Melley

SUSQUEHANNA HEALTH is the first in the region to offer oncoplasty, an innovative surgery that provides an excellent cure rate for women with breast cancer while preserving the natural contours of the breast and enhancing the patient’s self-image.

“Oncoplastic surgery allows us to go beyond excellent clinical results and restore the patient as a whole,” says Timothy J. Pagana, M.D., medical director of the Kathryn Candor Lundy Breast Health Center. “In the past, a lumpectomy was the typical surgery for a woman with early breast cancer.”

“Oncoplastic surgery allows us to go beyond excellent clinical results and restore the patient as a whole.”
—Timothy J. Pagana, M.D., medical director, Kathryn Candor Lundy Breast Health Center

RAISING THE BAR

Oncoplasty takes the lumpectomy to a higher level by using advanced three-dimensional imaging that allows the surgeon to precisely determine the amount of breast tissue that needs to be removed for a cure.

“Removing less tissue helps maintain the normal appearance of the breast,” Dr. Pagana says. “And this combined with advanced plastic surgical reconstructive techniques allows the woman to maintain a normal figure and an improved self-image.”

Dr. Pagana and his partners, Susan A. Branton, M.D., and Linda L. Myers, M.D., at the Center are all skilled in performing this surgery.

Although oncoplasty is a preferred surgery for many breast cancer patients today, it may not be an option for every woman. While nearly all women who undergo conservative breast cancer surgery will benefit from new oncoplastic surgery, women who benefit most are those with small breasts who have a moderate- to large-size cancer. Removal of their cancer by lumpectomy may cause considerable disfigurement of their breast. Oncoplastic surgery will preserve their normal breast form and minimize disfigurement.

FOR MORE information about oncoplasty, or to make an appointment for a mammogram or to see a surgeon, call the Kathryn Candor Lundy Breast Health Center at 800-585-2227 or (570) 326-8200.
Doctors make Best Doctors list

Susquehanna Health is proud to announce that doctors on our medical staff have been named to Best Doctors in America for 2007–2008. Only the top five percent of the doctors in America earns a spot on this list. This widely respected list is a result of 40,000 polled physicians who answered the question, “If you or a loved one needed a doctor in your specialty, to whom would you refer?”

- Judith A. Gouldin, M.D., nuclear medicine (top row, far left)
- Margrit M. Shoemaker, M.D., endocrinology and metabolism (top row, center)
- Warren R. Robinson, M.D., medical oncology and hematology (top row, far right)
- William C. McCauley, M.D., pulmonary medicine and critical care medicine (bottom row, far left)
- Daniel J. Glunk, M.D., internal medicine (bottom row, center)
- Stephen F. Weber, M.D., infectious disease (bottom row, far right)
- John M. Burks, M.D., cardiovascular disease (not pictured)
- Karen Brady, D.O., dermatology (not pictured)

SH named one of the 100 Best Places to Work in PA

We are pleased to announce that Susquehanna Health has been named as one of the Top 100 Best Places to Work in PA for 2008! This statewide survey and awards program was designed to identify, recognize and honor the best places of employment in Pennsylvania that benefit the state’s economy, workforce and businesses. The awards program, created in 2000, is one of the first of its kind offered by a state in the country.

Lullaby marks celebration of birth

When you hear Brahms’ lullaby being played at The Williamsport Hospital & Medical Center, you know a family has just welcomed their new baby into the world. The lullaby plays for 60 seconds on the overhead speaker between the hours of 9 A.M. and 9 P.M. each time a baby is born at The Birthplace.

“This is a great opportunity for proud new parents to reach out to everyone in our hospital and announce that their child has just been born,” says Marie Zurinsky, administrative director of Nursing at Susquehanna Health. “It is our hope that patients, staff and visitors will be momentarily uplifted as they are reminded of the cycle of life.”

Local doctor receives national hospice award

Alexander R. Nesbitt, M.D., medical director of the Hospice Program, part of Susquehanna Health Home Care & Hospice, is the recipient of the 2008 Heart of Hospice Award in the clinical/caregiver category. This prestigious award recognizes professional members of National Hospice and Palliative Care Organization who have repeatedly attained outstanding achievements in hospice and palliative care—and have made contributions that go beyond their local hospice.
Medical group names new president

William C. McCauley, M.D., FACP, FCCP, has been named president of Susquehanna Health Medical Group (SHMG). SHMG is made up of the employed medical staff of the health system and includes more than 100 physicians in various specialties. Dr. McCauley is a highly regarded intensivist and pulmonologist and has been a member of the local medical community since 1975. During this time he has received numerous distinctions and has held a variety of leadership roles at Susquehanna Health, as well as at the state level. With this experience, Dr. McCauley is uniquely positioned to provide the senior leadership necessary to continue developing SHMG into a highly effective and efficient multispecialty medical group.

Physicians open Billtown Medicine and Pediatric Specialists

Thomas J. Martin, M.D., and Qasim Mahmood, M.D., welcome Russell Gombosi, M.D., and Annette Mileto, P.A., to their newly expanded Billtown Medicine and Pediatric Specialists practice. This expansion is an opportunity to schedule new patients in their adult and pediatric medicine practice. These physicians provide consultation services for pediatric patients and staff the level II nursery. Billtown Medicine and Pediatric Specialists is located on the seventh floor of The Williamsport Hospital & Medical Center. For an appointment, call (570) 321-2810.

Dr. Glunk elected president of Pennsylvania Medical Society

Daniel J. Glunk, M.D., FACP, Susquehanna Health Medical Group, was recently sworn in as the 159th president of the Pennsylvania Medical Society. He becomes the first president of the Pennsylvania Medical Society from Lycoming County since 1893.
Top performing specialists. Award-winning patient safety.

We’re nearby when you need a superior level of healthcare…

When you need hospital care, take comfort in knowing we’re nearby with nationally-rated doctors and a safe, caring place to assure the best result possible. Our Williamsport Hospital & Medical Center is a 2008 Distinguished Hospital for Patient Safety—placing us among the top 5% of U.S. hospitals for patient safety, according to HealthGrades®, the nation’s leading rating organization for hospital quality.

We’ve also received several major clinical distinctions from HealthGrades, including #1 ranking for Spine Surgery in Pennsylvania, 5-Star Ratings for clinical quality in: Back and Neck Surgery, Spinal Fusion, Treatment of Heart Attack, Treatment of Irregular Heartbeat and Interventional Heart Procedures.

For you, this means when you need top quality healthcare, you can trust us.

Visit SusquehannaHealth.org & compare for yourself. Click on the HealthGrades trophy to compare our quality and safety to other hospitals.

Note: HealthGrades® uses a five star rating system to rank independent hospitals whose actual outcome is better than predicted and the difference is statistically significant from an analysis of Medicare patient data from 2004 to 2006.