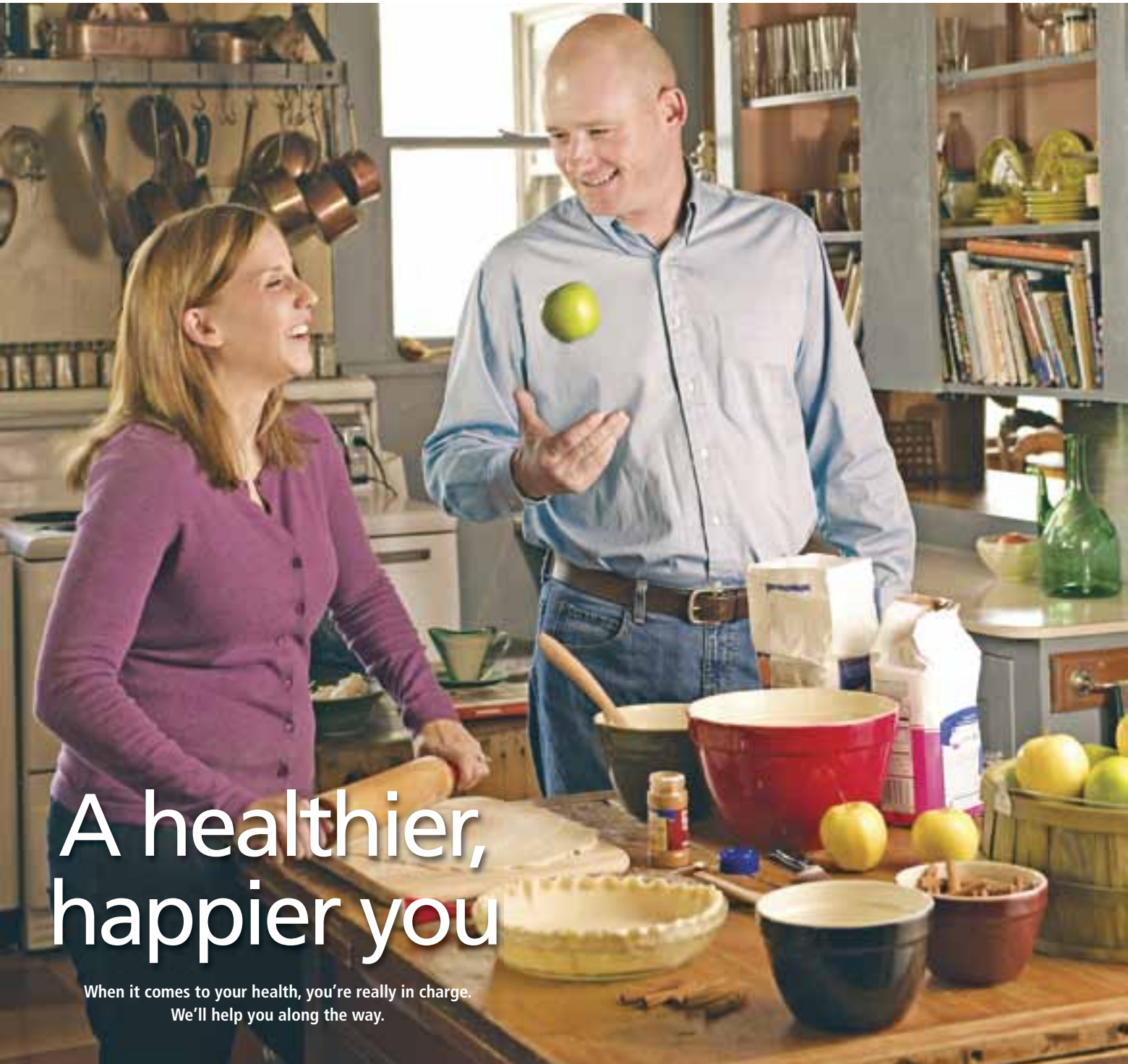


Susquehanna health

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

Fall 2010



A healthier, happier you

When it comes to your health, you're really in charge.
We'll help you along the way.

**Announcing our
reader survey
winners!** See page 2

Williamsport Regional Medical Center
Divine Providence Hospital
Muncy Valley Hospital



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

And the winner is...

Thanks to everyone who responded to our reader survey! We're using your input to create a magazine that's full of the information you want and need. The following winners of our reader survey drawing received either an iPod nano or a \$100 Lycoming Mall gift certificate:

- » Michelle, of Wellsboro.
- » Karen, of Lock Haven.
- » Toni, of Williamsport.
- » Heidi, of Logantown.



Williamsport Regional Medical Center
Divine Providence Hospital
Muncy Valley Hospital

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

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We welcome your comments and suggestions. Contact infodesk@susquehannahealth.org or call (570) 321-2131.

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TO KEEP YOU WELL-INFORMED

- 3** Fewer bathroom breaks, better life. With incontinence, don't let embarrassment keep you from seeking help and relief.
- 4** Looking better? Feeling better? Susquehanna Health's Department of Plastic and Reconstructive Surgery helps you build self-esteem.
- 6** Align your spine. Back pain will affect 80 percent of Americans at some point during their lives. We offer lasting solutions.
- 8** Best choice for mom and baby. Susquehanna Health supports breastfeeding mothers to ease transition back to working life.
- 9** "Which Pagana did you mean?" A family of physicians has been enriching lives in the region for many years.
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Don't give incontinence the silent treatment

URINARY INCONTINENCE is highly treatable, yet many women suffer in silence. Ranging from an annoyance to a restrictive affliction, incontinence is a subject most women are too embarrassed to discuss with their doctors. As a result, they don't get treatment to find relief.

"There's still a tremendous stigma attached to incontinence," says Dr. Glenn Bloiso, a urologist with Susquehanna Urologic Associates. "The condition is more common than high blood pressure, diabetes and depression and can be extremely debilitating, impacting a woman's ability to function socially, at work and even at home."

There are two main types of urinary incontinence:

- » **Stress incontinence**—leakage of small amounts of urine during physical activity, such as coughing, sneezing or exercising.
- » **Urge incontinence**—leakage of urine at unexpected times due to involuntary bladder contractions.

Mixed incontinence is a combination of the two.

WHY TALK ABOUT IT?

Quality of life is the best reason for seeking treatment. Avoidance of people and activities because of urinary incontinence can spiral into depression, isolation and weight gain. The condition can also disrupt sleep, sabotage sexual relations and cause urinary tract infections, incurable genital inflammation and skin ulceration. At the extreme, falls resulting from leaking urine can lead to debilitating injuries and loss of independence. Yet a 2004 survey by the National Association for Continence found 64 percent of people with incontinence symptoms were doing nothing to manage the condition.

"There is still widespread belief that female incontinence is just part of aging and can't be treated," Dr. Bloiso says. "Yet over the last 10 years we have really reached a level of excellence in terms of success with treatments. My patients say: 'What a difference this has made in my life. I can't believe I waited so long.'"

WHAT TREATMENTS ARE THERE?

Depending on your insurance, you may be able to go directly to a urologist to discuss treatments, which include lifestyle changes, physical therapy, medications and same-day surgical procedures.

Among the significant advances, Dr. Bloiso points out improved medications that help manage an overactive bladder. Treatment of stress incontinence has advanced with development of a polypropylene mesh sling inserted during outpatient surgery to cause compression and support that maintains continence when there is an increase in intra-abdominal pressure. The surgery takes less than one hour and is highly effective.



Another simple and effective treatment is a urethral bulking injection, which can be administered during an office visit. It is used in cases where the urethra has been damaged because of aging, radiation injury or previous gynecologic surgeries.

"There is no reason for women to suffer in silence," Dr. Bloiso says. "With new technology we are very well poised to treat incontinence quickly and effectively."

For an appointment with a urologist on the Susquehanna Health medical staff, call (570) 326-8090.



LOOK IT UP To find out more about incontinence and scores of other conditions and treatments, visit SusquehannaHealth.org. Under "Health Information," select "Health Library" and "Illnesses & Conditions."



Silver lining: Cori Reynolds, of Loyalsock Township, had reconstructive breast surgery at the same time she had a mastectomy. "With everything I was going through, the reconstruction was like a bright spot," she says.

Helping and a passion



Rebuilding lives: Dr. Nathalie Lavallee practices plastic and reconstructive surgery at Susquehanna Health.



A PHONE CALL AWAY
Start with a personal consultation by calling Dr. Lavallee at (570) 326-8005 or Dr. Stryker at (570) 320-7570.

MAKING AN IMPACT on people's lives is what drew Dr. Nathalie Lavallee, FRCS, the newest member of Susquehanna Health's Department of Plastic and Reconstructive Surgery, to the field.

"I wanted to be a surgeon, and when I saw how plastic surgery could change people's lives and give them more self-esteem, especially after an accident or illness, I knew that was what I wanted to do," Dr. Lavallee says.

She came to Susquehanna Health after practicing for eight years in Quebec City. A member of the American Society of Plastic Surgeons, Dr. Lavallee was certified by the Royal College of Physicians and Surgeons of Canada in 2001. One of her subspecialties, and what she calls her most challenging and fulfilling work, is breast reconstruction for women who have had breast cancer.

Dr. Lavallee takes extra time with all of her patients to hear what they are looking for, consider how those changes will fit into their lifestyle and get a sense

of whether desired changes will really meet their goals. She uses pictures to give patients a sense of what the final result will be.

"It's important that patients have realistic expectations," she says. "I don't use computerized images, because everyone heals differently, and I don't want to promise something that might be different from the final result. Some procedures, like breast augmentation, require additional surgeries down the road to maintain good results. I'm honest with patients about what is involved, so they can decide whether to move forward."

Dr. Lavallee says a critical part of her preparation is taking time with each patient to make sure they get to know each other. She also makes a point to see her patients just before surgery to answer any last-minute questions.

While her goal is to give patients natural-looking results that please them, Dr. Lavallee confesses she must also be happy with the outcome to be truly satisfied.

hands for caring

Alliance for breast health

When **Cori Reynolds**, 36, of Loyalsock Township, decided to have a double mastectomy as part of her breast cancer treatment, she knew she wanted breast reconstruction at the same time.

"I wasn't sure how I would deal with such a dramatic change, so it was important to me to have the reconstruction right away," Cori says.

Dr. Susan Branton, Cori's breast surgeon at Susquehanna Health's Kathryn Candor Lundy Breast Health Center, referred her to plastic surgeon **Dr. Nathalie Lavallee**, of Susquehanna Health's Department of Plastic and Reconstructive Surgery. Dr. Lavallee's subspecialty is breast reconstruction. Together the surgeons planned and performed the procedure to remove breast tissue and begin reconstruction.

Cori says working with Dr. Lavallee to make decisions about the reconstruction was a bright spot during a very difficult time in her life.

"Breast reconstruction can be an important part of a woman's recovery from breast cancer," says Dr. Lavallee. "I think it helps a woman, psychologically, not to have to go through a phase where she doesn't have breasts."

When she came to Susquehanna Health in 2009, Dr. Lavallee began a close relationship with the breast center that includes participation in monthly patient conferences to discuss cases with the breast surgeons and oncologists. In addition to reconstructions after breast cancer, she assists with other breast health issues, such as ruptured implants and breast hypertrophy.

The perfect blend of art and science

Whether you're looking for a subtle tweak or want to restore your appearance or physical functioning after an injury or illness, plastic and reconstructive surgery can change your life.

Board-certified plastic surgeons **Dr. Nathalie Lavallee** and **Dr. Allan Stryker** offer a complete range of services, from head to toe, through Susquehanna Health's Department of Plastic and Reconstructive Surgery. In a safe hospital environment, our surgeons handle a wide range of problems related to trauma, cancer or congenital defects, and can provide extensive options for elective cosmetic procedures. Services include:

RECONSTRUCTIVE

- » Breast implant removal (breast revision surgery).
- » Breast reconstruction (after cancer).
- » Burn or wound reconstruction.
- » Ear surgery (otoplasty), ear pinning surgery.
- » Facial trauma repair/reconstruction.
- » Female breast reduction (reduction mammoplasty).
- » General reconstruction.
- » Hand surgery.
- » Male breast reduction (gynecomastia).
- » Scar revision.
- » Skin cancer treatment.

PLASTIC

- » Body contouring after major weight loss.
- » Body lift.

- » Breast augmentation.
- » Breast correction.
- » Breast lift (mastopexy).
- » Brow lift (also known as forehead lift).
- » Buttock lift.
- » Eyelid surgery (blepharoplasty).
- » Face lift (rhytidectomy).
- » Liposuction.
- » Neck lift.
- » Nose surgery (rhinoplasty).
- » Thigh lift.
- » Tummy tuck (abdominoplasty).
- » Upper arm lift (brachioplasty).

SKIN CARE

- » La Roche-Posay
- » Daily home skin care.
- » Dermabrasion.
- » Facial peels.

REJUVENATION

- » **BOTOX™** Cosmetic: Injectable that temporarily improves the look of moderate-to-severe frown lines.
- » **Juvéderm™**: Injectable gel that instantly restores your skin's volume and smooths away facial wrinkles and folds.
- » **Latisse™**: Prescription treatment to grow eyelashes, making them longer, thicker and darker.
- » **Sculptra™** Aesthetic: FDA-approved long-lasting injectable that helps replace lost collagen.

All procedures are FDA-approved, and a number of insurance and financing options are available.

From painful to

NEUROLOGICAL AND ORTHOPEDIC CARE AT WILLIAMSPORT REGIONAL



Got his life back: Erick Coolidge has left cervical (neck) pain behind.



No more problems: Brian Pieton has fully recovered.

“MY FATHER has always said, ‘As long as I can get up and go to work in the morning, I’m a pretty wealthy man,’ and I adhere to that,” says Erick Coolidge, 56, a fourth-generation dairy farmer and Tioga County commissioner.

In 2009, cervical (neck) pain threatened that wealth. A farming injury resulted in debilitating pain that kept Coolidge awake at night. The man who typically began his days in the dairy at 5:30 am before heading to the county courthouse was feeling his ability to contribute, in many aspects of his life, was diminishing.

Michael McHale, of Sunbury, felt like the bones in his back were rubbing and cracking. He also experienced pain in his legs. His job at a cabinet factory kept him on his feet 8 to 10 hours a day, and it was becoming difficult to walk. With just seven years until retirement, he wanted relief from the pain to avoid going on disability.

Brian Pieton, 48, of Gardners, was lifting a bag of cat litter from a grocery cart in 2004, when he collapsed and was unable to stand up. Because of severe lumbar (low-back) pain, he was able to walk just a few hours a day and spent the rest of the time in a wheelchair. He couldn’t work or take care of himself. Pieton wanted his life back.

These men found solutions to their back pain with help from neurosurgeons Dr. Rodwan K. Rajjoub, FACS, and Dr. Hani J. Tuffaha, FACS, and orthopedic spine surgeon Dr. Ronald DiSimone, FACS. They are part of the team of neurological, orthopedic and other specialized professionals who recently earned Williamsport Regional Medical Center designation as a Blue Distinction Center for excellence in spine surgery (see sidebar on page 7).

WHAT IS BACK PAIN?

“Back pain is one of the most common medical problems in the U.S. It affects 8 out of 10 people at some point during their lives,” Dr. Rajjoub says. Ranging from a dull, constant ache to a sudden, sharp pain, back pain is one of the top reasons for lost

days from work and productivity. Pain that lasts for more than three months is considered chronic.

“In this region, where many people work at physically demanding jobs, the incidence of back pain and injuries is fairly high,” Dr. Tuffaha says.

The most common cause of back pain is myoligamentous lumbar strain, usually resulting from an awkward movement or improper body mechanics when lifting. Other causes are poor posture, obesity, smoking and osteoporosis. Injury to discs, the cushions between the vertebrae that make up the spine, caused by either accident, aging or degeneration, is one of the common causes of persistent back pain.

DISTINCTIVE SOLUTIONS

Susquehanna Health, as a regional medical center, provides comprehensive



In good hands: From left, Dr. Rodwan K. Rajjoub, FACS, Medical Director of Neurosurgery; Dr. Ronald DiSimone, FACS, and Dr. Hani J. Tuffaha, FACS, are experts in spine surgery.

pain-free

MEDICAL CENTER

spine treatment, including pain management, physical therapy and other treatments for spine and back pain. If those less invasive treatments prove ineffective, spine surgery is an option.

“Out of the hundreds of patients with back pain, only about 1 or 2 percent end up having surgery,” Dr. Rajjoub says. “It’s really a last resort.”

Neurosurgeons Drs. Rajjoub and Tuffaha and orthopedic surgeon Dr. DiSimone use a collaborative approach to meet patients’ unique needs to treat conditions as diverse as nerve damage and compression and spinal instability and provide relief from back and neck pain.

“Our goal is to restore mobility and neurological function as well as reduce or eliminate pain so patients can return to daily activities and the things they enjoy,” Dr. Tuffaha says.

High-resolution diagnostic tools, such as MRI, CT scans and myelogram, help the surgeons pinpoint the source of a patient’s pain and determine the best treatment. With continuing improvements to surgical instruments and synthetic materials, recovery from spinal surgeries is faster than ever and yields better results.

Ninety percent of spinal surgeries require just an overnight hospital stay, and a variety of caregivers assist patients with rehabilitation and recovery.

“We are realistic about setting expectations,” Dr. DiSimone says. “Not everyone with lower back pain is restored to 100 percent of what their experience was prior to their back pain. It can be very emotional. By the time they are seeing us, many patients have lost their ability to provide for their family or have given up portions of their life to debilitating pain.

We’re here to provide tools

and ways for them to get their lives back in some reasonable way.”

Pieton remembers Dr. Rajjoub asking him, “Is this something you can live with?” and knowing it wasn’t.

Dissatisfied with the treatments offered close to home, Pieton traveled two hours for a consultation with Dr. Rajjoub, who determined the pain was the result of fragmentation in his lumbar disc.

BACK TO WHAT MATTERS

“I had such intense pain and was also experiencing anxiety attacks,” Pieton says. “I was confident surgery was the right option for me.” After about five weeks of recovery following his surgery, he returned to work and hasn’t had any more back problems.

When McHale came to Dr. DiSimone, he was incapacitated by pain from lumbar spinal instability. Dr. DiSimone performed an extreme lateral inner body fusion (XLIF), a minimally invasive procedure to heighten the disc space and decompress the nerve root to reduce pain and provide better spinal stability.

Returning to work was McHale’s motivation, and he did it just four

months after his surgery in February. People working in similar industries typically wait 6 to 12 months before returning to work. With his recovery still in progress, McHale is hopeful he will be back to hunting, fishing and cutting firewood very soon.

Coolidge was no stranger to back pain, but his neck pain was unlike anything he had ever experienced. When increasingly frequent visits to his chiropractor offered minimal relief, he was referred to Dr. Tuffaha, who replaced a disc in his neck. Coolidge is very pleased with the result.

“The pain had just taken me out of any kind of activity that could bring pleasure or comfort,” he says. “When you have a very active life, and then you are suddenly sidelined—and you get that ability back, you realize how fortunate you are. That is the greatest reward from this surgery.”



GET A BACKUP visit

SusquehannaHealth.org for more information on back care. Under “Services,” click on “Neuroscience Center” and select “Neurosurgery” from the menu on the right.

WRMC is the only Blue Distinction Center for spine surgery in the region

After every other treatment is exhausted, surgical care for back pain can provide much-needed relief. If someone you know needs that level of treatment and care, look no further than Williamsport Regional Medical Center (WRMC).

Designated as one of the nation’s top centers for spine surgery, WRMC is a Blue Distinction Center for excellence in spine surgery. That means WRMC has demonstrated its commitment to quality care, resulting in better overall outcomes for spine surgery patients.

Each Blue Distinction facility meets dozens of objective clinical measures that are developed with input from expert physicians’ and medical organizations’ recommendations. The award is designated by Blue Cross of Northeastern Pennsylvania to help patients identify healthcare facilities they can trust.

(breastfeeding support)

Starting out right

AT HER NEWBORN son, **Porter's**, first-week appointment, **Melissa Lepley**, 28, got some disappointing news. Porter's weight had dropped nearly 10 percent since birth. Porter's pediatrician, **Dr. Mark Odorizzi**, thought she and Porter needed a little help to assure steady weight gain. He referred them to a lactation consultant at The Birthplace™ at Susquehanna Health.

LATCHING ON

Audrey Gabriel, RN, BSN, IBCLC, watched Lepley breastfeed her son and gently counseled her on how to help Porter latch on properly. The difference was immediately noticeable.

"That was a real turning point for me," Lepley says. "She gave me so much information and confidence, and from that day forward, gaining weight hasn't been an issue for Porter."

Six months later, Lepley has handled the hurdle of returning to work full time and is confident she will reach her goal of breastfeeding Porter for his first year.

"Breastfeeding is so important the U.S. Surgeon General is committed to supporting it, and The American Academy of Pediatrics and American Association of Family Physicians recommend babies receive nothing but human milk during their first six months and continue receiving human milk for at least the first year and beyond," says **Lisa McCloskey** RN, BSN, IBCLC, lactation consultant and childbirth education coordinator. "At The Birthplace we offer a continuum of support to help moms initiate and maintain breastfeeding."

In addition to classes, all nurses at The Birthplace can help mothers with breastfeeding. Susquehanna Health has four lactation consultants and five breastfeeding counselors to provide additional help. The specially trained staff is available for outpatient consultations with a physician referral. Lepley got additional support by taking part in Susquehanna Health's Nursing Mothers Support Group.

 **FOR MOMS AND MOMS-TO-BE** Get more information online at SusquehannaHealth.org. Select "For Women" from the menu on the right, and click on the relevant topics.

Our support for breastfeeding moms:

Breastfeeding Class

- » In-hospital breastfeeding support at The Birthplace from nurses, lactation consultants and breastfeeding counselors.
- » Telephone follow-up after discharge.
- » Outpatient consultations with lactation consultants upon physician referral.

Nursing Mothers Support Group

Meets first and third Wednesdays, 10 am, Childbirth Education classrooms, The Birthplace. Contact **Lisa McCloskey**, RN, BSN, IBCLC, at **(570) 321-2092**.



Working moms breastfeed

For many mothers, the return to work marks the end of nursing. Full time employment decreases breastfeeding time by nearly nine weeks. Susquehanna Health is participating in a national initiative, The Business Case for Breastfeeding, to provide a new lactation support program for its service partners (employees and physicians) who want to continue breastfeeding. The program includes:

- » An Employee Lactation Room for expressing milk at each Susquehanna Health campus.
- » Access to an electric breast pump per campus.
- » Telephone support from the Lactation Team.
- » A new internal class, "Breastfeeding and Work: Making it Work."

The Business Case for Breastfeeding workplace lactation resource kit is provided by the U.S. Department of Health and Human Services and is available at ask.hrsa.gov. It can also be found online at the Office of Women's Health at womenshealth.gov. Employers interested in information about lactation support can contact **Lisa McCloskey**, RN, BSN, IBCLC, at **(570) 321-2092**.

All in the family

CALL WILLIAMSPORT Regional Medical Center (WRMC) and ask for Dr. Pagana, and you're likely to hear, "Which one?"

There are six Paganas practicing medicine in the Williamsport area with many others in the medical field. Among them are **Dr. Timothy "Tim" Pagana**, a breast oncology surgeon, and his twin nephews, **Dr. William Pagana**, an internist and pediatric physician, and **Dr. Charles Pagana**, a family physician. Dr. Tim Pagana's sister, **Marie Zurinsky**, is director of nursing at WRMC.

This summer marked the arrival of another Dr. Pagana: **Charlie**. The son of Dr. Charles Pagana is the 13th family member to earn a medical degree. He is attending Susquehanna Health's Family Medicine Residency Program at WRMC, the same program his father graduated from in 1994.

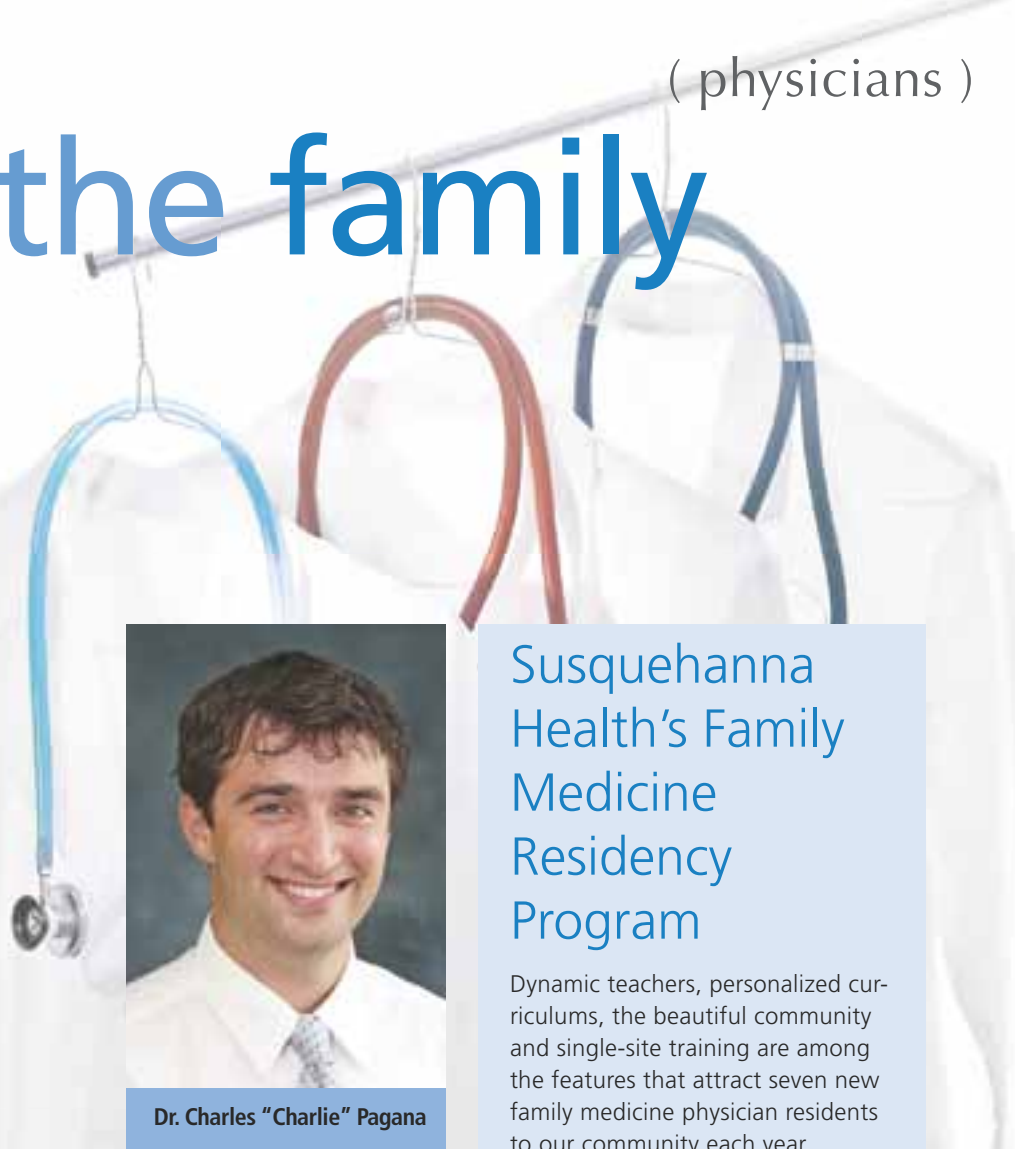
Too many Paganas? "No," says the switchboard operator. "We need them all!"

"I think medicine is where our interest and talent lies," says Charles, whose father and grandfather were dentists in the area. "We are left-sided thinkers, good at science and math, so we gravitate to fields that use those skills."

Charlie, whose brother, **James**, is a second-year medical student, knew he wanted to become a doctor after seeing his father interact with patients during career day in eighth grade.

"That was the first time I realized the difference you can make by becoming a physician," Charlie says. "When I started medical school, I wanted to be a cardiologist. But I kept an open mind and realized family medicine was a good match for my personality. I interviewed at seven residency programs, but I felt I would get the best training here."

Charles is extremely proud of both of his sons and their pursuit of medical careers. Although the field has changed dramatically in the last



Dr. Charles "Charlie" Pagana

two decades, he believes it is still a good profession.

What hasn't changed much is the residency program. Charlie is its first second-generation resident. Although many of the same attending physicians are teaching, Charlie says there's greater use of technology for record-keeping, and Charles teases residents worked longer hours when he was a student.

Charlie is proud when patients recognize the Pagana name, but he plans to make his own way in the medical community. As far as plans go to stay here after his residency, he says nothing is written in stone, but it's a good possibility because he loves the area, and of course, he has a lot of family here, too.

Susquehanna Health's Family Medicine Residency Program

Dynamic teachers, personalized curriculums, the beautiful community and single-site training are among the features that attract seven new family medicine physician residents to our community each year.

Created in 1974 to draw family physicians to the area, the successful Susquehanna Health's Family Medicine Residency Program has seen more than 70 of its more than 200 graduates stay to start their own practices or become faculty members. A fully accredited Osteopathic Family Medicine program was recently added and is attracting even more applicants.

"I think without the program, the community would be in trouble for primary care medicine," says Residency Program Director **Dr. David Ambrose**, noting increasing competition among communities nationwide for a shrinking number of family physicians.

The program's mission is to train highly competent and compassionate family physicians, and the size of the program, which is "just right," raises academic standards throughout the health system.



LOOKING FOR A DOC?
To find Susquehanna Health's Paganas—and scores of other top physicians—go to SusquehannaHealth.org and click on "Find a Doctor/SHMG."

What women need to know about chole

IF YOU'RE A WOMAN over age 40, chances are changes in your body are increasing your risk for cardiovascular disease. Heart disease rates in postmenopausal women are two to three times higher than in premenopausal women of the same age.

“Many middle-aged women don’t realize that postmenopausal changes put them at significant risk for heart disease,” says **Susan Browning, RN, LPN**, Susquehanna Health’s Director of Community Health Improvement. “Within 10 years of her last period, a woman has the same risk for heart disease as a man.”

WHEN ESTROGEN LEVELS LAG

One of the major contributors to that risk is changing levels of cholesterol,

which can lead to clogged arteries or coronary heart disease—the No. 1 killer of women older than age 25.

During childbearing years, women benefit from the cardio-protecting effect of estrogen, which promotes higher HDL (high-density lipoprotein) levels. HDL is good cholesterol, which acts as a cleaning service for the blood and carries away the LDL (low-density lipoprotein) or bad cholesterol.

As women approach menopause, their estrogen levels begin to decline, and HDL levels drop, while LDL and triglyceride levels rise. When there’s too much LDL, the excess is deposited on the walls of the arteries, where it can build up and block passage of blood and oxygen to vital

organs, such as the heart and brain, and cause heart attack or stroke.

“Most women at this phase of their life don’t realize they need to pay attention to both their LDL and HDL levels,” says Browning, who suggests getting a complete lipid profile and discussing it with your doctor.

TIME TO MAKE A CHANGE

Because midlife is when women tend to develop other risks for heart disease, such as increased blood pressure, fat accumulation in the abdomen and general weight gain, it’s a good time to consider lifestyle changes, such as quitting smoking and beginning a light exercise program. Your doctor or a registered dietitian can make suggestions regarding

Cholesterol: Know your numbers

All men and women age 20 and older should have their lipid levels checked at least every three to five years. If your numbers are borderline high or high (or low for HDL) talk with your doctor or a registered dietitian for help getting them to the right levels.

Total cholesterol: Lower is better. Less than 200 mg/dL is best.		LDL (bad cholesterol): Lower is better. Less than 100 mg/dL is best.	
Level	Category	Level	Category
Less than 200 mg/dL	Desirable	Less than 100 mg/dL	Optimal
200 to 239 mg/dL	Borderline high	100 to 129 mg/dL	Near optimal/ above optimal
240 mg/dL and above	High	130 to 159 mg/dL	Borderline high
		160 to 189 mg/dL	High
		190 mg/dL and above	Very high
HDL (good cholesterol): Higher is better. More than 60 mg/dL is best.		Triglycerides: Lower is better. Less than 150 mg/dL is best.	

sterol

dietary and exercise changes to get your cholesterol numbers in line.

“Even a 10 percent weight loss, say going from 160 to 144 pounds, can have immense benefits,” Browning says. “It might not put you in the healthy weight zone, but it can lower your cholesterol and blood pressure.”

Browning advises making changes one step at a time.

“Pick one thing, such as quitting smoking, and tackle that before making changes to your diet or exercise,” says Browning. “And give yourself some wiggle room. People don’t do well with a stringent diet, so strive to eat healthfully and exercise most of the time. You can be very successful with that realistic level of commitment.”



THE WEIGHT CONNECTION

Learn more about weight loss and your health at SusquehannaHealth.org. Under “Health Information,” select “Weight Management.”

7 lifestyle changes for healthy cholesterol levels

Susan Browning, Susquehanna Health’s Director of Community Health Improvement, recommends these simple lifestyle changes to help you keep cholesterol levels on track.

1 Eat less total fat. The current recommendation is that no more than 30 percent of your caloric intake come from fat. That means any type of fat.

2 Eat less saturated fat (animal fat). Only one-third of the above 30 percent should be in the form of a saturated fat. The other 20 percent should be monounsaturated fats, such as olive and canola oil.

3 Eat less dietary cholesterol. Cholesterol is only found in animal-based foods. Total daily cholesterol intake should not exceed 300 mg.

4 Eat more complex carbohydrates. Choose fruits, vegetables and 6 to 10 servings of whole-grain breads and cereals. The fiber in these foods binds with the cholesterol in the digestive system so it can then be excreted, and these foods don’t contain cholesterol.

5 Lose weight if you’re overweight. There is no guarantee that weight loss alone will have an impact, but for the majority of people it does. The key is to avoid fad diets and develop lifelong eating and behavior patterns that support weight maintenance.

6 Get moving. Get 30 minutes of moderate activity four to five times a week to burn fat and strengthen the heart muscle. Activities such as walking, stair climbing, moderate-to-heavy housework and dancing all help raise the amount of HDL in your body.

7 If you drink alcohol, do so in moderation. Research shows that one to two drinks of beer, liquor or wine a day has a positive effect on the HDL level in men and women.

Remember, good health is not something you can take for granted. You’ve got to work for it.



CLICK FOR FACTS For more information on healthy living, visit SusquehannaHealth.org and select the Health Information tab.



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 2010



SCREENINGS & ACTIVITIES

FREE! Breast Cancer Awareness Month: Early Detection And Awareness Saves Lives

Breast cancer is a serious threat to women, but 1 percent of breast cancer cases occur in men. Join us to get information to protect yourself and those you love. Presenter (6:30 – 7 pm): Laura Sole, RN, Kathryn Candor Lundy Breast Health Center. » **Wednesday, October 27, 6:30 – 8 pm** **The LifeCenter—Lycoming Mall** Register: 321-3000

FREE! Vision Screening

For adults. Provided by Akbar Jamall, MD, an ophthalmologist with Susquehanna Health Medical Group. » **Tuesday, November 9, 10:30 am – 2 pm** **The LifeCenter—Lycoming Mall** Appointment: 321-3000

FREE! Vision Screening

Vision screenings for adults and children provided by North Central Sight Services. » **Wednesday, December 1, 10:30 am – 2 pm** **The LifeCenter—Lycoming Mall** Appointment: 321-3000

Manage Your Cholesterol

Learn about cholesterol, recommended levels, factors that cause high cholesterol and ways to manage it with lifestyle changes. » **Wednesday, November 10, 10:30 am – 12 pm** **The LifeCenter—Lycoming Mall** Appointment: 321-3000

WOMEN'S HEALTH

Osteoporosis Screening: How Strong Are Your Bones?

A quick and painless ultrasound heel screening measures your bone density level. » **Monday, November 15, 10:30 am – 12 pm** **The LifeCenter—Lycoming Mall** Appointment: 321-3000

HEALTHY WEIGHT Customized Nutrition Plan for a Healthy Weight

Get an individualized report of the calories you use each day, your percent body fat and a sample daily menu of an eating plan. Not appropriate for those with diabetes or other special dietary needs. Water is OK, but no food or exercise four hours prior to testing. » **Wednesday, November 17, 10:30 am – 12 pm** **The LifeCenter—Lycoming Mall** Appointment: 321-3000

Percent Body Fat Assessment

Body fat measurement by bioelectric impedance. Electrodes on your hands and feet measure the resistance to the electrical signal as it travels through body fat and muscle. This signal cannot be felt. Review results with our health educator. Water is OK, but no food or exercise four hours prior to testing. » **Monday, November 15, 10:30 am – 12 pm** **The LifeCenter—Lycoming Mall** Appointment: 321-3000

BREATHE BETTER **FREE!** World COPD Awareness Day

Pulmonary screening, speakers and so much more that will help you find ways to enjoy living despite chronic obstructive pulmonary disease. » **Wednesday, November 17, 10:30 am – 1:30 pm** **The LifeCenter—Lycoming Mall**



EXERCISE

FREE! Susquehanna Striders—Walking For Fun And Fitness

Earn both rewards and health benefits. Check out the Strider's 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 **The LifeCenter—Lycoming Mall**

CHILDBIRTH EDUCATION

Register for the following classes by calling 321-2069 or at SusquehannaHealth.org. All classes are held at **The Williamsport Regional Medical Center, 5 North**

FREE! Nursing Mothers Group

This group is a great way to exchange breastfeeding tips and experiences and spend time out of the house. For moms with babies up to 3 months of age. » **Wednesdays, November 3, 17, December 1, 15, 10 – 11 am**

Saturday Childbirth Class

Understand labor and be less nervous about giving birth. Partners will learn ways to help you through labor. Learn about pain relief and tour The Birthplace™. Bring two bed pillows and an exercise mat or comforter. » **\$40 per couple** » **Saturdays, November 6, December 4, 9 am – 4 pm**



DIRECT DELIVERY Sign up for free E-Health Newsletters and let the topics you're interested in come to you! Visit SusquehannaHealth.org.

Hospital key

- » **DPH**—Divine Providence Hospital
- » **MVH**—Muncy Valley Hospital
- » **WRMC**—Williamsport Regional Medical Center



Breastfeeding Class

Gather information to help decide if breastfeeding is right for you. Learn easy steps to begin breastfeeding and the important role fathers play in breastfeeding. Breastfeeding and returning to work or school is possible. Find out how to pump and store breastmilk.

\$10 per couple

» **Wednesday, November 10, 7 – 9 pm**

Baby Care Class

Learn to care for and keep your new baby safe. This class is for Saturday Childbirth Class couples and adoptive parents.

\$10 per couple

» **Thursday, October 28, 7 – 9 pm**
» **Monday, November 15, 7 – 9 pm**
» **Tuesday, December 7, 7 – 9 pm**

Childbirth Class: Four-Week Program

Build your confidence and 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 and newborn safety and

care. Tour The Birthplace™. Bring two bed pillows and an exercise mat or comforter.

\$40 per couple

Registration:

6:45 pm;

class: 7 – 9 pm

» **Tuesdays,**

November 16, 23, 30, December 7

FREE! Boot Camp For New Dads

Dads-to-be get practical tips from men.

You may want to be like your own dad or different. Get straight talk about helping your partner through birth, calming both mother and baby and dealing with in-laws.

» **Wednesday,**

November 17,

7 – 9 pm

Happiest Baby On The Block

Learn an easy way to soothe your baby and help him or her sleep longer. Expectant and new parents, grandparents and child care providers are welcome. You will receive a valuable take-home gift at the end of class.

\$25 per family

» **Thursdays, November 18, December 9, 7 – 9 pm**

Sibling Class

A one-hour class to help prepare children ages 3 to 8 for a new baby. Children learn how a baby acts, how to hold a baby and ways they can help and be involved. Bring a doll or stuffed animal for diapering and holding.

If your child has obvious symptoms of a cold, cough or other illness, please call to reschedule.

\$10 per family

» **Monday,**

December 6,

6 – 7 pm

SUPPORT GROUPS

Bereavement

» **First Wednesday of each month,**

1 – 2:30 pm

DPH, Third Floor near The Gatehouse

Information: Pat Kiernan, 320-7691

» **Second Tuesday,**

2 – 3 pm

MVH, Skilled Nursing Unit, Park View Room

Information: Sister Sharon Hartman, chaplain, 546-8282

» **Third Wednesday of each month,**

6 – 7:30 pm

DPH, Third Floor near The Gatehouse

Information: Pat Kiernan, 320-7691

» **Bereavement Support Group for Children (ages 4 to 17),**

6 – 7:30 pm

Information: Cherrie Serra, RN, bereavement liaison,

320-7691

Head Injury And Stroke

Family members and caregivers are encouraged to attend.

» **Fourth Tuesday of each month,**

WRMC, ISS

Training Room

Information: 321-2656

Scleroderma

For persons with scleroderma or Raynaud's or CREST syndromes.

» **First Wednesday of each month, 1 pm**

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 – 7:30 pm**

WRMC, Conference Room 1B

Information: 435-3266

CANCER SUPPORT

Look Good... Feel Better

For women diagnosed with cancer. Licensed cosmetologists give makeup, hair styling and scarf tying pointers. Lunch is served. Offered with the American Cancer Society.

» **First Monday of each month,**

11 am – 1 pm

DPH, Susquehanna Health Cancer Center

Information: 326-8555

Breast Cancer Support

Women who have been diagnosed with breast cancer discuss concerns and share experiences.

» **Last Monday of each month, 7 pm**
DPH, Susquehanna Health Cancer Center

Information: 326-8555



SENIOR ACTIVITIES

AARP Driver Safety Four-Hour Refresher Course

For those with proof of previously attending the two-day eight-hour course.

Prepayment is required.

\$12 for AARP members, \$14 for non-members

» **Friday, November 12, 12:30 – 4:30 pm**

The LifeCenter—Lycoming Mall

Please preregister on Mondays and Wednesdays, 9:30 am – Noon, Lincoln Senior Center, 323-3096

Mail payment to The Lincoln Street Senior Center, 2138 Lincoln St., Williamsport, PA 17701.



RELIABLE ROUND THE CLOCK

Check out SusquehannaHealth.org 24/7 for advice to help you live healthy.

Williamsport Regional Medical Center
Divine Providence Hospital
Muncy Valley Hospital



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

(cardiac care)

Chilling new treatment protects the brain

SUSQUEHANNA HEALTH IS providing a chilling new treatment designed to preserve brain function after cardiac arrest: induced hypothermia.

In case of cardiac arrest, the priority is quickly getting the heart beating again. This is made increasingly easier with the growing use of automated external defibrillators. Besides that, steps to prevent or minimize brain damage are important to the quality of life of cardiac arrest survivors, because when the heart stops, the brain is starved of its vital blood and oxygen supply, and tissue damage can result in minutes.

A relatively new treatment, induced hypothermia helps protect the brain. By lowering the body's temperature from 98.6 degrees to between 90 and 93 degrees, the treatment slows metabolism and gives the brain an opportunity to rest and recover from the lack of oxygen. Patients are cooled in the ICU for 24 hours and remain there while their body temperature is slowly raised to a normal range.

FREEZE BRAIN LOSS

"With the medical research supporting this practice, we wanted it in place to give our patients the chance for the best possible outcome," says **Dr. William C. McCauley**, a critical

care physician. "Professionals at every step of a cardiac arrest patient's care play a crucial role in providing this cutting-edge treatment."

The treatment works best when applied within 30 to 60 minutes of the arrest, so the seamless arctic alert process starts on the front line with emergency responders.

"With cardiac arrest, time is brain," says **Bill Henry**, a paramedic specialist. "We're giving every advantage by initiating care even before a patient gets to the hospital."

When Susquehanna Regional Emergency Medical Services paramedics can resuscitate a patient and spontaneous circulation has returned, they complete a neurological assessment and begin induced hypothermia therapy, using 2 IVs of a saline solution cooled to 39.2 degrees Fahrenheit in the ambulance refrigerator. Ice packs are placed at the patient's armpits and groin, and the arctic alert is transmitted to prepare the Williamsport Regional Medical Center's Emergency Department (ED) and Intensive Care Unit (ICU).

At the ED, the patient is placed in an external cooling system with a jacket for the torso and sleeves for the legs. Even in the cooling system,

patients can receive all necessary medical treatments.

KEEPIN' COOL

In the ICU for 24 hours of cooling, the sedated patient has a designated nurse who provides continuous monitoring for comfort and body temperature. Shivering, the body's natural response to cooling, is controlled with medication. After induced hypothermia, the patient remains in the ICU and is slowly warmed over a period of 12 to 18 hours. Most induced hypothermia patients are hospitalized for at least five days.

While the program is still in its infancy, research on induced hypothermia is promising.

"That a patient can potentially survive cardiac arrest with no impairment is the best outcome we can hope for, says critical care nurse **Wendy Batschelet, RN, BSN, CCRN**. "We have everything in place to help make that happen."



THERE WHEN YOU NEED US

To find out more about our emergency services, go to SusquehannaHealth.org. Under "Services," select "Emergency Services/Urgicenter, Williamsport Hospital."

Breaking ground for expansion

A GROUNDBREAKING ceremony at the annual Lawn Party at Muncy Valley Hospital on June 19 marked the beginning of construction on a two-story expansion to enhance physical medicine and rehabilitation services and the Skilled Nursing Unit (SNU).

On the first floor, renovations to the SNU will create a more resident and family-focused setting with home-like amenities and more space for visiting and activities. Other features include a new dining room and a private room for family celebrations. A larger physical therapy gym, a kitchenette and a living room will be added to the second floor. Patients can practice skills they need at home to prepare for discharge. The bright modern space supports healing, and patients can enjoy outside views while in therapy.

“We’re seeing an increase in demand for these services due both to the aging population and to more people choosing our facility for their care,” says hospital administrator **Chris Ballard**.



Looking forward to the new expansion are (from left) **Chris Ballard**, Vice President of Operations and Administrator, MVH; **State Representative Garth Everett**; **Vivian Mills**, President, MVH Auxiliary; **Steven P. Johnson**, President and CEO, Susquehanna Health; **Bob More**, Vice Chairman, MVH board; **Dr. Dilip Elangbam**, Medical Director, MVH SNU; **Alice Stoviak**, SNU resident; **Bobbie Woolcock**, Director of Nursing, MVH SNU; **Stacy Girven**, Physical Medicine and Rehab Manager, MVH; and **Sister Sharon Hartman**, Chaplain.



ENDOWED SCHOLARSHIP

Ongoing support to Pennsylvania College of Technology

More than \$10,000 will be granted annually for scholarship awards to benefit students from north-central Pennsylvania who enroll in Pennsylvania College of Technology’s School of Health Sciences, thanks to an endowed scholarship fund donated by Susquehanna Health.

The scholarship demonstrates Susquehanna Health’s ongoing support for the school and is a successor to a previous scholarship fund that benefited Penn College students from 2004 to 2010. Surplus funds from this trust, established for students born at Williamsport Hospital, were given to

Penn College Foundation to begin the new endowed scholarship fund.

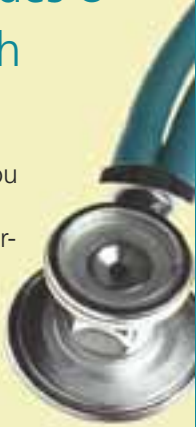
“We are grateful for Susquehanna Health’s continuing support of our students and programs,” said Penn College President **Davie Jane Gilmour**. “Awards provided by the new Susquehanna Health Scholarship will assist many more students pursuing careers in the healthcare field.”

Students from Bradford, Clinton, Lycoming, Montour, Northumberland, Potter, Snyder, Tioga and Union counties will be eligible for the scholarship awards. For more information, call **(570) 327-4766**.

Health careers for grades 8 through college

Teens, are you researching careers? Interested in healthcare? Join us for the following programs on careers! Registration is required at [Susquehanna Health.org/careers](http://SusquehannaHealth.org/careers), or call **(570) 321-2433**. Parents are welcome but do not need to register. All programs run from 6 to 7:30 pm. More health careers are listed on our website, [Susquehanna Health.org/careers](http://SusquehannaHealth.org/careers).

- Radiology and Imaging Services: **Thursday, November 4, WRMC, Amphitheater**
- Physicians and Physician Assistants: **Tuesday, November 16, WRMC, Cafeteria, Conference Rooms A and B**
- Careers in Long-Term Care: **Thursday, January 13, 2011, MVH, Administrative Conference Room**
- CRNA Careers—Are You Up to the Challenge? **Monday, January 17, 2011, WRMC, Cafeteria, Conference Room B**
- CSI, Clinical Lab Science Investigation: **Tuesday, February 1, 2011, WRMC, Cafeteria, Conference Rooms A and B**



NEW HEALING ENVIRONMENT

For your comfort and convenience

PATIENTS ARRIVING FOR same-day surgery at Divine Providence Hospital's Surgical Services area are being treated to a beautiful new environment designed to be calming and promote healing.

“Funded through a \$340,000 gift from the Divine Providence Hospital Auxiliary, the dramatic upgrades are completely patient-focused and include a stunning remodel to the second-floor Surgical Services patient rooms, hallways, waiting rooms and pediatric lounge,” says **Michelle Gaida**, Administrative Director and Director of Nursing at Divine Providence Hospital.

Patient care areas within Surgical Services have new furniture, flooring and flat-screen televisions to provide additional comfort for patients, friends and family members during their stay. The feel is more contemporary, with neutral, calming color schemes.

A new fourth waiting area adjacent to the operating room provides additional space and privacy for family members who wait for their loved ones or consult a physician. For more information, please call **(570) 326-8960**.



Dr. Juan Lessmann

Susquehanna Health Medical Group welcomes **Dr. Juan Lessmann**. Board-certified in general surgery, Dr. Lessmann is highly skilled in both conventional and minimally invasive surgical techniques. He received his medical training at Universidad Central de Venezuela and completed his residency at New York Hospital through Cornell University Medical College. Dr. Lessmann was fellowship trained in colorectal surgery at Central Utah Clinic, Salt Lake City, and specializes in the diagnosis and treatment of disorders of the lower digestive tract. He joins the General Surgery practice of **Dr. Scott Croll** and **Dr. Brian Foresman**, located at 699 Rural Ave., Suite 109, on the campus of Williamsport Regional Medical Center. Referrals can be made by calling **(570) 321-3160**.