Get Comfortable with Potty Talk

From the time we are young, we are taught to keep our burping, flatulence and tales about toileting to ourselves. As a result, many women and men are reluctant to share digestive health changes with their doctors.

Don’t let silence and “refinement” leave you suffering with unnecessary discomfort, embarrassment or worse, prevent a serious condition from being diagnosed.

Heather Gerst, DO, gets the potty talk started with answers to common questions.

Are digestive diseases common?

Digestive disorders are more common than the common cold! Each year, Americans spend $500 on laxatives and fiber supplements alone, and just about everyone with a GI disorder says it decreases their quality of life. About 70 million Americans are affected by digestive diseases, and colorectal cancer is the second leading cause of cancer death of men and women.

Do women have more digestive issues than men?

Unfortunately, yes! Much of this is because of our anatomy—the reproductive organs take up more internal space. Women are more prone to having abdominal surgeries that shift their anatomy, such as cesarean sections or hysterectomies. Hormones also play a role. Many women note constipation and/or diarrhea that coincides with their menstrual cycle, and everything from constipation to heartburn and nausea with pregnancy. Women are also more sensitive to pressure and taste. Our stomachs and gallbladder empty more slowly. And as we know all too well, women are more likely to bloat.

Are there effective treatments for digestive disorders?

There is no reason to suffer quietly with discomfort or embarrassment from a digestive disorder. Treatments range from dietary changes to medications, exercise and surgical procedures. Begin by sharing your symptoms with your health care provider.

How can I take better care of my GI tract?

Give your GI tract a good head start by chewing your food many times before swallowing, and eating smaller meals more often. Aim to drink eight glasses of water each day and make sure you’re getting at least 25 grams of fiber through fruits, legumes, nuts and seeds. Walking and other physical activity aids digestion, and tones internal muscles, too. Fat slows digestion and can increase your weight, so limit it to no more than 30 percent of your calories. A thicker mid-section may also lead to more burping and heartburn! Try including probiotics (such as those added to yogurt) into your diet to aid digestion and battle bad bacteria. If you smoke, stop. Reducing stress can also help with digestion.

Are there screening tests for digestive disorders?

Always listen to your gut—any sudden change in your digestive health from excess burping, flatulence, diarrhea, fecal incontinence, constipation and blood in the stool, or changes to its shape or color, should be reported to your doctor. And don’t skip that important first colonoscopy. Most women and men should have it at age 50, but your doctor may recommend that you have one sooner, based on family history.
Weight Loss Challenge
Weigh-In Schedule

Service partners participating in the Weight Loss Challenge are reminded to weigh in with the Employee Health & Wellness team at the final weigh-ins scheduled below in order to stay in the running for team prizes.

Weigh-in Dates, Times and Locations

- **Tuesday, April 11**
  Muncy Valley Hospital — 7 am – 3:30 pm
  Main Conference Room

- **Wednesday, April 12**
  Soldiers & Sailors Memorial Hospital — 7 am – 3:30 pm
  Beech Conference Room

- **Thursday, April 13**
  Williamsport Regional Medical Center — 7 am – 3:30 pm
  Conference Room 3B, Cafeteria

- **Friday, April 14**
  Divine Providence Hospital — 7 am – 3:30 pm
  Dining Room B

*Locations are subject to change.*

For more information, please contact Employee Health & Wellness at 570-321-1765.

Health & Wellness Tip

When Calorie Counting, Consider What You Drink

Calories are not just found in food. If you are counting calories as part of a diet, it is important to remember that they are also found in many drinks. Even if you are not tracking your calories in your food, you might be surprised to see how much you are consuming through drinking.

The challenge is to track your drinks for one week. If you are drinking a lot of soda, coffee, teas, juices, and just about anything other than water, you probably are drinking too many calories along with taking in a lot of unneeded and unwanted sugar. The goal is to limit your calories from fluids and drinks to no more than 200–300 calories a day.

So what can you drink? The best answer is water. Our bodies are made up of approximately 60-percent water. Proper hydration is crucial to wellness and should be a focus for every diet. If you feel thirsty, you are already dehydrated. Plus, drinking water and staying hydrated helps you feel full and can curb your desire to snack or overeat.

Higher Ed. Planning Seminars, April 3–6

Are you a parent or grandparent of middle and high school student?

- Where will careers be in 10 years?
- Is a public university really less expensive than a private one?
- What is the difference between merit and need-based financial aid?

Human Resources is pleased to offer Higher Education Planning Seminars at each UPMC Susquehanna campus from April 3 through April 6. At these seminars, you will learn the answers to the questions above and become more informed about college major and career exploration, college selection, applications for admission, and college financial aid planning. The seminars will be presented by College Planning Associates.

College Planning Associates offers families a free personalized consultation at their office. In addition, employees and their dependents receive a 10-percent discount for all purchased services.

The seminars will begin next week. Please plan to attend.

- **Monday, April 3**
  Multi-Purpose Room, MVH
  2 and 6:30 pm

- **Tuesday, April 4**
  Dining Room B, DPH
  11 am and Noon

- **Wednesday, April 5**
  Pine Grove Conference Room, SSMH
  12:30, 3:30, and 6:30 pm

- **Thursday, April 6**
  Conference Room 3C, WRMC
  7:30 and 11 am, and 12 and 7 pm

‘Call, Don’t Fall’ Safety Video Premiere, April 4

Everyone is welcome to attend the premiere of the new patient safety video, *Call, Don’t Fall*.

Please stop by for popcorn and fun during the showing of this five-minute video on April 4 from 7 am – 3 pm in the cafeteria at WRMC.

This video will be shown to all patients during their hospital stay, with the goal of promoting patient safety and reducing fall events.

Nurse Aide Training Program Starts May 15

Applications are now being accepted for the Nurse Aide Training Program starting May 15 at Muncy Valley Hospital.

This is a paid training program. The first three weeks are classroom-based training offered Monday through Friday. Accommodations are available during the week for candidates wishing to stay in the Muncy area. Upon completion of the classroom-based training, candidates will complete a four-week orientation at a UPMC Susquehanna long-term care facility in either Muncy or Wellsboro.

To apply, visit UPMCSusquehanna.org/Careers. For more information, please contact Jeff Andrew at 570-321-3335.

Guided Meditation Classes

Service partners are invited to join the Introduction to Guided Meditation classes being offered in the Elm Conference Room at Williamsport Regional Medical Center on Thursdays in March 30 and April (6, 13, 20, and 27), and the Boardroom at Soldiers & Sailors Memorial Hospital on Fridays in March 31 and April (7, 14, and 21). Both classes will be offered from 12 – 12:30 pm.

Relieve the stress of daily life, decompress, and reset for the rest of the day with this quick mid-day refresher. Whether you are a beginner or advanced practitioner, this free class is open to all service partners.
Welcome!

Please extend a warm welcome to the following new members of the UPMC Susquehanna family.

Nicole Dawson, Billing Clerk – DPH
Dawn Dickson, Unit Clerk – WRMC
Benjamin Folmar, Nurse Assistant – WRMC
Emerald Katzmaier, EMT – SREMS
Brittney Lupold, Psych. Tech – DPH
Timothy Moyer, Pharmacy Tech – WRMC
Rhondel Moyle, Social Worker – MVH
Charity Neufor, Sterile Processing Tech – WRMC
Brittney Lupold, Psych. Tech – DPH
Tyson Plocinski, Physician Referral Liaison – WRMC
Tylia Porter, Nurse Assistant – SSMH
Carmen Santiago, Laboratory Support Tech – DPH
Brittney Steele, Central Scheduling Clerk – WRMC
Brooke Trelinski, LPN – SN&RC
Robin Vaughn, Supervisor Practice Manager – DPH
Marlene Zarr, Service Assistant – SN&RC
Jordan Bartlow, RN – WRMC

Aramark
Sandra Caschera, Hospitality Associate – DPH
Patrick Gilson, Hospitality Associate – WRMC
Waylon Harlan, Hospitality Associate – WRMC
Denae Ingerick, Hospitality Associate – SSMH
James McConnell, Hospitality Associate – SSMH
Jennifer Pidcoe, Hospitality Associate – MVH
Jennifer Uhler, Hospitality Associate – SSMH
Laurence Van Stavoren, Hospitality Associate – WRMC
Patrick Volf, Hospitality Associate – WRMC
Lauren Walters, Hospitality Associate – WRMC
Robert Wood, Hospitality Associate – WRMC
Robert Boss, Hospitality Associate – SSMH

Pain and Addiction Seminar Offered

The Nursing Education Council is hosting Acute-to-Chronic Pain & Addiction: Managing Patients on the Opioid Treatment Spectrum, led by John Boll, DO, FAAFP, on Thursday, April 6 in the Walnut Room, Williamsport Regional Medical Center.

7:30 – 8:30 am
8:45 – 9:45 am
10 – 11 am
Noon – 1 pm
1:15 – 2:15 pm

1.0 ANCC credits offered. UPMC Provider Unit is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

Objectives:

• Briefly review national and local statistics regarding the opioid and heroin overdose epidemic.
• Discuss chronic, non-malignant pain and addiction from the Triple Aim perspective.
• Summarize misconceptions regarding the treatment of chronic, non-malignant pain and addiction.
• Define acute and chronic pain and addiction in relationship to chronic disease management.
• Discuss strategies to prevent and treat acute/chronic, non-malignant pain and addiction in the inpatient setting.

Register via NetLearning.
Please contact Laura Miller, RN with any questions at lmiller4@susquehannahealth.org.

SAFNET: 20 Years of Care to Northcentral PA

Lycoming County District Attorney Eric Linhardt visited Williamsport Regional Medical Center for a special 20-year anniversary recognition event for Sexual Assault Forensic Nurse Examiners Team (SAFNET).

Since 1996, UPMC Susquehanna’s SAFNET has coordinated the care of more than 1,100 sexual assault victims throughout northcentral Pennsylvania. Sexual Assault Nurse Examiners (SANEs) work with each victim one-on-one, providing an overall physical and medical evaluation, collecting forensic specimens, taking photographs of injuries and/or abnormalities, offer antibiotics and medications, and providing discharge instructions and follow-up referrals when necessary.

SAFNET SANEs also conduct community outreach and education, hosting lectures about sexual assault, SAFNET, domestic violence, elder abuse and child abuse, and participating in regional organizations as sexual assault experts.

Understanding Your Benefits

Medical Plan Cross-Accumulation Appeal Information

Under the SH Medical Plan, participants who had or have no choice but to receive services at a facility not owned by UPMC Susquehanna will have an opportunity to appeal to have the difference between the Tier 1 and Tier 2 deductible amount refunded, to a maximum of $2,600. The services must have occurred or will occur between July 1, 2016, and June 30, 2017.

One of the following criteria must be met to file an appeal:

• Required service not available at UPMC Susquehanna
• Access to the needed service was not available within the necessary timeframe
• Out-of-state emergency visit or ambulance service to outside facility was required
• Participant was traveling away from home when illness/injury occurred

The appeal form and required documents will be made available early June 2017. The information will be published on the Human Resources intranet page, under Documents – Benefits – SH Medical Plan Cross Accumulation Appeal.

Appeals will be accepted between August 1 and October 31, 2017.
**For Sale**

**Looking For**
The Workcenter at Divine Providence Hospital has three HP LaserJet 125A, one HP LaserJet Pro Ce285AC, and one HP LaserJet 15A cartridges. Call 570-320-7444.

Nutrition services has cartridges for a HP LaserJet 4000 printer: one yellow, two cyan and two black. Contact Sharon or Melissa at extension 36368.

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**Service Partners Offered Dementia Education**
The Nursing Education Council and Social Services have teamed up to offer a free event, the Dementia Live™ Experience: Understanding Psychiatric Issues Associated with Dementia for all health care staff on Friday, March 31 at the Education & Conference Center at WRMC.

The event will feature two lectures in the Walnut Room, 9 - 10:30 am and 12:30 – 2 pm, led by Linda Shumaker RN-BC MA, Outreach Coordinator PA Behavioral Health and Aging Coalition, along with Dementia Live demonstrations in the Maple and Oak Conference Rooms every half hour from 8:30 am – 3 pm.

Dementia Live™ is experiential learning that simulates cognitive and sensory impairment, giving participants a real-life simulation of what it must be like to live with dementia. Through the hands-on learning experience, participants gain greater awareness and understanding of the constant struggles affecting persons with dementia as they go about their daily lives. Greater understanding leads to more sensitive care partnering.

Service partners can choose how to participate:
- Lecture and Dementia Live Experience*
- Lecture Only*
- Dementia Live Experience Only

*1.5 hours of nursing continuing education credits are offered for lecture attendance. UPMC is accredited as a provider of continuing nursing education by the American Nurses Credentialing.

For more information, contact Juliann Gombosi at jgombosi@susquehannahealth.org.

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**Tower Chapel Hosts Weekly Prayer Service**
Pastoral Care is offering a weekly ecumenical Christian prayer service at noon on Wednesdays in the Tower Chapel at WRMC.

During today’s service special prayers will be lifted for the Anesthesiology Department.

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**Author Speaks About the Opioid Epidemic**
Sam Quinones, a former Los Angeles-based journalist, will share the insights he gained while writing his book Dreamland: The True Tale of America’s Opiate Epidemic during a presentation on April 3 at 7 pm at the Community Arts Center, Williamsport. The presentation is free and open to the public.

Quinones will discuss the development and writing of his book, which traces the emergence and social impacts of the national crisis of opioid and heroin abuse. His stories center around the fall and rise of Portsmouth, Ohio, as the backdrop to weave together two riveting tales of capitalism run amok: the unfettered prescription of addictive pain medications during the 1990s and the influx of black tar heroin.

The speaker is sponsored by Lycoming College’s Clear Focus Affinity Community, which provides opportunities for students, faculty, staff and the community to learn about the responsible use and harmful effects of drugs, alcohol and other substances. Affinity Communities are residential campus communities in which students and faculty explore thematic academic interests beyond formal classroom boundaries.

Other sponsors include the President’s Offices of Lycoming College and Pennsylvania College of Technology, UPMC Susquehanna, Project Bald Eagle and Senator Gene Yaw’s office.

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**Good Luck, Retirees!**
UPMC Susquehanna thanks the following service partners for their years of service and wishes them well:

- **Service Partner – Jane Rupert**
  Position Held – RN
  Effective Retirement Date – March 30

- **Service Partner – Mildred Smith**
  Position Held – Medical Assistant
  Effective Retirement Date – March 30

- **Service Partner – Patricia O’Conners**
  Position Held – Administrative Assistant I
  Effective Retirement Date – March 31

- **Service Partner – Jacqueline Werts**
  Position Held – Dir. Nursing Home Admin., The Green Home
  Effective Retirement Date – March 31

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**Our Mission**
Extend God’s healing love by providing outstanding patient care, and shaping tomorrow’s health care through clinical and technological innovation and education.

**Our Vision**
Deliver world-class care right here at home.