Celebrating women

SH's Spirit of Women program offers education with a fun flair

Young athletes and concussions
See page 8
In August 2011, the Breast Health Center relocated to the first floor of Divine Providence Hospital, 1100 Grampian Boulevard in Williamsport. The new facility offers our patients:

» Enhanced patient privacy with secluded check-in and checkout
» Convenient access and greater care coordination with other services under one roof, such as the Susquehanna Health Cancer Center, Surgical Services, Radiology and Outpatient Lab Services
» Expanded capacity—nearly double the size of our previous facility
» A warm, comfortable environment to enhance the patient experience

Care is a call away. To learn more, visit SusquehannaHealth.org/breasthealth or call 570-326-8200. 

From left: Breast health physicians Susan Branton, MD; Timothy Pagana, MD, medical director; and Linda Myers, MD.
The U.S. Department of Agriculture’s new dietary guidelines encourage you to fill half your plate with fruits and vegetables, with one-quarter of the plate reserved for grains and the remaining quarter for protein such as meat or beans. “MyPlate” replaces the food pyramid, making it easier to plan and eat a balanced diet. An interactive website, choosemyplate.gov, helps you see how your diet measures up.

A cornucopia of health

With a bounty of nutrient-rich foods like sweet potatoes, cranberries, turkey and squash, the traditional Thanksgiving meal provides plenty of options for each quarter of your plate. It’s the preparation, add-ons and portions that get us in trouble. Susquehanna Health Registered Dietitian and Certified Diabetes Educator Kathryn McKernan Patetta provides these tips to help you create an enjoyable but more healthful meal that’s fit for the half-plate rule:

**Turkey (protein):** Choose white meat, which has less fat, and skip the skin. Serve gravy on the side. Dip your fork in the gravy before each bite instead of smothering your turkey with gravy.

**Mashed potatoes (vegetable):** Mash potatoes with one percent milk rather than cream, and put the butter and salt on the table to be added individually. Add a creative flavor such as minced fresh garlic.

**Candied sweet potatoes (vegetable):** Cut back on brown sugar or use a brown sugar substitute.

**Stuffing (grain):** Use whole grain bread, and mix with vegetables like celery, onion and carrots. If you’re cooking it inside the bird, don’t add butter—the stuffing will absorb grease from the turkey. From a safety and health standpoint, it’s best to cook stuffing outside of the turkey.

**Green bean casserole (vegetable):** Use low sodium and/or reduced fat cream of mushroom soup. Also consider an alternate crunchy topping such as toasted almonds or nuts.

**Cranberry and/or applesauce (fruit):** Make your own, and cut back on the sugar.

**Rolls (grain):** Choose whole grain rolls for additional fiber.

**Desserts/pies:** Use fruit as a garnish and skip the whipped cream or ice cream on the side. Take a small serving.

**More tips and tricks**

- Start the day with a complete, healthy breakfast. Skipping meals and planning to splurge causes you to overeat.
- Offer a vegetable tray with reduced fat dip, salsa or hummus for snacking before dinner.
- Serve dinner earlier in the day to allow time for a walk, family flag football or other activity after the meal.
- Wine and other alcoholic beverages can pack on calories and promote additional eating. Substitute or alternate with zero calorie sparkling drinks and water.
- Use a smaller plate; take small portions.
- Drinking two glasses of water before every meal will help you consume fewer calories.

**Nutrition, catered to you** For nutrition counseling, diabetes services and education, call the Diabetes & Nutrition Care Center at 570-326-8410.
After working more than 20 years at the Susquehanna Health Cancer Center at Divine Providence Hospital, Jan Ulmer, 55, of Cogan Station, thought she would recognize the disease’s symptoms if she had them. But in February 2008, six years after leaving the Cancer Center to go work for the American Cancer Society, she was shocked to learn she had multiple myeloma, a cancer of the plasma cells in her bone marrow.


A NEW LOOK—AND FRIENDLY FACES
The facility had changed dramatically since she worked there, nearly tripling in size and encompassing two levels of Divine Providence Hospital as part of the renovations of Project 2012.

However, according to Ulmer, arriving at the Cancer Center for her first radiation treatment two days later was like coming home. Many of her extraordinary co-workers were still there, but she says she would have received the same greeting whether they knew her or not.

“They’re such a unique group of individuals—so positive, full of laughter and always joking. They get to know everyone who comes through these doors and treat them like they’re part of the family,” Ulmer says.

ENHANCED CARE
Among the many changes was the new Trilogy linear accelerator, designed to precisely pinpoint and provide radiation treatment to tumors without damaging surrounding healthy tissue.

After 15 radiation treatments, Ulmer received eight months of chemotherapy before having a stem cell transplant at Penn State Milton S. Hershey Medical Center, with which Susquehanna Health is affiliated for advanced cancer care, treatment, education and research.

**How you can help**
If you are interested in assisting people with cancer through their journey, the American Cancer Society is looking for Patient Resource Center volunteers. All that is required is a genuine desire to help others and 6 to 12 hours per month to volunteer at the Susquehanna Health Cancer Center.

**UPCOMING EVENT:**
“Making Strides Against Breast Cancer,” October 29, Indian Park in Montoursville. For more information or to start a team, call 570-326-4149.
Teaming up to save lives

Since October 2009, volunteers from the American Cancer Society (ACS) have been greeting patients as they walk into the Susquehanna Health Cancer Center and helping them and their families find information and helpful tools in the resource library. Because many of the volunteers are also cancer survivors, they provide an additional source of support and empathy, too.

“Getting Better All the Time

Ulmer’s cancer has been in remission since February 2009, and her ties to the Cancer Center remain close because of regular follow-up visits with her medical oncologist and the partnership between Susquehanna Health and the American Cancer Society.

“There's been an interesting benefit because this experience has made me empathetic to people going through similar situations. Now when women come in to us (ACS) for wigs, I can relate to what it feels like to lose your hair; I know what it's like to lie under a machine for radiation treatment or to anticipate feeling sick after chemotherapy,” Ulmer explains. “I have even called the ACS hotline late at night to ask questions about my treatment and prognosis.

“This experience has had many more benefits than downsides,” Ulmer continues. “It has allowed me to have a much deeper relationship with the folks that we serve, and it has shown me the value this new Cancer Center brings to patients and families in the region.”

CARE AWAITS To learn more about the Susquehanna Health Cancer Center, call 800-598-4282.

Knowledge is safety

Technology is enhancing patient safety throughout Susquehanna Health. The new Vantage system in the laboratory at Williamsport Regional Medical Center adds bar codes and tracks and reconfirms the identity of patient specimens to reduce the risk of identification errors and save time. Specimens can be tracked at each phase of analysis and results can quickly be retrieved by physician request.

The laboratory team includes (back row, from left) Mike Dzikowski and Stephanie Helsel and (front row) Stacy Andrews, Stephannie Tupper and Lisa Snyder.
SUSQUEHANNA HEALTH is offering Spirit of Women to help women gain valuable, even lifesaving, information to manage their health and become informed healthcare consumers. The free membership program with a decidedly feminine twist kicks off this fall with a Girls’ Night Out.

Membership in the Spirit of Women is available to women of all ages—20s through 80s and beyond. In addition to fun and educational presentations on targeted health topics, members receive free health screenings and discounts from participating business sponsors.

Supporting Women in the Region

Through research, Susquehanna Health has learned that women in the region want easy access to more health information, and Spirit of Women is one way to deliver. Women in the United States make 85 percent of healthcare decisions for themselves and family members. The program thus aims to support women in the region as they navigate today’s complex offerings of health information and services.

“Many women want to be active participants in their healthcare,” says Susan Browning, RD, LDN, MHA, Director of Community Benefit and Outreach at Susquehanna Health. “They understand that as individuals we are ultimately responsible for our health. Medical care is just a very small part of the health equation. It’s your lifestyle and your behaviors that have the greatest impact on your health status. Spirit of Women provides timely resources to help women adopt a healthy lifestyle.”

Taking Care of Body and Spirit

Signature events of the nationwide Spirit of Women program—such as Girls’ Night Out in October, emphasizing breast health, and Day of Dance, held in February and targeting heart health—are filled with “edutainment” to present health information in a fun and memorable way.

Monthly programming for Spirit of Women is driven by a community advisory council composed of women volunteers of all ages from the area.

“As a physician, I see women who are so busy with their jobs and taking care of others that they don’t always take time for themselves,” says Dr. Susan Branton of Susquehanna Health’s Breast Health Center. “Spirit of Women is a program that’s fun and convenient and encourages a healthy lifestyle. I think it’s a great resource to help women be proactive with their health.”

Catch the Spirit to learn more about Spirit of Women contact Susan Browning at 570-321-2921.

Spirit Girls’ Night Out

Tuesday, October 25, 2011
6 to 9 pm
Holiday Inn, Downtown Williamsport

Join Susquehanna Health as we present our first Spirit Girls’ Night Out event—a night of fun and health education for women only. The event will feature hors d’oeuvres, wine, prizes, health screenings and presentations as well as shopping from a variety of local business vendors.

Presentations:
» Breast Health
» De-Cluttering Your Life

Registration is free and limited for this exciting evening. Call 855-88WOMEN (96636) to RSVP by October 10. Visit SusquehannaWomen.org for more information.
Better than a spa vacation?

WHY SCHEDULING A COLONOSCOPY IS A GOOD IDEA

A SCREENING COLONOSCOPY may not sound like a spa vacation, but as Dr. David Schaefer, Susquehanna Health’s Director of Gastroenterology and Endoscopy, points out, there are some similarities:

» It’s something good you can do for yourself. Colorectal cancer is the second leading cause of cancer-related death. And when it’s detected late, as nearly half of colorectal cancer cases are, the disease is harder to treat. A recent Centers for Disease Control and Prevention report says an extra 1,000 colon cancer deaths could be prevented each year if about 70 percent of the eligible population, men and women age 50 and older, got screened. In the Williamsport region, less than one-third of those eligible are getting necessary screenings.

» Many patients awaken following a colonoscopy and think they haven’t had the procedure yet. This lifesaving exam just doesn’t live up to the myths and bad television jokes.

» A stay at the spa starts with a cleansing period to rid your body of environmental toxins—and so does prep for the colonoscopy. Today’s preparation process is greatly improved, requiring less liquid and a shorter period of time.

» Images from your screening colonoscopy are provided to your referring physician via computerized electronic medical records. You receive copies to take home, too.

Not convinced? Consider that you will spend far less time receiving a screening colonoscopy and having any polyps or abnormal-looking tissues removed during the procedure than you would being treated for advanced colon cancer.

The recommendation is for every adult age 50 or older to get tested, because a screening colonoscopy can expose a cancerous tumor or detect changes that might precede a developing tumor. That way, steps can be taken before a cancer diagnosis is made.

Screening colonoscopy is the ideal way to screen for polyps or cancerous tissue because it provides visualization of the entire length of the large intestines and colon. And unlike a spa vacation, legislation has ensured that the procedure is covered by your insurance.

MAKE THE CALL To schedule your screening colonoscopy or learn more, call 570-321-3454.

Dr. David Schaefer
FROM THE National Football League to the local playing field, parents, coaches and players are learning more about how to prevent, recognize and treat concussions to prevent serious long-term effects.

A concussion is a brain injury caused by a bump, blow, fall or sudden jarring of the head. Because such head injuries disrupt the normal function of brain cells, even a mild concussion can have serious effects. And it’s not just football players who are at risk. Athletes participating in soccer, basketball and even volleyball contribute to the rates of concussions—nearly 300,000 reported among student athletes each year in the United States.

TAKING ACTION
Certified athletic trainers (ATCs) at the Susquehanna Health Sports Medicine Center are educating coaches, athletes and parents in 16 area schools about precautions, evaluations and treatment for concussions. In 2006, the Sports Medicine Center used grant money from the Pennsylvania Department of Health to introduce a computerized evaluation tool called ImPACT to all area high schools.

ImPACT includes a 20-minute computerized test that an athlete, especially one involved in sports with physical contact or opportunities to receive a concussion, takes before his or her sport season. Treating physicians and ATCs use the baseline/pre-season and in-season/post-concussion tests to help determine when an athlete can safely return to sports after a concussion. The difference between tests can be very revealing.

An athlete who returns to play too soon—while the brain is still healing—is at risk of having a very serious second concussion called Second Impact Syndrome. Preventing Second Impact Syndrome is a high priority in today’s sports medicine community. Also of concern are subconcussive blows, which don’t produce instant,
What parents can do to protect student athletes

Parents should talk about the importance of wearing protective headgear—not just on the field but on bikes and skates, too—and obeying safety rules and rules of the sport. Encourage your child to be vigilant in reporting blows and jars to the head, even when they occur in another sport or activity—the difference can spare him or her from a lifetime of impairment.

Learn the signs and symptoms of a concussion so you can seek immediate medical attention should they arise.

Suspect a concussion if the athlete
» Appears dazed or stunned
» Is confused about an assignment or position
» Forgets an instruction
» Is unsure of game, score or opponent
» Moves clumsily
» Answers questions slowly
» Loses consciousness (even briefly)
» Shows behavior or personality changes
» Can’t recall events that happened before the hit or fall
» Can’t recall events after the hit or fall

The athlete who is experiencing concussion might complain of
» Headache or pressure in the head
» Nausea or vomiting
» Balance problems or dizziness
» Double or blurry vision
» Sensitivity to light
» Sensitivity to noise
» Feeling sluggish, hazy, foggy or groggy
» Concentration or memory problems
» Confusion
» Not “feeling right”

Source: www.cdc.gov/ConcussionInYouthSports

Obvious symptoms but do produce trauma and subtle signs and symptoms day after day. Both injuries can have devastating cumulative effects, including permanent brain damage or even death.

Playing it safe

“With steadily advancing research and increased media attention, we are experiencing great support from coaches, parents and the overall athletic community for not rushing young athletes back into sport after a concussion,” says Michael Ludwikowski, MS, ATC, Coordinator of Outreach Athletic Training Services and Staff Athletic Trainer at Susquehanna Health. “Using ImpaCT testing, along with family and/or primary care physician support, we’re returning athletes to their respective sports safely, within reasonable time frames, and we are not putting athletes back into competition at risk.”

Supporting appropriate pre-season and in-season conditioning and the use of proper tackling techniques in football are other ways Susquehanna Health’s ATCs are helping area schools prevent concussions.

Imaging aids concussion diagnosis

When a sports-related concussion is suspected, experts at Susquehanna Health use the latest radiologic technology to confirm the diagnosis and rule out potentially life-threatening developments.

“The CT (computed tomography) scan is the fastest and most readily available diagnostic tool we use when an athlete first presents with symptoms,” says Dr. Shabbir Esaa. “We look for signs of a skull fracture or bleeding that can build dangerous pressure in the brain and would require emergency surgical treatment.”

Radiologists also look for signs of shear injuries or damage to the brain’s white matter.

A CLEARER PICTURE For more information about Susquehanna Health’s Imaging Services, call 570-321-2500.

Because ATCs have daily interaction with their student athletes, a relationship of trust is built. So in the event of an injury or concussion, the injured athlete is more inclined to be honest about his or her symptoms with an ATC, even if it means sitting out a game or two—something that’s not always easy for a motivated athlete to do.

“The most important game for any athlete is their next one,” says Ludwikowski. “As sports medicine professionals we’re here to help athletes at every level—to first, find the safest and, second, the quickest route back to their sport. When dealing with a concussion, that plan includes giving the brain all the time it needs to heal before a return to play progression begins.”

WANT TO LEARN MORE? To find out more about sports-related injuries, concussions, or ImpaCT baseline or post-concussion testing, contact the Susquehanna Health Sports Medicine Center at 570-320-7456. You can also read more about concussions and ImpaCT at www.impacttest.com.
GRACE CALLAHAN, 68, of Nippenose Valley, is an avid gardener. But 10 years ago she developed a varicose vein in her right leg that made it painful to work in her flowerbeds.

“Anytime I was on my feet for a long time, the bottom part of my leg would turn red and start to swell,” says Callahan. “At night it would throb as I tried to go to sleep. I was worried that I could develop a blood clot.”

A POTENTIAL RED FLAG
Typically harmless, varicose veins are abnormal, dilated blood vessels caused by a weakening in the vessel wall that causes blood to collect inside the vein. However, because complications can develop, particularly when varicose veins are the result of problems or diseases such as deep vein thrombosis or chronic venous insufficiency, you should talk to your doctor about your risk for these conditions. A physical examination and an ultrasound study can determine the severity of your condition.

“Both men and women with varicose veins should be evaluated. Over time, varicose veins can become enlarged and quite numerous,” explains Dr. Karla Anderson, Medical Director of Vascular Surgery at the Susquehanna Health Heart & Vascular Institute. “They can lead to superficial thrombophlebitis, a blood clot in a vein just below the skin’s surface. They can also cause smaller, more superficial veins that can sometimes bleed or even cause ulceration.”

Many people with varicose veins never need treatment or can find relief with support stockings or other nonsurgical therapies. But for some, standing and walking becomes painful, or they may simply want to improve the appearance of the affected area. The vascular surgeons at Susquehanna Health Heart & Vascular Institute offer a range of treatments for varicose veins, including laser or radiofrequency ablation, minimally invasive procedures, and surgeries for the most severe cases.

LEAVING LEG PAIN BEHIND
As the pain in Callahan’s leg became more severe, her family physician referred her to Dr. Anderson for a consultation. An ultrasound evaluation revealed pockets of blood within the vein, indicating a valvular dysfunction that caused reflux, a condition in which the blood flows backward in the vein. Dr. Anderson recommended removing the vein.

“You would never know that I had the vein,” Callahan says, four months after her outpatient surgery and recovery. “Dr. Anderson and her team were just wonderful. She was very caring, thorough and explained everything.”

While Callahan is thrilled at how good her leg looks—she’s wearing skirts for the first time in years—to be able to spend a day working in her garden without throbbing pain or swelling in her foot is what brings her true joy.

“It’s just unbelievable,” she says. “I could not have done this a year ago.”

Where do varicose veins come from?
While the cause of varicose veins is unknown, some factors related to their development include:

» Family history
» Age
» Prolonged standing
» Being overweight
» Hormones during pregnancy
» The use of birth control pills
» Prolonged sitting with legs crossed

WE’VE GOT OPTIONS To learn more about treatments for varicose veins at Susquehanna Health, call the Heart & Vascular Institute’s Vascular Surgery office at 570-321-2805.

Grace Callahan is thrilled to be pain-free and back in her garden after vein surgery.
As you age, you want to be active and social but don’t want to ask for assistance with transportation or errands. You might like having your own comfortable place to live but no longer want the burden of caring for a home and preparing meals. A personal care home can provide active older adults with the right blend of support and independence for a carefree lifestyle.

At The Meadows, a personal care home owned and operated by Susquehanna Health, our caring, compassionate staff assists you with the tasks of daily living such as dressing and managing medications. Our highly trained staff includes medical caregivers, a recreational director, a house doctor and personal care aides committed to providing exceptional personalized care.

Call bells located in all of the resident bedrooms and bathrooms provide safety and security. And you can wear a pendant personal alarm system to call for assistance from anywhere inside or outside the facility.

You can choose your own activities, including those from a calendar of planned events—from parties to movies and trips to local performances. There’s also transportation for weekly shopping trips and outside events.

A Lovely Place to Be
The Meadows’ location, in the countryside just north of Williamsport, is peaceful and quiet. Comfortable, single story accommodations feature attractive sitting rooms with warm brick fireplaces, spacious dining areas, sun-filled patios and courtyards. There’s even a scenic quarter-mile walking path.

In our spacious dining area, you’ll be served three meals a day from our made-to-order menu, and you can host special family gatherings in our beautiful private dining room. When it’s time for privacy, retire to your single room or suite with its ample-sized bedroom, closets, full bath and living room all cleaned weekly for you.

Ready to Learn More? The Meadows is located on Warrensville Road in Montoursville. To learn more or schedule a tour, call Gayle Hummel, Administrator, at 570-433-4663.

Is a personal care home right for you?

When someone who once assisted you is no longer able to provide the help you need or when living alone makes you uncomfortable about the possibility of falling, getting sick, forgetting medications, not eating properly, being isolated or having difficulty with housekeeping, a personal care home might be right for you.

When choosing a personal care home, consider:

1. Location. Is it close to people and activities you enjoy? Are there things to do on campus? Are the surroundings pleasant? Are there private areas and places to entertain family and friends?

2. Support. What are the caregivers’ qualifications? What is the staff-to-resident ratio? How is your safety and well-being ensured? Are meals and housekeeping services available?

3. Social activities. Are there organized social activities? Do you have access to transportation?

4. Wellness. Can you receive regular medical care? Are there qualified medical caregivers on-site? Does the menu promote a healthy diet? Are there opportunities for physical activity?

Time spent exploring a variety of senior housing options can help you plan and remain independent as you age—as well as give you and your loved ones peace of mind.
A NEW COMPLEMENT of slings, lifts and other assistive equipment is making it easier and safer for patients at Susquehanna Health hospitals to move from place to place.

Noting a trend of employee injuries related to helping patients move, Krista McMonigle, MSHM, CHRM, Director of Risk Management, found a solution through an innovative fleet of equipment provided by ArjoHuntleigh.

“The majority of injuries among healthcare workers occur in the back and shoulders as a result of repositioning patients,” McMonigle says. “While the safe-lifting limit for healthcare workers is 35 pounds, the average patient weight is around 200 pounds. When you consider that some lifting injuries can be career-ending, we saw this equipment as an essential step to protect our employees and keep patients safe from falls.”

Employees named the program “We’ve Got Your Back,” and they received training before the introduction of the equipment in August 2010. ArjoHuntleigh representatives say it takes about three years for complete results, but anecdotal reports are promising.

“The lift has been a godsend,” says Leona DeWalt, 69, of Montgomery—Williamsport Regional Medical Center—about the Tenor Lift, a sling that enables her to move from her bed to a chair, where she has physical therapy. “I have no strength in my legs to step up or down, and this just makes it so much easier for the girls (staff). They put it behind me, and away I go.”

HELP FOR STAFF AND PATIENTS

While slings, lifts and slide sheets assist with safe transfers, the SARA and STEDY equipment helps patients rise and stand. The tools also help patients build or maintain muscle strength through weight bearing and give them some independence while eliminating the possibility of an assisted fall, which can injure both a patient and the helping staff member.

“I am so grateful that Susquehanna Health has instituted something for the patients that also protects us,” says Staci Warburton, R.N., of the clinical resource team pool. “This makes it easier to get patients up and moving, and that’s so important.”

Moving patients more frequently throughout the day can prevent and minimize illnesses that can result from staying in one position too long, such as pressure ulcers, deep vein thrombosis and pneumonia.

Susquehanna Health makes The Business Case for Breastfeeding

When businesses support breastfeeding, the whole community becomes healthier. Last year Susquehanna Health began providing employees with education, support and a place for nursing mothers to express milk by implementing The Business Case for Breastfeeding. The nationwide initiative protects the health of mothers and babies. Watch a video about Susquehanna Health’s introduction of the program at SusquehannaHealth.org/breastfeedingatwork.

Businesses make it easy for new mothers to return to work by providing a comprehensive lactation support program. Research shows that companies supportive of breastfeeding have

» Reduced absenteeism
» Increased retention
» Increased loyalty
» Improved morale

Susquehanna Health’s lactation consultants can help your business establish high-quality lactation support. To contact The Birthplace™ lactation consultants, call 570-321-2092. For more information, visit womenshealth.gov.
WRMC awarded for quality healthcare

Susquehanna Health’s Williamsport Regional Medical Center (WRMC) was presented the Surgical Care Improvement award for its successful implementation of best practices relating to improving patient safety.

The awards program is sponsored by Quality Insights of Pennsylvania, the Medicare quality improvement organization for the commonwealth, which assisted WRMC in these efforts by providing training, regional collaboration, on-site consultations and improvement tools to prevent surgical infections, surgical complications and hospital readmissions. To achieve the award, Susquehanna Health focused its efforts collaboratively among several departments, including nurses in case management, same-day surgery, preadmission testing, anesthesia and postoperative care, as well as surgeons, anesthesiologists and pharmacists.

“Multiple processes were put in place to create a system of care that minimizes the risk of infection and other surgical complications,” said Dr. Daniel Glunk, chief quality officer at Susquehanna Health. “Our goal is simple: to continually improve the quality and safety of the care we provide to our patients.”

Medical Plaza at Lock Haven opens Its doors

Susquehanna Health officials were proud to present the new Medical Plaza at Lock Haven at a grand opening event Sunday, June 26. The facility expands upon the existing Susquehanna Health Family Medicine at Lock Haven.

The providers of Family Medicine at Lock Haven were present to meet visitors and provide tours of their offices. The practice consists of Dr. Steven Geise; Dr. Frank Parker, Dr. Thane Turner, Dr. Carrie Timko, Emily Shultz and Dr. Sarah McElroy.

The new Medical Plaza at Lock Haven offers routine lab tests and digital state-of-the-art general X-rays to patients of all doctors, including those not affiliated with Susquehanna Health.

The Lock Haven facility is the sixth Susquehanna Health location for lab services and fourth for X-ray services.

For more information about the Susquehanna Health Medical Plaza, please call 570-748-1230.

Potential affiliation in the works

Laurel Health System and Susquehanna Health announced in June that they have signed a nonbinding letter of intent to explore a potential affiliation. The two organizations are in a period of due diligence, during which they are sharing information to evaluate the benefits of joining together.

The discussions between the two organizations continue; the health systems will continue to update their communities as these talks evolve.
**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 “Events.”

- **ACTIVITIES & SCREENINGS**
  - **FREE! Blood Pressure, Heart Rate And Oxygen Checks**
    High blood is a silent killer. Have your blood pressure checked regularly. If you have high blood pressure, talk with your doctor.
    » **Tuesday, October 18, 11 am to 2:30 pm**
The LifeCenter—Lycoming Mall
Appointment: 877-883-4791

- **Dining With Diabetes**
  This four-week program offers HbA1c and lipid testing, food demonstrations, instruction on physical activity and diabetes management, and a follow-up class in 2012. $40 individual, $55 couple.
  » **Fridays, October 7, 14, 21, 28**
  10:30 am to 12:30 pm
  The LifeCenter—Lycoming Mall
  Registration: 877-489-1398

- **FREE! Making the Move**
  Overwhelmed by the thought of downsizing or moving to a retirement home? Selling a house and don’t know where to start? Get “secret” tips and ideas from Jessica Dolan, Bringer of Order for Room to Breathe Home Organizing & Staging. Bring your questions, ideas and photos for personalized advice.
  » **Tuesday, October 11, 11 am**
The LifeCenter—Lycoming Mall
Registration: 877-883-4791

- **FREE! EZ Detect Colorectal Cancer Screening Kits**
  Colorectal cancers are more than 90 percent curable when diagnosed early. A free EZ Detect kit can help you identify early signs of trouble. These kits are easy to use and can be completed in the comfort and privacy of your own home.
  » **Monday – Friday, 10 am to 5 pm**
The LifeCenter—Lycoming Mall
No appointment is necessary.

- **Manage Your Cholesterol**
  Learn about cholesterol, recommended levels, factors that cause high cholesterol and ways to manage it with lifestyle changes.
  » **$30**
The LifeCenter—Lycoming Mall
Appointment: 877-883-4791

- **Thermometer Exchange**
  Bring your old mercury thermometer to The LifeCenter for proper disposal and receive a free digital thermometer.
  » **Monday – Friday, 10 am to 5 pm**
The LifeCenter—Lycoming Mall
No appointment is necessary.

- **WOMEN’S HEALTH Osteoporosis Screening: How Strong Are Your Bones?**
  A quick and painless ultrasound heel screening measures your bone density level.
  » **$25**
  » **Monday, October 10**
  » **Tuesday, November 8**
The LifeCenter—Lycoming Mall
Appointment: 877-883-4791

**November 8**
The LifeCenter—Lycoming Mall
Appointment: 877-883-4791

**The Protected Pelvis: Relief From Urinary Incontinence, Pain And Prolapse**
Both are common—and easily treated with simple lifestyle changes. This one-hour seminar, presented by Shari Berthold, DPT, Women’s Health physical therapist, will focus on common causes of pain and incontinence, lifestyle habits that affect the bladder, and recommended exercises that help prevent or reverse urinary incontinence.
» **Wednesday, October 12, 11 am**
The LifeCenter—Lycoming Mall
Registration: 877-883-4791

- **HEALTHY WEIGHT Customized Nutrition Plan For A Healthy Weight**
  Meet with our health educator and get an individualized report of the calories you use.

- **DIRECT DELIVERY**
  Sign up for free E-Health Newsletters and let the topics you’re interested in come to you! Visit SusquehannaHealth.org.
each day, your percent body fat and a sample daily menu of an eating plan. Not for those with diabetes or other special dietary needs. Water is OK, but no food or exercise for four hours before testing.

**Percent Body Fat Assessment**
Sensors 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. After the test, you may review results with our health educator. Water is OK, but no special dietary needs. Not for those with diabetes or other special dietary needs.

**Exercise**
For four hours before testing.

**FREE! Susquehanna Striders—Walking For Fun And Fitness**
Earn both rewards and health benefits with this community-wide walking program.

**EXERCISE**
FREE! Susquehanna Striders—Walking For Fun And Fitness
Earn both rewards and health benefits with this community-wide walking program.

**The LifeCenter—Lycoming Mall**
Appointment: 877-883-4791

**CHILDBIRTH EDUCATION**
Register for the following classes by calling 321-2069 or at SusquehannaHealth.org. All classes are at WRMC, 5 North.

**Baby Care Class**
Learn to care for and keep your new baby safe. This class is for “Weekend Class” couples and adoptive parents.

- **$10 per couple**
  - **»** Wednesday, October 26
  - **»** Tuesday, November 22
  - **»** Wednesday, December 14

**FREE! Boot Camp For New Dads**
Dads-to-be get practical tips from men who have been through the ranks of being a new dad. Get straight talk about helping your partner through birth, calming both the mother and baby, and dealing with in-laws.

- **»** Wednesday, November 16, 7 to 9 pm

**Breastfeeding Class**
Learning about breastfeeding makes this feeding choice easier for you. There are simple steps to begin breastfeeding, and fathers will discover how important their role is to success. Learn how to get off to the best start with your newborn and how to pump and store milk.

- **$10 per couple**
  - **»** Mondays, October 10, November 7, December 12
  - **7 to 9 pm**

**Childbirth Classes**
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 care. Tour The Birthplace™. Bring two bed pillows, an exercise mat or a comforter to class.

- **$40 per couple**
  - **»** Tuesdays, November 1, 8, 15, 22
  - **»** Wednesdays, November 23, 30, December 7, 14

**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.

- **$25**
  - **»** Thursday, October 13
  - **»** Thursday, December 8

**Nursing Mothers Support Group**
This group is a great way to exchange breastfeeding tips and experiences and spend time out of the house. For moms with babies.

- **»** Wednesdays, November 2, 9, 16, December 7, 14, 21
  - **10 to 11 am**

**Sibling Class**
Children ages 3 to 8 learn what to expect when a new baby arrives, how to hold a baby and ways to be involved. Bring a doll or stuffed animal.

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

- **$10 per family**
  - **»** Thursday, October 27
  - **»** Tuesday, November 29
  - **6 to 7 pm**

**SUPPORT GROUPS**
**Bereavement Support**
**»** First Wednesday of each month, 1 to 2:30 pm
**»** Third Wednesday of each month, 6 to 7:30 pm

DPH, Third Floor near The Gatehouse
Information: Cherrie Serra, RN, or 326-8470, ext. 7877

**Breast Cancer Support**
Women who have been diagnosed with breast cancer discuss concerns and share experiences.

- **»** Last Monday of each month, 7 pm

DPH, the Susquehanna Health Cancer Center Entrance
Information: 326-8470, ext. 7877

**Cancer Support**
Men who have been diagnosed with prostate cancer discuss concerns and share experiences.

- **»** First Wednesday of each month (beginning in September), 6 pm

DPH, the Susquehanna Health Cancer Center Entrance
Information: 326-8470, ext. 7877

**GET IN THE SPIRIT**
Join us for a fun-filled evening at Spirit Girls’ Night Out, Tuesday, October 25. See page 6 for details.

**Heartworks Bereavement Support Group for Children**
For ages 4–17
Information and meeting schedule: Cherrie Serra, RN, 320-7691
New physicians meet diverse medical needs

Building upon the excellent healthcare provided to the region, Susquehanna Health has recruited several new physicians with a variety of specialties and expertise to serve our community.

**FAMILY MEDICINE**

Sarah McElroy, DO  
Board-eligible: Family medicine  
Specialties: Family medicine, obstetrics  
570-748-1230 (Family Medicine at Lock Haven)

**HEART & VASCULAR INSTITUTE**

Eric Adams, MD  
Board certification: Surgery/vascular surgery  
Specialty: Vascular  
570-321-2805 (Heart & Vascular Institute)

Donald Nardone, MD, FACC, FSCAI  
Board certification: Cardiovascular disease/interventional cardiology/interventional medicine  
Specialty: Cardiology  
570-321-2800 (Heart & Vascular Institute)

**HOSPITALISTS**

Waqs Adeel, MD  
Board-eligible: Internal medicine  
Specialty: Internal medicine  
570-321-2850

Marissa Ambron, DO  
Board-eligible: Internal medicine  
Specialty: Internal medicine  
570-321-2850

Fahmi Rahman, MD  
Board-eligible: Internal medicine  
Specialty: Internal medicine  
570-321-2850

Ishraque Shawon, MD  
Board-eligible: Internal medicine  
Specialty: Internal medicine  
570-321-2850

**LABORATORY**

Jennifer Pryor, MD  
Board certification: Anatomic and clinical pathology  
Specialty: Pathology  
570-321-2321

**NEUROLOGY**

Kristin Adams, MD  
Board certification: Neurology/electro-diagnostic medicine  
Specialty: Neurology  
570-321-2820 (SHMG-Neurology)

**PSYCHIATRY**

Michael Greenage, DO  
Board-eligible: Psychiatry  
Specialty: Psychiatry  
570-320-7525 (SHMG-Behavioral Health Services)

**RHEUMATOLOGY**

Anthony Ippolito, DO  
Board certification: Rheumatology/internal medicine  
Specialties: Rheumatology, lupus  
570-320-7500 (Arthritis Center)

**NEED A DOC?** For assistance finding a physician with the skills and expertise to meet your medical needs, call our Physician Finder service at 570-321-2160 or 877-883-4789, Monday through Friday from 8:30 am to noon and 1 to 4 pm.