Make no bones about it

Our full range of orthopedic services gets you back to your favorite activities.

Susquehanna health

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

Summer 2011

Award-winning stroke care
See page 7

Susquehanna Health
The art of caring. The science of healing.
Susquehanna Health’s (SH) plans for Project 2012 are no longer just ideas on paper. Construction and renovation are well under way on each of SH’s three hospital campuses.

**Divine Providence Hospital (DPH)**—At DPH, the renovated and expanded Susquehanna Health Cancer Center opened nearly two years ago and has set an outstanding standard for the use of technology and design in Project 2012. Work began in the spring on a new main hospital lobby. The modernized and open floor plan will offer a warm and comfortable environment featuring improved seating and enhanced lighting. Work also progresses to relocate the Kathryn Candor Lundy Breast Health Center to the first floor of DPH. The Center is doubling its size to meet demand while increasing patient satisfaction with design features that allow for enhanced patient privacy and convenient access for women to services such as the lab and X-ray.

**Muncy Valley Hospital (MVH)**—The Skilled Nursing Unit renovation at MVH is also well under way. Enhancements are creating a more resident and family-focused experience. With a new dining room and a private family room added to the first floor and a larger physical therapy gym, kitchenette and living room added to the second floor, residents and families will have more space to visit and enjoy many activities and services.

**Williamsport Regional Medical Center (WRMC)**—Excitement is growing at WRMC, where the new Patient Tower, set to open in March 2012, will feature an expanded emergency department with 38 private rooms. Equipped with televisions and space for family visitors, each treatment
With an abundance of fresh fruits and vegetables ripe for the picking, summer is the perfect time to adopt healthy eating habits. A trip to a well-stocked farmers market should yield the green beans and other vegetables you need for this healthy recipe without breaking your budget.

Number of servings: 10 to 12
Cups of vegetables per person: about ½ cup arugula, ⅓ cup potatoes, ⅓ cup green beans and ¼ cup tomatoes

INGREDIENTS
1¼ pounds tiny new potatoes, halved or quartered
12 ounces fresh green beans and/or yellow wax beans, trimmed
¼ cup white wine vinegar or champagne vinegar
3 tablespoons olive oil
1 medium shallot, finely chopped (2 tablespoons)
1 tablespoon capers, rinsed and drained
1 teaspoon Dijon-style mustard
¼ teaspoon freshly ground black pepper
5 cups fresh baby arugula or baby spinach
4 medium roma tomatoes, coarsely chopped

DIRECTIONS
1 In a covered, large saucepan, cook potatoes in enough boiling water to cover for about 10 minutes or just until tender; drain. Rinse with cold water and drain again. If desired, cover and chill for up to 24 hours.
2 In a covered, medium saucepan, cook beans in enough boiling water to cover for about 10 minutes or just until crisp-tender; drain. Submerge beans in a bowl of ice water to cool quickly; drain again. If desired, cover and chill for up to 24 hours.
3 For dressing: In a screw-top jar, combine vinegar, olive oil, shallot, capers, mustard and black pepper. Cover and shake well. If desired, chill for up to 24 hours.
4 To serve: If dressing is chilled, let it stand at room temperature for 30 minutes. Arrange arugula on a platter. Arrange potatoes, beans and tomatoes on top of arugula. Shake the dressing well. Drizzle dressing over vegetables.

NUTRITION INFORMATION
Serving size: about ⅓ recipe.
Amount per serving: 106 calories; 4g total fat; 1g saturated fat; 3g monounsaturated fat; 1g polyunsaturated fat; 49mg sodium; 15g carbohydrates; 3g fiber; 3g sugar; 3g protein; vitamin C, 41%DV; calcium, 4%DV; iron, 7%DV

You make it possible!

Susquehanna Health is grateful for the contributions from our service partners and community that are helping fund these projects.

As a nonprofit healthcare system, we rely on donations to help provide the most technologically advanced facilities in our region. This ensures we are able to recruit and retain the best physicians to care for our community.

There are four ways you can donate:
» Visit SusquehannaHealth.org/giving.
» Call 570-320-7460.
» Complete and return the envelope inserted in this magazine.
» Scan the code at right with your mobile device. Some devices may require a QR code or barcode scanner app.

Farmers market salad platter

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DIABETIC EXCHANGE
Vegetables: 1; fat: 1; starch: 0.5
Stay safe this summer

SUMMERTIME FUN comes to a screeching halt when an accident occurs. To learn about some of the most common summer injuries and how to prevent them, we spoke to Dr. Gary Senula, Susquehanna Health emergency department. Here are some suggestions to help you avoid the following:

» Bicycle and skateboarding accidents. Always wear a helmet while bicycling or skateboarding to prevent a concussion if you fall. Depending on the activity, protective pads can also save the day. Learn and obey traffic regulations, and always be aware of vehicle traffic.

Parents, be alert to kids’ efforts to ramp up thrills or cut corners with safety when trying tricks in the backyard.

» Heat illness. Slowly acclimate your body to the hot weather over a few days, and drink plenty of fluids when outdoors for long periods. Remind children playing outdoors to stop and drink some fluids periodically. If you’re not sweating on a very hot day, begin to experience nausea or just don’t feel well, it’s time to head indoors and cool off. Also, just a short amount of time in a hot, parked car can be deadly to a child or elderly person.

» Sunburn. Sunburns can be extremely painful and have the long-term impact of causing skin cancer. Apply a sunscreen with a sun protection factor (SPF) of 35 regularly when spending extended time outdoors.

» Tick bites. When hiking or working outdoors, protect yourself with a hat, long sleeves and long pants. Tuck your pants into your socks to limit access to your skin.

When you come inside, a thorough examination of your scalp and skin is important to detect and remove any ticks that may have hitched a ride. Pay attention to “moles” you don’t remember being there previously.

» Poison ivy. The best way to prevent this itchy summer disaster is to learn to identify the plant and avoid it. Long sleeves and pants can provide protection, too. You can find great photos of poison ivy on the Internet. Remember the saying “Leaves of three, let it be.”

» Splinters. Most splinters come from rough wood or bits of metal or glass. Avoid the temptation to go barefoot, and look carefully at railings and other items before you grab them with bare hands.

» Lawn mower accidents. Protect children from flying debris by keeping them far from the mowing area. ALWAYS turn the mower off before dislodging anything from the blade, and wear shoes that protect your toes and keep you from slipping.

If using a riding mower, be careful when navigating sloped areas. These large machines can roll over on top of you.

» Asthma and bee stings. If you know you have asthma attacks or are allergic to bee stings, be proactive. Keep your EpiPen® handy when spending time outdoors, and use it at the first signs of a reaction. If you experience severe swelling or shortness of breath following a bee sting, seek medical care immediately.


**Is this a real emergency?**

Susquehanna Health is prepared for just about every emergency, with highly skilled staff and lifesaving technology in the emergency departments at Williamsport Regional Medical Center and Muncy Valley Hospital. But how do you decide if your situation is a true emergency?

“Some things obviously call for a trip to the emergency department—symptoms of a heart attack, difficulty breathing, loss of consciousness, severe bleeding or a visibly broken bone,” says Dr. Gary Senula, Susquehanna Health emergency department. “Anything that you think could be life-threatening, including labor during pregnancy, is a reason to seek emergency care.”

**In case of an emergency, always call 911.** For situations that seem less urgent, Dr. Senula suggests a call to your primary care physician, who can provide guidance about what steps to take.
Vitamin D’s time in the sun

THE LINK BETWEEN VITAMIN D and mental health, immune system function and prevention of cancer and type 2 diabetes are all under study. But for certain is the link between vitamin D and bone health, according to the National Institutes of Health.

Vitamin D helps with calcium absorption and is needed for bone growth and bone remodeling. Without enough vitamin D, bones can become thin, brittle or misshapen. A lack of vitamin D can lead to rickets in children and osteomalacia and osteoporosis in adults.

“Appropriate vitamin D intake is important for children who are building bones and muscles,” says Dr. Steven Yordy, a Susquehanna Health Medical Group family physician located in Muncy. “Women should also discuss vitamin D intake with their primary care physicians, especially if they have lost height or have osteopenia, an early form of osteoporosis.”

THE SUNSHINE VITAMIN

Your body produces vitamin D when ultraviolet rays strike the skin. But diminished sunshine in winter months, when heavy clothes protect the skin from the sun, and increased use of sunscreen year-round are causing some to question if sun exposure is enough to meet our daily vitamin D requirements. So do you stop slathering on the sunscreen to make sure you’re getting enough vitamin D?

“You have to use common sense, particularly in the summertime,” Dr. Yordy says. “You don’t want to maximize vitamin D intake at the risk of developing skin cancer.”

Dr. Yordy suggests short bursts, approximately 20 minutes at a time, of skin exposure to the sun without sunscreen, preferably not between 10 am and 2 pm, when the sun’s rays are most damaging. At other times stay protected by using a sunscreen with a sun protection factor (SPF) of 35 or greater.

OTHER SOURCES OF VITAMIN D

Diet can be a good source for vitamin D. This fat-soluble vitamin is naturally present in a few foods including salmon, tuna and mackerel. It is added to others like milk, ready-to-eat cereals and some brands of yogurt and orange juice. Vitamin D is also available as a dietary supplement.

The chart at left can help you determine how much vitamin D you should be getting each day.

The 25-hydroxy vitamin D test is a blood test your doctor can order to measure how much vitamin D is in your body. The normal range is 30.0 to 74.0 ng/mL.

“For those shown to have a vitamin D deficiency, supplementation is an ideal way to ensure you are reaching appropriate levels each day,” Dr. Yordy says. “Talk to your doctor for an appropriate dosage recommendation.”

WE CAN HELP Dr. Steven Yordy and Bethany Engel, PAC, are accepting new patients. You can reach their office at 570-546-4120, or go to SusquehannaHealth.org/SHMG to find a physician.
“IT FELT LIKE my heart was exercising, but I wasn’t,” says Carl Goettel, 65, of Montoursville, describing the arrhythmia episodes that occurred every few months. Each time, he took a nap and woke up feeling fine again. The substitute teacher mentioned the “nuisance” episodes to his doctor, who suggested Goettel have a blood pressure reading the next time it happened.

The reading showed he had a very high pulse and very low blood pressure, sending him to the emergency department at Williamsport Regional Medical Center. Following an overnight observation, Goettel met Dr. Hanan Morcos, Medical Director of Susquehanna Health’s new electrophysiology program, a specialized service that treats heart rhythm disorders. Added to bring a new level of expertise and services to the region, the electrophysiology program, part of the Heart & Vascular Institute, has experienced unexpectedly high demand.

Dr. Morcos diagnosed Goettel with supraventricular tachycardia arrhythmia, an irregular heartbeat, and recommended an ablation procedure, a nonsurgical, typically outpatient procedure that short-circuits the electrical signal causing the irregular heartbeats.

“My heart won’t flutter any more,” Goettel says, teasing his wife. “I was impressed with the care, and Dr. Morcos is quite a remarkable person. I just happened to have this at the right time where I could be taken care of locally. My understanding is that previously [before the electrophysiology program began in January] I would have had to travel pretty far for this procedure.”

ANOTHER HEART IN TROUBLE Helen Weaver, 75, of Williamsport, was watching television when she noticed her heart rate speeding up. Using her blood pressure monitor, she checked her pulse, which registered 150 beats per minute. At the Medical Center’s emergency department, her heart rhythm was restored, and she went home. She returned at 1 am, and this time she was admitted to the Heart-Monitoring Unit for observation.

Three days later, Dr. Morcos performed an ablation procedure to regulate Weaver’s heart rhythm. A secondary arrhythmia, found during the ablation procedure, is now being managed with medication.

“I know if your heart rate gets too bad, it can lead to stroke and blood clots,” Weaver says. “I didn’t want that to happen.

“Dr. Morcos took care of me very quickly. It’s fascinating what they can do. I thought she did an excellent job.”

WHAT YOU NEED TO KNOW Goettel and Weaver each experienced different types of heart arrhythmias. There are many forms of arrhythmias, but one of the most common is atrial fibrillation (AF). AF occurs when the top chambers of the heart beat erratically, causing an irregular, chaotic heartbeat. If left untreated this condition can lead to serious problems such as stroke or congestive heart failure.

AF does not go away over time. In fact, the longer the condition exists, the more difficult it is to cure. Early steps to restore your heart to a regular rhythm are most likely to be successful, so see a doctor if you have any these symptoms:

» Palpitations
» Loss of consciousness
» Dizziness
» Nausea
» Shortness of breath
» Unexplained swelling in the lower extremities

HERE’S TO YOUR HEART For more information, call our Heart & Vascular Institute at 570-321-2800.
CLIFF ODEN, 51, of Linden, was feeling good when he went to bed on March 19 after returning from visiting his wife, Rebecca, a patient at Williamsport Regional Medical Center. He woke up a couple hours later and realized his whole left side was numb. At first he thought he had been sleeping “funny,” but he quickly recognized the symptoms of stroke and called 911 for help.

At the Medical Center’s emergency department, he was quickly treated to lower his blood pressure and received a clot-busting drug called tissue plasminogen activator (tPA), which can reduce long-term disability for the most common type of stroke. Doctors told Oden his quick action made him eligible for the treatment and likely saved his life.

A week and a half later, after hospitalization and hours of physical and occupational therapy to recover strength on his left side, Oden passed a driver’s test and was ready to go home. His goal throughout recovery was to resume his role as caregiver for his wife, who has been in poor health for many years.

“I don’t know what I’d do if I hadn’t come out of this as well as I did,” Oden says. “We have been married for 25 years, and I was scared to think about what would happen to her and who would be able to look after her.

“My advice to anyone if they have stroke symptoms is get to the emergency department and have the tPA. It really works.”

RECOGNIZE STROKE’S SYMPTOMS
If you or someone with you has one or more of these signs, get help right away by calling 911! Time lost is brain lost.

» Sudden numbness or weakness in the face, arm or leg, especially on one side of the body
» Sudden confusion, trouble speaking or understanding
» Sudden trouble seeing in one or both eyes
» Sudden trouble walking, dizziness, or loss of balance or coordination
» Sudden, severe headache with no known cause

By knowing the symptoms of stroke, you can reduce the risk of you or a loved one having a stroke and suffering severe disability or death. Today there are treatments that can minimize the damage from stroke but only if you seek treatment within three hours of the symptoms’ onset.

STROKE
Quick action saves a life

We’re the top! The award-winning stroke team at WRMC is (from left) Joy Gilson, Laboratory Manager; Bill Henry, Paramedic Specialist; Staci Mondell, Acute Care Case Manager; Cindy Anderson, Registered Nurse; Ruth Taddeo, Administrative Director of Laboratory Services; and Steve Dentel, Director of Quality Improvement Initiatives for the American Heart Association/American Stroke Association.

Stroke team receives national quality award
Williamsport Regional Medical Center’s (WRMC) stroke prevention and treatment program was recently recognized by the American Heart Association and American Stroke Association with the Stroke Gold Plus Performance Achievement Award for the second year in a row.

The Get With The Guidelines® award acknowledges exceptional stroke outcomes. To receive the award, Susquehanna Health achieved 85 percent or higher adherence to all Get With The Guidelines–Stroke Performance Achievement Award indicators for two or more consecutive 12-month intervals and achieved 75 percent or higher compliance with 6 of 10 Get With The Guidelines–Stroke quality measures, which are reporting initiatives to evaluate the quality of a hospital’s care.

“With a stroke, time lost is brain lost, and this achievement demonstrates the Medical Center’s commitment to being one of the top hospitals in the country for providing aggressive, proven stroke care,” says Dr. Stuart Olinsky, Medical Director for the stroke program. “We will continue with our focus on providing care that has been shown in the scientific literature to quickly and efficiently treat stroke patients with evidence-based protocols.”
OUR FULL RANGE OF ORTHOPEDIC SERVICES HELPS RESTORE ACTIVE LIVES

BREAKS, SPRAINS, TEARS, RUPTURES and chronic joint pain—they can keep you home from work, end a sports season, interfere with hobbies or stop you from doing the activities you enjoy.

Whether you’re an injured student athlete, a wounded weekend gardener or someone hoping to retain mobility and maintain independence, Susquehanna Health (SH) has comprehensive services designed to help you reach your goals with unequaled support every step of the way.

COLLABORATIVE CARE FOR EVERY CONDITION

“I see a variety of patients with everything from low-back pain to a twisted knee,” says Dr. Todd Fausnaught, a primary care physician with Susquehanna Health Medical Group. “I know that within Susquehanna Health, I can get patients the diagnostics and treatments they need to get back to or even beyond the level of activity they were at before. Because we’re all within the same health system, communication is very easy.”

A conservative approach to treatment puts services like physical therapy, sports medicine, pain management and rheumatology at the front end of most care plans. Specialists in these areas work closely with SH’s highly experienced orthopedic surgeons and primary care physicians to help patients reach their potential.

“Our surgeons have a reputation for low complication rates, and I think that really comes from a combination of very careful care and making sure that all nonsurgical options are exhausted,” explains Dr. Michael Hoffman, a Susquehanna Health Medical Group orthopedic surgeon. “Surgery is really considered the last resort; that’s possible when you have these comprehensive services in place.”

CAREFULLY MANAGED SURGICAL TREATMENTS

When surgery is required, minimizing risks becomes the central focus. SH’s primary care physicians help patients address cardiovascular issues, lose weight, stop smoking or stabilize chronic conditions when necessary to prepare for surgery. For joint replacement surgeries, a specially trained orthopedic nurse liaison is with patients and their caregivers every step of the way. Providing education and support, the nurse liaison guides patients through their pre- and post-surgical needs and recovery by setting expectations and keeping important communication flowing.

SH’s attending orthopedic surgeons have more than 90 years of combined experience and use the latest surgical advances, including computer navigation and arthroscopic video, for procedures such as partial, full and revisional joint replacement surgeries. Established protocols for anesthesia, infection control, chronic condition management, rehabilitation and even discharge planning help to ensure the highest-quality care.

“We’re able to do a very high volume of orthopedic surgeries here because of patient satisfaction,” Dr. Hoffman says. “Word of mouth speaks volumes about the care we’re giving.”

In addition to patient satisfaction, careful attention to quality has earned Williamsport Regional Medical Center (WRMC) designation as a Blue Distinction Center for Knee and Hip Replacement® by Blue Cross of Northeastern Pennsylvania.

GUIDANCE THROUGH REHAB’S CHALLENGES

Physical and occupational therapy are the essential steps that help patients gain strength, mobility and independence following surgery or an orthopedic injury. Treatment often begins within 24 hours of surgery to promote proper healing, and these services are offered where appropriate—in the hospital, at six convenient outpatient facilities and even in the home, as permitted by insurance.

Through their frequent interaction with patients and ongoing communication with surgeons and primary care physicians, rehabilitation professionals can detect and alert physicians to issues that could thwart recovery.

“Knowing what I know, I wouldn’t hesitate to come here for orthopedic care,” says Joanie Van Allen, physical therapist at WRMC. “There’s a real continuity of care from the moment you begin until you are able to stand on your own again.”
WHEN BAMBI HAWKINS, 41, ruptured her Achilles tendon playing volleyball, she was concerned about returning to her physically demanding jobs as volleyball coach and paramedic. Injury to the Achilles tendon, which connects calf muscles to the heel bone, can affect mobility.

“It happened in an instant,” Hawkins recalls. “I lunged and felt like someone kicked me in the back of my left leg. My foot was dangling as I hopped off the court.”

From the Williamsport Regional Medical Center (WRMC) emergency department, Hawkins was referred to Dr. Patrick Carey, an orthopedic surgeon who specializes in sports medicine. Within days he surgically repaired the ruptured tendon at WRMC.

GETTING BACK ON TRACK
Dr. Carey cautioned Hawkins that recovery could take up to 18 months. Hawkins was eager to get back to mountain biking, playing volleyball and her newest endeavor, karate.

After six weeks in a cast, Hawkins began rehabilitation with Bonnie Dodge, a Susquehanna Health (SH) physical therapist who often joined Hawkins during consults with Dr. Carey at the Susquehanna Health Sports Medicine Center. As a team, they kept Hawkins moving toward her goal.

“Bonnie gave me reassurance, perspective and realistic expectations,” Hawkins says. “She focused me on doing things correctly to prevent additional injuries.”

With the comprehensive surgical treatment and rehabilitative care she received at SH, Hawkins is back to work and the activities she enjoys, including taking a karate class with her daughter, Caroline, 10. She credits her recovery to the skills and support of her caregivers at SH.

“I felt like I was in the right hands every step of the way,” Hawkins says. “They got to know me and found an approach that really worked well for me.”

KEEPING RECOVERY IN MOTION
If your injury or surgical recovery has you homebound, Susquehanna Health Home Care and Hospice can bring the physical therapist to you. To learn more, call 800-848-2213 or visit SusquehannaHealth.org. Under “Services” select “Home Care & Hospice.”
FOR SOME, AN orthopedic injury opens the door to a more physically active lifestyle. The Follow On program, through Susquehanna Health Outpatient Physical Therapy, keeps that door open by allowing patients to pay a small fee to keep coming back.

Barb McNerney, 67, has been a Follow On regular at the Williamsport Regional Medical Center campus since 2004, when she had physical therapy after breaking her arm. In addition to the campus being just two blocks from her home, McNerney likes the pleasant, comfortable atmosphere and doesn’t want to miss seeing her friends—a core group of Follow On participants who work out each day at 6 am.

“We keep a watchful eye on our Follow On program members,” physical therapist Joanie Van Allen says. “We show them how to use the equipment properly and expand their routine to promote overall fitness.”

“We love to see folks reach a higher level of fitness than they have had in years,” she says. “That’s key to building strong bones and muscles to prevent future injuries.”

Participants can come as often as they like and understand that current patients have preference on the equipment. If a participant stops coming for more than two to three weeks, he or she is no longer eligible for the program.

When McNerney started experiencing knee pain last summer, Van Allen helped to ensure her posture and activities weren’t making the problem worse. Eventually, Dr. John “Jack” Bailey, an orthopedic specialist, determined McNerney needed knee replacement surgery. She prepared with exercises provided by Van Allen and talked to another Follow On participant who was recovering from the same surgery.

“Our Follow On members inspire other patients; they’re like a built-in support group that keeps everyone motivated,” Van Allen says.

When McNerney started experiencing knee pain last summer, Van Allen helped to ensure her posture and activities weren’t making the problem worse. Eventually, Dr. John “Jack” Bailey, an orthopedic specialist, determined McNerney needed knee replacement surgery. She prepared with exercises provided by Van Allen and talked to another Follow On participant who was recovering from the same surgery.

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Staying active: Barb McNerney participated in the Follow On program after breaking her arm in 2004 and more recently after a knee replacement.

Following physical therapy for her knee surgery, McNerney is back in the Follow On program with no plans to leave.

“I just know I want to be here,” she says. “I really enjoy it.”

ORTHOPEDIC nurse liaison: A bridge to success

WHEN YOU ELECT to have hip or knee joint replacement surgery at Susquehanna Health, Becky Folmar, RN, orthopedic nurse liaison, swings into action to make sure you get optimum results.

Before surgery, Folmar invites pre-surgical joint replacement patients to a one-hour class at Williamsport Regional Medical Center to prepare for what to expect during surgery and inpatient therapy and after they go home. Patients also receive a manual with detailed information and instructions.

“Setting expectations helps patients be more successful,” says Folmar. “Going into it, they know what pain they might experience; how to prevent falls; the types, amount and frequency of rehabilitation exercises; and things they might want in place before they go home.”

At the hospital, Folmar visits patients following their surgeries and encourages them to call her anytime with concerns or questions. She meets with rehab therapists and social workers daily to ensure each patient is fully prepared to go home and be successful.

Once you’re home, Following discharge, Folmar calls patients to see how they’re progressing and offers continued assistance and support.

“We want our patients to be successful,” Folmar says. “I provide that support and a continued link to the program to keep them moving toward their goals.”

CONVENIENT CARE Susquehanna Health Physical Therapy & Rehabilitation has locations throughout Lycoming County. To find one near you, go to SusquehannaHealth.org. Under “Services,” select “Rehabilitation Services,” then “Outpatient Programs.”

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Sports Medicine Center:
For athletes of every age

YOU DON’T NEED to be a student athlete to get help with an injury through Susquehanna Health’s Sports Medicine Center at Divine Providence Hospital.

“We’re here for anyone trying to get back to being physically active after a musculoskeletal injury—from the 65-year-old golfer with elbow pain to the 35-year-old who sprains her ankle training for a triathlon,” says Seth Kinley, MEd, ATC, Coordinator of Sports Medicine.

At the Center, you’re treated by sports medicine fellowship-trained orthopedic surgeons. They work with certified athletic trainers and physical therapists to develop treatment and rehabilitation plans to help you return to your favorite sport or recreational activities.

Through the Center, certified athletic trainers work at more than 16 area schools and colleges. Attending practices and games, they immediately assess injuries, provide treatments and make referrals for medical care.

“Because outreach athletic trainers spend so much time with the players, they are in a very good position to help coaches and athletes understand the risks and potential long-term effects of playing with an illness or injury,” Kinley says.

Meet our team
The following attending orthopedic specialists make a difference every day at Susquehanna Health.

Susquehanna Health Medical Group

Dr. Ronald DiSimone
Dr. Michael Hoffman

West Branch Orthopedics

Dr. John Bailey
Dr. Patrick Carey

Dr. Mark Rackish
Dr. Craig Stabler

Rheumatology:
An alternative to surgery

NOT EVERYONE WANTS to have or is a candidate for surgery to relieve musculoskeletal pain. Rheumatology, which looks at connective tissue and joint diseases, can point to other treatment options. Rheumatology specialist Dr. Keith Shenberger, FACP, FACR, and Molly Warnick, PA-C, work closely with Susquehanna Health’s orthopedic program to diagnose conditions causing musculoskeletal pain and find conservative approaches to treatment.

“We have everything we need to take care of patients in an optimal way here,” says Dr. Shenberger, who serves patients from a wide geographical area. “Every service we could need for conservative treatment is available, from physical therapy directly across the hall, occupational therapy, and even a rehabilitative hospital. There’s such a great synergy and strong working relationship with the orthopedic surgeons. Because of our location, we have an open dialogue and can provide immediate consultations when necessary.”

Patients experiencing musculoskeletal pain, typically from osteoarthritis or rheumatoid arthritis, are referred to Dr. Shenberger from primary care physicians and orthopedic surgeons. Using the most current approaches to treatment, he provides injections and prescribes medications and therapy to help patients improve mobility, reduce pain and even delay or avoid total knee or hip replacement surgery.

“Whether a patient is elderly, doesn’t want to have surgery because of the risk and rigor of rehab, has a medical illness or allergy that precludes surgery or just wants to delay the procedure because he or she is young, we offer effective alternatives,” Dr. Shenberger says.
BACK-TO-SCHOOL physicals are a popular time to get vaccinations to protect your child from common illnesses and disease. Tainted research and misinformation have some parents wondering about the effectiveness, safety and necessity of vaccines.

“Vaccines are one of the medical community’s greatest success stories, protecting millions of children from deadly diseases,” says Dr. Mary Beth O’Hara, a pediatrician with Susquehanna Health Medical Group. “Since the widespread vaccination of children began in the United States, the number of previously common childhood illnesses, some of which could cause disability or death, has declined dramatically.”

Vaccinations are proven to be safe and effective. They create immunity to disease using small amounts of killed or weakened microorganisms that cause potential disease. The person receiving the vaccination does not get the disease but may develop a fever or soreness at the vaccination site. Even immunizations for the flu, which change annually, are created with safe, time-tested processes each time.

THE DANGER OF REJECTION
A trend toward rejecting vaccinations grew following release of a study, now retracted, that implied a link between vaccinations and autism. Some parents skip vaccines, fearing their child could have an adverse reaction, although these are extremely rare. Others question the necessity of vaccination when the diseases occur so infrequently now. However, recent outbreaks of measles in the United States, mostly among nonvaccinated children, illustrate that when fewer children receive vaccinations, the progress made in eradicating these dangerous diseases can be undone.

“Pediatricians continue to educate parents regarding vaccine safety,” Dr. O’Hara says. “Hopefully, with time, the damage can be reversed and immunization rates will begin to rise. Anyone who has spent a night at the bedside of a child in Intensive Care will tell you it’s worth taking steps to prevent childhood illness wherever possible.”

Parents who have skipped vaccinations in the past can talk to their child’s doctor about a catch-up plan.

A CANCER-FIGHTING VACCINE
In 2006, the HPV vaccination became available for girls ages 11 and up who are not yet sexually active. The vaccine protects against varieties of the human papillomavirus, the most common sexually transmitted virus in the United States with a proven link to many types of cancer. Now the ACIP permits recommending this vaccine for boys, too.

This vaccination is typically mentioned during the state-required physical prior to sixth grade and has been slow to take off. Dr. O’Hara suspects many parents feel it is too new and too soon but strongly urges them to give it careful consideration. If parents have refused the HPV vaccine at the 11-year visit, they can bring their child into the office for an immunization visit or get the vaccine at the next year’s appointment.

“This is an important vaccine in the fight against cervical, vaginal and penile cancer, and it offers protection from genital warts,” Dr. O’Hara says. “While the timing seems early, it’s important to provide the vaccine before the recipient becomes sexually active to provide immunity throughout a very high-risk period.”

NEED A PEDIATRICIAN?
Dr. O’Hara is currently accepting new patients. To make an appointment, call 570-321-3100 or go to Susquehanna Health.org/SHMG.
Summer sleep solutions

Getting a good night’s sleep in the summer can be a challenge. Heat, humidity and late evening sunshine can cause restless nights and drowsy days. Here are some strategies to help you get a good night’s rest:

» Watch the caffeine after lunch. Caffeine’s arousing effects may not strike until after you’re settled in bed.
» Shun synthetics. Cotton sleep-wear and sheets help beat the heat.
» Cool down. If you can, put an air conditioner in your bedroom, or open the windows and use fans to create a cross breeze. Try a cold shower before bed.
» Black out. Limit sunlight in your bedroom with dark shades. They’ll reduce heat during the day, too.
» Head downstairs. Dark, cool and quiet, basements can be a haven for good summer sleep.

If you are still sleepy throughout the day, ask your doctor about a sleep study at Susquehanna Health Sleep Center at Divine Providence Hospital, accredited by the American Academy of Sleep Medicine.

For safe care—SH uses electronic medical records

The days of doctors flipping through paper charts to review your medical records are numbered. By the end of this year, all physicians in Susquehanna Health Medical Group (SHMG) will use laptop computers to review your electronic medical record (EMR). The switch is encouraged by national healthcare reform and is one Susquehanna Health was already implementing.

“This enhances the care we can provide,” explains Tim Schoener, CPHIMS, FHIMSS, Susquehanna Health’s Assistant Vice President of Information Technology. “With an EMR, all SH physicians involved in your care can share the same information instantly. That’s of particular benefit in an emergency or with a referral.”

Dr. Tim Heilmann, SHMG, says the EMR helps to ensure tests aren’t duplicated and displays results instantly. It also enables doctors to easily review your current and past medications and send prescriptions directly to the pharmacy. EMR safety features flag potential drug interactions or allergies before the order gets to the pharmacy. The EMR even alerts your doctor when it’s time for your preventive screening tests and exams.

“EMRs put all the information your caregivers need at their fingertips, and it’s a great tool for patient education,” Dr. Heilmann says. “I can show a patient results of her imaging exam on my laptop computer to clearly explain what our concerns and treatment goals are.”
**Tools, tips and events for your health**

For a complete list of programs, classes and support groups available, visit our website, [SusquehannaHealth.org](http://SusquehannaHealth.org), and click on “Get Involved.”

**SCREENINGS & ACTIVITIES**

**FREE! Confidential STD Testing**
The Pennsylvania Department of Health will perform free sexually transmitted disease (STD) testing for chlamydia and gonorrhea.

- **Friday, July 22, 5 to 8 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.

- **Monday – Friday, 10 am to 5 pm**
  - **The LifeCenter—Lycoming Mall**
  - No appointment is necessary.

**Thermometer Exchange**
Do you still have an old mercury thermometer? Bring it to The LifeCenter to dispose of it properly, and we will give you a free digital thermometer for your effort.

- **Monday – Friday, 10 am to 5 pm**
  - **The LifeCenter—Lycoming Mall**
  - No appointment is necessary.

**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**
  - Register at [Susquehanna Health.org](http://SusquehannaHealth.org). Click on “Services,” then “LifeCenter™ at Lycoming Mall” and “Susquehanna Striders.”

**WOMEN’S HEALTH**

**Osteoporosis Screening: How Strong Are Your Bones?**
A quick and painless ultrasound heel screening measures your bone density level.

- **$25**
  - **Mondays, July 11, August 15**
  - **The LifeCenter—Lycoming Mall**
  - Appointment: 877-883-4791

**Percent Body Fat Assessment**
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. After the test, you may review results with our health educator. Water is OK, but no food or exercise for four hours before testing.

- **$25**
  - **The LifeCenter—Lycoming Mall**
  - Appointment: 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 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.

- **$40**
  - **The LifeCenter—Lycoming Mall**
  - Appointment: 877-883-4791

**Emergency Preparedness Session**

- **Thursday, September 15, 10:30 am to noon**
  - **The LifeCenter—Lycoming Mall**

**Blood Pressure, Heart Rate And Oxygen Checks**
High blood pressure is a silent killer. Have your blood pressure checked regularly. If you have high blood pressure, talk with your doctor.

- **Monday – Friday,**
  - **10 am to 5 pm**
  - **The LifeCenter—Lycoming Mall**
  - No appointment is necessary.

**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.

- **$25**
  - **Mon., July 11, Aug. 15**
  - **The LifeCenter—Lycoming Mall**
  - Appointment: 877-883-4791

**Saving The Date! Kids In The Kitchen**


**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**
  - Register at [Susquehanna Health.org](http://SusquehannaHealth.org). Click on “Services,” then “LifeCenter™ at Lycoming Mall” and “Susquehanna Striders.”

**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 “Saturday Childbirth Class” couples and adoptive parents.
$10 per couple
» Thursday, August 4
» Tuesday, August 30
7 to 9 pm
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 mother and baby and dealing with in-laws.
» Wednesday, July 27, 7 to 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.
$25
» Thursday, August 11, 7 to 8:30 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 comforter to class.
$40 per couple
» Thursdays, July 14, 21, 28, August 4
> Tuesdays, August 9, 16, 23, 30
> Thursdays, September 1, 8, 15, 22
7 to 9 pm
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
» Monday, August 22
6 to 7 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, July 11, August 8, September 12, 7 to 9 pm
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.
» Wednesdays, July 6, 20, August 3, 17, September 7, 21, 10 to 11 am
SUPPORT GROUPS
Bereavement
» 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: Pat Kiernan, MSW, 320-7691
Cancer Support
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
Prostate 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
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 nonmembers
» Monday, August 8, 12:30 to 4:30 pm
The LifeCenter—Lycoming Mall
Please preregister on Mondays and Wednesdays, 9:30 am to noon, Lincoln Senior Center, 323-3096.
Mail payment to the Lincoln Senior Center, 2138 Lincoln St., Williamsport, PA 17701.
Physiatrist joins rehab team

Dr. Jeffery Williams has joined the Susquehanna Health Medical Group as the Medical Director of Rehabilitation Services. He joins Susquehanna Health after serving as the Director of Rehabilitation at Southern Ohio Medical Center. Dr. Williams is board certified in physical medicine and rehabilitation and is an experienced physician who specializes in the treatment of debilitating conditions such as

» Musculoskeletal conditions, including osteoporosis and arthritis
» Neck, back and joint pain
» Post-stroke complications
» Comprehensive conditions such as stroke, brain injury, spinal cord injury, neurological disorders, orthopedic disorders, amputations and burns

Dr. Williams received his medical training at Ross University School of Medicine and completed his residency at Long Island Jewish Medical Center in New York.

Dr. Williams welcomes new patient consultations for both inpatient and outpatient care. His office is located on the first floor in the Rehabilitation Center at Williamsport Regional Medical Center. For a referral, call 570-321-2619.

Lab and X-ray now open

THE MEDICAL PLAZA at Lock Haven offers convenient routine laboratory tests and state-of-the-art digital general X-rays to patients of all doctors (including those not affiliated with Susquehanna Health).

Located at 610 High St. (next to Burger King), we welcome walk-in patients. No appointments are necessary.

To reach us, call 570-748-1268.

Please bring your doctor’s order, personal ID and insurance information.

Expanding women’s healthcare options

Susquehanna Health Medical Group welcomes Dr. Angela Huggler to the Susquehanna Health OB/GYN practice of Drs. Leonard Collins, Charles Lamade and Frank Yartz. Dr. Huggler will practice both obstetrics and gynecology. She provides services to meet the healthcare needs of women, and she has specialized in minimally invasive and laparoscopic surgery, including laparoscopic hysterectomy and urogynecology.

A native of Lycoming County, Dr. Huggler completed her undergraduate education at Lycoming College before pursuing her medical training at the Pennsylvania State University College of Medicine. She completed her OB/GYN residency at Hershey Medical Center in Pennsylvania.

Dr. Huggler welcomes new patients and referrals. Her office is located on the sixth floor of Williamsport Regional Medical Center.

To schedule an appointment, please call 570-323-3671.