VICTORY!
Back in the Game
After ACL Injuries

Losing Weight the Susquehanna Healthy Way

24/7 Support
When the Doctor’s Office Is Closed
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4 medical care when you need it
You think the doctor’s office is closed, but you’re not sure whether you should go to the ER. Follow these steps to get prompt, appropriate care in those not-so-clear-cut health situations.

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The Susquehanna Health Weight Loss Challenge inspired our employees to live healthy. Now it’s your turn to take the challenge.

8 ‘no limits to what I can do’
Two star athletes share how Susquehanna Health Sports Medicine helped them get back on the field after major ACL injuries.

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Staying Susquehanna Healthy

When you find an exercise you love, it’s not work—it’s fun! Our employees share their favorite ways to get fit:

“I utilize the local YMCA to get fit by taking the group exercise classes, working with a personal trainer and walking back and forth to work. I also joined the employee Weight Loss Challenge to help encourage healthier eating habits and better lifestyle choices for myself and fellow service partners on the team.”
—Mandy Miller, software educator, Susquehanna Medical Group IT

“I play tennis throughout the year to stay Susquehanna Healthy. I’m the assistant girls’ varsity tennis coach at Jersey Shore High School, where I have coached for 10 years. Coaching girls’ tennis keeps me young and motivated to stay fit.”
—Jeannine Sheddy, RN, The Birthplace

“My favorite activity is to exercise with my 2-year-old son, my good friends and their kids. We include our kids in our activities, and we get a great workout that’s a lot of fun and goes quick! We do a ‘stroller class’ every Monday and Wednesday together and incorporate these activities at home throughout the week!”
—Casey Golomboski, RDMS, sonographer/ultrasound tech II

“Running has always been a part of my life. Not only does running provide health benefits, but it is also a time for reflection, relaxation and restoration. My wife, Jean, is the cross-country coach for a local college, and we have been running together for years. We have run over 20 marathons, six of them together, encouraging each other and cherishing the time together. Sometimes we tackle half marathons as a family with our son, Alex, and daughter, Beth. Last summer, Jean, Beth and I ran the Philadelphia Half Marathon together. We look forward to supporting each other and tackling many more!”
—Dr. Leonard Collins, Susquehanna Health OB/GYN

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From time to time, your heart may “flutter” when you’re excited, nervous or exercising hard. It might seem like no cause for concern if it quickly goes away. But it's a good idea to know when that fleeting flutter may be putting your health at risk. Dr. John Hynes, electrophysiologist, Susquehanna Health Heart & Vascular Institute, answers frequently asked questions about arrhythmias, or abnormal heart rhythms.

**Q** What happens in the body to cause an irregular heartbeat?

In order to have a healthy resting heartbeat—about 60 to 100 beats a minute—the heart’s four chambers must work in harmony with one another. A heartbeat is produced when an electrical signal travels through these chambers. If something goes wrong with this signal, your heartbeat may speed up, slow down or seem out of sync.

**A** I noticed I have heart palpitations. Should I see the doctor?

An irregular heartbeat sometimes signals a larger problem, so you should consult your doctor for a diagnosis. An arrhythmia that happens on a regular basis needs a doctor’s attention.

Don’t wait to get help if your irregular heartbeat is accompanied by chest pain, shortness of breath, fainting, light-headedness and fatigue. It’s also important to talk with your doctor if you have a history of heart disease and have noticed that you sometimes have an irregular heartbeat.

**Q** How are arrhythmias diagnosed?

The first round of testing usually involves a painless test called an electrocardiogram, or ECG or EKG. In this test, sticky patches called electrodes are attached to the chest, arms and legs. They’re connected to an ECG machine by wires. The ECG machine records the heart’s electrical activity for about a minute or so. This test can be done while the patient is lying down. If it’s conducted while the patient is exercising on a treadmill or stationary bike, it’s called a stress test.

Sometimes we suggest Holter monitoring, which is an ECG recording done over a day or so. The electrodes are connected to a small portable ECG recorder while the patient goes about his or her daily activities.

**Q** Do arrhythmias need to be treated?

Sometimes arrhythmias are present but cause few, if any, problems. In this case, the arrhythmia may not need to be treated at all. The decision or type of treatment for arrhythmia depends on factors like the type of rhythm disorder, the severity of symptoms and if the patient has other health conditions.

Treatments can range from lifestyle changes—like eliminating caffeine and alcohol from your diet—to cardioversion, in which an electrical shock is delivered to the heart. Ablation is another procedure; during this, the heart tissue causing the arrhythmia is destroyed. Permanent pacemaker or ICD [implantable cardioverter defibrillator] insertion is another option to regulate the heart.

LISTEN TO YOUR HEART

Susquehanna Health is affiliated with Cleveland Clinic Heart and Vascular Institute, ranked number one in heart care by U.S. News & World Report for 20 consecutive years. The Susquehanna Health Heart & Vascular Institute provides a variety of heart and vascular testing procedures. If you’re experiencing heart palpitations, shortness of breath, dizziness, fatigue or other symptoms, talk with your primary care doctor right away. Your doctor will help determine what testing you might need and get you a referral to one of our specialists. To learn more, visit SusquehannaHealth.org/Heart.

Call (570) 321-2800 to make an appointment.
For certain medical problems—such as chest pains, stroke symptoms, severe bleeding or a badly broken limb—the emergency room is the place to go. Calling 911 can assure that you get there safely. But for concerns that aren’t clear emergencies, like when your child’s stomach virus lingers or your asthma symptoms flare up, do you know where to turn for medical care?

CALL YOUR DOCTOR
Your first step should be with your primary care provider. Why? In the emergency room, the most severe cases are handled first, so going there with a minor ailment will likely result in a long wait to see a doctor. That’s not always comfortable if you have symptoms like diarrhea, an earache, nausea or dizziness. A scheduled appointment with your primary care provider allows you to stay more comfortable at home until it’s time to be seen.

BEFORE YOU GO TO URGENT CARE...
You may find it challenging to make it to healthcare appointments during the day, but before you head to an urgent care center or retail clinic for evening and weekend hours, check to see if your primary care provider has extended hours. Many offices can make same-day appointments and have added evening and weekend hours to better serve their patients.
NURSE LINE OFFERS 24/7 SUPPORT

Many doctors’ offices offer access to a nurse advice line to direct your care when the office is closed. When Pamela Nagy, of Montoursville, became ill in January, a call to her primary care provider put her husband, Andrew, in touch with a nurse. He says it was comforting to talk with someone with medical expertise. They didn’t want to spend hours at the emergency room or even go to the doctor for an appointment if it wasn’t necessary.

“Before she was diagnosed with lung disease, we were calling just about every week. We would try a treatment, and when we knew we needed to try a new medication or go in a different direction, a call to our primary care provider put us in touch with someone who, 24 hours a day, seven days a week, could help us take that next step,” Andrew explains.

When it was clear that his wife would need to be seen by her doctor, the nurse made the appointment so that they didn’t have to make an additional phone call.

“We were put in touch with someone who, 24 hours a day, seven days a week, could help us.”

“By staying connected with our primary care provider, a nurse was able to assist us with our medical needs and keep us out of the emergency room except in the very worst condition,” Andrew says. “Each time they would evaluate our need and determine if we would need to see the doctor. We used our primary care provider as a clearinghouse, which was much better than making numerous calls or spending time waiting somewhere.”

Kim Welton is a Susquehanna Health registered nurse who answers calls like this one. She says it’s common to get calls about coughs, colds and flu symptoms. She also hears from parents of children who have a fever or other symptoms. She asks questions and, depending on the situation, may recommend home care remedies that can help the patient feel better. In some situations, she discusses the concern with a physician and gets back to the patient with a doctor’s instructions or to schedule an appointment for the next day. She may also refer a patient to the emergency room.

In some cases, such as when a patient with diabetes calls with an issue related to managing blood sugar, she may talk with the same patient a couple of times in the evening as the patient tries her recommendations and checks back in to share results.

“People are always surprised when we answer after office hours. They think they’ll get an answering service, so they’re happy to reach a nurse and get answers to their questions,” Kim says. The on-call nurse has access to medical records, which can help him or her provide advice specific to the patient’s situation and health condition. Also, the nurse documents each call and takes notes for the primary care provider, allowing for seamless follow-up care.

CONSIDER THE BIG PICTURE

Contacting your primary care provider’s office first helps build a better relationship with your doctor or practitioner. In addition to assisting when unexpected health issues arise or helping you manage chronic conditions, your primary care provider can note changes in your health over time. He or she can recommend when it’s time for immunizations and screenings and help you stay on track for important preventive care steps—and keep you feeling well.

WHEN TIMING IS EVERYTHING

Some symptoms can’t wait for treatment; they need immediate care. Call 911 if a health problem is life-threatening or if you think it could get worse on the way to the hospital. Examples include severe bleeding that won’t stop, chest pain or pressure that lasts two minutes or longer, or changes in mental status or ability to speak.

YOUR FAST GUIDE TO CARE:
Is It an Emergency?

YES

Call 911 or go to the nearest emergency room if someone is experiencing severe or sudden life-threatening symptoms.

NO

Call your doctor, even if you think the office is closed. Your office may offer extended or weekend hours, or a registered nurse could be available to assist you over the phone, day or night.

NURSE LINE

FIND A DOCTOR

Whether it is a minor injury, a routine checkup or a chronic medical condition, Susquehanna Health is there for you and your family. Need a primary care provider? Call PhysicianFinder at 1-877-883-4789, 24 hours a day, seven days a week. Or start your search at SusquehannaHealth.org. Click on “Find a Doctor” to search by specialty, location and other criteria.
With names like “Dwindling Divas,” “Fat Busters,” “Flab to Fab” and “West Ave Wellness Warriors,” 108 teams from Susquehanna Health’s four hospitals and outlying facilities competed in the first-ever systemwide weight-loss challenge. Beyond the impressive net weight loss and percent body fat reduction totals, the 16-week program sparked a Susquehanna Healthy movement throughout the community. With more than 30 percent of Susquehanna Health’s workforce participating, the wellness craze quickly spread to other co-workers, patients, family members and beyond.

Competing fiercely for eight hours of paid time off (PTO, or vacation time), more than 1,000 participating employee and staff members encouraged one another to eat better and exercise more. Teams met for walks and workouts, dropped for push-ups on the hour, shared healthy foods and recipes, held pep meetings and found other creative ways to encourage one another. One team donated canned goods equivalent to their total weight loss to a local food bank.

‘AN INSIDE-OUT APPROACH’
Susquehanna Health’s health and wellness educators Jerrod Ferrence and Melissa Gundy launched the competition in response to a recent health assessment that revealed about 70 percent of Susquehanna Health service partners were overweight. They wanted to address this health risk because obesity increases your risk for many health conditions, including heart disease, stroke, type 2 diabetes and certain types of cancer.

“It’s important for us to be healthy because we are caring for the community; it’s an inside-out approach,” says Jerrod, noting that Susquehanna Health is one of the area’s largest employers. In addition to conducting weigh-ins, Melissa and Jerrod supported teams and individuals with information to help them reach their goals. Incentives, like opportunities to win annual memberships to the YMCA, kept participants invested. The competition was long enough for participants to lock in their new healthy habits.

“While it’s called a weight-loss ‘challenge,’ the emphasis is truly on making healthy lifestyle choices that participants can continue for a lifetime,” Melissa says.

GREAT GAINS WITH LOST POUNDS
Susquehanna Health offered 160 hours of PTO to be divided among two winning teams, the one that lost the most pounds and the one with greatest reduction in body fat. “All About the Bass” team lost the most weight with 188.5 pounds lost, and “Ads to Abs” team lost the highest percentage of body fat. But many participants said the journey was its own reward.

Participants reported gaining stamina with simple switches like taking the stairs rather than waiting for the elevator. Healthy changes can make employees more productive at work and also make a difference at home. One employee said he has more energy to play with his son.

Jerrod says he enjoyed seeing participants jump up and down and give hugs at weekly weigh-ins. “They were making themselves happy through their own hard work and becoming healthier in the process,” says Jerrod. Plans to build on the Weight Loss Challenge’s success are underway.

YOU CAN LIVE #SUSQUEHANNAHEALTHY
The Susquehanna Health Weight Loss Challenge isn’t just for employees. It’s for you, too! Talk with your doctor to find out if you’re a healthy weight. Then embark on the journey by eating balanced meals, watching portion sizes and exercising regularly. We want to hear your stories and weight-loss successes. Follow us at Facebook.com/SusquehannaHealth or on Twitter @SusqueHealth. Use the hashtag #SusquehannaHealthy in your posts.

WEIGHT-LOSS
Are you feeling the weight-loss fever? Consider making your efforts social, both in person and online. A recent study in the Journal of Medical Internet Research found that people who used social media were more successful at weight loss than those who didn’t.

So go ahead and check in at the gym or share that post-workout selfie. Whether someone likes your posts or adds encouraging comments, the support may make you feel accountable. It can also help foster the internal motivation that you need to keep up the good work. A few tips:

1. BE SPECIFIC
   When you share details like your goals or specific exercises, you might find friends who get involved, creating a circle of mutual accountability and friendly competition.
   An added bonus: You’ll create an online history of your workouts on your profile that you can use to track your progress. That can help determine what’s working for you—and what’s not.

2. BE HONEST
   If you put on a few pounds or don’t make it to the gym, share that news, too. Everyone slips now and then and can relate to this sort of experience. You’ll inspire others by your determination and your real-life perspective. In turn, they’ll likely motivate you with their own experiences of lapsing and getting back on track.

3. BE INSPIRED
   To stay motivated, follow Susquehanna Health and your favorite fitness and health professionals on social media for ideas, inspiration and community.
Student athletes share their personal stories of triumph over sports injuries with Susquehanna Health Sports Medicine.

‘NO LIMITS TO WHAT I CAN DO’

South Williamsport’s senior offensive guard Sam Buck helped take his team to the state semifinal playoffs and earned a spot on the 2014 Pennsylvania Football Writers’ All-State Team. Watching him play, you’d never suspect that a major ligament in his left knee was surgically reconstructed 10 months earlier.

It was the 10th play of the third game in the 2013 football season. Sam planted his left foot, pulled to the right, and felt everything in his knee “give out.” Stan Smith, ATC, the school’s athletic trainer and part of Susquehanna Health’s regional network of school athletic trainers, stabilized Sam’s knee in an air cast and arranged for him to meet with Dr. Patrick Carey that same weekend.

An MRI and an X-ray revealed damage to the main ligaments in Sam’s knee, the anterior cruciate (ACL) and the medial collateral (MCL). His meniscus was also torn. Meeting with Sam and his parents, Dr. Carey advised that if Sam wanted to play football his senior year, he should have surgery to repair the ACL as soon as possible.

“He replaced my ACL and shaved down my meniscus but said it would be best to let my MCL heal on its own. I knew I had a long way to go.”

Missing just a week from school for his surgery, Sam’s rehabilitation began the next week at Susquehanna Health’s Rehabilitation Services at Little River Plaza on River Avenue. Sam worked with Bonnie Dodge, who had helped his mother and father through their knee rehabilitations years before.

“Bonnie was great. She wasn’t easy on me, but I believe if she hadn’t pushed me, I wouldn’t have gotten to where I did with my recovery,” says Sam.

After five or six months, Sam began working in sessions with Stan at school. Though his recovery was gradual, Sam said it was encouraging to set and meet small goals. Eventually he began working solely with his trainer and coaching staff and checking in with Seth Kinley, MD, ATC, manager of Sports Medicine at Susquehanna Health’s Sports Medicine Clinic. After nine and a half months, he was ready to play.

“I felt like I didn’t have to go through this alone. A lot of people were helping me through the recovery process and it made me feel pretty good,” says Sam, noting that Dr. Carey even attended a few games. “My injury made me want to play even more this year. I put the time in and did everything they told me to do, and the results are great.”

REPAIRING THE ACL

One of the most devastating knee injuries is a tear to the anterior cruciate ligament (ACL), a small band of tissue that works with three other primary ligaments to stabilize the knee. For athletes and active people, a torn ACL is typically reconstructed surgically. Surgeons at Susquehanna Health have better outcomes for their repair of ACL ligaments with 93 percent of patients having no re-tear/re-injury after surgery. The national average is 90 percent.
Valaria Passalacqua has been playing soccer since she was 5 years old. The midfielder has had a few sprains over the years, but she never experienced any significant injuries until a game during her sophomore year at Penn College. As Val cut around the ball, she collided with another player. The force drove Val’s leg one way, and her knee went in the opposite direction.

“It was very painful, the worst pain I have ever had to deal with,” says Val. “I knew something was wrong because I couldn’t get up and walk steadily.”

When the pain continued, Val saw the certified athletic trainer at Penn College, who is part of a regional network of athletic trainers that works with Susquehanna Health. She got a referral to see Dr. Patrick Carey, who diagnosed her with an anterior cruciate ligament (ACL) tear as well as a partial meniscus tear.

Before she could have reconstructive surgery for her ACL, Dr. Carey wanted Val to work with her athletic trainer to do “prehabilitation.” He explained that strength training before surgery would help her recovery. As her team went on to compete in Nationals, Val prepared for knee surgery.

“Dr. Carey helped me a lot,” says Val. “He was an athlete, so I think he can relate to how you’re feeling, but he doesn’t beat around the bush. He tells you what goals you have to meet to get to where you want to be. He set very high goals for me.”

When Val returned to school after surgery and a recovery period at home, she worked closely with the on-site athletic trainer on her rehabilitation and checked in with Dr. Carey each month to monitor her progress.

“My surgery went perfectly well; I woke up with no pain,” she says. “I absolutely thought I would never have the same knee again, and I certainly didn’t think I’d be able to get back into soccer with the quick turns and fast pace, but I was ready by the next season.”

After two successful soccer seasons, Val says she can bicycle, ski and do just about anything without worrying about her knee. Val was a nursing student when she tore her ACL, but she switched her major to occupational therapy following her injury and recovery.

“After seeing how much help I got through therapy, that has really influenced me,” says Val. “I can relate to what patients go through and let them know that there is light at the end of their rehabilitation. I feel like my knee is 100 percent; I couldn’t ask for it to be better. There are really no limits to what I can do.”

FROM THE CHAMPION ATHLETE TO THE WEEKEND WARRIOR:
WE’RE COMMITTED TO YOUR RECOVERY

Drs. Patrick Carey and John Kuri, II, are board certified in orthopedic surgery and fellowship trained in sports medicine. They are also athletes who can empathize with the anguish of an injury.

“It’s very personal for us. We stay at the cutting edge so our patients can have the best chance to get back in their game, whether that’s on a state champion football team or taking a Sunday afternoon jog,” says Dr. Carey.

For student athletes, Susquehanna Health’s outreach program provides seamless care from injury to rehabilitation and back to play.

“The convenience of an on-site athletic trainer helps the athlete stick to his or her rehabilitation program and enables the athlete to really tune into the athlete’s needs,” says Seth Kinley, MEd, ATC, manager of Sports Medicine.

The athletic trainer can immediately treat and brace a knee injury to minimize additional damage and then promptly refer the athlete to an orthopedic surgeon. Because timing is critical for getting back to play, the Sports Medicine Clinic evaluates most patients within two days.

“We take special pride in treating the weekend warrior—the flag football players, fitness club members, recreational runners and cross-fit trainers—with the same expert care and attentive follow-up as our student athletes,” says Dr. Carey.

When possible, surgeries are scheduled to minimize disruption to school or work. Research supports at least a nine-month recovery after ACL surgery for athletes to safely return to play. Students gradually transition to their school’s athletic trainer to complete their rehabilitation, and the coaching staff is involved.

“There is a mental and emotional element to recovery that goes along with physical rehabilitation,” says Seth. “We try to keep our student athletes connected with their teams as much as possible. Setting achievable short-term goals helps all of our athletes stay motivated through the hard work of this lengthy rehabilitation.”

GET BACK IN THE GAME
Learn more about how Susquehanna Health can improve the way you move at SusquehannaHealth.org/SportsMedicine or call 1-800-321-2WIN (321-2946).
Welcome, New Physicians

William Cicio, MD
Cardiology
(570) 321-2800
Susquehanna Health Heart & Vascular Institute is pleased to welcome its newest cardiologist, Dr. William Cicio. Dr. Cicio has nearly 15 years of experience as a cardiologist, including medical directorships in both diagnostic cardiac services and cardiac rehabilitation. Dr. Cicio is fellowship trained in cardiology and holds board certifications in both internal medicine and cardiovascular disease.

Camille Hinojosa, MD
Occupational Medicine
(570) 320-7444
Susquehanna Health WorkCenter is pleased to welcome Dr. Camille Hinojosa, board-certified occupational medicine physician, as the new medical director. Dr. Hinojosa earned her medical degree from Texas A&M University and her master’s degree in public health in occupational and environmental medicine from the University of Texas at Houston Health Science Center School of Public Health.

John Hynes, MD
Cardiac Electrophysiology
(570) 321-2800
Susquehanna Health Heart & Vascular Institute is pleased to welcome our new cardiac electrophysiologist, Dr. John Hynes. Cardiac electrophysiology is a subspecialty of cardiology that involves the investigation, diagnosis and treatment of abnormal electrical activity of the heart. Dr. Hynes has nearly a decade of experience using state-of-the-art technology to treat complex heart rhythm disorders.

Saadullah Khan, MD
Digestive Disease Center
(570) 321-3454
Susquehanna Health Digestive Disease Center welcomes Dr. Saadullah Khan. Dr. Khan is board certified in gastroenterology and has relocated to Williamsport from Joplin, Missouri, having worked for Freeman Health Systems. He completed his fellowship at Georgetown Medical Center in Washington, DC, and is a member of the American Gastroenterology Association.

Emily Solow, DO
General Surgery
(570) 723-0716
Susquehanna Health General Surgery at Wellsboro welcomes Dr. Emily Solow. Dr. Solow is board certified in general surgery and earned her medical degree from Southeastern University Health Sciences in Florida. She completed her residency as chief surgical resident at Genesys Regional Health Center in Flint, Michigan, and is a member of the American College of Surgeons.

Yevgeny Zadov, DO
Physical Medicine and Rehabilitation
(570) 321-2607
Susquehanna Health Rehabilitation Services welcomes Dr. Yevgeny Zadov as the chief of brain injury rehabilitation. Dr. Zadov is a board-certified and fellowship trained physiatrist with experience in non-interventional pain management, brain injury and osteopathic manipulative medicine. He received his medical degree from the New York College of Osteopathic Medicine and is fellowship trained in traumatic brain injury and polytrauma through the Virginia Commonwealth University.

NEED A DOCTOR?
Many Susquehanna Health physicians are accepting new patients. Call PhysicianFinder at 1-877-883-4789. We’re available to assist you 24 hours a day, seven days a week.
Each year, cancer of the colon or rectum kills more Americans than any other cancer except lung cancer. Luckily, screening tests can detect polyps in the colon before cancer even has the chance to form. There are other actions you can take at any age to help lower your risk for this cancer.

**KNOW YOUR OPTIONS**
Sixty percent of colorectal cancer deaths can be avoided with routine screening starting at age 50, according to the Centers for Disease Control and Prevention. And when it comes to being screened for colorectal cancer, you have options. If you’re turning the big 5-0 soon or if you’ve already celebrated that milestone, you will want to discuss a screening colonoscopy with your primary care doctor.

Colonoscopies are the “gold standard” as they allow for both detection and treatment.

**WHY SCREENING MATTERS**
Colon cancer may cause symptoms including blood in or on the stool, recurrent stomach pain or cramping, narrow, ribbon-like stools, and unexplained weight loss. But more typically, colon cancer does not produce any symptoms. That’s why experts recommend regular screenings for everyone.

**A HEALTHY LIFESTYLE**
Experts are discovering ways to lower your risk of dying from this cancer that attacks the digestive system. Even though colon cancer doesn’t usually strike until after age 50, that doesn’t mean you can’t do anything about it before that age. Choices you make may protect you against this disease later in life:

- **Watch your weight.** Excess pounds around the waist may be especially risky.
- **Eat less red meat,** especially fatty or processed varieties.
- **Eat more fruits, vegetables and whole grains.** Many of these foods contain nutrients that fight off cancer.
- **Exercise regularly.** Some research shows it can cut the risk for colon cancer by almost 30 percent.
- **Don’t smoke.** Cigarettes have been linked to adenomas—growths that can turn into cancer.

**SHOULD YOU BE SCREENED BEFORE 50?**
Colonoscopy screening tests have cut colorectal cancer rates in the last two decades. And most of the time, you won’t have to think about getting a colonoscopy until you’re 50. But a recent boost of colorectal cancers in younger patients may make you think twice about when to start screening:

- A study published in *JAMA Surgery* predicts that by 2030, nearly one in four rectal cancers—and more than one in 10 colon cancers—will occur in patients younger than 50.
- African-Americans should start screening at age 45.
- Young adults with a family history should start screenings before age 50 for early detection.

If you have colitis, Crohn’s disease or a family history of colorectal cancer, your doctor may suggest an early screening. Talk with your doctor about your risk and the best time to begin screening. Technology and medicine associated with colonoscopies have progressed and made the procedure safer and painless.

**SCHEDULE YOUR COLONOSCOPY**
To schedule your colonoscopy at Williamsport Regional Medical Center, please call the Susquehanna Health Digestive Disease Center at (570) 321-3331. For a colonoscopy in Wellsboro, please call Susquehanna Health General Surgery at (570) 723-0716 or Susquehanna Health Internal Medicine at (570) 724-3744.
Spinal Cord Injury Rehab Receives ‘Gold Seal of Approval’

Susquehanna Health recently became one of only four organizations in Pennsylvania to earn The Joint Commission’s Gold Seal of Approval® for Spinal Cord Injury Rehabilitation Certification. The Gold Seal of Approval is a symbol of quality that reflects an organization’s commitment to providing safe and effective patient care.

Susquehanna Health’s Spinal Cord Injury Program is dedicated to providing the best rehabilitation care available. We offer patients specialized care from therapists, nurses and physicians who develop a plan tailored to each patient’s needs and capabilities and incorporates a broad spectrum of services.

Susquehanna Health also incorporates Quality of Life Care into a patient’s discharge process. The program includes follow-up appointments for services like neurology, urology and fertility, which may be affected long term by the spinal injury, as well as continuous patient monitoring to help track the patient’s changing needs.

“Family members are welcome participants in patient care,” says Tom Hoy, DPT, administrator, Inpatient Rehabilitation Services at Susquehanna Health. “Helping our patients and their family members cope with life-changing issues is at the core of our program. We offer psychological care for inpatients and their families, as well as continued follow-up as needed.”

Learn more about our range of rehabilitation services at SusquehannaHealth.org/Rehab.

Spirit of Women’s Tioga Debut a Smashing Success!

Two hundred local women came out for an evening of friendship, fun and feeling good with Girls’ Night Out on April 21 at Penn Wells Hotel & Lodge.

The event was part of Susquehanna Health’s launch of Spirit of Women in Tioga County, a program that provides women and their families with the information and inspiration to live their healthiest lives.

Throughout the evening, attendees enjoyed gourmet appetizers, desserts and wine while perusing great deals from local vendors, including Pampered Chef, Avon, Mary Kay, Peggy’s Candies & Gifts, Damsel in Defense and From My Shelf Books.

Guests were also treated to a mini “spa day” with free massages, facials and manicures courtesy of Emerge Healing Arts & Spa and took advantage of a host of health screenings, from bone density, thyroid and posture to body composition and blood pressure checks—all for free by Susquehanna Health staff. Local OB/GYN Dr. Allison Coyle capped the evening with an engaging presentation and Q & A on women’s health.

Spirit of Women hosts fun, educational presentations on health topics throughout the year in both Tioga and Lycoming counties, and members receive free wellness screenings, entry to all special events and discounts from participating business sponsors.

Joining Spirit of Women is required to attend events, but membership is free and open to women of all ages. Simply sign up and get in the spirit by calling 1-888-720-8461. For more information, visit SusquehannaWomen.org.
Breastfeeding Support
Breast milk is baby’s perfect first food. It helps with digestion and nutrition, while boosting an infant’s immune system and supporting a child’s ability to learn. Families also benefit from the reduced cost of breastfeeding over formula. The Birthplace at Susquehanna Health provides lactation support for expecting and new moms (and dads), including these community classes. These classes are held in the Maple and Oak rooms of Susquehanna Tower at Williamsport Regional Medical Center. Register by visiting SusquehannaHealth.org/Events. For information, please call (570) 321-2069.

Breastfeeding Class
This one-session class will provide information to help decide if breastfeeding is right for you. Learn easy steps to begin breastfeeding and the important role fathers play in breastfeeding. Breastfeeding and returning to work or school is possible. Find out how to pump and store breast milk. Dads are welcome to attend. $10.
Thursday, July 9, August 6, September 3 or October 1, 6:30–8:30 pm

Free! Breastfeeding Class.
Thursday, July 23 or September 17, 6:30–8 pm

Free! Breastfeeding & Returning to Work/School
This one-session class is for moms who plan to return to work or school and would like to continue to provide breast milk to their babies. Mothers will learn about preparing for maternity leave, current legislation that protects breastfeeding moms, pumping and storage guidelines, breast pumps and other pumping equipment. Protecting the breastfeeding relationship and milk supply will also be reviewed. Moms are welcome to bring babies to the class. It’s best to attend a few weeks before you return to work. Expectant moms are encouraged to first attend the basic Breastfeeding Class.
Thursday, July 23 or September 17, 6:30–8 pm

Activities and Screenings
These events are held at The LifeCenter, Williamsport YMCA, 641 Walnut St., unless otherwise specified. To schedule an appointment or register for an event at The LifeCenter, please call 1-877-883-4791.

Free! Blood Pressure, Heart Rate & Oxygen Checks
High blood pressure is a silent killer. It has no symptoms. Have your blood pressure checked regularly. If you have high blood pressure, talk with your doctor.
Monday–Friday, 9 am–5 pm

Free! CPR Anytime
Susquehanna Health’s LifeCenter is pleased to host the American Heart Association’s CPR Anytime program presented by the Pennsylvania Department of Health. This hands-on program includes a free training kit with mini Annie doll, booklet and DVD to share with family and friends. Seating is limited.
Thursday, June 25 or August 27, 1:30 pm

Free! Hearing & Vision Screenings
Have your hearing and vision checked by taking advantage of a free hearing screening provided by Susquehanna Health Audiology and a free vision screening with North Central Sight Services. Screenings are for all ages.
Thursday, August 13 or October 8, 10:30 am–12:30 pm

Osteoporosis Screening
Get important information about your bone health that you can share with your doctor. This quick and painless ultrasound heel screening measures bone density level. $20. Visit SusquehannaHealth.org/Events for upcoming dates and times.
Activities for Older Adults

These classes are held at The LifeCenter, Williamsport YMCA, 641 Walnut St. Please pre-register on Mondays and Wednesdays, 9:30 am to noon, Lincoln Senior Center, (570) 323-3096. $15 for AARP Members, $20 for Non-Members. Prepayment is required. Mail payment to Lincoln Senior Center, 2138 Lincoln St., Williamsport, PA 17701.

AARP DRIVER SAFETY EIGHT-HOUR COURSE

If you are a driver over age 50, register for this two-day course to help improve your safety while driving. Visit SusquehannaHealth.org for upcoming dates, 9 am–1 pm.

AARP DRIVER REFRESHER COURSE

This course is for individuals who have previously attended the two-day, eight-hour AARP Driver Safety Program and have proof that they attended that course. Tuesday, July 7, August 18 or October 13, 9 am–1 pm.

Childbirth Education

All classes are held in the Maple and Oak rooms of Susquehanna Tower at Williamsport Regional Medical Center unless otherwise specified. Register for the following classes by visiting SusquehannaHealth.org/Events. For information, please call (570) 321-2069.

Free! BABY CAFÉ

Expecting, new or experienced mothers are encouraged to join us at Baby Café. This group discussion gives moms an opportunity to meet and talk with other moms about their pregnancy and after-birth experiences while spending time out of the house. It’s a safe and relaxed, child-friendly environment, and a board-certified lactation consultant facilitates the group. Exchange tips about breastfeeding, receive breastfeeding support and discuss parenting concerns with other moms. Mothers are encouraged to bring babies. Free weight checks for baby are also provided.

Wednesdays, July 1, 15 & 29, August 12 & 26, September 2, 16 & 30, October 14 & 28, 5:30–6:30 pm

The LifeCenter at Williamsport YMCA

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 and tour The Birthplace. Bring two bed pillows and an exercise mat or comforter to class. $40 per couple.

Four-Week Series:
Tuesdays, July 7–28, 7–9 pm
Wednesdays, August 5–26, 7–9 pm
Mondays, September 14–October 5, 7–9 pm
Tuesdays, October 6–27, 7–9 pm

BREASTFEEDING CLASSES

See Event Spotlight, Page 13.

SIBLING CLASS

In this one-session class, children ages 3 to 8 learn how a baby acts, how to hold a baby and ways to be involved. If your child has obvious symptoms of a cold, cough or other illness, please call to reschedule.

$10 per family.
Thursday, July 16 or September 10, 6–7:30 pm

SATURDAY CHILDBIRTH CLASSES

This one-day course will help you understand labor and feel less nervous about giving birth. Fathers and partners will learn ways to help mom through labor with touch and words. Learn about pain relief and tour The Birthplace. $40 per couple.
Saturday, July 18, August 15, September 12 or October 10, 9 am–4 pm

BABY CARE CLASS

Learn how to care for your new baby, ways to help your baby learn and how to keep your baby safe. This class is for Saturday Class couples and adoptive parents. It is included as the last class in the four-week Childbirth Classes series. Online registration is encouraged. $10.

Tuesday, July 28, 7–9 pm
Wednesday, August 26, 7–9 pm
Monday, October 5, 7–9 pm

HAPPIEST BABY ON THE BLOCK

Learn an easy way to soothe your baby and help him or her sleep longer. Expectant and new parents, grandparents and child care providers are welcome. $25.
Thursday, August 13 or October 8, 6:30–8 pm

Fitness and Nutrition

These consultations are held at The LifeCenter, Williamsport YMCA, 641 Walnut St. Please call 1-877-883-4791 for an appointment or to register.

CUSTOMIZED NUTRITION PLAN FOR A HEALTHY WEIGHT

Meet with our health educator and receive an individualized report of the calories your body uses each day, your percent body fat and a sample daily menu of an eating plan that promotes healthy eating and a healthy weight. This plan is not appropriate for individuals with diabetes or other special dietary needs. You may have water, but no food, caffeine or exercise is permitted for four hours prior to testing. $40.

MANAGE YOUR CHOLESTEROL

Learn about cholesterol, recommended levels, factors that cause high cholesterol and ways to manage it with lifestyle changes. $30.

PERCENT BODY FAT ASSESSMENT

Have your body fat measured by bioelectric impedance. During this process, electrodes are placed on your feet and hands to 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 your results with our health educator. You may have water, but no food, exercise permitted for four hours prior to testing. $25.

Support Groups

BEREAVEMENT

First Wednesday of each month, 1–2:30 pm
Third Wednesday of each month, 6–7:30 pm
Third Floor near The Gatehouse, Divine Providence Hospital
For information, please call (570) 320-7691.

HEARTWORKS GRIEF SUPPORT GROUP FOR YOUNG ADULTS (AGES 18 TO 35)

Second and fourth Wednesdays of each month, 7–8:30 pm
Third Floor, Divine Providence Hospital
For information, please call (570) 320-7691.
LIVING WITH DIABETES
First Wednesday of each month, 5 pm
The cafeteria at Divine Providence Hospital
For information, please call (570) 326-8410.

PELVIC PAIN SUPPORT GROUP
Meet other women who live with endometriosis, interstitial cystitis and other pelvic pain conditions.
Fourth Thursday of each month, 6–7 pm
Costello Center Physical Therapy at Divine Providence Hospital Campus
Registration appreciated. Please call (570) 320-7470.

Cancer Support
These group meetings are held at the Susquehanna Health Cancer Center (ground floor entrance), Divine Providence Hospital. For more information, please call (570) 320-7877.

BREAST CANCER SUPPORT
Women who have been diagnosed with breast cancer discuss concerns and share experiences.
Last Monday of each month, 6:30 pm

Support Groups and Programs

BEREAVEMENT SUPPORT GROUP
Susquehanna Health Home Care & Hospice in Tioga County provides a monthly grief support group.
Fourth Tuesday of each month, 10:30 am–noon
For information, please call (570) 723-0760.

COPING WITH CANCER
All those affected by cancer are invited to attend this support group, which addresses a variety of topics related to cancer and its treatment. Attendees are encouraged to bring loved ones and caregivers.
Third Wednesday of each month, 6:30 pm
For information, please call (570) 723-0485.

BETTER BREATHERS
The American Lung Association’s Better Breathers is a support group for people with lung disease, facilitated by registered respiratory therapists and topical guest speakers. No registration is necessary.
Third Thursday of each month, 6:30 pm
SSMH Board Room
For information, please call (570) 723-0194.

LOOK GOOD... FEEL BETTER PROGRAM
This free workshop for women in cancer treatment teaches women how to understand and care for the changes in hair and skin that may occur during treatment. For more information, please call 1-800-227-2345.
First Monday of every other month:
July 6, September 7, 11 am

PROSTATE CANCER SUPPORT
Men who have been diagnosed with prostate cancer discuss concerns and share experiences.
First Wednesday of each month, 6 pm

LOOK GOOD... FEEL BETTER PROGRAM
This free workshop for women in cancer treatment teaches women how to understand and care for the changes in hair and skin that may occur during treatment. For more information, please call 1-800-227-2345.
First Monday of every other month:
July 6, September 7, 11 am

Support Groups and Programs

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Auxiliary Events

IN THE BAG
Pick up the perfect accessory with “In the Bag”—choose from a diverse collection of quality handbags at great prices to find the ideal match for you!
Tuesday, July 7 and Wednesday, July 8

HARVEST BASKET RAFFLE
Enter to win bountiful baskets at the Harvest Basket Raffle. Tickets are available at the door or may be purchased ahead of time.
Thursday, October 8 and Friday, October 9

SHOPPING SOIREE
Join the fun and festivities or get a jump-start on your Christmas shopping! Dunham’s will be open exclusively to soirée ticket holders who enjoy a 20 percent shopping discount, door prizes, craft and cooking demonstrations, food, and free gift wrapping!
Saturday, November 7
Dunham’s Department Store, Wellsboro
For tickets, please call (570) 723-0191.

Childbirth Education

EXPECTANT PARENTS CLASSES
A free series of six classes addressing common questions and concerns of expectant parents is offered throughout the year. Topics include physical and emotional changes during pregnancy, labor/delivery (featuring a tour of Soldiers + Sailors Memorial Hospital’s OB Unit), techniques for enhancing comfort during pregnancy/labor, C-section delivery, breastfeeding, understanding and caring for your newborn and what to expect after birth. Walk-ins are welcome.
Second and fourth Tuesdays, 7–8:30 pm
For information, please call (570) 723-0375.

FIRST AID & CPR
Many businesses require employees to be proficient in first aid and CPR. Soldiers + Sailors Memorial Hospital is offering the perfect opportunity to become certified! This two-day class addresses adult, child and infant first aid and CPR and offers group interaction, feedback, educational materials and skills practice. $60.
5–9 pm
For registration and dates, please call (570) 723-0131.
VEGETABLE PASTA SALAD

This fresh pasta salad goes great with grilled chicken or fish. To make it, mix all ingredients in a large bowl and toss to coat with the dressing and Parmesan cheese.

INGREDIENTS
1 cup cooked orzo pasta
1 cup lightly steamed asparagus, cut to the same size as the pasta
½ cup chopped carrots
½ cup sliced green onions
½ cup chopped yellow summer squash
1 cup chopped fresh spinach
1 cup cherry tomatoes
½ cup low-fat vinaigrette salad dressing
2 tbsp. grated Parmesan cheese
¼ tsp. salt

PER SERVING
Serves four. Serving size is 1¼ cups. Each serving contains about 114 calories, 2 g total fat (1 g saturated fat), 344 mg sodium and 3 g fiber.

DID YOU MAKE IT? SHARE IT!
Post your photo or review using #SusquehannaHealthy. See inside front cover for more details.