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If you’ve been diagnosed with cancer, you are faced with various treatment options. Learn how your participation in a clinical trial can help make strides in cancer research.

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One mom tells about her happy beginnings at Susquehanna Health’s new premier birth center.

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YouTube.com/user/SusquehannaHealth

COVER PHOTO: Lauren Sevier and her son Jacob, born at Susquehanna Health’s new Birthplace

PHOTOGRAPHY: © 2012 Eric Stashak

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If you’ve been diagnosed with cancer, you are probably overwhelmed with the decisions you need to make about your treatment. What if your doctor gives you a choice: Try a conventional therapy, which might help, or participate in a trial for a new drug or treatment, which might prove more effective? Should you take part in a clinical trial?

What Are Clinical Trials?
Clinical trials are an important part of cancer research that help scientists discover better ways to prevent, diagnose and treat cancer. The carefully monitored use of a particular procedure or treatment, a clinical trial is often the last step in the research process. Data from clinical trials is necessary for a new drug or treatment to be approved by governing agencies like the U.S. Food and Drug Administration. There are several different types of trials designed to look at treatment, prevention, screening and quality of life.

Over the years clinical trials have established new medical standards leading to better treatments and outcomes and less toxicity for patients. When a cancer center offers clinical trials, patients may have access to an emerging treatment that is still in the research and development phase. Participation also helps a center maintain its quality and enhances the skills of its physicians.

Finding the Right Clinical Trial
Susquehanna Health Cancer Center has affiliations with Penn State Hershey Cancer Institute and the Eastern Cooperative Oncology Group. These ties enable the Cancer Center to provide patients local access to a broad spectrum of medical oncology and radiation oncology clinical trials with the specific aim of treatment and prevention of cancer.

An internal review board at the Cancer Center selects trials that best match the patients and cancers we commonly see and will improve the health and welfare of the community they serve. There are currently open trials for the treatments of breast, colorectal, lung and kidney cancers, as well as melanoma, myelodysplastic syndrome and myeloma.

Patients who enroll in a clinical trial at the Cancer Center work closely with an oncology research nurse coordinator who takes the patient through an informed consent process. Information includes:

- The treatment plan
- The potential risks and side effects from treatment
- The visits and tests required to participate in the trial, which may be more than they would have, if not in a study

Patients may also need to be available for continued contact and follow-up after the trial ends. In addition to attending all required doctor visits and tests, patients in a trial agree to take medicines on time and to complete logs or answer questionnaires. Patient participation in a clinical trial is voluntary and the patient has the option to discontinue the trial at any time.

With You Every Step of the Way
For a patient who decides to participate in a clinical trial at the Cancer Center, the research nurse coordinator becomes an important part of the patient’s care team and attends all physician visits, administers treatments, helps manage side effects and acts as the patient’s healthcare navigator and advocate during the clinical trial. Many patients like this level of attention to their care and well-being during treatment.

The availability of clinical trials makes additional treatment options accessible to patients at the Cancer Center without requiring them to travel a great distance. Be sure to talk with your care team as you research your treatment options to determine which course best meets your needs.
Doctors generally agree that mammography is the best way to find breast tumors early, while they’re smaller and easier to treat. Many tumors that are too small to be felt during a breast self-exam are found by mammograms.

The American Cancer Society suggests yearly screening for all women ages 40 and older. Talk with your doctor about your individual risk factors to determine when to start and how often to get mammograms.

**PREPARING FOR YOUR MAMMOGRAM**

These tips can help you prepare for a mammogram:

- **Avoid scheduling the mammogram during the week before your period,** when breasts are more tender. The process will be more comfortable and produce a better image.
- **Check beforehand for special instructions.** Be sure to mention if you have breast implants, or are pregnant or breastfeeding.
- **Don’t use deodorant, perfume, lotion or powder** under your arms or on your breasts the day of your mammogram. They can cloud the picture.

**Scheduling Your Mammogram**

Talk with your primary care physician if you have a concern or a question about your breast health. If you need to schedule a mammogram, your physician will give you a referral. To schedule a mammogram at the Susquehanna Health Breast Health Center, call our imaging line at (570) 320-7619. We also offer screening mammograms at Muncy Valley Hospital; call (570) 321-2545 to make an appointment.

Susquehanna Health Breast Health Center’s mammography units and those at Muncy Valley Hospital have been tested and accredited by the Pennsylvania Department of Health and the American College of Radiology. The testing program follows the guidelines established by the American College of Radiology and the American Cancer Society. Learn more at SusquehannaHealth.org/BreastHealth. Click “Get a Mammogram.”
Breast Health Specialist: your Personal Guide

Every time you visit the Susquehanna Health Breast Health Center, you will work with a highly trained breast health specialist who will act as your guide and educator. The breast health specialist will provide:

› Comfort and compassion. Your breast health specialist will ease your concerns and make sure you are calm and comfortable during your visit.

› Answers to your questions. Your trained breast health specialist will answer all your questions and concerns and can educate you throughout the different steps of your visit.

› Immediate feedback. If you are getting a diagnostic mammogram and would like the results immediately, the breast health specialist will make sure you get them that day, before leaving the center. Routine mammogram results can also be given to you immediately; just tell your breast health specialist you prefer getting the results the same day.
The better you and your doctor communicate, the more likely you are to be healthy. Being prepared, asking the right questions—and understanding the answers—can lead to the best care.

BEFORE THE APPOINTMENT
To make the most of each of your doctor visits, plan ahead. Before the appointment, list your symptoms, when they started, how often they occur and what eases them. You’ll also want to bring a list of prescription and over-the-counter medications and supplements you take, contact information for your other doctors, a list of your allergies and any pertinent medical records.

DURING YOUR VISIT: THREE QUESTIONS TO ASK
According to the National Patient Safety Foundation’s “Ask Me 3” patient education program, you should ask these three simple questions at every doctor visit:
› What is my main problem?
› What do I need to do?
› Why is it important for me to do this?

Getting clear answers to these questions can help you and your doctor make better decisions about treatment. Plus, research shows people who understand their doctor’s health instructions make fewer mistakes with medicine and are better prepared for medical procedures.

BUILD A BETTER RELATIONSHIP
Here are a few more tips for building a solid relationship with your doctor:
› Be honest and open about your lifestyle. Be prepared to discuss where you live, family problems, sexual issues, alcohol and/or tobacco use, your diet and sleeping habits.
› Discuss any major life changes that have occurred since your last visit, such as a divorce or the death of a loved one.
› During the appointment, take notes or ask your doctor to write down information for you. You might consider bringing a friend or family member to take notes.
› Ask plenty of questions. Don’t hesitate to tell your doctor if you don’t understand something.
› Call your doctor after your appointment if you have more questions, begin feeling worse or have problems with medicines.

FIND A DOCTOR TODAY. Search by specialty and location at SusquehannaHealth.org.

Do You Need an Annual Checkup?
While many medical organizations don’t find a yearly physical medically necessary, a review in the Annals of Internal Medicine says that a yearly checkup can ease patients’ worries. And some experts feel that annual visits help cement the doctor-patient relationship. These exams may also encourage valuable preventive measures, such as pelvic exams, cholesterol screenings and mammograms. You and your doctor can decide whether you need an annual physical. In the meantime, find out if you’re up-to-date on preventive exams, vaccinations and checkups.

Our online guide makes it easy to find out what preventive checkups you need. Check it out at SusquehannaHealth.org/Prevention.

Top 20 Reasons We Go to the Doctor
1. High blood pressure
2. Well-baby or well-child checkup
3. Upper respiratory infections, including colds
4. Osteoarthritis, rheumatoid arthritis and other joint disorders
5. Back problems
6. Malignant tumors
7. Diabetes
8. Rheumatism
9. Specific procedures and aftercare (such as plastic surgery and dialysis)
10. General medical exam
11. Pregnancy exam
12. Follow-up medical exam
13. Ear infection
14. Asthma
15. Heart disease (excluding ischemic disease), such as irregular heartbeats or heart failure
16. Gynecological exam
17. Ischemic heart disease (blocked arteries reducing blood and oxygen flow to the heart)
18. Allergies
19. Mental illness, including depression, anxiety and substance abuse
20. Chronic sinusitis
Welcome, New Physicians

Edward Gusick, DO
Sports Medicine Specialist
(800) 321-2946 or (570) 320-7456

Dr. Edward Gusick joined the Susquehanna Health Sports Medicine team to provide a wide range of services for all physically active people. He offers advanced services including specialized care for concussion management, as well as treatment of skin conditions, fractures and internal injuries. Dr. Gusick received his Doctor of Osteopathic Medicine at Lake Erie College and is sports medicine fellowship trained through the Geisinger Sports Medicine Program.

Kimberly Jones, DO
Family Medicine Physician
(570) 326-8500

Dr. Kimberly Jones has joined Drs. Fausnaught, Giordano, Jones and Kent at Susquehanna Health Family Medicine at Warren Avenue. Dr. Jones is board certified in family medicine. She earned her medical degree at Philadelphia College of Osteopathic Medicine, and she is a recent graduate of the Williamsport Family Medicine Residency at Susquehanna Health.

Zachary Ritter, DPM
Foot and Ankle Specialist
(570) 320-7598

Dr. Zachary Ritter expands Susquehanna Health’s services to provide foot and ankle specialty care including routine care as well as treatment of more serious conditions. A graduate of Temple University School of Podiatric Medicine, Dr. Ritter completed his residency at St. Luke’s Hospital and Health Network. His fellowship in foot disorders was completed at the Foot Disorder Research Academy.

Matthew Souder, MD
General Surgeon
(570) 321-3160

Dr. Matthew Souder joins Susquehanna Health General Surgery at Williamsport. He is board certified and specializes in many procedures such as laparoscopic surgery, complex hernia repairs, and thyroid and parathyroid surgeries. Born and raised in Watsontown, Dr. Souder is a graduate of the General Surgery Resident program at PinnacleHealth in Harrisburg.

Take Charge of Your Health Online

MyKeyCare offers you a whole new way of interacting with the healthcare team at Susquehanna Health. With this online tool, you can access your health information—whenever you want, from wherever you have Internet access. With MyKeyCare, you can:

› Access your health information and check results of common diagnostic and lab tests
› Upload health information from any healthcare professional who has cared for you
› Learn about general health issues or particular health concerns you may have

Try it today! SusquehannaHealth.org/MyKeyCare

Specialty Foot and Ankle Care Now Available!

You’ll find superior foot and ankle care at Susquehanna Health. Our new foot and ankle specialist, Dr. Zachary Ritter, is fellowship trained in foot disorders and provides a wide range of podiatric services, from routine care to treatment of more serious conditions and traumas of the foot and ankle. He also offers surgical options, including reconstructive surgery, tendon and ligament repair, minimally invasive ankle surgery and total ankle replacement.

Accepting new patients of all ages, Dr. Ritter is conveniently located on the Divine Providence Hospital campus in the adjacent Health Services Building. For more information or to schedule an appointment, please call (570) 320-7598.
Lauren Sevier had high expectations for Susquehanna Health’s new Birthplace. The skilled doctors, nurses and midwives earned her trust during the complicated birth of her first child, Noah, nearly two years ago. She was confident about the excellent care she would receive and looked forward to having her baby in a beautiful new setting. Even still, the experience was even better than she imagined.

Lauren’s second pregnancy was routine with the exception of a temporary heart arrhythmia she developed. As a patient of Susquehanna Health OB/GYN, she took advantage of the midwife clinic at Muncy Valley Hospital, located just minutes from where she worked.

“That was really convenient, especially at the end of my pregnancy when I had appointments every week. Without the clinic, I’d be driving about 30 minutes into the city and back; that’s a lot of time away from work when you’re trying to save time to be with your baby,” she says.
‘WRAPPED IN LUXURY’ ON DELIVERY DAY

Because of the complications with her first labor, Lauren’s doctors gave her the option of scheduling a C-section delivery. Her caregivers explained the entire procedure, so she felt prepared as she and her husband, Aaron, entered the operating room. As her husband positioned himself next to her, he added to the calm she says was consistent all the way through her three-day hospital stay.

“Everything was just soothing and relaxing,” she says. “After my first experience, I was a little nervous, but the doctors and nurses set the stage for me to be calm and relaxed.”

Lauren and Aaron were missing just one piece of information—was their baby a boy or a girl? It wouldn’t be long before Aaron got to deliver the news, “It’s a boy!”

Aaron held baby Jacob on Lauren’s chest so that she could welcome him with a kiss and a snuggle. Although it was a week before his due date, Jacob weighed an impressive 8 pounds, 5 ounces, and was more than 20 inches long.

As her surgery was completed, Lauren recalls literally being wrapped in luxury as nurses warmed her with a blanket that sent currents of heated air over her body.

Within two hours of arriving at the hospital, Lauren, Aaron and Jacob were bonding in the recovery area. A lactation consultant assisted Lauren with initiating breastfeeding. Later she helped Lauren find breastfeeding positions Jacob liked that didn’t disturb his incision.

Because they had toured the new Birthplace, Lauren and Aaron weren’t surprised that their postpartum room resembled a hotel room filled with amenities like a flat-screen television, desk, ample closets and pampering products. They kept items in the mini-refrigerator to cut down on trips to the dining room, and noted that the spacious bathroom dwarfed the one in their home.

A STRESS-FREE EXPERIENCE

What Lauren hadn’t anticipated was the attentiveness of the staff and how quickly they responded when she needed them.

“It made such a difference having the nurses’ station so close to my room. I felt like they were there more often. Their calm support made me feel more relaxed, and that made everything more relaxed,” she explains.

“I never felt stressed.”

Lauren also liked the continuity of care. When she recognized her night nurse as the same nurse who checked her in and helped her prepare for her C-section the day before, Lauren was delighted to be able to introduce Jacob to her and talk about their birth experience—it was nice to see a familiar face.

From day one, the entire family could be together, too. Twenty-month-old Noah visited every day to begin getting to know his new brother, whom he still calls “baby.” Aaron had a comfortable place to “room in” on a couch that pulled out into a bed. Even the room’s lighting, which could be dimmed or brightened as needed, added to their comfort.

“The experience really exceeded my expectations,” says Lauren. “Getting this pampered start in such a calm atmosphere, with such great support, care and attention from the nurses and staff, really gave us an opportunity to ease into our new life. We could relax and learn how to take care of Jacob, and that just made me feel confident and like everything was going to be OK.”

New Moms Network at the Baby Café

Breastfeeding is the best source of nutrition for baby, but it can be challenging. To help breastfeeding moms be successful, the lactation specialists at The Birthplace have developed the “Baby Café.”

With locations at Williamsport Regional Medical Center and the James V. Brown library in Williamsport, these one-hour group discussions are facilitated by a lactation consultant.

In a relaxed, child-friendly environment, moms can meet other moms, share breastfeeding tips, receive breastfeeding support and discuss parenting concerns. Free weight checks for baby are also available. For more information, call (570) 321-2069 or visit SusquehannaHealth.org to register.

Planning, Pregnant or a New Mom?

At SusquehannaHealth.org/Birthplace, you can:

• View our interactive pregnancy timeline
• Register for education classes and support groups
• Tour our new facility
• Meet The Birthplace team
• Get advice on what to expect when you’re expecting or starting a family

SUSQUEHANNA HEALTH OB/GYN now offers two convenient locations for routine OB appointments during pregnancy: Williamsport Regional Medical Center and Muncy Valley Hospital. For more information or to schedule an appointment, call (570) 321-3300.
Not long ago, we discussed bladder problems in hushed tones—if at all. But today, we talk about them more openly. That’s good news because treatment can usually help.

Bladder problems can result from damage to the bladder itself, the nerves that control it or other parts of the urinary tract. Strokes, diabetes, injuries and even childbirth can harm the nerves. Symptoms include loss of control over urination, the need to urinate frequently at night, not urinating often enough and repeated bladder infections.

WHAT CAN GO WRONG
Here’s a rundown of four common bladder problems:

▶ Loss of muscle control. The urethra—the tube that carries urine out of the body from the bladder—is surrounded by muscles called sphincters. Normally, these muscles squeeze tight when you’re not urinating. This closes the urethra and holds urine in the bladder. But the sphincters may become loose and let urine escape. Or they may stay tight all the time, making it hard to urinate when you try.

▶ Overactive bladder. Damaged nerves may send faulty signals to the bladder. Some people feel as if they have to urinate too often—eight or more times a day, or twice or more a night. Others feel a sudden, urgent need to urinate at once.

▶ Urine retention. Some people don’t feel the urge to urinate, even when they should. Damaged nerves might not signal the bladder when it’s time to urinate. Or the bladder muscles may become too weak to empty the bladder completely. If urine stays in the bladder too long, an infection can develop. An overfull bladder may press against the kidneys or overflow, causing urine leaks.

▶ Urinary tract infections (UTIs). Bacteria in the urinary tract can cause infections. Some people with diabetes, for instance, have repeated or long-lasting UTIs. They may need to urinate more often than usual; feel pain or burning during urination; have reddish, cloudy or smelly urine; or experience pressure in the lower abdomen.

WHAT YOU CAN DO
Tell your doctor about your symptoms. In addition to medications and other treatments, your doctor might recommend self-care strategies:

▶ Timed voiding—Going to the bathroom on a schedule may help if you feel the urge to urinate too often or not often enough.

▶ Kegel exercises—Strengthening the muscles that control the bladder may help reduce urine leaks. (See sidebar.)

▶ UTI prevention—Drinking plenty of fluids can help ward off future UTIs. So does urinating before and after sex.

A number of issues can cause urinary problems, but treatment can often help.
Don’t Panic over Memory Glitches

**Most people lose some degree of memory function as they age. Knowing when to worry about it—and when to forget about it—can help you decide what steps to take.**

Misplacing your cellphone or forgetting where you parked your car in a mall lot can be distressing. Still, such memory lapses usually don’t warn of a serious memory problem, much less dementia or Alzheimer’s disease.

To a degree, the workings of your brain change as you get older, along with the rest of your body. The result can be a gradual decline in episodic memory (responsible for such day-to-day details as the location of that missing phone or car) and learning ability.

Understanding the causes of memory loss and the difference between mild forgetfulness and more serious memory conditions can help you sharpen your memory and dull your anxiety.

**NOT JUST AN AGE ISSUE**

In addition to increasing years, everyday memory loss can be caused by medication side effects; depression, anxiety and stress; or thyroid, liver and kidney disorders. If you believe these issues could be causing memory problems, consult with your healthcare provider.

**HELP YOURSELF**

The American Psychological Association recommends these tips for improving memory:

- Avoid distractions when you’re trying to learn something new.
- Exercise regularly to keep your body and your brain healthy.
- Use a weekly calendar and daily to-do list to help you stay on track.
- Try not to deviate from your normal routine for taking medication or leaving for work.
- Put your phone, wallet, keys and other items in the same place every time.
- Link new facts with things you know well—say, picturing a fish to recall Mrs. Trout’s name.

**WHEN TO SEE THE DOCTOR**

Self-care strategies can often address ordinary age-related memory problems. However, you should see your doctor if you experience any of these issues:

- You forget how to do day-to-day tasks, such as how to pay your bills or pay for purchases at a store.
- You’re unable to learn new tasks, such as how to program a new appliance.
- You forget names of family members or friends.

The key difference between simple memory lapses and memory problems such as dementia is the degree to which the impairment disrupts your work, social life and ability to function independently.

**Worth Remembering:**

Smoking may be hazardous to your memory

The more we learn about how smoking affects health, the more sense it makes to quit. Kicking the habit will lower your risk for stroke, heart disease, lung conditions and various cancers. Now it appears it might reduce the risk for dementia, too.

**People who smoke more than two packs of cigarettes a day are 157% more likely to develop Alzheimer’s disease than nonsmokers.**

A study published in the *Archives of Internal Medicine* links smoking with much higher odds of developing the memory-robbing disorder Alzheimer’s disease. Researchers reported that people who smoke more than two packs of cigarettes a day in middle age are 157 percent more likely to develop Alzheimer’s disease as they age than nonsmokers. Inflammation caused by smoking may contribute to this higher risk.

Heavy smoking bumps up your chances of developing vascular dementia as well. The second most common type of dementia, this condition occurs when the brain is damaged by several small strokes. Smoking raises risk for stroke, and small blood clots that cause strokes in the brain may be behind smokers’ increased risk. Those who puff on at least two packs a day have a 172 percent higher risk of developing vascular dementia compared with nonsmokers.

Breaking a smoking habit takes plenty of willpower. Pick out a “quit date,” enlist friends and family for support and get rid of any tobacco products in your home, in your car and at work.

Consider joining other smokers who plan to quit on the American Cancer Society’s Great American Smokeout on November 15. Learn more and make your commitment to quit at Cancer.org/Healthy/StayAwayfromTobacco/GreatAmericanSmokeout.

A person who smokes more than two packs of cigarettes a day is 157% more likely to develop Alzheimer’s disease than a nonsmoker.

**ARE YOU CARING FOR A LOVED ONE WITH DEMENTIA?** Susquehanna Health’s Willows Alzheimer’s Unit at Muncy Valley Hospital can help. Skilled specialists work with patients in the early and middle stages of dementia to help slow the progression of the disease in a 12-bed, calming, home-like environment. To learn more, visit SusquehannaHealth.org/Willows or call the Skilled Nursing Unit at Muncy Valley Hospital at (800) 488-4268 or (570) 546-4040.

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Activities and Screenings
These events are held at The LifeCenter™ at Lycoming Mall. Unless otherwise specified, please call for an appointment at (877) 883-4791.

Free! HEARIng SCREENING
A free hearing screening for adults will be provided by clinical audiologist Kimberly Dzikowski.
Thursday, December 13, 10 am–12:30 pm
No appointment necessary.

Free! STD AND HIV CLINIC
The Pennsylvania Department of Health and AIDS Resource will provide free and confidential sexually transmitted disease (STD) testing for chlamydia, gonorrhea and HIV.
Friday, December 14, 5–7 pm
No appointment necessary.

Free! 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–5 pm
No appointment necessary.

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

Free! 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.
Monday–Friday, 10 am–5 pm
No appointment necessary.

THE LIFECENTER CLOSED DURING HOLIDAYS
The LifeCenter will be closed in observance of the holiday season.
Monday, December 24—Tuesday, January 1

Activities for Older Adults
AARP DRIVER SAFETY EIGHT-HOUR COURSE
If you are a driver older than age 50, register for this two-day course to help improve your safety while driving. Prepayment is required.
$12 for AARP Members, $14 for Non-Members.
Thursday and Friday, November 15 and 16, 12:30–4:30 pm
At The LifeCenter—Lycoming Mall
Please preregister on Mondays and Wednesdays, 9:30 am–noon, Lincoln Senior Center, 323-3096.
Mail payment to Lincoln Senior Center, 2138 Lincoln St., Williamsport, PA 17701.

Cancer Support
Cancer support groups are held at DPH, Susquehanna Health Cancer Center entrance. For information, call 326-8470, ext. 7877.

BREAST CANCER SUPPORT
Women who have been diagnosed with breast cancer discuss concerns and share experiences.
Mondays, November 26, January 28, 7 pm

PROSTATE CANCER SUPPORT
Men who have been diagnosed with prostate cancer discuss concerns and share experiences.
Wednesdays, November 7, December 5, January 2, 6 pm

Childbirth Education
All classes are held in the Maple & Oak Room of Susquehanna Tower, WRMC, unless otherwise noted. Please register by calling 321-2069 or visiting SusquehannaHealth.org.

BABY CAFÉ
Expecting, new or experienced mothers are encouraged to join us at Baby Café. This weekly group discussion gives moms an opportunity to meet and talk with other moms about their pregnancy and afterbirth experiences while spending time out of the house. It’s a safe and relaxed, child-friendly environment. A board-certified lactation consultant will facilitate the group. Moms can 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. Light refreshments will be served. This group meets in the Maple Room of Susquehanna Tower, WRMC.
Wednesdays, November 14, December 12, 10:30–11:30 am
BABY CAFÉ DOWNTOWN
This group for expecting, new or experienced mothers meets in the Lowry Room at the James V. Brown Library, Williamsport.
*Wednesdays, November 7, 21, December 5, 19, 10:30–11:30 am*

BABY CARE CLASS
Learn to care for and keep your new baby safe. This class is for Weekend Class couples and adoptive parents.
*$10 per couple.*
*Wednesday, November 7, 7–9 pm*
*Tuesdays, December 11, 7–9 pm*

BREASTFEEDING CLASS
Learning about breastfeeding makes this feeding choice easier for you. There are simple steps to begin breastfeeding, and fathers will discover how important their role is in success. Learn how to get off to the best start with your newborn, and how to pump and store milk.
*$10 per couple.*
*Thursdays, November 8, December 6, 7–9 pm*

BODY BACK AFTER BABY
Pregnancy, birth and caring for your infant can put stress on you and your back. Back pain during and after pregnancy is very common but not normal. This program builds upon the exercises taught in the prenatal exercise program, Taking Care of You So You Can Take Care of Baby. Participants are encouraged to wear comfortable clothes and bring a thick towel or yoga mat. A support person is welcome to attend. Please talk with your doctor before registering. This class is held in the Costello Center, 1705 Warren Ave., DPH.
*Wednesday, November 14, 6–7 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, November 15, 7–8:30 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. Siblings should bring a favorite doll or stuffed animal. A support person is welcome to attend. Please talk with your doctor before registering. This class is held in the Costello Center, 1705 Warren Ave., DPH.
*Wednesday, November 14, 6–7 pm*

Free! BOOT CAMP FOR NEW DADS
Dads-to-be learn practical tips from men who have been through the ranks of being a new dad. Get the straight talk on helping your partner through birth, calming both mother and baby and dealing with in-laws. This class is held in the Elm Room of Susquehanna Tower, WRMC.
*Wednesday, November 28, 7–9 pm*

TAKING CARE OF YOURSELF SO YOU CAN TAKE CARE OF BABY
This one-hour interactive course is geared toward pregnant women to prevent common musculoskeletal problems such as urinary incontinence, pelvic pain and upper and lower back pain. Learn to assess posture/body mechanics and proper core/abdominal strengthening and become aware of pelvic floor muscles through Kegel exercises. Wear comfortable clothes and bring a thick towel or yoga mat. You may bring a partner, too. Please discuss this program with your doctor before class registration. Following the delivery of your child, we recommend the Body Back After Baby course to build upon the exercises you will learn at this course. This class is held in the Costello Center, 1705 Warren Ave., DPH.
*Wednesday, November 14, 6–7 pm*

Support Groups

**ALZHEIMER’S SUPPORT GROUP**
*First Tuesday of each month, 6:30 pm*
MVH cafeteria
For information, call Mark Britten, 546-4040

**BEREAVEMENT SUPPORT GROUP**
*First Tuesday of each month, 6:30 pm*
MVH cafeteria
For information, call registered nurse Cherrie Serra, bereavement liaison, 320-7691

**GRIEF SUPPORT GROUP FOR CHILDREN (AGES 4 TO 17)**
*Second and Fourth Tuesdays of each month, September through May, 6–7:30 pm*
Pre-registration required. To register, call Linda Bryant or Cherrie Serra, RN, at 320-7691

Women’s Health

**OSTEOPOROSIS SCREENING: HOW STRONG ARE YOUR BONES?**
A quick and painless ultrasound heel screening measures bone density level. $25.
*Friday, November 9*
*Monday, December 10*
At The LifeCenter—Lycoming Mall
Call for appointment: (877) 883-4791

Fitness and Nutrition
These events are held at The LifeCenter at Lycoming Mall. Unless otherwise specified, please call for an appointment at (877) 883-4791.

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 or exercise is permitted for four hours before testing. $40.
Williamsport Regional Medical Center Awarded an ‘A’ for Patient Safety

Consumer Reports recently announced its “Top 10 Hospitals” based on a new safety ratings system that assessed safety performance at 1,159 hospitals across 44 states.

Williamsport Regional Medical Center was honored with an “A” Hospital Safety Score™ by The Leapfrog Group, an independent national nonprofit run by employers and other large purchasers of health benefits. The Hospital Safety Score was calculated under the guidance of The Leapfrog Group’s Blue Ribbon Expert Panel using publicly available data on patient injuries, medical and medication errors and infections. U.S. hospitals were assigned an A, B, C, D or F for their safety. Only 27 percent of the hospitals surveyed received a score of an A.

For the rankings, Consumer Reports analyzed Centers for Medicare & Medicaid Services, state government and The Leapfrog Group data in six categories: readmissions, hospital-acquired infections, CT scan overuse, communication about new medications and discharge, complications, and mortality. The list represents just 18 percent of U.S. hospitals.

Hospitals were scored on a 100-point scale and more than half received an overall safety score below 50 percent, according to Consumer Reports. None of the surveyed hospitals received a score higher than 72.

To see the report and how other regional hospitals scored, go to HospitalSafetyScore.org.

3T MRI Opens Window to Confident Diagnoses

Earlier this year, Susquehanna Health added one of the most powerful and versatile imaging options available: the 3T MRI. The stronger magnet in this imaging platform enables studies to be completed quickly and provides radiologists with details that were previously unobtainable without surgical exploration.

From high-resolution views of muscle and joint tissue to the location of tumors anywhere in the body, the 3T MRI provides critical patient information, allowing doctors and surgeons to confidently diagnose conditions. The tool can also help them design specifically tailored treatments including streamlined surgical procedures.

The 3T MRI is extremely useful for looking at orthopedic injuries or conditions involving cartilage, joints or muscle. With spinal injuries, screening can determine if the spinal cord is compressed.

Eliminating the need for ionic dye, the 3T MRI can be used for angiography to provide detailed images of the blood vessels and arteries in the brain and neck. The 3T MRI also enhances patient comfort by eliminating the need for the endorectal coil to be used when staging prostate cancer.

New Operating Room Offers Minimally Invasive, Advanced Procedures

Our new hybrid operating room (OR), located in Susquehanna Tower at Williamsport Regional Medical Center, is an OR that has permanently integrated diagnostic imaging equipment. This allows physicians to treat more complex aneurysms and other vascular cases. Traditional open and minimally invasive procedures can be done in the same room, reducing patient transport, shortening the length of procedures and providing better outcomes.

The hybrid OR has an Artis zeego, a multi-axis system that has a robotic arm that can move to almost any location on the patient. With Artis zeego, physicians can see internal organs from various angles in precise detail. According to Dr. Eric Adams, vascular surgeon from Susquehanna Health’s Heart & Vascular Institute, “The hybrid OR with the Artis zeego is a quantum leap in imaging, allowing the surgeon to perform complex procedures with significantly less radiation for the patient.

“We are excited to have this advanced capability available for our patients; having the highest-quality imaging available in an OR setting allows us to apply the right technique at the right time without any slowdown in the procedure,” says Dr. Adams. “I believe patients, surgeons and the whole operative team will be very impressed with this system.”

For more information on the Susquehanna Health Heart & Vascular Institute, visit SusquehannaHealth.org/Heart.
1. EXERCISING LOWERS YOUR RISK FOR HEART DISEASE. WHICH OF THESE IS TRUE ABOUT EXERCISE AND HEART DISEASE?
A. Adults should aim for at least 30 minutes of moderate-intensity exercise five or more days a week.
B. If you cannot exercise for at least 30 minutes, five days a week, there’s no benefit to exercising.
C. If you already exercise for at least 30 minutes, five days a week, there’s no benefit to exercising more.
ANSWER: A. Exercise sessions can be as short as 10 minutes each. Build up a total of at least 30 minutes on most days. The more you do, the better for your heart, according to the National Heart, Lung, and Blood Institute.

2. EATING MORE OF CERTAIN FOODS AND LESS OF OTHERS LOWERS HEART DISEASE RISK. WHICH OF THESE BEST DESCRIBES HEART-HEALTHY EATING?
A. Choose whole-milk dairy products rather than low-fat or nonfat products.
B. Eat more whole grains, vegetables and fruits. Eat less saturated fat, trans fat, sodium, sugar and calories.
C. Cut fish out of your diet because it contains unhealthy fats.
ANSWER: B. Whole grains, vegetables and fruits provide fiber, and cold-water fish, like salmon, provide omega-3 fatty acids, making them heart-healthy.

3. BEING OVERWEIGHT RAISES YOUR RISK FOR HEART DISEASE. IF YOU'RE OVERWEIGHT, HOW MUCH DO YOU NEED TO LOSE TO LOWER YOUR RISK?
A. Losing just 5 to 10 percent helps.
B. You must lose at least 15 to 20 percent to have any effect.
C. Once you’re overweight, you cannot lower your heart disease risk by losing weight.
ANSWER: A. Modest weight loss—just 10 to 20 pounds if you weigh 200 pounds—can lower your risk for heart disease.

4. WHY IS QUITTING SMOKING IMPORTANT IN PREVENTING OR CONTROLLING HEART DISEASE?
A. Smoking can damage and tighten your blood vessels.
B. Smoking can raise your cholesterol level and blood pressure.
C. All of the above.
ANSWER: C. Smoking can damage and tighten blood vessels, and raise cholesterol and blood pressure. Most of the increased risk for heart disease is gone within 12 to 18 months after quitting smoking, says one report.

5. WHAT DOES STRESS MANAGEMENT HAVE TO DO WITH HEART DISEASE?
A. Stress has nothing to do with it. The link between stress and heart disease is a myth.
B. Stress can make it easier to follow a healthy lifestyle, like exercising regularly, eating well and avoiding cigarettes.
C. Stress can upset you emotionally and trigger a heart attack.
ANSWER: C. Upsetting emotions are the trigger most often reported by people who’ve had a heart attack. Also, stress can make it harder to follow a healthy lifestyle.

WHAT'S THE NEXT STEP TO LOWER YOUR RISK FOR HEART DISEASE?
If you need help creating an action plan, talk with your doctor. The Susquehanna Health Heart & Vascular Institute was named one of the 2011 Thomson Reuters 50 Top Heart Hospitals in the nation. Discover what makes our cardiovascular services award-winning at SusquehannaHealth.org/Heart.

How Much Do You Know About Heart Disease?
Take this quiz to see what you know about preventing or controlling heart disease.

What is Heart Disease?
In coronary heart disease, plaque builds up in the arteries that supply blood to the heart muscle. This can restrict blood flow and lead to angina (chest pain) and heart attack.
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FRESH CRANBERRY APPLLESAUCE

The addition of cranberries provides a fun twist on traditional applesauce in this recipe. Cranberries and other berries are especially high in antioxidants, which may help prevent cancer, cardiovascular disease, Alzheimer’s disease, macular degeneration and other diseases. Enjoy it as a snack any day or serve it as a sweet side with Thanksgiving dinner.

**INGREDIENTS**
- 1 lb. apples (3 medium-size)
- ½ cup fresh cranberries
- ½ cup water
- 1 tbsp. sugar (or 2 packets artificial sweetener)

**DIRECTIONS**
Peel and core apples. Chop apples and put into a microwave-safe dish with cranberries. Add water. Cover and microwave on high for four minutes. Stir in sugar (or sweetener) and mash with a fork to desired consistency. Serve warm immediately or refrigerate and serve cold.

**PER SERVING**
Serves six. Each serving (with sugar) contains about 42 calories, 11 g carbohydrates, 1 g fiber, and no protein, fat, cholesterol or sodium.

**NEED NUTRITION ADVICE?**
Individual consults on lifestyle changes such as healthy eating and lowering cholesterol are available at The LifeCenter™ at Lycoming Mall. A body composition analysis and nutrition plan are also available. Call (877) 883-4791 to make an appointment and to begin to live a healthier lifestyle!

**For more events to help you live healthy, look inside!**
See Pages 12–13.