Endurance Athlete Sherri Stager: ‘I’M ALIVE TODAY THANKS TO SUSQUEHANNA HEALTH!’

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» did you know...
In this issue, you’ll discover simple ways to stay fit, eat right and live well. Here are some of the facts you’ll learn about your health in this issue. Turn to that page to read more.

Kayaking works your abs, back and shoulders.
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Losing just 5 to 7 percent of your weight may help prevent diabetes.
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Have hot flashes from menopause? Dress in layers so you can cool off when the heat strikes.
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the latest: Your Safety Comes First
At Susquehanna Health, your safety is our number one priority. We’re proud that Williamsport Regional Medical Center (WRMC) scored the highest patient safety rating in Pennsylvania in Consumer Reports’ ranking, according to a recent article from The Williamsport Sun-Gazette. On a scale of one to 100, WRMC scored a 72, which places WRMC among the top four hospitals in the United States.

This rating reflects our commitment to providing you and your loved ones with the safest, most comfortable experience possible. For details on this achievement and other recent recognition—and what it means for your care—visit SusquehannaHealth.org/Honors.

For more Susquehanna Health news, turn to Page 12.

Susquehanna Health is published as a community service for friends and patrons of:
Divine Providence Hospital
(570) 326-8000

Muncy Valley Hospital
(570) 546-8282

Soldiers + Sailors Memorial Hospital
(570) 723-7764

Williamsport Regional Medical Center
(570) 321-1000

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COVER PHOTO:
Athlete Sherri Stager, of Mansfield. Read her story on page 8.

PHOTOGRAPHY:
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Eric Stashak Photography
Kayak Your Way to Better Health

This popular river sport engages your core and, depending on your fitness level, can get your heart pumping.

Headed to the river? There’s no better backdrop for a day of summer fun here in the Susquehanna Valley. At your next outing, fit in fitness and take out a kayak.

THE KAYAK DIFFERENCE
Unlike most sports, rowing and paddling activities, such as kayaking, concentrate on the upper body rather than on the legs. The muscles of the arms, abdominal area, the lower and upper back and the shoulder girdle are all involved.

As you get stronger, your kayak paddling can reach an aerobic level similar to cycling or running. It’s a sport that can help you manage your weight and improve your cardiovascular health.

PREPARING YOUR BODY
Anyone who’s ever kayaked knows that your body works hard to reach your destination. To get in shape for kayaking, focus on strengthening your body’s core—the abdominal muscles and the pulling muscles in the upper back.

Because kayaking requires core and arm strength, try dumbbell rows, shoulder presses and side plank exercises to get in shape before you go out.

GET GOING
Flat water, whitewater and coastal kayaking each involves a different type of kayak, so you should get some instruction first. A simple Google search using the keywords “Susquehanna river kayaking” can lead you to a variety of instructors and adventure tours for all ages.

These are some skills you should have before going out on the water:
› How to do basic kayaking strokes
› How to look for obstacles
› How to get out of a kayak and back to shore if you flip over
› How to rescue others in the case of an emergency

KEEP IT UP
Once you’ve mastered the basics, consider joining a local kayaking club to make it part of your workout routine. Going out with others is a great way to stay safe on the water, too, because you are surrounded by a community of paddlers.

Water Workouts Really Work
Looking for a gentle but effective way to improve strength and endurance? A pool exercise where you don’t need to know how to swim? Consider aquatic therapy.

WHAT AQUATIC THERAPY IS: This low-impact form of exercise involves activities such as walking, jogging, jumping and kicking in water at about the waist to shoulder level.

WHO IT’S BEST FOR: Aquatic therapy is ideal for older adults and people who may have joint or bone problems and problems with balance, which can make working out on land hard to do.

WHY IT WORKS: The buoyancy of water supports the joints, but it also provides resistance for building muscle. Aquatic therapy can improve muscle tone and strength, endurance, circulation, flexibility, range of motion, balance and quality of life. When immersed in water, those with arthritis are able to exercise with less effort, greater range of movement and less pain than when on land. Water pressure and temperature also may decrease swelling and aid relaxation, which decreases muscle spasms and tightness.

A BIGGER, BRIGHTER AND BETTER-EQUIPPED SUSQUEHANNA HEALTH PHYSICAL & AQUATIC THERAPY CENTER, staffed by the Soldiers + Sailors Memorial Hospital physical therapy team, is now open in Wellsboro. Costello Center Physical Therapy, on the campus of Divine Providence Hospital in Williamsport, also provides a comprehensive range of physical therapy services, including aquatic therapy. Learn more at SusquehannaHealth.org.
Q & A

WHAT CAN I DO TO PREVENT DIABETES?

Kathryn McKernan, registered dietitian and certified diabetes educator at the Susquehanna Health Diabetes & Nutrition Care Center, offers advice for acting now to prevent type 2 diabetes.

Q Over the past two decades, the annual number of newly diagnosed diabetes cases nearly tripled. Think there's little you can do to avoid what some experts call an epidemic? Think again.

A Kathryn McKernan, registered dietitian and certified diabetes educator at the Susquehanna Health Diabetes & Nutrition Care Center, offers advice for acting now to prevent type 2 diabetes.

Q How do I know if I'm at risk for diabetes?

A Some people face a higher risk for diabetes than others. Obesity is one of the most important risk factors for diabetes. Other major risk factors include:

- A family history of diabetes
- A pregnancy that included gestational diabetes or the birth of a baby weighing more than 9 pounds
- African-American, American Indian, Asian-American, Pacific Islander or Hispanic heritage
- Your age (especially being age 45 or older)
- A low level of HDL “good” cholesterol or a high level of blood triglycerides
- A large belly and a waistline that's too big for your height

Q My doctor tells me I have “pre-diabetes.” What does this mean?

A A blood test may show that you have pre-diabetes. In pre-diabetes, your blood sugar is higher than normal, but not as high as it would be if you had diabetes. Don’t ignore this wake-up call! Weight loss and other lifestyle steps may delay or even prevent type 2 diabetes. In fact, healthy habits could even return your blood sugar levels to normal.

HEALTHY HABITS FOR LIFE

Discover how Susquehanna Health’s diabetes self-management program and nutritional counseling services can help you by calling (570) 326-8410. The Diabetes & Nutrition Care Center is located on the campus of Divine Providence Hospital in Williamsport.

Q Do certain foods cause diabetes?

A “Simple carbohydrates,” such as white rice, refined sugar and white bread, may increase your risk for diabetes. Such foods cause your blood sugar to shoot up quickly then fall, increasing your body’s demand for the hormone insulin. Instead, choose whole grains. Other good foods: fruits and vegetables, fish, nonfat dairy products. For protein, choose lean meats, skinless poultry and dried beans. Drink water and sugar-free diet beverages.

Q Is there an exercise that can help prevent diabetes?

A Exercise helps your body use insulin more effectively. “Exercise” doesn’t have to involve a gym. Be more active in everyday life—take the stairs, not the elevator. If you find it hard to stay active by yourself, involve friends and family. Set up regular walks or bike rides together.

Q How do I know if I have diabetes?

A Diabetes usually causes no symptoms in its early stages. Later symptoms might include frequent urination, extreme hunger or thirst, unexplained weight loss, fatigue or blurry eyesight. Tell your doctor if you notice any of these signs.

Q How do I know if I’m at risk for diabetes?

A A family history of diabetes
- A pregnancy that included gestational diabetes or the birth of a baby weighing more than 9 pounds
- African-American, American Indian, Asian-American, Pacific Islander or Hispanic heritage
- Your age (especially being age 45 or older)
- A low level of HDL “good” cholesterol or a high level of blood triglycerides
- A large belly and a waistline that’s too big for your height

Make Changes TO PREVENT DIABETES

1 LOSE WEIGHT

Four out of five people with type 2 diabetes weigh too much. Losing just 5 to 7 percent of your weight may help you ward off diabetes.

2 EAT RIGHT

To help avoid diabetes, eat a variety of colorful fruits and vegetables, whole grain foods, fish and nonfat dairy products.

3 EXERCISE

Walking just 30 minutes a day, five days a week, may help prevent diabetes.

Other steps you can take to prevent diabetes include talking with your doctor about your risk factors, quitting smoking and getting a good night’s rest.
Whether you like relish, onions or just mustard on them, David Nyman, Mill Hall, says hot dogs taste best when enjoyed during a baseball game. Besides watching his grandsons play, hot dogs and concession foods are his favorite part of the ballgame.

But only a couple of years ago, David stopped going to ballgames. Suffering from esophageal dysphagia (a shrinking esophagus), he couldn’t swallow his food. When he tried to eat, food got stuck in his throat. Eventually all he could consume were soups, drinks and milkshakes.

FROM WORRY TO EASE
The condition was a side effect from radiation treatment for throat cancer he developed in 1998. Beginning in September 2011, David had five procedures at another health system aimed at dilating his esophagus. They were unsuccessful, and his doctor told him he would have to live with the condition or get a feeding tube.

“I said ‘no way,’” but I just went into a total depression. I got in a corner. I didn’t want to go out or go anywhere that I would need to eat,” recalls David.

He gave up cooking, something he had always enjoyed, lost a lot of weight and worried about ending up with a feeding tube. While at Susquehanna Health for speech therapy to relax the muscles in his throat, David shared his disappointment with his therapist, Judy Sarett. She approached Dr. David Schaefer, a gastroenterologist and specialist in endoscopy with Susquehanna Health Digestive Disease Center, about David’s concern.

Soon after, David met with Dr. Schaefer for an appointment that began to turn everything around. Dr. Schaefer put David at ease and explained things clearly before scheduling the first endoscopic procedure.

Dr. Schaefer performed the same esophageal dilation treatment, using endoscopy to insert a small balloon to stretch the tissue—but this time with different results. A day or two following treatment, David could eat foods like soups and sandwiches.

They repeated the procedure at increasing intervals, and within a couple of months, David was able to eat anything he wanted.

LOOKING FORWARD
Now, David’s outlook is improving. He is back at the ballpark watching his grandsons play, and he and his wife, Cindy, enjoy going out to dinner just about every other night. He will continue to need treatments to keep his esophagus in check, but now David describes himself as “a Susquehanna kind of guy.”

“What a difference!” he exclaims. “If I had listened to the other doctor, I would still be eating tomato soup. Now, I can eat what I want, and we are doing the things we enjoy.”
Women with a mother, sister or daughter diagnosed with breast cancer have nearly twice the risk of developing the disease. When breast cancer strikes in families, particularly at a younger age, doctors often suspect genes are to blame.

Between 5 and 10 percent of breast cancers are caused by genetic problems. Two genes—BRCA1 and BRCA2—are the ones most commonly responsible for hereditary breast cancer. Normally, these genes help keep cells from growing out of control. Defective genes fail at that task.

UNDERSTAND THE RISK
Women in the general population face a 12 percent risk for breast cancer over their lifetimes. But women with defective copies of the BRCA1 and BRCA2 genes have a 50 to 80 percent chance of developing breast cancer, often before age 50. These women also face a higher chance for ovarian cancer.

CONSIDER GENETIC COUNSELING
Breast cancer related to genes is most common in families who have multiple members with the disease. But not every woman who has a family history of inherited breast cancer carries the defective gene.

A blood test or oral sample test can check for mutations in BRCA1 or BRCA2 and help you make decisions about steps to reduce cancer risk. Before getting tested, talk with your doctor about genetic counseling. Such counseling can help you understand whether testing is appropriate, what the benefits and risks are, and what genetic testing can and can’t tell you.

There are no standard criteria for who should be tested. But you may want to think about testing if you have:

- Breast or ovarian cancer and a family member with the disease
- A blood relative with the harmful mutation
- A family history of breast or ovarian cancer

The cost for testing ranges from several hundred to several thousand dollars. Most insurance will cover it.

Breast health nurse specialist Esther Lorson discusses genetic testing with a patient. Our specialists guide and counsel patients through the entire genetic testing process, from initial education to test results.

Did You Know?
Most breast cancer is not linked to genetics. You can’t control some risk factors, like older age. But you can fight back. Exercise regularly, maintain a healthy weight and limit alcohol to one drink a day.
How to Manage Menopause

Hot flashes. Mood swings. Trouble sleeping. If you’re a woman between the ages of 40 and 60, you’re likely not a stranger to the signs of menopause, or the end of your fertility period. Follow the chart below to explore self-care solutions for any bothersome symptoms you face.

<table>
<thead>
<tr>
<th>WHAT YOU MAY EXPERIENCE</th>
<th>WHAT YOU CAN DO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot flashes that cause a rapid rise in body temperature,</td>
<td>Avoid alcohol, caffeine and spicy foods. Dress in layers you can shed when a</td>
</tr>
<tr>
<td>excessive sweating and rapid heartbeats</td>
<td>hot flash hits. Lose weight. Take slow, deep breaths.</td>
</tr>
<tr>
<td>Vaginal dryness that can make sexual intercourse painful</td>
<td>Use a personal lubricant.</td>
</tr>
<tr>
<td>Trouble sleeping</td>
<td>Avoid eating large amounts of food, smoking or exercising right before you go</td>
</tr>
<tr>
<td></td>
<td>to bed. Be physically active every day. Don’t drink caffeine after noon. Keep</td>
</tr>
<tr>
<td></td>
<td>your bedroom cool, dark and quiet. Go to bed and get up at the same time every</td>
</tr>
<tr>
<td>Mood swings, chronic anxiety or depression</td>
<td>Seek balance in your life among work, family and your own needs. Treat anxiety</td>
</tr>
<tr>
<td></td>
<td>and depression if they affect your ability to function.</td>
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<tr>
<td>Other signs of menopause include changes in the length</td>
<td></td>
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<tr>
<td>and frequency of menstrual periods in the months or years</td>
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<tr>
<td>before they stop, frequent urinary tract and bladder</td>
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<tr>
<td>infections and night sweats. Talk with your doctor about</td>
<td></td>
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<tr>
<td>the best ways to get relief.</td>
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Menopause Rx

Medical responses to menopause include the use of prescription oral estrogen or estrogen and progestin hormone replacement therapy (HRT). Although this treatment may ease side effects, it carries significant health risks. Prescription estrogen creams or antidepressants are also options.

Some women try alternative remedies, such as eating more soy foods or taking herbal supplements. Doing so can involve risk if the substances interact with medications you take. You should talk with your doctor before stopping or starting any medication.
Sherri Stager, Mansfield, says she never expected to have a problem with her heart. As an endurance athlete, she had always been in great shape, cycling competitively and running. So when repeated dizzy spells hit one night, Sherri says she wasn’t sure what was happening. She kept feeling like she was going to pass out, but since she didn’t have any chest pains, she just wanted to go to sleep. Her concerned husband insisted that she go to the emergency room at Soldiers + Sailors Memorial Hospital.

Doctors at Soldiers + Sailors Memorial Hospital hooked Sherri up to an electrocardiogram and discovered that her heart was stopping completely for up to 10 seconds at a time. They whisked her by ambulance to their sister hospital, Williamsport Regional Medical Center, to be seen by the cardiac experts there. “All the way there, I was calmed, reassured and kept apprised of what was happening, which made me feel a lot better,” Sherri says.

Upon Sherri’s arrival, the cardiology team immediately inserted an emergency pacemaker, followed by a permanent one the next day. The pacemaker restored Sherri’s heart function, bringing her heart back to a normal rhythm. The entire event was caused by an electrical problem with Sherri’s heart, which can happen to even a very active and healthy person like Sherri.

Thanks to the pacemaker, within a couple of weeks, Sherri was back on the road. “I was back to running and cycling again,” she says. “Now, I feel better with the pacemaker than I have in many years.”

“Through it all, the doctors and nurses were supportive and treated me with great care and compassion,” she adds. “I felt I was in excellent and knowledgeable hands. Thanks to Susquehanna Health, I’m looking forward to my next 100-mile ride!”

With heart troubles behind her, a Mansfield athlete doesn’t have to put the brakes on an active lifestyle.

One of the Top 50 Heart Hospitals
Susquehanna Health’s Williamsport Regional Medical Center (WRMC) was recognized as one of the 2011 Thomson Reuters Top 50 Heart Hospitals in the nation. WRMC was placed among some of the best academic teaching institutions in the country, such as the Mayo Clinic and Cleveland Clinic. Read more about the Thomson Reuters 100 Top Hospitals® program at 100TopHospitals.com.

Full of Life and Running to Go
With heart troubles behind her, a Mansfield athlete doesn’t have to put the brakes on an active lifestyle.

Get Heart Smart
Take a quick online risk assessment and find out how much you know about preventing heart disease. Go to SusquehannaHealth.org/Heart, then click on “Risk Assessments.”
A Seamless Transfer Process

At Susquehanna Health, our doctors have a close relationship with all the other hospitals and physicians in our local network. So when a patient must be transported for specific care, it’s a seamless, smooth and comfortable process for everyone involved.

Our emergency services staff, including prehospital services, has developed a coordinated, efficient transfer and transport procedure between Soldiers + Sailors Memorial Hospital in Tioga County and Williamsport Regional Medical Center (WRMC). Soldiers + Sailors physicians can access a needed physician specialist at WRMC anytime, 24 hours a day, seven days a week. All details are accounted for through the transfer process—the patient’s family receives directions to WRMC, and WRMC has a “no wait” bed policy in place. Thanks to the efforts of emergency services staff at both locations, patients can receive high quality care as timely as possible.

“DOOR-TO-BALLOON” TIME EXCEEDS NATIONAL STANDARDS

Across the nation, cardiac catheterization lab teams focus on time as one of their main markers for success. Door-to-PTCA (percutaneous transluminal coronary angioplasty) time, more commonly known as “door-to-balloon” time, refers to how long it takes a heart attack patient to get from the emergency room door to the cath lab, where lifesaving procedures take place. It has become a standard for measuring the quality of care.

Door-to-balloon time recommended by the American Heart Association and the American College of Cardiology

| 90 MINUTES |

Susquehanna Health’s average door-to-balloon time*

*During the first quarter of 2013

Mending Hearts, Restoring Lives

The Susquehanna Health Heart & Vascular Institute has extensive experience with heart events, and our physicians and staff know just what to do in the case of a heart emergency. We have more than 40 years of experience with pacemakers and a high level of expertise with abnormal heart rhythms. Our doctors include seasoned veterans who have been dedicated to this community for their entire careers and who have received training from some of the nation’s finest institutions. We put this training to work for our patients, from emergency situations through full recovery.

READ MORE STORIES of how the Susquehanna Health Heart & Vascular Institute specialists save lives, explore our services and meet our team at SusquehannaHealth.org/Heart.

AND RARING TO GO

“I’m alive today thanks to Susquehanna Health’s amazing cardiology team.” —Sherri Stager, Mansfield
A nationwide healthcare worker shortage, expected to be most intense in rural areas, is not a new concern. For years, experts predicted a “perfect storm” of aging baby boomers, who will require more healthcare services, coinciding with the retirement of large numbers of physicians, nurses and other caregivers. Now, expanded health insurance coverage through healthcare reform will place additional demands on this shrinking pool of caregivers. Understanding the need for a growing—not shrinking—healthcare workforce, Susquehanna Health is taking steps to invest in education.

PREPARING TOMORROW’S PHYSICIANS
The Williamsport Family Medicine Residency is a comprehensive three-year training program that supports 21 full-time family medicine resident physicians—all graduates of prestigious medical schools. They gain the clinical skills to become independently licensed family doctors under the guidance of Susquehanna Health’s physician faculty.

Over the course of 40 years, the nationally ranked program has graduated 240 family physicians, with more than half of those graduates staying in Pennsylvania and almost 60 physicians continuing to practice in the region.

Second-year resident Dr. LeeAnna Lyne will practice outpatient family medicine through the Susquehanna Health Family Medicine at Loyalsock practice when she graduates.

“Our faculty members are hands-down some of the best I have ever dealt with. They are the most readily available physicians and teachers I have ever met, and they truly make the residency what it is,” says Dr. Lyne.

ENCOURAGING SERVICE CLOSE TO HOME
Morgan Rogers, Williamsport, wanted to be a doctor since she was a child. Now she is a first-year student at The Commonwealth Medical College (TCMC), a medical school established in partnership with Susquehanna Health in 2008. She is completing a portion of her studies at Williamsport Regional Medical Center (WRMC), one of TCMC’s regional clinical campuses.

“I see myself practicing here. My husband has a business here and my immediate family and friends are here,” says Morgan. “I also want to give back to the community that has helped raise me.”
Each year, up to four students participate in the clinical laboratory science program at WRMC. It’s an intense year of instruction for fourth-year college students or graduates who are preparing for certification in medical laboratory science. At least half of Susquehanna Health’s laboratory technologists are program graduates and several of them train students.

“When I toured the facility, I was impressed with the knowledgeable staff and instrumentation,” says Shawn Wonesky, South Williamsport, a recent graduate of Lock Haven University and a student in the laboratory program. Shawn says he could see himself living and working in the area. “This is a great school, a great program,” he says.

**ASSISTING STUDENTS FINANCIALLY**

Susquehanna Health has several programs to recruit, train and educate nurses. In conjunction with Pennsylvania College of Technology (Penn College), students may apply for a $10,000 annual scholarship in return for a work commitment to Susquehanna Health.

The Rosalie Kaleda scholarship, an endowed internal fund for up to $8,000 per year, is available to nurses pursuing advanced practice degrees. Newly hired nurses or current employees transferring into a nursing position for the first time may receive up to $6,000 in assistance to pay back school loans. For training in positions identified as “critical skill difficult to fill,” Susquehanna Health employees can receive up to $4,000 per year in tuition assistance in exchange for a work commitment.

Keri Tanger, a captain on a Susquehanna Health paramedic platoon, is a 2004 graduate of Lycoming College. While working a full-time job, she was an EMT at Susquehanna Health and wanted to advance to paramedic. With tuition reimbursement and a work stipend, she attended school full time. Without that opportunity, she may have chosen a different career path.

“It’s difficult to be an adult learner with other financial responsibilities. The financial incentive made it possible for me to get my training,” says Keri.

**PLANTING SEEDS FOR THE FUTURE**

In 2012, Susquehanna Health provided more than 600 internships for students at more than 95 technical schools, colleges and universities. Susquehanna Health is reaching younger audiences, too. Last year, through a program in partnership with Penn College, middle school students learned about healthcare careers from Susquehanna Health professionals. Students can also explore healthcare careers through observation and VolunTEEN programs and high school summer camps with Penn College.

“Some students don’t realize there are health careers beyond doctors and nurses,” says Tara McKibben, Susquehanna Health Human Resources business partner. “These opportunities can ignite a spark in a student that says, ‘This is what I want to do!’”

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**By the Numbers**

Susquehanna Health’s investment in education helps ensure a highly qualified workforce to meet the long-term healthcare needs of our region.

- **600+** clinical, technical, hospitality and administration students doing rotations, practicums, clinicals and internships each year
- **64** part- and full-time medical school students from The Commonwealth Medical College
- **21** full-time family medicine resident physicians
- **$1,165,547** Williamsport Family Medicine Residency
- **$233,442** Student Interns and Clinical Rotations
- **$89,784** Laboratory Technology
- **$68,062** Miscellaneous

Dollar amounts represent various contributions from Susquehanna Health, including in-kind donations, to these educational programs.
Access Your Health on the Go

Susquehanna Health is pleased to now offer MyKeyCare, a secure online tool that you can use to gather, store and manage your personal health information from a tablet, smartphone or computer.

Through MyKeyCare, you can view results of common diagnostic and lab tests and reports from surgical procedures performed in a Susquehanna Health operating room. Your personal record may contain your primary care doctor’s contact information, along with your allergies, medications and chronic health conditions. Information in MyKeyCare is password-protected and viewable only by the patient or by someone the patient designates.

“We are pleased to provide our patients with quick and easy electronic access to their medical information,” says Timothy Schoener, vice president of information technology and chief information officer at Susquehanna Health. “This patient tool will assist Susquehanna Health in improving the health of those we serve.”

TO START USING MYKEYCARE, visit SusquehannaHealth.org/MyKeyCare. Need help registering? Email KeyHIEsupport@KeyHIE.org or call (570) 214-9438.

Muncy Valley Hospital Named a Top Critical Access Hospital

Susquehanna Health’s Muncy Valley Hospital (MVH) was recently named one of the Healthstrong™ Top 100 Critical Access Hospitals in the U.S. by iVantage Health Analytics. MVH is the only critical access hospital named to the list from the state of Pennsylvania.

Certified critical access hospitals are located in rural areas, provide 24-hour emergency care and cannot exceed more than 25 inpatient beds. There are currently 1,300 critical access hospitals in the U.S.

MVH scored best among critical access hospitals on the iVantage Health Analytics’ Hospital Strength Index™. The Hospital Strength Index is the first-ever comprehensive rating of critical access hospitals. The results recognize the Healthstrong™ Top 100 Critical Access Hospitals that provide a safety net to communities across rural America, measuring them across 56 different performance metrics, including quality, outcomes, patient perspective, affordability and efficiency.

“We are very excited and proud of this prestigious recognition,” says Ronald Reynolds, president of Muncy Valley Hospital. “It is a tribute to the dedication and outstanding quality of patient care provided by our physicians and service partners, as well as the outstanding support we receive from the eastern Lycoming County region.”

To learn more about the Healthstrong™ Top 100 Critical Access Hospital designation, visit iVantageHealth.com/HSI.

Welcome, New Physicians

John A. Kuri II, MD
Orthopedic Surgery and Sports Medicine
(570) 320-7575
Dr. John Kuri recently joined Susquehanna Health Orthopedics. He is board certified in orthopedic surgery and fellowship trained in shoulder and elbow surgery, as well as sports medicine. Dr. Kuri completed his residency at Albert Einstein College of Medicine and a fellowship at the Rothman Institute and Penn Presbyterian Medical Center.

Michael Lazar, MD
Cardiothoracic Surgery
(570) 321-2800
Dr. Michael Lazar performs surgeries of the heart, lungs and chest at Susquehanna Health Heart & Vascular Institute. He is highly skilled in minimally invasive surgical approaches and robotic-assisted surgery. Dr. Lazar received his Doctor of Medicine degree from New Jersey Medical School and is fellowship trained and board certified in cardiothoracic surgery. His fellowship was in cardiothoracic surgery at Hershey Medical Center.

LOOKING FOR A NEW DOCTOR? Start your search at SusquehannaHealth.org or call PhysicianFinder at 1-877-883-4789.
Living Healthy Calendar
Summer 2013

Activities and Screenings
These events are held at The LifeCenter at Lycoming Mall. Unless otherwise specified, please call for an appointment or to register at 1-877-883-4791.

OSTEOPOROSIS SCREENING: HOW STRONG ARE YOUR BONES?
This quick and painless ultrasound heel screening measures bone density level. $25.
Thursdays, July 11 and September 12, 11 am–5 pm
Free!

KIDS IN THE KITCHEN
Children ages 4 to 12 and their parent or guardian are invited to create and taste healthy snacks. Join Food Fit Recipe Coach Dani Sayah to learn more about choosing and making healthy snacks that are quick and delicious. Representatives from the PA Department of Health will share information on selecting healthy foods and proper food portions. There are three sessions and seating is limited to 16 children per session.
Wednesday, July 17, 11 am, 12:30 pm or 2 pm
For details and registration information, visit SusquehannaHealth.org.

SAFE SITTER PROGRAM
The LifeCenter is now a Registered Safe Sitter® Teaching Site and offers the comprehensive babysitting training program for young teens ages 11 and up! More than 600,000 graduates have completed the course nationally and are able to stay home alone safely and handle emergencies when caring for younger children. This program is provided by Susquehanna Health’s LifeCenter and Family Center for Reproductive Health, in collaboration with Blue Cross of Northeastern Pennsylvania. The fee for the one-day class includes The Official Safe Sitter® Babysitter’s Handbook. Scholarships may be available based on need. Seating is limited. $25.
Wednesdays, July 24 and August 14, 10 am–5 pm
Free!

BACK TO SCHOOL SCREENING DAY
Parents, prepare your children for the new school year by taking advantage of a variety of health screenings, including body mass index (BMI), hearing, height, spinal, vision, weight and more.
Thursday, August 8, 10 am–2 pm
For details and registration information, visit SusquehannaHealth.org.

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 are completed in the comfort and privacy of your own home.
Monday–Friday, 10 am–5 pm

Event Spotlight:
DAY OF DANCE
The Susquehanna Health Spirit of Women program hosted the second annual Day of Dance in April at the Lycoming Mall, Pennsdale. At this celebration of women’s health, participants enjoyed Zumba, Piloxing, Turbo Kick and Walk Fit classes; a healthy cooking demonstration; and an educational presentation on heart arrhythmias in women. Attendees also received health screenings. Thanks to all who came out and made this event a success!

SUSQUEHANNA HEALTH SPIRIT OF WOMEN is a free women’s health program that aims to motivate and inspire women to make positive changes in their lives. Sign up and start leading your healthiest, happiest life! Visit SusquehannaWomen.org.
MANAGE YOUR CHOLESTEROL
Learn about cholesterol, recommended levels, factors that cause high cholesterol and ways to manage it with lifestyle changes. $30.

Activities for Older Adults
Please pre-register on Mondays and Wednesdays, 9:30 am to noon, Lincoln Senior Center, 323-3096. Mail payment to Lincoln Senior Center, 2138 Lincoln St., Williamsport, PA 17701.

AARP DRIVER SAFETY EIGHT-HOUR COURSE
If you are a driver older than age 50, register for this two-day, eight-hour AARP Driver Safety Program and have proof that they attended that course. Prepayment is required. $12 for AARP Members, $14 for Non-Members.
Thursday and Friday, August 15–16, 12:30–4:30 pm
The LifeCenter at Lycoming Mall

AARP 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. Prepayment is required. $12 for AARP Members, $14 for Non-Members.
Thursdays, July 18 and September 19, 12:30–4:30 pm
The LifeCenter at Lycoming Mall

Chilbirth Education
All classes are held in the Maple and Oak rooms of Susquehanna Tower at Williamsport Regional Medical Center (WRMC) unless otherwise specified. Please register by calling 321-2069 or visiting SusquehannaHealth.org.

Free! 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 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. 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.

Wednesdays, June 26, July 31 and August 28, 10:30–11:30 am
Blue Room of the J.V. Brown Library, Williamsport

THURSdays, July 3 & 17, August 7 & 21, September 4 & 18, 10:30–11:30 am
Saturday, July 13 & 27, August 3 & 17, September 14 & 28, 10:30–11:30 am
Maple Room of WRMC

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 2, 9, 16 & 23, 7–9 pm
Wednesdays in August, 7–9 pm
Wednesdays in September, 7–9 pm

Free! TOUR THE BIRTHPLACE
Tour The Birthplace before you welcome your beautiful baby into the world. Our nursing staff will take you on a 30-minute tour that includes Labor & Delivery, postpartum rooms and the nursery.
Wednesdays, July 10 & 24, August 14 & 28, September 11 & 25, 11 am
Thursdays, July 11 & 25, August 15 & 29, September 12 & 26, 7 pm
The Birthplace, Susquehanna Tower, WRMC

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. If your child has obvious symptoms of a cold, cough or other illness, please call to reschedule. $10 per family.
Thursdays, July 18, September 19, 6–7:30 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.
Wednesdays, July 31, September 25, 7–9 pm
Elm Room, Susquehanna Tower, WRMC

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 15, 7–8:30 pm

Fitness and Nutrition
These events are held at The LifeCenter at Lycoming Mall. Unless otherwise specified, please call for an appointment or to register at 1-877-883-4791.

Free! SUSQUEHANNA STRIDERS—WALKING FOR FUN AND FITNESS
Join us and enjoy this free community-wide walking program that offers incentives and health benefits. Register at SusquehannaHealth.org/Striders

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 before testing. $40.

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, caffeine or exercise is permitted for four hours prior to testing. $25.

Support Groups
ALZHEIMER’S SUPPORT GROUP
First Tuesday of each month, 6:30 pm
The cafeteria at Muncy Valley Hospital
For information, call Mark Britten, 546-4288
BEREAVEMENT SUPPORT GROUP
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, call registered nurse Cherrie Serra,
bereavement liaison, 320-7691

DIABETES SUPPORT GROUP
First Wednesday of each month, 5 pm
The Diabetes and Nutrition Care Center,
Divine Providence Hospital
For information, call Bob, 368-8739

The following events are held in the
Board Room at Soldiers + Sailors
Memorial Hospital in Wellsboro,
unless otherwise specified.

Free! TIOGA COMMUNITY BLOOD DRIVES
Help keep the local blood supply strong with the
Community Blood Bank. All are welcome to donate
blood as long as it has been 56 days since your last
donation and you are age 17 or older, in good health
and weigh at least 110 pounds. No appointment
necessary, but can be made if preferred.
Mondays, July 1, August 5, September 9, 12–5 pm
For information, call Gerard Doran, 723-0131

TIoga COUNTY FIRST Aid & CPR CLASS
Businesses often require employees to be proficient
in first aid and CPR. Soldiers + Sailors Memorial
Hospital offers the perfect opportunity to become
certified. This two-day class addresses adult,
child and infant first aid and CPR, offering group
interaction, feedback, educational materials and
skills practice $60.
5–9 pm; call for dates
Soldiers + Sailors Memorial Hospital
Conference Room
For information or to register, call Brenda Shumway,
723-0192

Childbirth Education
Registration is not required for the following
classes. Each program is part of a free cycle of
classes addressing common questions and concerns
of expecting parents. For class locations, please
check the Soldiers + Sailors Memorial Hospital's
front lobby or any of the schedules posted outside a
meeting room. For more information, call 723-0375.

Free! WHAT TO EXPECT AFTER BIRTH
Expectant parents will learn about what to expect
after baby’s birth, including how to cope with parenthood challenges and changes.
Tuesdays, June 25 and September 24, 7–8:30 pm

Free! PHYSICAL AND EMOTIONAL
CHANGES DURING PREGNANCY
Expectant parents learn to identify, prepare for and cope with the physical and emotional changes experienced during pregnancy.
Tuesday, July 9, 7–8:30 pm
Soldiers + Sailors Memorial Hospital
Conference Room

Free! LABOR AND DELIVERY
Expectant parents learn how to time contractions and when to come to the hospital, then tour the Soldiers + Sailors Memorial Hospital Obstetrics Unit, including Labor and Delivery, the newborn nursery and the postpartum rooms.
Tuesday, July 23, 7–8:30 pm

Free! TECHNIQUES FOR ENHANCING
COMFORT DURING PREGNANCY AND
LABOR
Expectant parents learn about relaxation techniques, breathing exercises and position changes designed to enhance comfort during pregnancy/labor and suggestions for the mother’s support person.
Tuesday, August 13, 7–8:30 pm

Free! C-SECTION DELIVERY AND
BREASTFEEDING
Expectant parents learn about the cesarean
(C-section) procedure, recovery associated with this
type of delivery and the possible situations requiring
a C-section, whether planned or an emergency.
Tuesday, August 27, 7–8:30 pm

Cancer Support
These events are held at the Susquehanna Health
Cancer Center entrance at Divine Providence
Hospital. For information, call 326-8470, ext. 7877.

BREAST CANCER SUPPORT
Women who have been diagnosed with breast cancer discuss concerns and share experiences.
Last Monday of each month
(except May and July), 7 pm

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.
Monday, August 5, 11 am–1 pm
Mondays, July 1 and September 9, 6–8 pm

Education and support regarding breastfeeding will also be provided.
Tuesday, August 27, 7–8:30 pm

Free! UNDERSTANDING AND CARING
FOR YOUR NEWBORN
Expectant parents learn the basics of baby care, including swaddling, bathing and bottle feeding.
Tuesday, September 10, 7–8:30 pm

Support Groups and Programs
For support group meeting locations, please check the Soldiers + Sailors Memorial Hospital's front lobby or any of the schedules posted outside a meeting room.

BEREAVEMENT SUPPORT GROUP
Fourth Wednesday of each month, 10:30 am–noon
For information, call 723-0760

LUNG DISEASE SUPPORT GROUP: BETTER BREATHERS
The American Lung Association's Better Breathers is a free support group for people with lung disease, featuring support from registered respiratory therapists and topical guest speakers. No registration necessary. Presented in cooperation with Blue Cross of Northeastern Pennsylvania.
Third Thursday of each month, 6:30 pm
For information, call 723-0192

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.
Thursday, September 5, 10 am–noon
For information or to register, call the American Cancer Society at 1-888-227-5443
ZESTY GRILLED CHICKEN WITH THYME

INGREDIENTS
2 tsp. Dijon mustard
1 clove garlic, crushed
2 sprigs fresh thyme (about ¼ tsp.)
1 tsp. horseradish (optional)
2 boneless, skinless chicken breasts, split in two lengthwise

DIRECTIONS
Combine all the ingredients, except chicken, in a large bowl or container. Add chicken, coat with mixture and marinate for 15 minutes unrefrigerated or overnight in the refrigerator.

Grill approximately five minutes per side, or until chicken is cooked to an internal temperature of 165 degrees measured with a thermometer.

PER SERVING
Serves four. Each serving contains about 133 calories, 2 g total fat (1.2 g saturated fat), 69 mg cholesterol, 110 mg sodium, 1 g carbohydrates, less than 1 g fiber and 27 g protein.

DID YOU KNOW...
When it comes to healthy protein, skinless chicken breast has less fat than beef tenderloin, ham, a hamburger, pork chops or sirloin steak.

Get This Grill Tool—A Thermometer
Thoroughly cooking meat and poultry kills bacteria and other germs that cause food poisoning. This is especially important with poultry, which is more likely than other foods to carry dangerous organisms. Ground beef is also risky because it can pick up bacteria during processing.

Think of the meat thermometer as your defense against food poisoning. First, make sure it’s clean. Then, insert it 1 to 2 inches into the thickest part of the meat. Don’t let the thermometer touch any bones.

How hot should meat or poultry be? The USDA recommends that hamburgers should be cooked to 160 degrees, and hot dogs should reach 165 degrees. Chicken breasts should reach 165 degrees. Steaks and lamb or pork chops should be cooked to 145 degrees, and then allowed to sit for three minutes before serving. This three-minute rest time kills any remaining bacteria.