

# Health Connection

FROM YOUR FRIENDS AT LOCK HAVEN HOSPITAL



**More like home**  
Extended Care Unit  
offers quality care

**Real-world strategies**  
to control your weight

**Protecting against**  
female cancers  
What every woman  
should know

**8 easy ways to**  
get more exercise

## SURGERY 101:

# A manual for peace of mind

**D**id you take your Girl Scout or Boy Scout oath seriously as a child? If so, to this day you're probably sure to pack what you need before a hike: a map, compass, first-aid kit, water and healthy snacks. You ask what the terrain is and where the trail ends so you can get home on schedule.

When it comes to surgery, studies have shown that this same "be prepared" principle can ease pre-op anxiety, reduce your hospital stay and speed recovery.

If you're about to undergo surgery, ask your doctor to describe the procedure completely. Knowing what to expect can defuse stress and help you approach surgery day with a calm head.

Here are some other ways you can make the time before, during and after surgery run more smoothly:

### BEFORE YOUR PROCEDURE

- Follow your physician's instructions about refraining from smoking, eating and drinking before the procedure.
- Ask your physician about taking aspirin or other anti-inflammatory drugs before surgery. Because they're blood thinners, these medications may cause excessive blood loss.
- Tell your doctor which prescription and over-the-counter drugs you take. This goes for vitamins and herbs, too, as certain herbal remedies, such as St. John's wort and kava, may extend the effects of anesthesia or create other complications.
- You won't be allowed to drive after the procedure, so make reliable transportation arrangements.
- Organize your home. Make sure you have groceries or frozen meals on hand. If climbing stairs will be a problem, make sleeping arrangements downstairs.



- Practice relaxation techniques such as meditation or yoga. These will help calm you and speed post-op healing.

### DURING YOUR HOSPITAL STAY

Your cozy robe or a favorite photo will warm your surroundings and soothe you. Having family and friends visit will bolster you, but don't be afraid to set limits: You'll need some time to rest and recuperate without interruptions.

### HOME AGAIN

A little help from friends can be useful. If worries about housework or bills are nagging at you, ask someone to take care of these chores. In the meantime, the relaxation methods you used before surgery can help you feel better now, too. Imagine yourself in the near future doing something you enjoy, such as taking an invigorating hike.

## PROTECTING AGAINST FEMALE CANCERS

# What every woman should know

**G**ynecologic cancer is the fourth most common type of cancer in women. Here's a rundown of the gynecologic cancers and facts that can help reduce your risk:

### UTERINE CANCER

Uterine cancer—also known as endometrial cancer—is the most common type of reproductive cancer that strikes American women and occurs most often after menopause. Symptoms include unusual vaginal discharge, pelvic pain, pain during intercourse, unexplained weight change and difficult or painful urination.

Obesity, high blood pressure, diabetes and tamoxifen or hormone replacement therapy use may increase risk.

### OVARIAN CANCER

Ovarian cancer is the deadliest cancer and often shows no obvious signs until late in its development. But when caught early, most cases can be successfully treated.

Symptoms include abdominal discomfort or pain, nausea, diarrhea, constipation, frequent urination, appetite loss, feelings of fullness, weight change with no known reason and abnormal vaginal bleeding.

An important risk factor is a family history of ovarian cancer. Fertility drugs, hormone replacement therapy, increasing age, infertility, having had no children and a family history of breast cancer may also increase risk.

### CERVICAL CANCER

Thanks to Pap tests, deaths from cervical cancer are decreasing. Common symptoms are abnormal bleeding and bloody or discolored vaginal discharge.

The sexually transmitted human papillomavirus (HPV) causes most cervical cancers. The U.S. Food and Drug Administration recently approved a vaccine that protects against HPV. A federal panel recommends females ages 11 to 26 receive the vaccine.

Other risk factors linked to cervical cancer can be avoided, such as smoking and poor diet.

### CANCERS OF THE VAGINA, VULVA AND FALLOPIAN TUBES

These cancers tend to be rare. Women should alert their

doctors to symptoms that include unusual bleeding or discharge, persistent itching of the vulva, pain in the pelvic region, difficult or painful urination, unusual pain or pressure in the abdomen, pain during intercourse and a lump or sore on the vulva that won't heal.

Women may be at risk for vaginal and vulvar cancers if they've had genital warts, chronic vulvar irritations, abnormal Pap tests or intercourse at an early age or with many partners. Women who smoke or whose mothers took DES (diethylstilbestrol) when they were pregnant may also be at risk. Risk factors for tubal cancer are unknown, but it tends to strike women after menopause.

### WHAT YOU CAN DO

Regular screenings and an annual pelvic exam can detect and even prevent some gynecologic cancers. Keep your doctor informed of any risk factors, especially family history, that you may have.





# More like home

## Extended Care Unit offers quality services

**A** national healthcare quality group has tapped Lock Haven Hospital's Extended Care Unit (ECU) to help improve care in the nursing home industry. Quality Insights, an organization funded by the Center for Medicare and Medicaid Services, selected the ECU and a handful of other facilities to develop best practices for the treatment of acute and chronic pain, depression and pressure ulcers and for the use of restraints, areas in which the ECU performs "well above state and national standards," says Carol Barner, director of nursing. "We have been visited by Quality Insights to evaluate our programs for use by other facilities that may need assistance."

### THE ANATOMY OF A CULTURE

"Resident-centered care is part of a culture we're building here," Barner says. "This culture thrives because of a strong foundation of programs, services and staff support." The ECU provides a broad range of services that support residents, volunteers and caregivers. With extensive and experienced therapy programs (such as physical, occupational, speech, respiratory and restorative therapies), the ECU provides long term nursing care, respite care, rehabilitation and hospice services. Additionally, direct access to Lock Haven Hospital makes "in-house" acute, emergent, surgical and other hospital-based services immediately accessible to ECU residents.

### WHEN YOU'RE HERE, YOU'RE HOME

"We are aggressively looking to further develop a culture

of resident-centered care," explains Barner. "This initiative is simply an articulation of an attitude already inherent in the way our staff views resident care—this is the resident's home, and we are the guests." The ECU also boasts a higher ratio of professional staff to residents than most long term care facilities.

### LOOKING AHEAD

These achievements are only a beginning. ECU Administrator Thomas Foster recently returned from Harrisburg where he has been lobbying to bring additional state Medicaid funds to Clinton County. "We have been looking at a beautification project—we've made the facility *feel* like home, now we are making the facility *look* more like home," says Foster. The recent plan for the addition of a resident/family lounge is part of that redecorating process. Other things that are on the ECU's to-do list: "We have an extensive activities calendar with an upcoming fall festival in which we showcase the contributions of residents and staff; and we have picnics, entertainment and outings," adds Barner, "just to name a few."

### Learn more!

**F**or more information on the ECU and upcoming events, please contact ECU Admissions Coordinator Traci Foster at (570) 893-5164.

## THE RIGHT DOCTORS FOR YOU

At Lock Haven Hospital, we pride ourselves on the quality of care our medical staff provides. In the latest survey results, our doctors received a 97 percent satisfaction rating for their care and concern for patients. Here are four of our medical staff members.



**RAMESH P. TALREJA, M.D.**  
**Anesthesiology and  
Interventional Pain  
Management**

**24 Cree Drive  
Lock Haven  
(570) 893-5000**

Dr. Talreja has been a member of the Lock Haven community since 2002. Board certified in anesthesiology, he received his medical degree from Grant Medical College in Bombay, India. He completed his residencies in general surgery and anesthesiology in Bombay and the University of South Florida, respectively. Dr. Talreja also is certified in interventional pain management, and has recently opened the Pain Management Clinic in cooperation with Lock Haven Hospital. In addition to pursuing his M.B.A., he spends his free time with his family and enjoys water sports. Dr. Talreja, his wife and daughter have established homes in both Lock Haven and Kentucky.



**JAMES F. YOUNG, M.D.**  
**Obstetrics and Gynecology**

**955 Bellefonte Ave.  
Lock Haven  
(570) 748-7714**

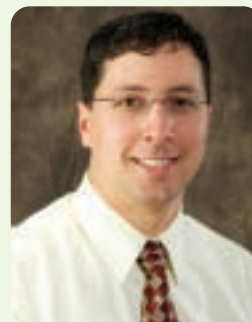
Dr. Young received his medical degree at the University of Arizona. Board certified in obstetrics and gynecology, he completed his residency at the Letterman Army Medical Center in San Francisco. After leaving the Army, he began his private practice in Arizona. In 1995, he moved to Lock Haven and joined the active medical staff. Dr. Young and his wife, Victoria, recently moved into a new home in Loganton. Both they and their children enjoy training and showing horses in their spare time.



**WILLIAM BALDINO, M.D.**  
**Thoracic, Vascular and  
General Surgery**

**24 Cree Drive  
Lock Haven  
(570) 893-5000**

Dr. Baldino is board certified in thoracic and general surgery and has recently relocated to Clinton County, joining the active medical staff at Lock Haven Hospital. A Pennsylvania native, Dr. Baldino was raised near Philadelphia and received his medical degree from Temple University School of Medicine. He completed an internship at Presbyterian Medical Center in Denver, Colo., where he acquired a fondness for the mountains and the outdoors. Dr. Baldino spends his free time flying, skiing and pursuing his hobby of photography.



**MARCUS RIEDHAMMER, M.D.**  
**Family Practice**

**208 E. Church St., Suite 200  
Lock Haven  
(570) 748-7901**

Dr. Riedhammer received his medical degree from the University of South Florida College of Medicine, where he also completed his residency in family practice. An active member of the Lock Haven medical staff since 2003, Dr. Riedhammer is board certified in family medicine. In addition to his private practice, he serves as the medical director for The Haven Wound Care Center. In his free time, he enjoys restoring antique automobiles and pursuing his interest in computers. Dr. Riedhammer lives in Lock Haven with his wife, Kiaya, and his three children, Julia, Justin and Ethan.

For a list of doctors by specialty, visit [www.lockhavenhospital.com](http://www.lockhavenhospital.com) or call (570) 748-5000.

## HEALTHWISE QUIZ

### How much do you know about arthritis?

Test your knowledge and learn more about arthritis.

1

**What does the word arthritis mean?**

- a. Sore joint
- b. Joint irritation
- c. Joint inflammation
- d. Rigid joint

2

**Which of the following statements about arthritis is true?**

- a. Using artificial sweeteners like Equal and Nutrasweet that contain aspartame increases your risk of developing arthritis.
- b. Arthritis is the leading cause of disability in Americans over age 15.
- c. Arthritis is more prevalent in women than in men.
- d. Most people with arthritis will need minor surgery to lessen the pain.

3

**Osteoarthritis is caused by the breakdown/loss of \_\_\_\_\_ in the joints.**

- a. bursa
- b. cartilage
- c. air
- d. synovial fluid

4

**How is rheumatoid arthritis different from other forms of arthritis?**

- a. It occurs in joints on both sides of the body.
- b. Doctors recommend people with it sleep on a waterbed to alleviate pressure on joints.
- c. Pain is felt only early in the morning or late at night.
- d. It occurs when crystals build up in the joints.

5

**Older adults aren't the only ones affected by arthritis; it can affect any age group. How many children are estimated to have arthritis?**

- a. 35,000
- b. 150,000
- c. 300,000
- d. 500,000

ANSWERS: 1. C, 2. B, 3. B, 4. A, 5. C

8

## easy ways to get more exercise

**F**itting exercise into your schedule doesn't have

to involve a large bank account or even a lot of time.

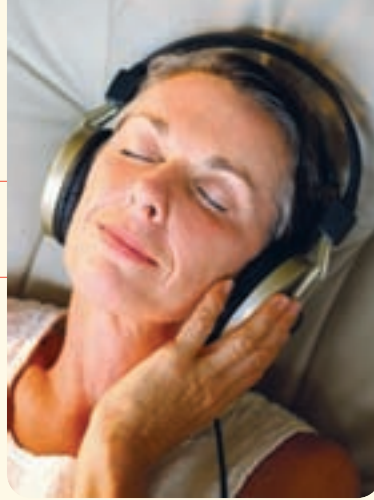
The following list of ways to make

physical activity a habit was created for even the busiest people.

- 1 **Take the stairs instead of the elevator.** This alternative burns calories and tones muscles.
- 2 **Avoid the phone.** At work, walk down the hallway instead of using the telephone or e-mail to communicate with a co-worker.
- 3 **Walk instead of drive.** It may not be the speediest mode of transportation, but it's effective when you want to visit a neighbor down the street, take your child to a nearby park or pick up a few items at the corner market.
- 4 **Walk during lunch.** Take a friend for company or listen to a book on tape to make your walk mentally as well as physically productive.
- 5 **Clean the house.** You'll have to do more than load the dishwasher to get your heart pumping, but a vigorous cleaning that takes two to three hours may be just what the doctor ordered.
- 6 **Ride your bike.** It's quicker than walking, cheaper than driving and it burns calories.
- 7 **Break activity down into small time increments.** If you don't have the time or energy for 30 minutes of continuous exercise, spread it out. Start with 10 minutes of activity, then do it again and again—for a total of 30 minutes.
- 8 **Vary your activities.** Boredom is one of the biggest commitment killers, so find several activities you enjoy and pick and choose depending on the weather and your mood.



# Banish caregiver burnout



If you're caring for someone who depends on you, you need to be healthy and energetic. Yet the sheer amount of time and thought involved in providing care may mean you've put yourself at the bottom of your priority list—making you ripe for stress and burnout. Try these steps to protect your health:

**1 Get regular medical checkups.** Tell your doctor about your caregiving commitment—he or she may suggest resources to make your life easier.

**2 Get plenty of rest.** Sleep deprivation contributes to depression. Have a family member pinch-hit (or hire a respite worker) so you can get to bed at a reasonable hour or sneak in a nap.

**3 Eat a nutritious diet.** A poor diet can lead to malnutrition and fatigue. Regular, well-balanced meals boost energy. Ask family members to help with shopping and meal preparation.

**4 Get regular exercise.** Moderate exercise combats stress, increases energy and provides a mental-health break.

**5 Manage stress.** Meditate or learn relaxation techniques. Share your feelings with friends and family members. Ask your doctor for advice or referral to a counselor.

**6 Ask for help.** Don't try to be a superhero! Ask family

members to help pick up prescriptions, do laundry or drive to doctors' appointments. Ask your doctor about local resources like transportation to medical checkups, home-delivered meals, respite care or adult day-care services.

**7 Schedule time for yourself.** Schedule time to enjoy your hobbies. Spend time with friends. Try a change of scenery—take a short drive or see a play or concert.

**8 Be realistic and flexible.** Accept that your loved one's illness may change from week to week. Be flexible as you plan for the future. Acknowledge the many good things you've done and don't be hard on yourself for not being able to do everything on your own.

# Real-world strategies to control your weight



Visit the diet and nutrition section of any bookstore and you'll be amazed by the number of books offering the latest miracle diet. Low carb, no carb, high protein, low calorie—but do any work?

Fad diets tend to be tough to stick with. Even worse, people often feel deprived and pile unwanted pounds back on once they're off the diets.

The best way to take off fat is slowly and steadily. That means a weight loss of no more than one to two

pounds a week. Many fad diets drastically reduce your food intake and put your body into "starvation" mode, slowing your metabolism to conserve calories. That's the

exact opposite of what you want. Similarly, restricting certain foods—such as carbohydrates—can lead to cravings that will derail your efforts.

## THE TRIED AND TRUE

The following are real-life tips to help you look and feel your best:

- **Rebalance your diet.** If your diet is heavy on foods like crackers, bagels, white rice, low-fiber cereal and pasta, substitute them with whole grains like brown rice, multi-grain breads and pasta enriched with soy. To feel satisfied longer, combine carbs with protein.

- **Count calories.** Simply put, to lose weight you have to ingest fewer calories than you expend.

- **Spread out meals.** Eating small amounts throughout the day boosts your metabolism. Aim for three equal-sized meals, plus nutritious snacks in between.

- **Ditch self-denial.** Instead of avoiding any one food group, make wise choices. Whole-wheat crackers with peanut butter are a smarter snack than a bag of chips.

- **Emphasize weight training.** Add strength training to your exercise program. Resistance exercises build muscle, which burns more calories by increasing your metabolism.



John C. Yanes, CHE  
Chief Executive Officer

## Your first choice for healthcare

**A**s our hospital family strives to become the first choice for healthcare in Clinton County and surrounding communities, I'm pleased to announce the expansion of two key programs.

Earlier this summer, Lock Haven Hospital and Ramesh P. Talreja, M.D., opened the Pain Management Clinic, a program specializing in the treatment of chronic pain. The Pain

Management Clinic seeks to provide prompt and progressive pain management services. The clinic performs a variety of diagnostic and therapeutic interventional pain procedures. Dr. Talreja's board certification in anesthesiology and pain management as well as his medical background uniquely qualify him for invasive anesthesiology and interventional pain management. The Pain Management Clinic is committed to responding quickly to urgent needs.

In April, Lock Haven Hospital announced the opening of The Haven Wound Care Center. The center serves patients with chronic and non-healing wounds. Working with a team of experienced, professional staff, wound care specialist Marcus Riedhammer, M.D.,

serves as the medical director. Dr. Riedhammer has an extensive knowledge of current practices and procedures in the field. More recently, Mark Armstrong, M.D., a board-certified specialist in general surgery, has been added to the panel of physicians at The Haven Wound Care Center. His experience and unique expertise bring a multi-disciplinary dimension to the center. Located in the Lock Haven Medical Arts Building at 208 East Church St. in downtown Lock Haven, The Haven Wound Care Center provides a convenient option for patients otherwise forced to leave the county for care.

Clearly, in becoming the first choice for healthcare, Lock Haven Hospital is working with our highly qualified medical staff to identify and address the healthcare needs of our community. Quality Care, Right Here.

Sincerely,

JOHN C. YANES, CHE  
Chief Executive Officer  
Lock Haven Hospital

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# Health Connection

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