

Health Connection

FROM YOUR FRIENDS AT LOCK HAVEN HOSPITAL

**A more
comfortable
MRI**

**How strong
are your bones?**
A bone density test
can tell you

**Good day,
sunshine!**
Greet the day
with an SPF

**10 play-safe tips
for your kids**

Good day, sunshine!

Greet the day with an SPF

You don't have to be a sun worshipper to take sun protection seriously—even limited exposure can cause damage. Skin cancer is the most common kind of cancer in the United States, affecting nearly half of all Americans who live to age 65. Although most cancers don't appear until after age 50, skin cancer results from years of accumulated sun damage. However, you can avoid sun damage and enjoy your favorite outdoor activities by taking sensible precautions and using a sunscreen that protects your skin from damaging ultraviolet rays.

THE ABCS OF SPFS

Sunscreen products are rated according to their sun protection factor (SPF)—the length of time a product will protect you from sunburn caused by ultraviolet B (UVB) rays. But sunscreens don't provide complete protection. You still need to be cautious about timing and limiting your sun exposure.

Your best bet when shopping for a sunscreen is to choose a product with an SPF of at least 15, according to the American Cancer Society. Check the label to make sure it provides “broad-spectrum” protection, which protects against UVB rays and ultraviolet A (UVA) rays. UVB rays cause sunburns that can lead to superficial skin cancers known as basal cell carcinomas and squamous cell carcinomas. They can also lead to the more deadly skin cancer, melanoma. UVA rays penetrate even more deeply into the skin, damaging connective tissue.

SAVE-YOUR-SKIN TIPS

If you'll be outside, slather on sunscreen and find a shady spot, but keep in mind that sunlight reflects off surfaces such as water, sand and pavement. Avoid the sun between 10 a.m. and 4 p.m., when rays are strongest. To block sunlight,



wear sunglasses, a broad-brimmed hat and clothing made from tightly woven fabric, preferably long-sleeved shirts and pants. For your sunscreen to be most effective:

- Apply about 30 minutes before going outdoors.
- Use liberally. Apply 1 ounce of sunscreen to cover all exposed areas of your body, including your neck, ears and scalp.
- Reapply every 90 minutes—more often if you sweat heavily or go swimming.
- Use even on cloudy days—UV rays can still reach you.

Harmful UV rays can pass through car windows, too, so apply sunscreen to exposed skin if you'll be driving during peak sun hours.

Make applying sunscreen a habit—like brushing your teeth—but don't rely on sunscreen for full protection against skin cancer. Be sure to examine your skin each month for unusual changes and see your dermatologist if you spot any irregularities.

“When outside, apply sunscreen liberally every 90 minutes.”



Bouncing back from joint pain

With all the wear and tear we place on our joints, it's no wonder that almost 639,000 people underwent hip or knee replacement surgery in 2003, according to the Centers for Disease Control and Prevention. Knees and hips, in particular, are prone to problems—largely because they play a part in almost everything we do—but shoulder, finger, ankle and elbow joints can need replacement as well.

WHY ARE JOINT REPLACEMENTS NEEDED?

Joint replacement surgery, also known as arthroplasty, becomes necessary when conditions such as arthritis destroy the cartilage that cushions and separates bones. Over time, the friction of bone against bone wears away the joint, causing it to become stiff and painful.

Additionally, sports-related injuries and falls can create the need for surgery. Generally, arthroplasty becomes an option when joint pain disrupts your daily routine.

GETTING NEW PARTS

Surgeons can create a new joint, relieving your pain and providing greater freedom of movement. During the procedure, destroyed bone and tissue are removed and replaced with prosthetics, or artificial parts. The parts are made from durable metal, plastic or ceramic and can last up to 20 years.

Newer minimally invasive techniques are being performed more often, using smaller incisions—just 3 to 5 inches, compared with 6 to 12 inches in standard procedures—and reducing recovery time. Your hospital stay may be reduced to one or two days from four or three, and some patients go home the same day as surgery. However, minimally invasive surgery is not for everyone; patients who are overweight, elderly or frail or who have bone abnormalities do not make good candidates.

With hip or knee replacement surgery, expect to use a walker, crutches or a cane initially after the procedure. As you recuperate, a physical therapist will help you perform exercises to strengthen the joint, guiding your movements so you don't accidentally dislocate the replacement. Barring the unforeseen, you should be walking unassisted two to six weeks later. And though grueling workouts like 10-mile runs may still be too tough for artificial hips or knees, make plans to resume long-lost activities like dancing or strolling on the beach within six months.



Do you need joint replacement surgery?

Your overall health and age and the condition of your joints will help you and your healthcare provider decide whether you're suitable for joint replacement. If you can answer yes to any of the following questions, you may want to consider surgery.

- Are you still in pain even after losing excess weight?
- Does your pain keep you awake nights?

- Does your pain interfere with your ability to earn a living?
- Has your quality of life suffered because of your pain—your ability to travel, perform household chores or visit with friends or family?
- Have you exhausted all other options, including anti-inflammatory drugs to relieve joint pain, walking with a cane, power-walking or swimming instead of jogging?

Making Lock Haven Hospital (LHH) the first choice for healthcare in Clinton County and neighboring communities is the overarching goal that our hospital family has embraced in 2006. This formidable challenge requires unwavering dedication, service and creativity from our talented employees, medical staff and volunteers. Nonetheless, we will move toward this goal as we fulfill our role as your community hospital.



John C. Yanes, CHE
CEO

Already we are making strides in achieving this goal. Specifically, with the expansion of diagnostic services such as the new DEXA scanner and the expansion of our MRI services, LHH is realizing its commitment of improving access and convenience to our community. Similarly, with the introduction of the Haven Wound Care Center, LHH is able

to treat patients in our community with chronic wounds caused by conditions such as diabetes.

On the technology front, the new electronic documentation in our emergency room (ER) will allow our ER physicians and nurses to enhance patient care and improve service levels. Similarly, a new automated medication dispensing system will enhance the safe and timely administration of essential medicines for our patients. Finally, with our expanded teleradiology capability, LHH is now able to quickly transmit diagnostic images to our group of highly skilled radiologists, who in turn provide your physician with the information they need to properly treat you.

It's no doubt a tall challenge, but we are well on our way to fulfilling our obligation to you as your community hospital. Your first choice for healthcare.

Quality Care, Right Here.

Sincerely,

JOHN C. YANES, CHE
Chief Executive Officer



A more comfortable MRI

Standard magnetic resonance imaging (MRI) machines can be tight and confining, and while open MRIs give you a little more space, they offer lower resolution. Now there's a better choice. Lock Haven Hospital offers the most advanced MRI available, the High Field Short Bore MRI.

What does that mean? High Field means the images are superb quality and are completed faster. You won't be in the machine as long as with an open MRI, and you get superior results.

Short bore means the machine has a short, wide tunnel, so most people don't experience claustrophobia. If you're having your lower body scanned, your head won't even be in the MRI machine. Even if you're having a head or neck scan, the short bore machine has a higher ceiling in the tunnel, which means an extra 6.5 inches above your face.

Get the best MRI available with the most comfort for you at Lock Haven Hospital.

Make an appointment today!

To schedule an MRI appointment, call (570)

893-5149. Appointments are available

on Tuesdays, Thursdays and now on Saturdays.

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 physicians.



CHARLES FOULSHAM, M.D.
Ear, Nose and Throat
401 High St., Lock Haven
(570) 748-6777

Dr. Foulsham was born and raised in Pennsylvania before attending the Naval Academy. He then was on active military duty, working with nuclear submarines. After the navy, Dr. Foulsham attended Jefferson Medical College in Philadelphia, Pa., and completed his residency at the University of Connecticut Health Center in Farmington, Conn. He returned to Pennsylvania in 1982, starting a private practice in Lock Haven.

Dr. Foulsham is an active outdoorsman and enjoys hunting and fishing. He and his wife, Stacey, live in Lock Haven. They have three children, Courtney, Whitney and Jeffery.



THANE TURNER, M.D.
Family Practice
610 High St., Lock Haven
(570) 748-1220

Dr. Turner is a true hometown doctor. He went to both high school and college in Lock Haven, where he was a wrestler. After college, he attended Jefferson Medical College in Philadelphia, Pa., and completed his residency at Lancaster General Hospital in Lancaster, Pa., before returning here to practice medicine. He has been a member of the Lock Haven medical community since 1996.

In his spare time, Dr. Turner volunteers with the Lock Haven University wrestling team. He and his wife, Rachel, live in Lock Haven with their four children, Ellen, Avery, Caleb and Ben.



BRIAN ALTMAN, M.D.
Orthopaedic Surgery/Sports Medicine
24 Cree Drive, Lock Haven
(570) 893-5330

Dr. Altman, an orthopaedic surgeon, is one of the newest members of Lock Haven Hospital's staff. The hospital is very pleased that he chose to practice here.

Dr. Altman attended New York Medical College in Valhalla, N.Y., and completed his residency at New England Medical Center in Boston, Mass. He came to us after practicing in North Carolina. He's board certified in orthopaedic surgery and specializes in sports medicine. He lives in Lock Haven with his son.



RAJ PATEL, M.D.
Internal Medicine
112 W. Main St., Lock Haven
(570) 748-5660

Dr. Patel has been a member of the Lock Haven medical community since 1992. He's board certified in internal medicine with a special interest in cardiovascular and preventive medicine. Over the course of his medical career, Dr. Patel has been involved with many research projects, including the current Jupiter trials.

Dr. Patel has two offices, one in Lock Haven and one in Jersey Shore, both with his partner Pravin Chapla, M.D. He lives in Lock Haven with his wife, Varsha, and their two children, Sahil and Suhag.

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

HEALTHWISE QUIZ

How much do you know about ADHD?

Take this quiz to find out how much you know about attention deficit hyperactivity disorder (ADHD).

- 1 Which of the following is *not* a symptom of attention deficit hyperactivity disorder?
 - a. hyperactivity
 - b. obsession
 - c. impulsivity
 - d. inattention
- 2 ADHD is thought to be caused by:
 - a. poor parenting
 - b. a genetic disorder
 - c. rheumatic fever
 - d. all of the above
- 3 Other disorders may accompany ADHD in as many as one in three cases. These include:
 - a. Tourette's syndrome
 - b. learning disabilities
 - c. bipolar disorder
 - d. all of the above
- 4 Most children who have ADHD begin to show signs and symptoms of the disorder between ages:
 - a. 1 and 2 years
 - b. 4 and 6 years
 - c. 9 and 12 years
 - d. 13 and 15 years
- 5 Adults can also suffer from ADHD. To be diagnosed with the disorder, a person must:
 - a. have shown symptoms of ADHD in childhood
 - b. have suffered from a serious illness as a child
 - c. have trouble holding down a job
 - d. be a reckless driver

ANSWERS: 1. B; 2. B; 3. D; 4. B; 5. A



STROKE SMARTS

How to spot a stroke

A stroke is similar to a lightning strike—it can happen suddenly and without warning. However, there are sometimes warning signs that lightning is imminent, such as storm clouds, rain and thunder.

Warning signs can signal a stroke, too. If you spot them and act quickly, you may prevent severe disability or death. If you or someone around you show any of these symptoms, seek emergency medical treatment immediately:

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

These signs point to a stroke in progress. Blood and oxygen are not getting to a part of the brain as a result of a burst blood vessel or a blood clot, and that portion of the brain begins to die. Speedy medical care may minimize brain damage.

RISK FACTORS

Lifestyle factors and other health conditions that weaken blood vessels or contribute to blood clots increase your risk for stroke. You can control or treat some of them, such as high blood pressure, smoking, diabetes, carotid or other artery disease, abnormal heart rhythm, transient ischemic attacks (mini-strokes), certain blood disorders, sickle cell disease, high blood cholesterol, high triglycerides, physical inactivity, obesity and substance abuse.

Factors you can't change include increasing age, gender (more men suffer strokes), family history, race (African-Americans face greater risk) and having had a prior stroke or heart attack. Talk to your doctor about ways to reduce your risk for stroke and be prepared to act quickly if warning signs appear.

Outward bound

10 play-safe tips for your kids

What's one of the best things to say to your child? Go outside and play! Close supervision, proper protective gear and these simple precautions will help your kids safely enjoy the great outdoors:

- 1 Apply a sunscreen with an SPF of at least 15 every day—even on cloudy days—and reapply every 90 minutes, especially after swimming or sweating.
- 2 Outfit kids with brimmed hats and don't forget the sunglasses.
- 3 Keep babies under age 6 months out of direct sunlight and in the shade.
- 4 Avoid using swimming aids such as "floaties." They don't substitute for a life vest and can give kids a false sense of security.
- 5 When kids are swimming, keep a portable phone and rescue equipment like a shepherd's hook and life preserver nearby.
- 6 Supervise kids at all times near water and stay within arm's length of babies and toddlers. If you have to step



away even for a moment, get everyone out of the pool area and take little ones with you.

- 7 Insist kids wear proper protective equipment, especially a helmet, wrist guards and knee and elbow pads when bicycle riding, skateboarding and in-line skating.
- 8 Teach kids to bike skillfully. Enroll your children in a class to practice basic skills, such as balance and braking, on a smooth surface away from traffic.
- 9 Visit playgrounds that have soft surfaces like wood mulch or chips, shredded rubber tires or sand to lessen the impact of falls. Avoid play equipment on asphalt, concrete, packed dirt and grass.
- 10 Don't let kids wear helmets, necklaces, backpacks, scarves or clothing with drawstrings while on playgrounds.



Fire up the grill!

But read these food-safety tips first

For many people, summertime fare means fresh, fast, no-fuss meals cooked outdoors. However, warm temperatures can set the stage for a nasty bout of food poisoning. Take these

precautions to make sure your meals are safe:

- **Defrost thoroughly.** Place frozen foods in the refrigerator for safe thawing. If meats are out too long, bacteria can produce illness-causing toxins that remain active even during cooking.
- **Marinate right.** Keep foods refrigerated while marinating.
- **Transport safely.** When traveling, use an insulated cooler with enough ice or cold packs to maintain a temperature of at least 40° F. Wait until you're ready to leave to

pack refrigerated foods in the cooler. Then place it in the coolest part of the car—not the trunk. When you arrive at your destination, move the cooler into the shade, avoid opening it frequently and replenish ice as needed.

- **Bring extra plates and tools.** Use one

platter and spatula, tongs and sauce brush for raw foods and a different platter and utensils for cooked foods.

Don't use a fork to turn meats since puncturing can introduce surface bacteria into the meat.

- **Keep clean.** Bring paper towels and disposable wipes or a sanitizing gel for convenient hand washing and surface cleanup.

- **Prepare the grill.** Light the coals and allow the cooking surface to heat up to kill microorganisms before putting on the food.

Is it done?

Use an instant-read meat thermometer to test meat's doneness. Grill precooked meats such as hot dogs to 165° F until steaming hot. Refer to the chart at right to determine when cooked meat is safe to eat.

Meat product	Safe temperature
poultry	180° F
pork	160° F
beef, ground	160° F
beef, steaks or roasts	145° F
veal	145° F
lamb	145° F

How strong are your bones?

A bone density test can tell you

The bone-thinning disease osteoporosis is a major public health threat for an estimated 44 million Americans, 80 percent of them women. In fact, one in two women over age 50 will have an osteoporosis-related fracture in her lifetime. Unfortunately, most people don't know they have the disease because bone loss occurs without symptoms. Often the disease is discovered only after a person breaks a bone.

EARLY DETECTION IS IMPORTANT

The key to preventing further bone loss is early detection and treatment. Bone mineral density tests, or DEXA scans, are the best way to test for bone thinning caused by osteoporosis. The test is painless and, in fact, is comparable to getting a normal X-ray. But, while a normal X-ray can't show mild bone loss, the DEXA scan uses two different types of X-ray beams to estimate bone density in both the hip and spine.

HOW WE HELP

Lock Haven Hospital (LHH) recently added the test to its growing list of services for women. "This demonstrates our commitment to bringing needed services to our community," says

Chief Executive Officer John C. Yanes. "Having a DEXA scan available in Lock Haven allows easy access for patients who previously had to travel out of town for the service."

DEXA scans are done at the LHH Diagnostic Center in the NWD Plaza at 930 Bellefonte Avenue. Radiology Department Director Eric Dershem says that having the service available at the diagnostic center makes access easier and more convenient for patients.

A SHARPER IMAGE

In addition to the DEXA scanner, the hospital has acquired a heel scanner. This portable device provides a preliminary study that indicates whether a patient needs further bone-density testing with the full-body DEXA scanner. LHH will use the heel scanner for health fairs and other community outreach initiatives.

Talk to your physician about whether you're at risk for osteoporosis and what you can do to prevent the disease.



Get tested today!

If your physician determines a DEXA scan is right for you, get a referral and call (570) 748-8970 to schedule your test.

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