

Health Connection

FROM YOUR FRIENDS AT LOCK HAVEN HOSPITAL

We're your
community
partner

The right
doctors
for you—
look inside!

You've found
a breast lump:
Now what?

Easing the sneezing
Surviving cold
and flu season

Number crunching
Ways to manage
high cholesterol

You've found a breast lump: Now what?

If the thought of finding a lump in your breast scares you, you're not alone. After all, many of us know someone who has had breast cancer. But some of us are so frightened that we avoid getting mammograms—the very habit that could save our lives if breast cancer develops. If you're in that group, you'll be glad to hear that four in five breast lumps turn out to be noncancerous. Here's a description of some common breast conditions:

Fibroadenoma: a smooth, solid, round painless lump that moves easily and can feel like a marble. Occurs most often in African-American women and women under age 30.

Fibrocystic breast changes: solid or fluid-filled lumps that

increase in size and tenderness five to seven days before each menstrual period.

Cyst: a smooth, fluid-filled lump often sensitive to the touch before the menstrual period. Typically appears in women between ages 35 and 50.

Lipoma: a soft and slow-growing painless lump that moves freely.

Intraductal papilloma: a small, wartlike growth near the nipple that may cause bleeding from the nipple. Occurs most often in women in their 40s.

Mammary duct ectasia: a thick, sticky, gray to green discharge from the nipple.

Mastitis: a warm, tender, lumpy area on the breast that appears red. Most often affects breast-feeding women.

Traumatic fat necrosis: painless, round, firm lumps that can result from a bruise or a blow to the breast. Occurs in older women and women with large breasts.

WHAT HAPPENS IF YOU FIND A LUMP?

If you find a lump, see your healthcare provider. He or she will do a clinical breast exam and may recommend one or more of the following tests and procedures:

Mammography, or breast X-ray, may be recommended to determine the lump's size and location.

Ultrasound examination can determine whether the lump is a fluid-filled cyst or a solid mass.

Fine-needle aspiration is an in-office procedure. Fluid is drawn out of the lump with a thin needle. If the fluid is clear and the cyst disappears, you won't need a biopsy. If the fluid is bloody or the mass is solid, your doctor probably will recommend biopsy.

Stereotactic biopsy removes a small tissue sample with a thin needle for analysis. Computerized imaging guides the needle with pinpoint accuracy to the exact location to be sampled.

Surgical biopsy usually is performed on an outpatient basis. Normally, the surgeon removes the whole lump, but in certain cases he or she will remove only part of it. The tissue is sent to a lab where a pathologist will examine it for cancerous cells.



The good news:
Four out of five
breast lumps turn out
to be noncancerous.



IF PREVENTION DOESN'T WORK

Both a cold and the flu typically involve a runny nose, sneezing, sore throat, cough and fatigue, but only flu characteristically features headache, high fever and that all-over-achy feeling.

Some people are at higher risk for complications from the flu than others and should get prompt medical care instead of trying to self-treat. These include:

- people over age 65
- children and adults with a chronic health condition, such as asthma or diabetes, or a weakened immune system
- pregnant women
- infants and young children
- anyone who lives with children or others at high risk
- healthcare workers and caregivers who are in contact with children or others at high risk

Prescription antiviral medications such as oseltamivir (brand name: Tamiflu) can help shorten the duration of the flu and prevent you from getting sicker if taken within the first 48 hours of symptoms.

If symptoms suddenly worsen, linger more than a week and are accompanied by a dry, hacking cough, the flu might have developed into viral pneumonia. Thick, rust-colored mucus along with a cough may signal bacterial pneumonia. Both types of pneumonia require medical attention.

Easing the sneezing

Surviving cold and flu season

Autumn is almost upon us. Soon it will be time to rake the leaves, pull out the sweaters and pray the kids don't catch something at school that knocks the whole family out of commission for a week.

But with a few simple precautions, parents and children can keep colds and flu away—or at least from spreading. Here are some basic tips to avoid getting sick, whether you're 2 years old or 90:

- Wash your hands several times a day with soap and water—and even more frequently if you're around anyone with a cold.
- Keep your hands away from your eyes, nose and mouth.
- Cover your mouth and nose with a disposable tissue when you sneeze or cough. Then wash your hands.
- Protect and strengthen your immune system by getting enough rest, exercising regularly and eating a healthy diet that includes lots of fruits and vegetables.
- Don't share eating utensils or drinking glasses.
- Avoid crowds of people where germs may spread.
- Most important: Keep annual flu vaccinations up to date.

Call your pediatrician or primary care provider if ...

Your sick child has any of these symptoms:

- labored breathing, often signaled by the abdomen rising and falling dramatically
- a fever of approximately 102° F that acetaminophen (brand name: Tylenol) can't control or that's present for more than three days
- inconsolable crying or irritability
- blood in vomit or stool
- recurring vomiting or loose stools
- greatly diminished food or fluid intake
- pulling or tugging at the ears, which may indicate an ear infection





John C. Yanes, CHE
Chief Executive Officer

We're your community partner

There's no doubt that the role of the typical American hospital has changed dramatically during the past decade. In addition to fulfilling the traditional role of providing healthcare, most community hospitals have evolved to serve as a key partner in shaping community life. I believe this is especially true in smaller, tighter knit communities such as ours. Today, in addition to the traditional role of caring for the sick and welcoming new lives, hospitals are increasingly serving as places to foster learning, promote wellness and solidify fellowships.

Lock Haven Hospital is no exception to this rule. With the introduction of our Online Nursing Program in spring 2006, Lock Haven Hospital is providing our residents with an innovative program that combines online nursing instruction with clinical application right here at the community hospital. In addition to offering our residents a practical alternative to achieve their professional aspirations of obtaining a nursing education, this valuable program will assist us in addressing the critical nursing shortage within our community.

There's art in healing and healing in art. With this concept in mind, Lock Haven Hospital invited all schools in the Keystone Central School District as well as Lock Haven Catholic and Lock Haven Christian to create an art collection composed of artwork created by the talented students in our community. We're very pleased with the enthusiastic response and the wonderful artwork that brighten the walls of Lock Haven Hospital and highlight the artistic talent of Clinton County's future.

During the summer, we welcomed William Baldino, M.D., who is board certified in general and vascular surgery. The addition of Dr. Baldino to our already highly skilled medical staff expands Lock Haven Hospital's surgical services and allows us to better address the healthcare needs of our community.

These are just a few examples of how Lock Haven Hospital continues with our proud 109-year tradition of caring for our community while solidifying our legacy of caring. Your first choice for healthcare. Quality Care, Right Here.

Sincerely,

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

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.



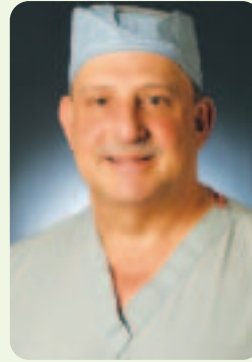
FRANK W. PARKER, D.O.
Family Practice

610 High St.
Lock Haven
(570) 748-1230

Dr. Parker came to Clinton County in 1972, just in time for the Agnes flood. In spite of seeing the area at its worst, he decided to

make it home and has practiced here ever since. Dr. Parker graduated from Philadelphia College of Osteopathic Medicine. He's board certified in family practice and works at the Susquehanna health office in Lock Haven.

In his spare time, Dr. Parker grows orchids in his greenhouse and makes pottery. He lives with his wife, Valerie, and two dogs, Stella and Chloe.



GEORGE SADKA, M.D.
Ophthalmology

930 Bellefonte Ave., Suite 108
Lock Haven
(570) 748-8900

Dr. Sadka was born and raised in the south, growing up in Mississippi and attending medical school at Ole Mississippi

University. He moved north to complete his residency at the University of Pittsburgh. He has called Lock Haven home for the last 20 years.

Dr. Sadka and his wife, Sandy, have three children, Tyler, Christopher and Olivia. When not working, he and his family spend time sailing and golfing together.



MARY PIERGALLINI, M.D.
Family Practice

208 East Church St.
Lock Haven
(570) 748-7400

Dr. Piergallini is a Pennsylvania native, growing up in the Nazareth area. She graduated Summa Cum Laude from Wilkes University and

received her medical degree from the Pennsylvania State University College of Medicine in Hershey. She has practiced family medicine in Lock Haven for three years.

Dr. Piergallini and her husband, Thomas, have five children, Tucker, Jacob, Rebecca, Jessica and Nicholas. They're a very active family who loves to camp. In her free time, Dr. Piergallini also enjoys gardening and crafts.



HENRY DIETRICH, M.D.
Obstetrics/Family Practice

1 McElhattan Drive
McElhattan
(570) 769-7628

Dr. Dietrich grew up in Virginia and received his medical degree from the University of Virginia in Charlottesville. He completed his

residency at the University of North Carolina Mountain Area Health Education Center before coming north. He has practiced here since 1990 as a board-certified family practice physician with Geisinger, first in Mill Hall and now in McElhattan.

Dr. Dietrich is an avid gardener with a special interest in flowers. He also enjoys fishing. Dr. Dietrich and his wife, Rena, have three children, Ellen, Sarah and Eric.

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

HEALTHWISE QUIZ

How much do you know about Alzheimer's disease?

Take this quiz to find out.

1 Which example of memory loss may be a sign of Alzheimer's disease?

- a. forgetting where your keys are
- b. forgetting what month and year it is
- c. forgetting the name of a person you just met
- d. forgetting to return a phone call

2 British researchers have recently learned that drinking this beverage can inhibit enzymes associated with the development of Alzheimer's:

- a. orange juice
- b. coffee
- c. tea
- d. white wine

3 All the following may be early warning signs of Alzheimer's *except*:

- a. speaking in jumbled sentences
- b. getting lost in familiar areas
- c. having rapid mood swings for no apparent reason
- d. losing sense of balance or experiencing vertigo

4 Which health condition is suspected of increasing the risk of Alzheimer's?

- a. yo-yo dieting
- b. high blood pressure
- c. asthma
- d. low bone density

5 Which is the most misdiagnosed mental disorder in older adults?

- a. Alzheimer's disease
- b. depression
- c. anxiety attacks
- d. insomnia

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

NUMBER CRUNCHING

Managing high cholesterol



The bad news: High cholesterol plays a key role in whether you develop heart disease or suffer a heart attack or stroke. Excess cholesterol, a waxy, fatlike substance in your blood, builds up on artery walls, reducing blood flow. The good news: You can do something about it.

Many factors contribute to high cholesterol. While you can't change your genes, age or gender—which all affect cholesterol—you can take the following steps to improve your cholesterol levels and your health.

To lower your LDL, or bad, cholesterol and raise your HDL, or good, cholesterol:

- **Eat smart.** Saturated fat and trans fats raise LDL cholesterol levels. Instead, use polyunsaturated or mono-unsaturated fats like olive, safflower, sesame, soybean, canola and peanut oils. Eat no more than six ounces of lean meat, fish or skinless poultry a day. Choose plenty of fruits, vegetables and whole-grain foods. Switch to fat-free or low-fat dairy products and increase soluble fiber found in foods like oats, beans and citrus fruits.
- **Get regular exercise**—at least 30 to 60 minutes of physical activity a day.
- **If you smoke, quit.** Smoking lowers HDL cholesterol and increases the blood's tendency to clot.
- **Consider medication.** If lifestyle changes aren't enough, your healthcare provider may prescribe cholesterol-lowering drugs.

Leveling off your numbers

Aim for these desired cholesterol levels. If you already have heart disease or other risk factors, your doctor may set different goals for you.

Total cholesterol less than 200 mg/dL

HDL cholesterol greater than 50 mg/dL

LDL cholesterol less than 100 mg/dL

Triglycerides less than 150 mg/dL

Bad breaks

First aid for broken bones

If your child were to take a spill from a bike or your best friend turned an ankle while stepping off the curb and you suspected a bone is broken, would you know what to do? Try taking these actions:

- **Determine whether you need emergency help.** All fractures will need medical attention, but call for emergency help if the injury involves the head, neck, back, pelvis or upper leg; there's heavy bleeding; bone has pierced the skin; or a toe or finger on the injured arm or leg is numb or blue at the tip. Also, call for help if you can't transport the injured person by car because he or she can't sit upright or use safety or seat belts.
- **Remove clothing from the injured part.** Use scissors to cut clothing away; don't try to pull the limb out of clothes.
- **Stop any bleeding.** Use a sterile bandage or clean cloth



and apply constant pressure to the wound. Have the person lie down and don't wash the wound or poke the bone back into the skin.

- **Make a splint.** Keep the limb in the position you find it. Place soft padding around the injury with something firm (like a board or rolled-up newspaper) next to it, using first-aid tape. Make sure the splint extends past the joints above and below the injury.
- **Apply cold packs.** Wrap ice in a towel and place it on the injured area to control swelling and pain until help arrives.

In case of emergency ... We're here for you

There's no telling when an accident or a sudden illness will occur. But when it does happen, turn to us, the clear choice for emergency assistance. Our emergency department provides patients with fast, dedicated and compassionate care. What's more, our ER is backed and supported by an entire hospital dedicated to helping you get well.

In an emergency, every second counts. Call us for emergency help anytime you suspect someone needs urgent care.



The whole-grain truth

Think outside the breadbox to include more healthy foods in your diet

Grains like wheat, rice, oats and corn are a staple in the American diet and for much of the world. Whole grains

and foods made from whole grains are an important source of fiber, vitamins, minerals and other nutrients. When refined grains like white flour and white rice are processed, much of the fiber and nutrients are lost.

Eating more whole grains can help you lower cholesterol and control your weight, reducing risk of heart disease, stroke, diabetes, gastrointestinal problems and cancer. Aim to eat at least three servings of whole grains each day. The earthy, nutty flavors and chewy textures are a great way to add a new dimension to your menu. Whole-grain breads, cereals, tortillas and crackers are just the beginning. Explore a variety of whole grains like barley, groats, wheat berries, buckwheat, triticale, bulgur, millet and quinoa.

HOP ABOARD THE GRAIN TRAIN

Upping your intake of whole grains is easier than you think. Try making some of these simple diet switches:

- Start your day with a bowl of bran flakes, shredded wheat or oatmeal.
- Buy whole-grain breads, bagels, rolls, tortillas, muffins, waffles and pancakes.
- Substitute rolled oats or crushed bran flakes for bread crumbs in recipes.
- Switch to whole-wheat pasta.
- Bypass the potatoes and try bulgur, barley, quinoa or brown or wild rice.
- Snack on un buttered popcorn or whole-wheat crackers or pretzels.
- Substitute barley or brown or wild rice for pasta or noodles in soups, stews, casseroles and salads.
- Use whole-wheat pastry flour in place of much of the all-purpose flour in recipes.

I thought I'd
have to leave the
county to get advanced
treatment for my wounds.



But I didn't even
leave my neighborhood.

If you have a wound that won't heal, you have a hospital close by that can help. The Haven Wound Care Center. With a specialized treatment regimen that uses advanced healing technology to promote tissue growth and reduce infection. It's the help you need to get better and get back to your life. For more information, call (570) 748-0474.

**LOCK HAVEN**
H O S P I T A L

The Haven Wound Care Center
208 East Church Street, Suite 306, Lock Haven



Injuries have
you benched?

We'll get you
back in the game.

er. Accidents can happen at any time — but injuries don't have to sideline you for long. Our ER+ goal is for you to have easy access to qualified physicians 24 hours a day, seven days a week. Our team of physicians, nurses and technicians are trained to provide fast, quality care, supported by modern-day technology and diagnostic equipment. They'll listen to you, examine you carefully and prescribe a treatment plan that will help you get back in the game as soon as possible.

At Lock Haven Hospital, it's our goal to not only meet your needs, but to exceed your expectations. So the next time you experience an accident, you know you can rely on the experience you'll have with our team.

**LOCK HAVEN**
H O S P I T A L

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