

WINTER 2006

PREMIERE ISSUE!

Health Connection

FROM YOUR FRIENDS AT LOCK HAVEN HOSPITAL



**The right
doctors
for you—
look inside!**

**A century of
good health**

**Healthy events
in your hometown**

Beating diabetes with your fork

**When is the ER
your best option?**





Nimble body, nimble mind

Question:

To fight memory loss and dementia, it's a good idea to:

- A. do a crossword puzzle
- B. take up a new hobby
- C. exercise regularly
- D. all of the above

If you answered D, you're right. Scientists now know it takes more than mental stimulation to keep your brain sharp well into your later years. Physical activity gives your body and your brain a boost. A half-hour of moderate exercise—walking, golfing, gardening, performing household chores—on most days of the week can help you think more clearly and feel better at any age.

HOW EXERCISE HELPS

Exercise increases blood flow to your brain, promoting brain-cell growth, and helps reduce stress—important since chronic stress causes the release of hormones that can damage your brain over time. Some studies suggest exercise increases levels of important chemicals that maintain brain health. Other studies on mice show that exercise appears to delay or prevent plaque development in brain regions used in memory, thinking and decision making.

Regular exercise also helps preserve healthy brain functioning by:

- **Reducing your risk for heart disease.** Exercise lowers homocysteine, an amino acid in your blood that makes

nerve cells in the brain stop working and die.

- **Controlling your blood sugar.** Diabetes is linked with several types of dementia, including Alzheimer's and vascular dementia (common to stroke survivors). Both aerobic and weight-bearing exercises control your blood sugar by increasing your metabolism.
- **Lowering your blood pressure.** Unchecked, high blood pressure can damage blood vessels in your brain and reduce its oxygen supply, leading to a decline in decision making, memory and verbal skills.
- **Controlling your body weight and improving physical fitness.** Studies show a link between dementia and being overweight, possibly because overweight individuals have more cardiovascular risk factors associated with dementia than people at a healthy weight.

DIVERSITY IS KEY

For the most brain benefits, vary your exercise routine often. It's not how hard you exercise but how many activities you participate in that's key to preventing cognitive decline. Johns Hopkins University found that adults ages 65 and older who were involved in a number of activities (such as walking, biking, swimming, dancing and bowling) experienced less dementia than people who participated in fewer activities. One explanation could be that the variety of activities keeps more parts of the brain active.

So don't worry about how much you're sweating or how vigorously you're moving—just enjoy a variety of activities every day and keep trying new ones.

With good health habits and a little luck, you may never face a sudden medical crisis. But sooner or later, many of us find ourselves involved in one. Suppose it's chest pain, stomach cramps or a nasty kitchen accident—what's the right response? Should you get emergency help or just go see your family doctor?

A true medical emergency is a situation that's life threatening or could cause permanent harm if not treated immediately. Every minute counts. That's the difference between cases needing instant, emergency room intervention and those your doctor can handle in the office.

Doctors say there are no wrong reasons to call for medical assistance in a real emergency, especially if it's heart related. At such a critical time, don't drive yourself to the ER or get someone else to drive you—it could be dangerous. Plus, you need the expertise and equipment that's in an ambulance.

Below are examples of symptoms that constitute a medical emergency. Call for emergency assistance right away if you or a friend experiences any of them. And remember, if you're ever in doubt, play it safe and get help. It could save a life.

SEEK EMERGENCY TREATMENT ...

In cases of trauma:

- uncontrollable bleeding
- wounds with gaping edges



- wounds that involve the face or hands
- wounds caused by a puncture or wounds in which glass, metal or other objects have pierced the body
- severe burns
- head, neck or back injuries
- abdominal injuries or sudden, severe abdominal pain
- problems with movement or feeling after injury
- suspected broken bones
- animal or human bites
- contact with poisonous substances
- sunburn with nausea, vomiting, fever and chills

When the ER is your best option

Medical conditions that require emergency care

Any time these symptoms are present:

- chest discomfort
- difficulty breathing or shortness of breath
- nausea, dizziness, fainting or profuse sweating, especially when combined with chest pain and breathing difficulty—classic signs of heart attack
- sudden numbness on one side of the face or limbs, confusion, slurred speech, vision loss, severe headache or dizziness—all signs of a possible stroke
- severe allergic reactions from insect bites, food or beverages
- sudden or persistent vomiting or diarrhea
- coughing up or vomiting blood
- fainting, dizziness or hallucinations
- convulsions or seizures
- stiff neck with fever or headache
- sudden severe fever coupled with sensitivity to light
- stupor or dazed behavior
- drug or alcohol overdose
- attempted suicide or suicidal threats or statements



More than a century of caring

This year, Lock Haven Hospital (LHH) is celebrating 109 years of service to the residents of Clinton County and surrounding communities. As we reach this milestone, we recognize and thank the caring men and women who preceded us in overcoming past challenges and building the foundation upon

which the present-day dedicated individuals strive to continue the “legacy of caring” started more than 100 years ago.

It’s on this rich history that we strive to anticipate and address the changing healthcare needs of the community while overcoming the multiple challenges that shape the current healthcare industry.

In order to overcome today’s formidable challenges and perpetuate its legacy of caring, LHH seeks to work with other organizations that serve our community. Key to success will also be an unprecedented level of dedication and creativity from our talented employees, medical staff and volunteers.

In addition to promoting the health and well-being of local residents, LHH and the Extended Care Unit (ECU) serve a vital role in the health of the local economy. With 470 employees and a payroll of more than \$10 million, LHH is one of the largest employers in our community. Our employees are your friends and neighbors living and serving in our community. During 2004, LHH/ECU also contributed to the local economy

by providing the following:

- \$2 million in charity and uncompensated care to our uninsured residents who don’t have the financial means to pay for their care
- \$550,000 paid to local vendors for goods and services
- \$325,000 in local property and sales taxes

Additionally, between July 2002 and June 2005, LHH contributed to the local tax base by paying \$1.2 million in local taxes. During the same time frame, we’ve invested \$5.4 million in equipment purchases and major renovations. During 2006, we’ll continue to enhance the facility by initiating plans to renovate and expand the critical care unit. We’ll also continue our commitment to serve the community through the expansion of essential services and our ongoing efforts to recruit key medical specialties.

Finally, in furthering our legacy of caring, I’m pleased to offer you the introductory issue of *Health Connection*. Through this quarterly publication, our hospital family will stay connected with your family. In this and future issues, LHH will highlight important health topics and hospital events, and keep you posted on industry and hospital developments.

I hope you enjoy this issue, and we look forward to the opportunity to serve you.

Sincerely,

JOHN C. YANES, CHE
Chief Executive Officer



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. We're pleased to introduce four doctors we're honored to have on our staff.



BHARAT ADROJA, M.D.
Internal Medicine

**930 Bellefonte Ave., Suite 105
Lock Haven
(570) 748-1550**

Dr. Adroja has a private practice in Lock Haven and works as a hospitalist, serving all inpatients at Lock Haven Hospital since June 2003. He earned his degree at B.J. Medical College in India and served his residency at Jamaica Hospital Medical Center in New York, where he served as chief resident.

He's board certified in internal medicine. Dr. Adroja lives in Lock Haven with his wife, Julie, and two children: Yash, 6, and Ujjval, 4.



MARK ARMSTRONG, M.D.
General Surgery

**Geisinger Medical Group
955 Bellefonte Ave., Lock Haven
(570) 748-7714**

Dr. Armstrong is a graduate of the Temple University School of Medicine in Philadelphia. He completed a residency at Mercy Hospital in Pittsburgh and is board certified in general surgery. Dr. Armstrong has been on staff at Lock Haven Hospital since 1993 and serves as chief of staff. He teaches with the Physician Assistant program at Lock Haven University. He's also on the board of the Nurtury Preschool and referees high school football games.

Dr. Armstrong has a wife, Daria, and three children: Deborah, Mark and Adam.



PRAFUL BHATT, M.D.
Pediatrics

**72 East Church St., Lock Haven
(570) 748-4565**

Dr. Bhatt has been a member of our medical staff since 1981. Beforehand, he served his residency at hospitals in New York City and worked as a staff pediatrician at Manhattan Children's Treatment Center. Dr. Bhatt has acted as an instructor for pediatric advanced life-support classes and OB childbirth classes at Lock Haven Hospital. He and his wife, Aruna, have three children: Saurin, Nirali and Binoy.



CARRIE TIMKO, M.D.
Family Practice

**Susquehanna Health
610 High St., Lock Haven
(570) 748-1260**

Dr. Timko is a lifelong Pennsylvania resident. She earned her doctorate at MCP-Hahnemann School of Medicine in Philadelphia and did her residency at Williamsport Hospital. Dr. Timko provides care for the full spectrum of family practice patients, including obstetrics and pediatrics. She has been on the staff of LHH since 2003 and lives in the area with her husband, Ron.

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

HEALTHWISE QUIZ

How much do you know about **asthma**?

Test your knowledge and learn more about asthma.

- 1** Which of the following statements about asthma is *not* true?
- Cockroaches are a major trigger of asthma symptoms.
 - Asthma can develop at any age.
 - Approximately 4,000 Americans die from asthma each year.
 - People with severe asthma should avoid exercise.

- 2** Which of the following is a risk factor for asthma?
- hay fever
 - chronic sinusitis
 - obesity
 - all of the above

- 3** Asthma is the most common chronic childhood disease. According to the American Academy of Allergy, Asthma & Immunology, the number of U.S. children estimated to have asthma is:
- 1.5 million
 - 5 million
 - 10 million
 - 20 million

- 4** All of the following are asthma triggers *except*:
- stress
 - home appliances that use natural gas as fuel
 - corticosteroid medications
 - mold

- 5** If someone is having an asthma attack, one of the first things you should do is:
- Take him or her outside for fresh air.
 - Have him or her breathe into a paper bag.
 - Help the sufferer get his or her prescribed asthma drugs and inhaling equipment.
 - Use the sufferer's Epi-Pen to administer an injection of epinephrine.

Conspiracy theory

How 5 risk factors join forces against your health

When it comes to heart disease, you know that risk factors like family history and being overweight don't work in your favor. Now, experts say a combination of five factors—a condition called metabolic syndrome—also conspire against you, adding up to a far greater chance of suffering a heart attack, stroke or diabetes.

You have metabolic syndrome if you have three or more of the following problems:

- **abdominal obesity**—a waist circumference of 40 inches or more for men; 35 inches or more for women
- **high blood pressure**—135/85 mm/Hg or higher
- **high triglyceride levels**—150 mg/dL or more
- **abnormal cholesterol**—HDL cholesterol levels of less than 40 mg/dL for men and 50 mg/dL for women
- **high blood glucose or insulin resistance**—a fasting glucose, or blood sugar, level of 100 mg/dL or higher

Studies show people with metabolic syndrome are twice as likely to suffer a heart attack or stroke than people without these factors.

WHAT YOU CAN DO

You can head off future trouble if you take these steps now:

- **Lose weight.** Losing as little as 5 percent to 10 percent of your body weight can reduce insulin levels and bring blood pressure down.
- **Eat healthier.** Include more fiber-rich foods like whole grains, beans, fruits and vegetables to aid weight loss and lower insulin levels. Reduce the salt, calories and fat you consume.
- **Exercise.** Get at least 30 minutes of moderately strenuous activity most days of the week.
- **Kick the habit.** Smoking increases insulin resistance and worsens many health problems.
- **Schedule regular checkups.** Get timely checks on your blood pressure, blood sugar and cholesterol levels.
- **Consider drug therapy.** Your doctor may prescribe aspirin therapy or medication to control risk factors.



MATCH GAME

Finding the right doctor for you and your family

Different stages of life bring different medical scenarios. Still, one factor remains a constant: the need for a primary care provider who knows you well and can treat you and your family best. So, how should you go about choosing a primary care doctor?

The first step is to put together a list of candidates. Ask friends, family members, co-workers or people you know who work in the medical community. You'll need to find out which doctors are on your health plan.

Once you've chosen a few candidates, call their offices and find out more by asking:

1. Which hospital does the doctor use?
2. What are the practice's office hours?
3. How far in advance do I have to book a routine visit?

4. If I'm sick, will the doctor see me the day I call?
5. Who covers for the doctor when he or she isn't available?
6. How long is the average waiting room time?
7. What is the office policy on appointment cancellations?
8. What do I do if I have an emergency after office hours?
9. Does the doctor give advice over the phone for common problems?
10. How long will I have to wait for a call back from the doctor or a staff member?

Consider your interaction with staff during your phone calls. Were they friendly, efficient and knowledgeable?

Narrow your list to one or two physicians and make an appointment to talk to them. Most likely, you'll have to pay for these visits. As you talk to the doctor, notice whether he or she pays attention to your questions or seems distracted, giving "stock" answers.

Now you should be ready to choose the doctor who can treat you and your family best—and give you peace of mind.

Food for thought

Eating right can help you control diabetes

If you're one of the 16 million Americans who have diabetes, you understand that nutrition should always take center stage. Healthy food choices, along with exercise and medication, are vital to keeping your blood sugar, or glucose, in line and avoiding complications.



hydrate intake, sugary sweets and desserts helps control blood sugar levels. However, you must consume a moderate amount of carbohydrates to supply your body with the valuable energy they provide. But choose quality fuel. Variety among all food groups is key: fresh fruits and vegetables in abundance; beans,

brown rice and whole-grain breads and cereals; lean meat, poultry and fish; and low-fat dairy products. Drink plenty of water, too, and avoid sweetened drinks. If you drink citrus juice, limit the serving to no more than 6 ounces. If you drink soda, switch to a diet variety.

It's important to stick to proper portion sizes. Learn how to measure and weigh portions. Read food labels, paying particular attention to serving sizes and total carbohydrates. A diabetes educator or dietitian can help you develop an eating plan. By learning to eat properly and controlling your weight and blood sugar levels, you can avoid most diabetes complications.

WHEN YOU EAT

If you have diabetes, you should eat three balanced meals and two snacks a day. Spacing food and trying to eat meals at the same time each day will help control blood sugar and weight. Eating reasonable portions of carbohydrates throughout the day—instead of consuming all your servings at one meal—will keep blood sugar levels stable.

WHAT YOU EAT

Planning what you'll eat at each meal will help you keep blood sugar within a healthy range all day. Limiting carbo-



Community Programs 2006

LOCK HAVEN HOSPITAL

BEST BEGINNINGS

Childbirth Education Classes

This five-session series—for expectant mothers near the beginning of the seventh month of pregnancy—covers exercise, nutrition, breastfeeding, infant car seats and childbirth. Includes a tour of the birthing center. Registration is encouraged.

Call: 893-5024 or 893-5044 (after 4:30 p.m.) for dates and times

Childbirth Education Refresher Class

This one-night class, for those who've gone through the childbirth education classes, includes breathing exercises and relaxation techniques. A tour of the birthing center is included. Registration is encouraged.

Call: 893-5024 or 893-5044 (after 4:30 p.m.) for dates and times

Sibling Class

This one-day class helps prepare children of pregnant mothers for the arrival of a new brother or sister. Registration is encouraged.

Call: 893-5024 or 893-5044 (after 4:30 p.m.) for dates and times

HEALTHY LIVING

CPR

This class is held the first Tuesday of every month at 6 p.m. There is a cost for materials. Registration required.

Call: 893-5118 to register

Ethics Committee Programs

The hospital ethics committee offers educational programs quarterly. Local professionals discuss various topics.

Call: 893-5025 for dates and times

Nutrition Counseling

Whether you need help managing blood sugar levels, cholesterol, blood pressure

or weight, or you're just looking for tips to eat healthier, the nutrition professionals at Lock Haven Hospital are here to help. This is a one-on-one program by appointment only.

Call: 893-5107

Senior Circle

Senior Circle is a nationwide organization for people ages 50 and older. Membership—which is \$15 a year—offers fellowship, activities, health education, parties, travel, local and national discounts and more.

Call: 893-5233

Smoke Stoppers

The program offers attendees a one-on-one, 21-day process to quit smoking with assistance from a trained professional. Registration required.

Call: 893-5369



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Lock Haven, PA 17745

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Health Connection

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The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your healthcare provider.

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