

Health Connection

FROM YOUR FRIENDS AT LOCK HAVEN HOSPITAL

**Improve your balance
and strength**

Try core
conditioning

**Dining the
Greek way**

**When you're here,
you're home**

Extended care
gives families a
helping hand

**Physician
assistants**

Vital members of
the medical team

**Preparing for
outpatient surgery**

Preparing for outpatient surgery

Thanks to the miracle of science, surgeries that once required a hospital stay can now be done on an outpatient basis. That's good news for those who recover better in the comfort of home, but it also means that any necessary arrangements must be made before the surgery date. If you or a loved one is facing outpatient surgery, try the suggestions below to help make the experience as smooth as possible.

PLAN AHEAD

As surgery day draws closer, you'll find it helpful to have certain things taken care of. Once you know your surgery date and time, ask yourself these questions:

- **Do I need to make any changes in my house's setup?** You may have to set up a temporary bedroom on the first floor if you think you'll have difficulty climbing stairs, for instance.
- **Do I have enough food in the house?** Stock up on meals in the freezer (either homemade or store-bought) so you

won't have to worry about food preparation. Ask your doctor about dietary restrictions or recommendations.

- **Will I need help in the house?** Plan to have a friend or a family member drive you home from the hospital. It's also a good idea to have someone stay with you during the first 24 hours. After that, schedule your visitors. They'll brighten your mood but may also cut into your resting time. Be sure to limit visits based on how you feel.
- **Is there anyone I'm responsible for?** If you have baby-sitting or caretaking responsibilities, remember to make other arrangements for your recovery period.

THE DAY BEFORE

Your doctor will probably instruct you not to eat or drink within eight hours of surgery. Ask your doctor whether you should abstain from taking medication or bring a day's dosage with you to the hospital.

If you're recovering from or coming down with a cold, tell your doctor. Your surgery may be postponed until you feel healthy.

Because skin-tone changes can sometimes be a sign of postsurgery problems, don't wear any makeup the day of surgery, including eye makeup and nail polish. Also, plan to wear loose clothing to the hospital.

AFTER SURGERY

Tell your healthcare team about any discomfort, irritation or pain you feel. How long you stay at the hospital will depend on your ability to drink fluids, walk and urinate. The amount of pain you're in will also affect your discharge. Before you leave, get a written list of postoperative instructions, symptoms to monitor and in-case-of-emergency phone numbers.



MEET OUR MEDICAL STAFF

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 three of our medical staff members.



JOHN HANNA, PA-C
General Surgery

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

Employed with the Geisinger Medical Group in Lock Haven, John Hanna is a certified physician assistant specializing in

general surgery. John received his bachelor's degree and Master of Health Science degree from Lock Haven University, graduating with honors from the physician assistant program. John's interests include spending time with his family, coaching youth athletics and other outdoor activities such as hunting and fishing. He lives in Lock Haven with his wife, Rachel, and their children, Olivia and Jack.



ALISON A. BOTEK, M.D.
Dermatology

930 Bellefonte Ave., Suite 103
Lock Haven
(570) 748-4600

Alison A. Botek, M.D., received her undergraduate and graduate degrees from Pennsylvania universities, earning her Doctorate

of Medicine from the Pennsylvania State University College of Medicine in Hershey, Pa. She's board certified by the American Board of Dermatology and a Diplomate with the National Board of Medical Examiners. Dr. Botek, a recreational musician and photographer, lives in Lock Haven with her husband, Stefano Carpenetti, M.D., and three children, Julianna, Nicholas and Carolina.



JEROME ELLIS, M.D.
Internal Medicine and
Pediatrics

24 Cree Drive
Lock Haven
(570) 893-5000

Certified by the American Board of Internal Medicine and the American Board of Pediatrics,

Jerome Ellis, M.D., comes to Lock Haven Hospital from a private practice in Williamsport, Pa. He received his medical degree from the Tufts University School of Medicine in Boston, Mass., and completed a residency in internal medicine and pediatrics at the University of Rochester in Rochester, N.Y. Dr. Ellis serves as a full-time hospitalist with Lock Haven Hospital, specializing in inpatient care. In his free time, he enjoys gardening, music and home renovation. A Pennsylvania native, Dr. Ellis resides in Williamsport with his wife, Adrienne, an obstetrics nurse at Lock Haven Hospital, and his 2-year-old son, Keefer.



A strong, stable core helps reduce your risk of injury and prevent back pain.

At the core of fitness

postures that focus on building flexibility, balance and strength.

- **Tai chi.** This Chinese ritual involves precise, relaxed exercises to increase both agility and balance.

- **Pilates.** It's the latest craze, involving the use of certain exercises to create longer and stronger muscles without the bulk.

- **Weight training.** Focus on exercises that target your core muscles. Start light and increase the intensity of your workout over time. You may want to consult with a personal trainer to develop a program tailored to your needs.

- **Stability ball.** Sometimes

called a Swiss ball or a resist-a-ball, this large, rubber exercise ball is one of the best ways to actively target and stabilize your core. Start with the ball slightly deflated or secure it against a wall until you're ready to add more challenge to your balance. Choose a ball that comes with a video of basic exercises.

- **BOSU ball.** Shaped like a stability ball cut in half—flat on one side, domed on the other—the BOSU ball is designed to activate and strengthen your core as you perform exercises on it. Many gyms offer BOSU ball classes, and you can also buy video and DVD workouts to use with the BOSU at home.

- **Stability equipment.** Other light equipment ranging from foam rollers, balance pads and discs and mini-trampolines (ideal for beginners) to balance and wobble boards (for the more advanced) can help you improve core strength and stability.

Head of core conditioning? It's the "apple-a-day" way for you to ensure that your body stays strong and steady. Simply put, core conditioning is a series of exercises that target your core—the body's center of power that starts just below your shoulders and ends just below your hips. You work out to gain strength in the muscles that control your trunk and spine while improving balance, agility and flexibility. Adding core strength helps you perform daily functions like lifting grocery bags, playing with your kids and getting in and out of your car. A strong, stable core also helps reduce your risk of injury and prevent back pain.

Try these exercises to build the back, abdominal, thigh and buttock muscles associated with a strong core. Check with your physician first to be sure you're starting at a fitness level that's right for you.

- **Yoga.** This ancient practice involves stretching and holding

HEALTHWISE QUIZ

How much do you know about menopause?

Take this quiz to find out.

1 The average age when women in the United States reach menopause is:

- a. 51
- b. 55
- c. 48
- d. 64

2 The single biggest risk factor for osteoporosis, or brittle bone disease, is menopause. All of the following are signs that you may have osteoporosis except which one?

- a. height loss
- b. tooth loss
- c. joint pain
- d. backaches

3 One of the few reasons you should consider using hormone therapy is to:

- a. prevent ovarian cancer
- b. relieve severe menopausal symptoms such as hot flashes
- c. protect against heart disease
- d. lower your risk of breast cancer

4 The transitional period of two to 10 years before menopause, characterized by hormone fluctuations that can cause menopausal symptoms, is called:

- a. premature menopause
- b. premenopause
- c. perimenopause
- d. postmenopause

5 Of the following remedies, which is the only one approved by the U.S. Food and Drug Administration to relieve hot flashes?

- a. soy
- b. black cohosh
- c. phytoestrogens
- d. hormone therapy

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

Take control!

7 steps to healthy blood pressure and cholesterol

Heart disease and stroke kill millions of Americans each year. Unless you take steps to control your blood pressure and cholesterol levels, you may be at risk for these diseases. Get on the road to better health today with these seven simple steps:

- 1 Take a walk.** Exercise helps control your blood pressure and improves your cholesterol. Choose activities you enjoy and strive for at least 30 minutes of moderate-intensity physical activity on most days of the week.
- 2 Manage your weight.** Reducing your weight by just 10 pounds may help lower your blood pressure and reduce bad cholesterol. Since dropping pounds may be easier when working with a group, ask your healthcare provider to refer you to experts, groups or classes that can help.
- 3 Toss the cigarettes.** Smoking causes blood vessels to narrow and blood pressure to rise. It also makes it easier for cholesterol-rich plaque to stick to artery walls. A smoking cessation class can offer extra support.
- 4 Eat well.** Enjoy vegetables, fruits, whole grains, beans and legumes, along with moderate amounts of lean protein and healthy fats like those in salmon and olive oil. Avoid foods high in saturated fat, cholesterol, sodium, sugar and trans fatty acids.
- 5 Try soy.** A recent study shows that two servings a day of uncooked soy protein—found in tofu, soy milk or soy powder—lowers cholesterol levels by as much as 9 percent.
- 6 Limit your liquor.** Women should consume no more than one drink a day and men no more than two drinks a day.
- 7 Get screened.** Routinely checking your blood pressure and cholesterol levels keeps you on top of your cardiovascular disease risks. If your blood pressure's high, ask your doctor about buying a blood pressure monitor for home use.





PHYSICIAN ASSISTANTS:

Vital members of the medical team

One of the major issues facing healthcare is the increasing scarcity of physicians. In a recent study, the Department of Population Health at the Medical College of Wisconsin in Milwaukee predicts that the United States is facing a physician shortage in the next decade. According to the report, the country will be short almost 200,000 doctors by the year 2020.

THE ROLE OF PHYSICIAN ASSISTANTS

One response to the imminent physician shortage is an increase in the use of medical health professionals known as mid-level providers. Physician assistants (PA) are medical professionals who have a license to practice medicine under the supervision of a physician. With nearly 60,000 PAs currently in practice and more on the way, the profession holds great potential for U.S. healthcare. CNN Money rates PA as one of the top five best jobs; according to the U.S. Bureau of Labor Statistics, it's the fourth-

fastest growing profession in the country.

PAs interview patients about their medical history, perform general screenings and physical examinations and counsel patients independent of their supervising physicians. Working closely with a supervising physician, a PA also

can order and interpret lab tests, prescribe medication and assist in surgery. These professionals allow physicians to focus their time on patients who require specialized care and attention. This cooperation allows for an overall higher level of care while increasing the number of patients the doctor can treat. Studies show that patient satisfaction with PAs is equal to that of physician care. Currently, 135 PA training programs operate in the United States, producing more than 4,200 graduates a year.

THE PA ADVANTAGE FOR RURAL COMMUNITIES

"The PA is a vital member of the medical team," explains Walter Eisenhauer, director of the Lock Haven University Physician Assistant Program. "This is easily seen in the rural healthcare setting. PAs are more likely than doctors to practice in medically underserved areas. In addition, we've seen some recent legislation in Pennsylvania

eliminating some barriers to realizing the full potential of PAs as care providers.” In fact, nearly 39 percent of PAs practice in rural and inner-city areas. “Pennsylvania is the largest exporter of medical professionals,” says Eisenhauer. “However, 60 percent of Lock Haven graduates remain in Pennsylvania.”

A PARTNERSHIP IN CARE

Lock Haven Hospital is affiliated with the Master of Health Science program at Lock Haven University Graduate School of Health Science. Since its first accreditation in 1996, Lock Haven University has graduated nearly 300 PAs.

In cooperation with healthcare facilities like Lock Haven Hospital and other community providers, students are trained in clinical skills in the second year of the Physician Assistant Program. Several medical providers with Lock Haven Hospital privileges oversee the PAs’ clinical rotations in their respective specialties. PA students have completed rotations with Mark Armstrong, M.D., in general surgery; Ramesh Talreja, M.D., in anesthesiology; and Rajesh Patel, M.D., in internal medicine. Students also work with Lock Haven Hospital radiologists.

The university and Lock Haven Hospital collaborate on community health outreach and screenings and joint training with the hospital’s healthcare professionals. More recently, the university and hospital participated in cross-training for advanced cardiac life support (ACLS). Eisenhauer sees continued opportunities for collaboration. “As our program grows, so will the opportunities to expand training and joint CMEs [continuing medical education for medical staff] with Lock Haven Hospital,” he says.

“A real advantage to the PA training is the turnaround time,” says Eisenhauer. “It can take seven to 10 years to train a physician. Typically a PA trains for 24 to 27 months. With the quickening pace of medicine and evolving needs of the population, the PA model allows us to adapt and change in a changing marketplace.”

For more information

To learn more about the Lock Haven University Physician Assistant Program and the role of physician assistants at Lock Haven Hospital, call Jerry S. Falco at 1-800-332-8900 or visit gradprograms.lhup.edu/pa.

WOMEN: It’s time to get healthy!

Join Lock Haven Hospital this spring for the Healthy Woman Kickoff!

Healthy Woman is a new, free community resource provided by Lock Haven Hospital to help women maintain a healthy body, mind and spirit for themselves and their loved ones. “The kickoff celebration will lead the way to free—and fun—monthly events that cover a variety of health, life balance, relationship and communication issues,” says Cathy Rinker, Healthy Woman coordinator and obstetrics nurse manager. “We’re inviting women—and men—to enjoy the kickoff events and be part of the fun from the start.”

All area women are encouraged to become Healthy Woman members today by registering online at www.lockhavenhospital.com. Members will receive e-mail or other communication about free monthly presentations, interactive events, other health information and sponsor incentives. Membership is free and the benefits last a lifetime.



Date: To be announced
Lock Haven University
Roger’s Gymnasium
Fairview Drive
Lock Haven

\$15/person;
table sales available
Call (570) 893-5372 or
(570) 893-5386 or visit
www.lockhavenhospital.com.

4–6 p.m.: Free Health Fair and Expo, exhibits, demonstrations and giveaways from Healthy Woman partners and Lock Haven Hospital

6:30 p.m.: Dinner, entertainment, door prizes and nationally known speaker, Suzanne Metzger, Ph.D.



First-aid foresight

Would you know what to do?

Sooner or later, we all face a medical problem that calls for immediate first aid and clear thinking. Knowing what to do next is a health skill everyone needs.

Bleeding. Apply pressure to the wound with a thick, clean cloth and raise the wound above the heart. If bleeding is severe or isn't controlled in five minutes or if the wound is very dirty, longer than an inch or gaping, get immediate medical care.

Puncture wounds. Don't self-treat deep puncture wounds since they can result in deep-tissue injury or infection.

Burns. Run cool water over minor burns, immerse in cold water or wrap the burned area in a cold, wet cloth for about 10 minutes or until pain subsides. Apply an antibiotic ointment and cover with a bandage. Call your doctor if blisters form.

Poisoning. Before doing anything, call the National Poison Control Hotline at 1-800-222-1222. Induce vomiting only if instructed.

Shock. Shock may cause cold, clammy skin; weakness; confusion; a rapid heartbeat; or deep, shallow or irregular breathing. Keep the victim warm and lying down on his or her back until help arrives. Don't give the victim anything to drink.

Electrical injuries. Do not touch someone who has just been electrocuted—the current may pass through you. While waiting for help to arrive, try to turn off the source of electricity.

Sprains and strains. To treat sprains and strains, follow the RICE method: rest, ice, compression and elevation. Apply ice packs or cold-water compresses to relieve swelling. Wrap the injury in an elastic bandage and keep it elevated above the heart.

Broken bones. Quickly call for emergency assistance. It's best not to move the person or attempt to straighten a broken bone.

Dine the Greek way

Although many of their meals consist of 40 percent fat, residents of the Greek isle of Crete who eat a traditional diet live longer than most other ethnic groups. In fact, Greeks who haven't succumbed to Western-style meals are 20 percent less likely to die of coronary artery disease and about 30 percent less likely to die of cancer than Americans are.

These stats make nutritionists take note, and what they've found is that the traditional Greek diet is one of the healthiest eating styles you can choose. The diet focuses on:

- vegetables, fruits, fish, grains, beans, nuts and legumes like chickpeas
- olive oil as the sole source of added fat
- only a few weekly servings of poultry, eggs and sweets
- daily, small to moderate amounts of cheese and yogurt
- red meats saved for special occasions only

What's more, the Greek diet is tasty—a sign that you don't have to give up good food to stay healthy.

BEWARE OF TROJAN HORSES

But be cautious: Some Greek foods found in the United States don't fit the heart-healthy profile of traditional



Greek cuisine. The nonprofit Center for Science in the Public Interest analyzed typical restaurant-size portions of some popular Greek meals. What they found could stop your heart. For example, spanakopita (spinach pie in phyllo dough) has 410 calories and 24 grams of fat, beef or lamb gyro (sandwich) has 760 calories and 20 grams of fat and moussaka (a meat and eggplant casserole) has 830 calories and 48 grams of fat!

'Acne! At my age?'

It can happen. Although we think of acne as kids stuff—an annoyance that vanishes along with adolescence—for some women, pimples persevere well into adulthood. For others, acne may not even rear its ugly head until age 30 or so.

WHAT'S BEHIND THE BLEMISHES?

Whether you're prone to acne is largely determined by your genes. If your mother or father had skin trouble, chances are you will, too. Acne erupts when skin glands make too much sebum, an oily substance that blocks skin ducts. The plugged ducts, in turn, prevent dead cells from shedding and encourage sebum to build up. The result: A pimple.

Breakouts are common in adolescence, when raging hormones stimulate sebum production. But what causes a mature woman to break out? Several factors, it turns out: **Hormones.** Not surprisingly, hormone fluctuations can continue to wreak havoc on our skin as we age. Many women with acne notice that outbreaks are worse in the week before their menstrual periods. And while birth control pills can clear acne for some women, they actually cause blemishes in others. (Call your doctor if you experience a sudden, severe acne outbreak. It could signal an ovarian or adrenal tumor that's affecting hormone production.)

Oil exposure. Avoid contact with oily cosmetics, shampoos and cooking oils.

Stress. Strong emotions such as fear and anxiety seem to trigger acne.

CLEARING YOUR SKIN

The first step to clearer skin is identifying and avoiding anything that causes a breakout. Being careful about hygiene helps, too: Wash your face twice a day with ordinary soap and water. And if



you're battling a mild case of acne, try an over-the-counter medication that contains benzoyl peroxide. Serious acne may require special attention. If you have severe blackhead acne, your doctor may prescribe tretinoin, commonly known as Retin-A, which comes in cream, gel and liquid forms. Retin-A heightens your skin's sensitivity to the sun, so if you use it, wear sunscreen and protective layers.

Antibiotics can curb cystic acne, a form of acne in which lumps and pustules develop deep under the skin. If antibiotics don't work, isotretinoin, or Accutane, an oral medication, may help. However, because it has been linked to birth defects, Accutane is not an option if you're pregnant or planning to conceive.

Large pustules or abscesses can be surgically drained. The minor surgery, performed under local anesthesia, is often followed by a cosmetic procedure that smoothes over scarred skin.

Don't let acne, an annoyance at any age, affect the way you feel about yourself. With perseverance and the right treatment, you should be able to reduce or banish blemishes for good.

If your mother or father had skin trouble, chances are you will, too.

When you're here, you're home

Extended care gives families a helping hand

Many working adults find themselves pulled in countless directions, often trying to balance work, raising a family, errands and activities while assisting their parents or other loved ones. This “sandwich generation” balances the care of children with the care of aging parents or family members with special care needs. These tasks can be overwhelming for families who may feel pulled in more directions than they can manage.

HELP IS AVAILABLE

Lock Haven Extended Care offers respite care services, a level of care designed to accommodate the individual needs of families by providing short-term or temporary care of their loved ones. Typically lasting five to 14 days,

respite care provides patients with a full spectrum of care, from all the basic care needs of everyday living to rehabilitative care. Lock Haven Extended Care partners with families to continue the standard of companionship, care and rehabilitation provided at home—each resident is treated as part of our family. Families are welcome and encouraged to visit anytime during their family member's stay.

SHORT-TERM OPTION—LASTING PEACE OF MIND

You can rest assured your loved one is in a safe environment, with 24-hour nursing and physician care. Lock Haven Extended Care has a team of recognized and highly trained caregivers who provide compassionate care, treating everyone with the respect and dignity they

deserve. The benefits of respite care extend to a community of people—when caregivers become stressed, those around them will experience stress, too. Respite care provides care for everyone involved. If loved ones who require special care feel like they are a burden, respite care may be the vacation the entire family needs. Our motto—when you're here, you're home—underscores our commitment to ensure everyone who stays with us feels welcome.

**Make an
appointment today!**

For more information about Lock Haven Extended Care services or to tour the facility, contact admissions coordinator Tracy Foster at (570) 893-5164.



THE FACTS ABOUT

brain tumors

It's difficult to think of a health condition more ominous than a brain tumor. And while challenging to treat, the outlook isn't necessarily bleak. Like other tumors, brain tumors are either benign (noncancerous) or malignant (cancerous). Benign tumors tend to grow slowly and usually don't invade surrounding tissues. But because they can place pressure on sensitive areas of the brain and cause serious health problems, they require treatment as well.

WARNING SIGNS

The following symptoms may suggest a brain tumor, though they also may be linked to other neurological disorders:

- seizures, especially if you don't have a history of seizure
- headaches (usually worse in the morning)
- unexplained nausea and vomiting

- changes in speech, vision and hearing
- dizziness or problems with balance or walking
- weakness or loss of sensation in the hands, arms, feet or legs
- changes in mood, personality, memory or ability to concentrate

PATH TO DIAGNOSIS

Doctors perform a neurological exam to check for alertness, balance, coordination and reflexes as well as vision, speech and hearing. Depending on the results, the patient may undergo one or more tests using computed tomography (CT), magnetic resonance imaging (MRI), positron emission tomography (PET) or other types of brain scans. Other tests may include an angiogram, X-rays or a spinal tap. The only way to confirm a brain tumor diagnosis is with a biopsy, in which a sample of tissue is examined under a microscope.

TREATMENT OPTIONS

To combat brain tumors, doctors use surgery, radiation and chemotherapy or a combination of these treatments. Sometimes, a brain tumor can't be removed through surgery because of its size or proximity to critical areas of the brain. Patients with these tumors typically have radiation therapy to destroy tumor tissue. Chemotherapy, which uses drugs to attack cancer cells, is often part of the treatment plan. Surgeons may also implant chemotherapy "wafers" in the brain. As these wafers dissolve, they release anticancer drugs.

No one knows what causes brain tumors, but certain risk factors have emerged, such as having a family history of brain tumors and being male, Caucasian and over age 70. Exposure to radiation or certain chemicals like formaldehyde, vinyl chloride and acrylonitrile also increase risk. Studies have found no connection between tumors and brain injuries or cell phone use.

Experts continue to explore new surgical techniques to remove tumors, new ways to target tumor destruction and new avenues to deliver anticancer drugs. While it's true that treating brain tumors requires aggressive action, the prognosis is often hopeful.





John C. Yanes, CHE
Chief Executive Officer

Dear friend and neighbor,

As we settle into the New Year, it's important to reflect on what our healthcare family has achieved to better serve our community. In January 2006, Lock Haven Hospital and the Extended Care Unit embraced the goal of becoming the First Choice for Healthcare in Clinton County and our neighboring communities.

With the successful launching of the Wound Care Center and Occupational Health Program, the development of diagnostic and surgical services, the installation of the electronic documentation system in the Emergency Department and the Pyxis medication dispensing system, and the recognition of Lock Haven Extended Care for their quality outcomes, we've made significant strides in achieving our healthcare family's mission—to be Your First Choice for Healthcare.

In addition, the successful recruitment of key medical specialists in orthopedics, surgery and urology

and the introduction of the hospitalist service have complemented Lock Haven Hospital's experienced medical staff. Clearly, Lock Haven Hospital and Clinton County are privileged to have a quality medical staff composed of dedicated physicians who are also our friends, neighbors and long-standing local residents who have demonstrated their dedication to our community.

As we move into the future with our faithful medical staff, hospital employees and volunteers, there's no doubt we'll be able to better serve you—our friends and neighbors.

Sincerely,

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



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Lock Haven, PA 17745

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