

Health Connection

FROM YOUR FRIENDS AT LOCK HAVEN HOSPITAL



**When it comes to
babies, we deliver!**

**Dedicated to
your health**

Key renovations at
Lock Haven Hospital

The doctor is in

**A faster,
gentler surgery**

Reclaim your energy



www.lockhavenhospital.com

Minimally invasive surgery

Less pain, faster recovery

Minimally invasive surgery (MIS) is the buzzword in healthcare right now. And with good reason.

With advancing technology and surgical techniques, patients now have the benefit of undergoing procedures that require just a few small incisions. In years past, those same procedures would have required large cuts and left equally large scars.

HOW IT WORKS

MIS—sometimes referred to as laparoscopic surgery—mirrors the techniques of traditional surgery but decreases the patient’s surgical trauma. Because surgeons using MIS lose some visibility with smaller incisions, they have to create a larger workspace. They do this by making a small cut in the skin, then gently expanding the body cavity with a gas (such as carbon dioxide). A small camera (laparoscope) is then inserted through the incision and into the newly expanded space to help surgeons see where to operate.

While MIS isn’t suited for all types of surgery, it has been used for such procedures as appendectomies, hernia repair, gallbladder surgery, hysterectomies, brain tumors, herniated spinal discs, knee and hip replacements, sinus surgery and certain types of heart procedures.

MINIMAL TRAUMA, MAXIMUM BENEFITS

The goal of MIS is to treat patients with the least amount of trauma. In addition to minimized scarring, this type of surgery also:

- **Minimizes bleeding.** Decreased blood loss means a decreased chance of blood transfusion.



- **Lessens pain.** Small incisions reduce trauma to the skin and underlying muscles, meaning less postoperative pain.
- **Reduces infections.** Unlike a traditional operation, where the body is wide open, tissue isn’t exposed to the air for extended periods during MIS.
- **Shortens hospital stays.** Reducing bleeding, pain and the chance for infection means you’ll get to walk out of the hospital sooner.
- **Hastens recovery.** MIS can dramatically reduce recuperation time—in some cases, by half.

Other minimally invasive procedures

Endoscopic surgery is similar to laparoscopic surgery because it also requires a small camera. However, the equipment (endoscope) passes through an existing opening such as the mouth, anus or urethra.

Robotic laparoscopic surgery uses techniques identical to laparoscopic surgery but allows surgeons to use robotic arms to perform the procedure.

Ablation targets and destroys diseases, such as kidney and prostate cancer, with high-frequency energy, leaving normal tissue nearby intact. It’s also been used to correct benign heart arrhythmias.

Dedicated to your health

Key renovations at Lock Haven Hospital

Better urology care

In its commitment to providing essential specialty services to the community, Lock Haven Hospital and the newly established Haven Urological Professionals have renovated Bald Eagle Court, Suite 305 in McElhattan. Ray Petroski, M.D., board-certified urologist, also joined Lock Haven Hospital in July 2007.

The 10-week 4,350-square-foot renovation project resulted in four new exam rooms, two procedure rooms, a sterilization area, a registration area, a spacious waiting room, a family conference room and additional support space for a comprehensive urology practice.

COMMUNITY BENEFITS

The benefits for Clinton County include:

- increased outpatient medical specialty services
- improved standard of care and convenience
- reduced need for residents to leave the area for medical services
- positive economic impact through economic development and upgrades to local medical infrastructure

Improved extended care

Lock Haven Hospital's extended care unit (ECU) has completed renovation of the second floor's C-wing. Residents' rooms, bathrooms and the hallway have been enhanced to offer quality care in a home-like environment. The rooms have updated wall finishes, new solid-surface countertops, resurfaced cabinetry and wardrobes, new telephones and TVs and updated heating and air conditioning units. Hallway renovations include new wainscoting and handrails. In the bathing and showering facilities, a newly designed bathtub has been installed to allow easy access for residents and helps staff assist residents. The project helps to protect the facility's walls from normal wear and tear and aids in daily cleaning and maintenance.

THE ADVANTAGES

Residents benefit from:

- improved living environment and comfort
- updated modern finishes and fixtures in resident rooms and hallway
- improved appearance and use of space
- improved aesthetics of work environment for physicians and other team members

Lock Haven Hospital is pleased to offer these improvements in care to the community.

! Learn more!

For more information about urology services or extended care at Lock Haven Hospital, call (570) 893-5000.



WAITING TO INHALE

Breathing problems you shouldn't ignore

Take a deep breath." The command sounds easy, but for some people it's not so simple.

Being unable to breathe deeply or feeling short of breath may be a sign of a serious condition.

If you have any of the following symptoms, get them checked out by a physician:

- inability to take a deep breath
- shortness of breath without exertion
- shortness of breath after mild exertion, such as climbing a short flight of stairs
- wheezing
- tightness in the chest
- pain or discomfort when inhaling and exhaling
- a chronic cough or clearing of the throat
- difficulty breathing when you lie down
- a lack of energy
- coughing up blood or mucus

Difficulty breathing shouldn't be taken lightly. Lung disease is the number three killer in the United States. It takes on many forms, including:


- **Asthma**, a chronic disease in which the passages that

carry air in and out of your lungs become sore and swollen. Asthma is characterized by wheezing, coughing, chest tightness and trouble speaking.

- **Chronic obstructive pulmonary disease (COPD)**, which includes emphysema and chronic bronchitis. In COPD, your airways and air sacs lose their shape and become floppy, like a stretched-out rubber band. Coughing up mucus is often a first sign of this disease. COPD is typically caused by cigarette smoking.
- **Pneumonia**, an inflammation of the lungs, usually caused by an infection. It's normally accompanied by shortness of breath and a cough or a fever.
- **Lung cancer**, which can take years to develop. If it's diagnosed early, before it spreads, the survival rate is almost 50 percent.

Breathing difficulties can also be a sign of heart disease or a heart disorder, such as congestive heart failure, heart arrhythmia or pulmonary hypertension.

In these or any other case of breathing distress, your physician can help you find the source of the problem with a thorough physical exam.



If you're having trouble catching your breath, it's time to see your doctor.

When cough drops don't do the trick

A chronic cough—one that lasts more than three weeks—may be your body's way of telling you a problem exists. Your cough could be the result of:

- allergies, particularly postnasal drip, which often triggers coughing
- asthma
- heartburn, where acid from your stomach backs up into your throat
- medicines, including beta-blockers for high blood pressure, migraines and glaucoma and ACE inhibitors

HEALTHWISE QUIZ

How much do you know about **sleep disorders**?

Take this quiz to find out.

1

Lack of sleep may put you at a higher risk for:

- a. type 2 diabetes
- b. low blood pressure
- c. asthma
- d. gastric ulcers

2

Which of the following changes in your sleep routine may be a result of an underlying heart problem?

- a. waking up during the night to urinate
- b. waking up during the night due to shortness of breath
- c. not being able to fall asleep
- d. both a and b

3

Restoring your body with sleep has been shown to:

- a. improve skin tone
- b. improve red blood-cell count
- c. reduce eye strain
- d. improve reaction time and attention span

4

Women diagnosed with obstructive sleep apnea often experience these symptoms:

- a. snoring loudly with periods of gasping or snorting
- b. waking up with a sore throat
- c. waking up with a headache
- d. all of the above

5

The most common treatment for sleep apnea is:

- a. antihistamine medication
- b. surgery
- c. a continuous positive airway pressure (CPAP) mask worn at night
- d. analgesic medication

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

WOMEN: Is a heart attack in your future?

A heart attack may seem to come out of the blue. Yet your personal risk factors and lifestyle habits may hold clues to your heart's health and what your odds are of suffering from a heart attack.

LOOK FOR THE SIGNS

High blood pressure (140/90 mm Hg and above) and high blood cholesterol (240 mg/dL and above) are significant clues that you may be developing heart blockages in the form of plaque. Being postmenopausal and having diabetes or rheumatoid arthritis can also increase heart attack risk.

Talk with your healthcare provider about what risk factors are significant for you. He or she can help you control your blood pressure and cholesterol levels and may also recommend testing for metabolic syndrome. Recent research shows this condition may be useful for detecting signs of heart disease in women who might appear healthy. The signs of metabolic syndrome include a waist size greater than 35 inches, higher-than-normal levels of triglycerides and glucose, and insufficient levels of HDL, or good cholesterol.

Also, be aware of what a heart attack might feel like for a woman, as some symptoms can differ from those of men. Chest pain or pressure; nausea; vomiting; indigestion; cold sweat; shortness of breath; light-headedness; fatigue; or discomfort in the arms, back, neck, jaw or stomach are all possible signs.

GO HEART SMART

- Aim for a normal weight.
- Exercise for 30 minutes every day.
- Quit smoking and avoid secondhand smoke.
- Avoid foods high in saturated or trans fat and curb refined carbohydrates—cookies, white bread, sweet drinks—sometimes referred to as “high-glycemic-index” foods.



John C. Yanes, FACHE
Chief Executive Officer

Dear neighbor,

Relecting on 2007, it's clear that Lock Haven Hospital delivered on its commitment to Quality Care, Right Here. As you read through this issue of *Health Connection*, it will be evident that our healthcare family realized key accomplishments in what proved to be a challenging and rewarding year.

With the establishment of Haven Healthcare for Women with Nicholas Viyuoh, M.D., and Haven Urological Professionals with Ray Petroksi, M.D., residents now have convenient access to quality obstetrics and gynecology and urological services right here at home. In December 2007, Haven Urological Professionals relocated to its newly renovated space at Bald Eagle Court in McElhattan. With completed renovations of the extended care unit's C-wing, the next step is to initiate intensive care unit renovations.

As we move into 2008, we look forward to continuing efforts to better serve the community.

Regards,

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

Fast fact

While it's best to get vaccinated in the fall, a flu shot in January can still keep you healthy, especially during flu's peak in February. Flu season can even last until May. Talk to your healthcare provider today.



When it comes to babies, we deliver!

Lock Haven Hospital is pleased to offer quality maternity services close to home. With a large, well-equipped maternity floor, expectant moms will have the comfort and convenience of advanced obstetrical services without leaving the area.

AN EXPERIENCED TEAM

Carrie Timko, M.D.; Sarla Kapoor, M.D.; and Nicholas Viyuoh, M.D., will continue to deliver babies here. The hospital is actively recruiting a board-certified midwife and recently brought Nadine Hershey, P.A.-C., onboard. Read more about this dedicated team on page 10.

OTHER FEATURES

The hospital's anesthesia group is available to provide 24-hour epidural services. The newborn nursery features private postpartum rooms, a Cesarean-section room, a newborn nursery and certified neonatal staff.

At Lock Haven Hospital, eager family and friends can visit mom and baby without having to drive out of the area.

! We're here for you!

For more information about Lock Haven Hospital's maternity services, call (570) 893-5043.

Give your baby a healthy start!

Lock Haven Hospital launches Tiny Toes

To help make your childbirth experience a cherished lifetime event, Lock Haven Hospital has launched Tiny Toes, a tip-top obstetrics program.

THE TIP-TOP ADVANTAGES

Tiny Toes members receive these benefits:

- **Skilled and experienced staff.** We're proud of our team's experience to help bring your bundle of joy into the world.
- **A maternity services tour.** You're welcome to schedule a tour, meet our staff and ask pregnancy and delivery questions.
- **Health information on our Web site.** Visit www.lockhavenhospital.com and click on "Health Resource Library" to access a wealth of current pregnancy and childbirth information.
- **"What to Expect When You're Expecting."** This book is our gift to help guide you through pregnancy. This must-have item is filled with helpful tips and information about your changing body, developing baby and what you can do to fully enjoy pregnancy and your child's birth.
- **Birthing classes.** We offer birthing classes to new moms and those who'd like a refresher.
- **A special collection of keepsakes.** This includes a special gift from Lock Haven Hospital's Senior Circle chapter; a certificate featuring your baby's height, weight and time of birth; a tote filled with discounts and perks from participating area merchants; a lullaby CD; and access to a state-certified car seat



inspector and lactation specialist services.

And with your consent, your baby's digital photo will be posted on the hospital's Tiny Toes Web site.

! Join today!

To enroll in free prenatal classes, schedule a maternity department tour or join Tiny Toes, call Haven Healthcare for Women at (570) 893-5043. You can request an informative Tiny Toes brochure and registration form. Also visit www.lockhavenhospital.com today.



Bone-afide steps to a strong family framework

Bones are vital to protecting our organs, anchoring our muscles and supporting our bodies. The best ways to build strong bones in ourselves and our children—while reducing the risk of brittle bones later in life—is through adequate calcium consumption and regular physical activity.

Getting adequate amounts of calcium and vitamin D (necessary for calcium absorption) is essential throughout life, particularly during the peak bone-building years from ages 9 to 18. The amount of calcium* you need is largely determined by age:

- Birth to 6 months: 210 milligrams (mg)
- 6 months to 1 year: 270 mg
- 1 to 3 years: 500 mg
- 4 to 8 years: 800 mg
- 9 to 18 years: 1,300 mg
- 19 to 50 years: 1,000 mg
- 50+ years: 1,200 mg
- Pregnant or lactating women: 1,000–1,300 mg

Good sources of calcium for the entire family include

dairy products (low-fat or non-fat milk, cheese and yogurt), dark green leafy vegetables (broccoli and bok choy), nuts (almonds) and calcium-fortified foods (orange juice, cereal, bread, soy beverages and tofu products). If you can't get enough calcium from your diet, consider taking a calcium supplement.

Physical activity is a must for all ages to build and maintain sturdy bones. The best exercises for bones are weight bearing: jumping rope, walking, jogging, climbing stairs, aerobic dancing, skateboarding and playing soccer. How much exercise do you need for maximum bone strength? Kids should get at least 60 minutes of moderate physical activity daily, and adults at least 30 minutes.

**Source: National Academy of Sciences*



Eat smart for energy

The busy lifestyles many of us lead would slow to a crawl without a dependable source of energy. We get much of that energy from the foods and beverages we consume. That's why it's more important than ever to eat healthy foods that not only keep our bodies charged but our weight and cholesterol down.

What are the healthiest, fuel-packed foods? Good

energy foods include those rich in:

- **complex carbohydrates**, such as whole-grain breads, pasta and rice; potatoes; and legumes
- **iron**, including beef, raisins, kidney beans, pumpkin seeds and spinach

- **B vitamins**, such as fortified cereal, fish, whole grains, legumes, leafy green vegetables and milk

Active people also need constant fluids to avoid dehydration, which can cause fatigue. Drink plenty of water (you can jazz it up with lemon or lime), low-fat or fat-free milk, or vegetable or tomato juice. Steer clear of caffeine and alcohol, which can dehydrate the body, and sugary drinks.

Be careful not to overeat. It can cause fatigue, especially if you eat foods high in sugar and fat. And skipping breakfast will leave you worn out by 10 or 11 a.m. Instead, start with a low-fat, high-fiber breakfast and then refuel every three to four hours.

Without the proper foods and fluids, your body won't have the fuel it needs for energy.

Adult fevers: Cause for concern?

Your home has a smoke detector to alert you to a fire, your car a check-engine light to tell you something is wrong under the hood. Your body has an alarm system, too, and a fever is one way it tells you something is amiss. Usually that “something” is an infection, although certain types of medicine, heat exhaustion, cancer and autoimmune diseases can also raise your body temperature.

Your body defends itself against infection by producing a fever. Infection-causing bacteria and viruses operate fine at your normal body temperature—usually around 98.6° F—but it’s harder for them to survive at higher temperatures. Infection also kicks your immune system into high gear.

WHEN TO SEE YOUR PHYSICIAN

For adults, fevers usually aren’t dangerous. But if your fever reaches 103° F or higher or you’ve had a fever for more than three days, you should see your physician. He or she may recommend using over-the-counter medicines such as acetaminophen or ibuprofen to treat a very high fever or have you undergo tests to determine the cause.

You should head straight to the emergency room if you have any of the following symptoms along with fever, which could indicate a serious, even life-threatening, condition:

- severe headache
- severe swelling of the throat
- unusual skin rash
- unusual eye sensitivity to light
- neck and pain when bending your head forward
- confusion
- persistent vomiting
- difficulty breathing or chest pain
- listlessness or irritability
- abdominal pain or painful urination



Why am I feeling this way?

The hypothalamus, an area at the base of your brain, acts as a thermostat to control your body temperature. When something’s wrong, your hypothalamus reacts by setting your body temperature to a higher number. That sets off a chain reaction.

As your body tries to raise its temperature, you may get chills, and your muscles shiver to generate heat. When your body finally reaches the new higher temperature, you may feel hot. And as your body starts to return to its normal temperature, you may sweat as your body tries to get rid of the excess heat.

WHEN TO WAIT IT OUT

If you have a low-grade fever—a temperature of 102° F or lower—you shouldn’t try to treat it unless your physician recommends doing so. By taking medicine to lower your temperature,

you may be masking symptoms that could help your physician diagnose the cause of your illness. You could also be working against your body’s immune response by lowering your body temperature and creating a more hospitable environment for bacteria and viruses. Instead, just make sure you get enough fluids to avoid dehydration.

THE RIGHT DOCTORS FOR YOU

The experienced, dedicated physicians of Lock Haven Hospital can help your family stay healthy. We'd like to introduce three of them to you.



NICHOLAS VIYUOH, M.D.
Obstetrics and Gynecology

**Haven Healthcare for Women
Lock Haven Hospital,
Third Floor
24 Cree Drive, Lock Haven
(570) 893-5043**

Nicholas Viyuoh, M.D., board certified in obstetrics and gynecology, joined the medical staff at Lock Haven Hospital in February 2007. Prior to relocating his practice to Lock Haven, Dr. Viyuoh practiced in Greenville, Mississippi. He earned his bachelor's degree and a doctorate in medicine at the University of South Alabama College of Medicine in Mobile, Alabama. Dr. Viyuoh also completed his residency in obstetrics and gynecology at the University of South Alabama. While in the U.S. Air Force, Dr. Viyuoh served at Shaw Air Force Base and Eglin Air Force Base. Dr. Viyuoh received The Air Force Commendation Medal in 2002.

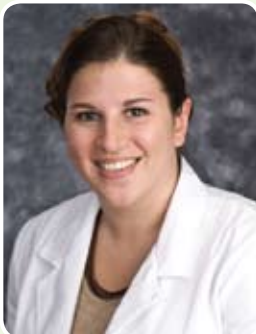
Dr. Viyuoh and his wife, Meshell, have four children, Anna-Marie, Nicholas, Denise and Curtilya.



CARRIE TIMKO, M.D.
Family Practice

**Lock Haven
Family Practice
610 High St., Lock Haven
(570) 748-1260**

Carrie Timko, M.D., a lifelong Pennsylvania resident, earned her doctorate at MCP Hahnemann School of Medicine in Philadelphia and completed her residency at Williamsport Hospital in Williamsport. Dr. Timko provides a wide range of care, including obstetrics and pediatrics. She's been on staff since 2003 and lives in the area with her husband, Ron. Dr. Timko is active in medical staff committees, on the Healthy Woman advisory board and on the hospital's board of trustees.



NADINE HERSHEY, P.A.-C.
Obstetrics and Gynecology

**Haven Healthcare for Women
Lock Haven Hospital,
Third Floor
24 Cree Drive, Lock Haven
(570) 893-5043**

Nadine Hershey, P.A.-C., joined the Lock Haven Hospital staff in June 2007. A Bellefonte resident, Hershey earned her master of health science degree in physician assistant studies from Lock Haven University in Lock Haven and her undergraduate degree from Pennsylvania State University.

Managing irritable bowel syndrome

As many as one in five adults—most of them women—have irritable bowel syndrome (IBS), yet fewer than half seek help. Embarrassed by such symptoms as cramping, bloating, diarrhea and constipation, they often suffer in silence.

While there's no cure for IBS, there is relief.

RELIEVING SYMPTOMS

You and your healthcare provider can decide best what treatment is right for you. Treatment options include:

- **Watching what you eat.** Found a food that triggers your symptoms? Keep track by writing it down in a food diary. Foods that are known to aggravate IBS

symptoms and that you should consider avoiding are chocolate, dairy, caffeinated beverages, alcoholic drinks, fatty foods and sweets. You can improve some IBS symptoms by choosing a diet low in fat and rich in fiber. (Just make sure to introduce fiber slowly to avoid bloating and gas.) Dried beans, oats, barley and berries all provide ample fiber. Also consider breaking up your food into several small meals instead of three large meals.

- **Keeping calm.** Colon spasms can be caused by stress in IBS sufferers, but meditation, counseling and exercise can help ease symptoms.

- **Taking medication.** If your IBS symptoms are moderate to severe, your healthcare provider may recommend adding drug therapy to your regimen. Antispasmodics decrease colon spasms, antidepressants minimize pain and antidiarrheals reduce stool frequency.

- **Trying complementary treatments.** While study results have been mixed, some people have tried acupuncture, herbs such as peppermint oil (a natural antispasmodic) and probiotics—"good" bacteria that live in your intestines and are found in foods like yogurt. However, before trying any alternative treatment, make sure to talk to your healthcare provider first.



When change is bad

IBS can run from one extreme to another. Maybe your stool is hard and difficult to pass. Maybe you have frequent, loose, watery stools. Or maybe you have both. In addition to constipation and diarrhea, if you're experiencing these symptoms, you should talk with your healthcare provider:

- a change in frequency and/or appearance of bowel movements
- feelings of uncontrollable urgency to have a bowel movement
- mucus in the stool
- bloating
- feeling of relief after having a bowel movement

Diagnosis is often by process of elimination. Your healthcare provider will use a set of diagnostic guidelines called the Rome criteria to help him or her determine whether IBS is the culprit.

Enhanced critical care ICU renovations begin in early 2008

Patient comfort, advanced technology and personalized care are at the center of Lock Haven Hospital's new multimillion-dollar intensive care unit (ICU), which will comprise six private critical care rooms and four private telemetry rooms.

A NEW PHASE

The critical care area will be developed by renovating

the extended care unit's (ECU) second-floor wing, immediately next to the medical-surgical unit's second-floor wing. The four telemetry rooms will expand into an area currently occupied by the medical-surgical unit.

The ICU will be on the second floor within the ECU's existing second-floor wing and occupy space next to four current semi-private patient rooms. All ICU rooms will be private and have a window to bring in natural light.

COMFORT AND SECURITY

To maximize patient comfort and privacy, a nurses' station will be in direct sight of each ICU room. Clinical staff will be able to continuously check on patients using monitoring equipment in the ICU and telemetry area. The new nurses' station will also have a central monitoring station with visual displays.

Conveniently located next to the nurses' station, the medication room will have a secure PYXIS system (automated medication-dispensing system) for storage and retrieval of emergency medications and routine drugs.

The clinical staff has worked with architects to create a contemporary, advanced ICU that always keeps the patient central to design and function.



! Quality care, right here!

For more information about the new ICU, call
(570) 893-5000.

www.lockhavenhospital.com

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