



# Health Connection

FROM YOUR FRIENDS AT LOCK HAVEN HOSPITAL



*Health  
Connection  
gets a fresh  
look!*

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# Healthbriefs



tip

## Walking

is a great way to reduce stress while you quit smoking. It aids in increasing mood and energy levels.

### > New guidelines take the air out of ballooning obesity rates

More than two-thirds of adults and one-third of children are now considered to be overweight or obese. Excess weight raises the risk of serious health issues. To reverse this trend, the U.S. Department of Agriculture (USDA) and Department of Health and Human Services (HHS) updated their Dietary Guidelines for Americans in 2010. The guidelines focus on getting people to eat healthier and exercise more, and help policymakers create nutrition programs. The USDA and HHS released more consumer-friendly advice and tools, including a new food pyramid. They offer these simple strategies to help people change their habits and their weight:

- > Eat less.
- > Watch portion sizes.
- > Fill half of your plate each meal with fruits and veggies.
- > Switch to fat-free or low-fat milk.
- > Look for lower-sodium options.
- > Drink water instead of sugary drinks.



### > Act F.A.S.T. to head off a stroke

Rapid medical care can help reduce the risk of brain damage from stroke. Physicians treat patients with a clot-busting drug that can help protect the brain against permanent damage, but the drug must be given within three hours of the stroke's onset. If someone is experiencing stroke symptoms, call 911. To help you remember stroke signs and determine whether someone you know has had a stroke, think **F.A.S.T.:**

- > **FACE:** Does the face look uneven? Can the person smile?
- > **ARMS:** Can the person raise both arms and keep them there?
- > **SPEECH:** Is the person's speech slurred or strange?
- > **TIME:** Call 911 if you notice any of these signs.

### > Healthy diet may boost kids' IQs

Fish isn't the only food that's good for your brain. A new study says that other healthy selections might boost kids' intelligence. The flip side may also be true: If kids eat nothing but processed food, they might lose IQ points. Published in the *Journal of Epidemiology and Community Health*, the report collected information from parents on almost 4,000 children. Surveys were given when children were ages 3, 4, 7 and 8.5. The "processed" diet included foods high in fat and sugar. The "health-conscious" diet included foods such as salad, rice, pasta, fish and fruit. Those who ate a processed diet at age 3 scored slightly lower on IQ tests at age 8.5 than those who ate a health-conscious one at age 3. While the difference between the groups was small, it might be another reason to encourage picky eaters to eat a few more vegetables.



# Treating an ACL injury

## ➤ The dreaded torn ACL, or anterior cruciate ligament, is a common injury

for athletes—especially female athletes, who may be at a disadvantage because of hormonal influences and their build—but it can happen to just about anyone.

### What is an ACL tear?

Your ACL is one of four knee ligaments. It's located in the middle of your knee and prevents the top of the shin bone, or the tibia, from sliding out in front of the end of the thigh bone, or the femur, while lending stability to your knee. Most often, ACL injuries occur when you stop suddenly and change direction while running, pivoting or landing from a jump or overextending your knee. You can also injure your ACL during contact, such as receiving a blow to your knee during a sports game or any nonsport accident.

When you injure your ACL, you may hear a popping noise and feel your knee giving out. Typically, painful swelling, joint tenderness, pain while walking and the inability to fully move your knee occur. Elevating the joint above heart level, icing it and using pain relievers are recommended until the injury can be evaluated. If your physician suspects an ACL tear, he or she may order an MRI to confirm that no other parts of the knee have been injured.

### Treatment

The ACL cannot be “fixed.” Often, physicians have to create a new ligament through surgery. Surgery is the most common treatment for an ACL injury, as untreated injuries may lead to further instability of the knee and the beginning of arthritis in that area.

However, what's best for you depends on the degree of injury (is it a

partial tear or a complete tear?) and your lifestyle.

For example, a sedentary 75-year-old who has suffered only an ACL injury and has no knee instability may be able to function fine without surgery. In this case, bracing the knee combined with physical therapy can help the patient get back on his or her feet.

An athlete will most likely need surgery to continue to compete in sports, as will those who've suffered injury to multiple ligaments in the knee. In these cases, the ligament is rebuilt using a tissue graft from your own tendons, such as the hamstring, or from a cadaver. Most ACL tears typically require physical rehabilitation. Overall, ACL surgery has a long-term success rate of 82 percent to 95 percent.

### Prevention

It's not easy to prevent an ACL injury, but you can do your part to reduce the chance that one will occur by:

- warming up properly before a physical activity
- engaging in strength training, such as using weight machines, to gain muscle strength
- asking a trainer to teach you how to land on the balls of your feet if you participate in sports that involve jumping and landing ●



tip

## Warming

up properly before physical activity may help prevent ACL injuries.



## FROM US TO YOU

**CINDY SEGAR-MILLER, R.N., M.S.**  
Chief Executive Officer

Every day, we do wonderful things at Lock Haven Hospital. Those new to the area and those who simply hadn't seen Lock Haven Hospital for some time have shared their satisfaction with what they've experienced here recently.

Along with numerous physical improvements to the facility, we've added medical equipment and have other advancements in progress. And, we've recruited highly skilled physicians with a wide range of medical specialties, providing quality care right here.

### Hourly rounding enhances care

At Lock Haven Hospital, employees work hard to make patients comfortable during their time away from home. A significant part of this is a practice called "clinical hourly rounding."

During these rounds, a patient's care team establishes a schedule for each patient to be visited by a nurse. The nature of the visit may be to administer medication; to make sure the patient is resting comfortably; or simply to check in to see if a patient or family member has questions, concerns or special requests. Staff members also write their names on a white board in each room so that patients and families know whom to call for help.

We know you have choices in where to go for your medical care. We want you to know that when you choose Lock Haven Hospital, you're making a good choice. If you haven't been here in a while, stop by and see all the changes we've made. If you have questions or would like to learn more about Lock Haven Hospital, call us at **(570) 893-5000** or visit **www.LockHavenHospital.com**.

Sincerely,

**Cindy Segar-Miller, R.N., M.S.**

*Chief Executive Officer  
Lock Haven Hospital*

# Healthy Woman is working to keep up with you—

## So you can keep up with us!

➤ **We know women have busy schedules and it's not always** easy to keep up with friends and family, let alone health information and community programs. So how can women keep up with hospital happenings and Healthy Woman events? It's easier than ever!

Check out the new Healthy Woman section of our hospital website. We have a new email program to keep women even more up to date. And, when registering for upcoming Healthy Woman events, you'll get a confirmation email with a map. You even can register your friends as guests! ●



### Enjoy the benefits!

If you're not a Healthy Woman member yet, join today. Membership is free and the benefits can last a lifetime. Go to **www.LockHavenHospital.com/HealthyWoman** or call **(570) 893-5372**.

HEALTHY  WOMAN

# Lock Haven Hospital: Your community partner



**Maria Bermudez, M.D.**



**Marek Kurowski, M.D.**



**Dennis Probst, D.O.**

➤ **We're committed to making Lock Haven Hospital your hospital of choice.** While we strive to offer medical innovations, we know that what patients remember isn't technology, but the personal touch of our staff.

Our mission of compassionate care and improving the well-being of the people who live and work in the area dictates our approach to patient care as well as investments to expand hospital services and technology, new initiatives in patient care and community outreach.

## Recruiting specialty physicians

Last year, Lock Haven Hospital added Maria Bermudez, M.D., and the Haven Nephrology practice to offer specialized, local treatment for patients with kidney disease and hypertension. We expanded the Haven Orthopedics practice by adding Ryhor Harbacheuski, M.D., to include children's orthopedics and specialized limb-lengthening and deformity-correction surgery. We now can provide emergency orthopedic treatment 24/7.

Our strategic partnership with Vijay Sandilya, M.D., a board-certified oncologist/hematologist at Cancer Care of Central Pennsylvania, has enabled us to provide cancer patients with outpatient chemotherapy locally at Bald Eagle Court in McElhattan.

Our growth also includes the addition of Marek Kurowski, M.D., and psychiatry (physical medicine) to Haven Pain Management. The addition of Zeshan Anwar, M.D., a hospitalist, will help us ensure quality care for our admitted patients. Dr. Anwar provides a direct care link to your personal physician.

Earlier this year, Dennis Probst, D.O., a Lock Haven native and board-certified

family practice physician, returned to the community and opened Haven Family Practice, offering care for the entire family, including no-wait, sick-child visits.



## Find a physician

To find these physicians or a physician who's right for you, visit [www.LockHavenHospital.com](http://www.LockHavenHospital.com) and click on "Find a Physician."

## Community support

We provide millions of dollars in uncompensated charity care each year, and make donations and build partnerships with community organizations with similar missions, such as the American Cancer Society (ACS) Relay for Life, ACS Mammoth and Clinton County United Way. Each program we support is chosen for its ability to make a real difference in people's lives. We give back to our community because we know that advanced medical care, charitable outreach, education and wellness programs make a measurable impact on the quality of life of the people who live and work in the area.

If you've been to our hospital, you know that we take patient care personally. And now you know how personally invested we are in making this community a better place to live and work. Lock Haven Hospital will continue to enhance its services to meet the needs of our thriving community. ●



## Link to Learn

For more information about the services at Lock Haven Hospital, visit [www.LockHavenHospital.com](http://www.LockHavenHospital.com) and click on "Our Services."



# Can heart attacks be 'silent'?

➤ **You're undergoing a routine heart test when your physician drops a bombshell:**

"You've had a heart attack."

These are words you didn't expect to hear, because you didn't know you'd ever had one. But that's the trouble with what experts call "silent heart attacks."

While they don't produce the telltale warning signs of heart trouble, they still damage your heart and the rest of your body.

## Silence isn't golden

A heart attack occurs when an artery that supplies oxygen-rich blood to the heart becomes blocked. Besides chest pain and shortness of breath, some people experience nausea, extreme fatigue, discomfort in their extremities and sweating.

People who experience a silent heart attack—studies put the number of Americans who do at almost 200,000 a year—either have no symptoms or symptoms

so mild that they're not recognized as a heart attack. These people are more likely to be women and those who have conditions such as heart failure and diabetes. Silent heart attacks also tend to accompany a condition called silent ischemia—or a painless chronic shortage of blood and oxygen to the heart because of artery plaque.

The longer you don't receive treatment, the more likely it is that serious, irreversible damage is being done to heart muscle, which reduces its ability to pump and can greatly increase your risk of death down the road.

Some silent heart attacks may be picked up on an electrocardiogram (ECG) during a routine physician visit because the damage done to heart muscle produces a different "wave."

## Breaking through the silence

Risk factors such as smoking, high cholesterol, high blood pressure, obesity and a sedentary lifestyle increase your risk for trouble. Your best bet to prevent a heart attack is to follow a heart-healthy lifestyle:

- Eat a diet rich in fruits, vegetables, whole grains, lean meats, fish and fat-free or low-fat dairy products; limit saturated fats, cholesterol and sodium.
- Work out regularly.
- Quit smoking.
- Manage your diabetes.
- Take any medications used to treat high cholesterol or blood pressure as prescribed. ●

## HealthWise QUIZ

How much do you know about colon cancer?

➤ TAKE THIS QUIZ TO FIND OUT.

- 1 **Which of the following is known to raise your risk of colon cancer?**
  - a. exercising too much
  - b. being under the age of 50
  - c. being obese
  - d. being of Asian descent
- 2 **How often should healthy individuals ages 50 or older at average risk of colon cancer get a colonoscopy?**
  - a. once every three years
  - b. once every five years
  - c. once every seven years
  - d. once every 10 years
- 3 **A possible symptom of colon cancer is:**
  - a. narrower stools
  - b. fatigue
  - c. rectal bleeding
  - d. all of the above
- 4 **Although more research is needed, which of the following supplements may possibly help reduce the risk of colon cancer?**
  - a. folic acid
  - b. green tea
  - c. vitamin A
  - d. vitamin C
- 5 **A true statement about colon cancer is:**
  - a. It's the leading cause of cancer deaths in the United States.
  - b. It usually arises from growths called polyps.
  - c. Blood tests can be used to detect colon cancer.
  - d. all of the above

Answers: 1. (c) 2. (d) 3. (d) 4. (a) 5. (d)



# Dangerous dishes

Keep your child safe from culinary choking hazards

➤ **Each year, more than 10,000 children younger than age 14 end up in the emergency room after choking on food.** That's because children lack the larger molars, stronger chewing ability and wider airways of older children and adults.

The American Academy of Pediatrics in 2010 recommended that hot dogs—one of the most common food choking hazards in children—carry a choking hazard warning on packaging, and that the hot dogs themselves be redesigned to make them less likely to get stuck in young throats.

But hot dogs aren't the only concern. Other choking hazards include peanuts, sausages, whole grapes, chewing gum, hard candy, whole cherry tomatoes, popcorn, tough meat, large pieces of raw fruits and vegetables and chips. You

can reduce the threat of injury or death by following these tips:

- Keep an eye on your child as he or she eats.
- Make sure your child is sitting up straight.
- Cut food into no more than ½-inch pieces.
- Teach children to chew and swallow properly.
- Cook vegetables until they're soft or grate them.
- Be on the lookout for stuffed cheeks—a sign your child is storing large quantities of food in his or her mouth and not swallowing. ●



## In case of emergency

It's always a good idea to be prepared in case of a choking emergency. Visit [www.redcross.org/www-files/Documents/pdf/Preparedness/ConsciousChokingPoster\\_EN.pdf](http://www.redcross.org/www-files/Documents/pdf/Preparedness/ConsciousChokingPoster_EN.pdf) to print out a chart that shows you what to do if an adult, child or infant is choking.

# The truth about cereal

Is your breakfast bowl a dietary disaster?

➤ **Just how healthy are the cereals you and your child eat?** Sure, the box promises plenty of whole grains and fiber, but that might not be the reality.

Cereal can be a tasty and fast way to get your day started healthfully. But you need to look carefully at the nutrition label when making your purchase. First, carefully note the serving size; otherwise, you may be eating double the calories shown. Then, look for other key information:

➤ **Sugar.** Excess sugar is a major source of extra calories in the American diet. It also promotes tooth decay and may raise triglyceride levels—a type of blood fat—which can boost heart disease risk. Opt for cereal with 5 grams or less of sugar per serving. Skip cereals that list sugar at the top of the ingredients list or that contain many types of added sugar, such as high-fructose corn syrup.

➤ **Calories.** To avoid calorie overload, choose cereals with 120 calories or less per serving. Just remember, some cereals can be slightly higher in calories and still be healthy.



➤ **Fiber.** Ideally, you should purchase cereal that has at least 5 grams of fiber per serving, but be sure there are no less than 3 grams per serving. Why? This important nutrient may help lower your cholesterol and reduce your risk of heart disease, diabetes and some types of cancer. Make sure you're using fat-free or low-fat milk instead of whole milk or you could be canceling out those healthy benefits!

*Health Connection* is published as a community service of Lock Haven Hospital. There is no fee to subscribe.

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

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# Colonoscopy offers peace of mind

➤ **More than 141,000 new cases of colorectal cancer—one of the**

leading causes of cancer death in the United States—are expected to be diagnosed this year.

“Since prevention and early detection are key, it’s important to get a colonoscopy,” says Dennis Probst, D.O., board-certified family practice physician at Haven Family Practice.

A colonoscopy helps your physician determine whether you have colorectal cancer by detecting abnormalities such as inflamed tissue, irregular growths and ulcers. “A colonoscopy also can detect causes of bowel habit changes and help evaluate symptoms like abdominal pain and rectal bleeding,” Dr. Probst says.

Although usually painless, colonoscopies may cause anxiety in patients. Because of that, patients undergoing colonoscopy usually are sedated so that they sleep through the entire procedure, minimizing any discomfort.

## Fact vs. fiction

Here’s the truth from the American Cancer Society (ACS) behind five colon cancer myths:

**Myth 1:** Colorectal cancer is a man’s disease.

**Truth:** Colorectal cancer is just as common among women as men.

**Myth 2:** Colon cancer can’t be prevented.

**Truth:** In many cases, colon cancer starts with a small polyp. If the polyp is found early, physicians can remove the abnormal growth and stop colon cancer before it begins.

**Myth 3:** African-Americans aren’t at risk for colon cancer.

**Truth:** African-American men and women are diagnosed with and die from colorectal cancer at higher rates than any other racial or ethnic group.

**Myth 4:** Age isn’t a factor in developing colon cancer.

**Truth:** More than 90 percent of people diagnosed with colon cancer are ages 50 and older. The ACS recommends testing beginning at age 50.

**Myth 5:** It’s better not to get tested for colon cancer because it’s fatal regardless.

**Truth:** Colon cancer is treatable. If the cancer is found early, the five-year survival rate is 90 percent. ●



## Don’t delay!

Getting screened for colorectal cancer is a key step in maintaining your health. If you have questions about colonoscopy, talk with your physician and discuss having the procedure done close to home at Lock Haven Hospital. Contact Dennis Probst, D.O., at **(570) 748-0590** or visit [www.LockHavenHospital.com/colonoscopy](http://www.LockHavenHospital.com/colonoscopy) to learn more.