

Health Connection

FROM YOUR FRIENDS AT
LOCK HAVEN HOSPITAL

**We're here for you
when time matters**

Our 30-minute
ED pledge

Get moving!

One-stop shop
for orthopedic care

**Nephrology
services at Lock
Haven Hospital**

**Test your
health smarts!**



The road to recovery

Our orthopedic team can help



Apostolos Dimitroulias, M.D.
Orthopedic Surgeon



Ryhor Harbacheuski, M.D.
Orthopedic Surgeon



John Hanna, P.A.-C
Physician Assistant

Whether your elbow is sore from last week's tennis match, your knee's giving you trouble on the golf course or your hip keeps you off the dance floor, joint pain is a common complaint among today's active adults. As the cartilage in joints wears down, inflammation and pain can occur. When that happens, you can count on the team of orthopedic surgeons at Lock Haven Hospital to help. Our orthopedic services are designed to address a wide range of conditions, offering patients and their families enhanced medical care, close to home. The Haven Orthopedics team can provide diagnosis and treatment of musculoskeletal injuries and disorders.

OUR COMMITTED TEAM

Apostolos Dimitroulias, M.D., and Ryhor Harbacheuski, M.D., our orthopedic surgeons, and John Hanna, P.A.-C, physician assistant, are dedicated team members who work with our allied health professionals, combining advanced technology with medical skill and expertise to deliver quality orthopedic care. We offer the Lock Haven community a wide range of orthopedic surgical

subspecialties. Major procedures performed by our orthopedic team include:

- foot and ankle surgery
- hand and wrist surgery
- knee and hip total joint replacement
- sports medicine and arthroscopic surgery



- surgery for trauma and multiple fractures, including 24-hour emergency on-call availability

NO NEED TO SUFFER

If you have been through treatment, therapy or even surgical procedures to address an injury and your pain or problem persists, the Haven Orthopedics team is available to assess and evaluate your condition and offer an effective course of treatment.

If you suffer from a limb-length discrepancy or deformity, rest assured that Dr. Harbacheuski is fellowship-trained in specialized limb lengthening and deformity repair surgery. Dr. Dimitroulias is fellowship-trained in joint replacement surgery. Both physicians have also been fellowship-trained in orthopedic trauma. Your primary care physician can refer you to the Haven Orthopedics team for a diagnostic consultation.

From surgery to therapy and throughout recovery, they will be with you every step of the way. They're committed to providing comprehensive patient care so you can get back in the game!

! Let us help you be active again!

Haven Orthopedics is accepting new patients and is located at 24 Cree Drive, ground floor of Lock Haven Hospital's Extended Care Unit. Call (570) 893-5330 for an appointment or more information. Office hours are: Monday, Wednesday, Thursday and Friday from 8:30 a.m. to 5 p.m. and Tuesday from 8:30 a.m. to 12 p.m.

Advanced nephrology care is here

Improve your quality of life



Maria C. Bermudez, M.D.
Nephrologist

Board certified in nephrology and internal medicine, Maria C. Bermudez, M.D., of Haven Nephrology is ready to help you improve your quality of life. If you or a loved one suffers from kidney disease, including electrolyte disturbances or high blood pressure, Dr. Bermudez can help. Dr. Bermudez also cares for those requiring renal replacement therapy, which includes dialysis and renal transplant patients.

ABOUT DR. BERMUDEZ

Dr. Bermudez served her internal medicine residency at Geisinger Medical Center in Danville and completed her fellowship training in nephrology at the Albert Einstein College of Medicine/Montefiore Medical Center in New York City.

KIDNEY DISEASE

Chronic kidney disease is often caused by other conditions. So the first step is to treat the disease that's causing kidney damage.

Dr. Bermudez works with patients with both diabetes and high blood pressure, which can cause chronic kidney disease. If you keep your blood pressure and blood sugar levels near normal, you may be able to slow or stop the damage to your kidneys. Losing weight and getting more exercise can help.

Kidney disease can be a complex problem and you may need to take a number of medications and have ongoing tests. Lifestyle changes are an important part of your treatment. Taking these steps can help slow down kidney disease and reduce your symptoms. Making these changes may also help with high blood pressure, diabetes and other problems that can worsen kidney disease.

DIAGNOSING THE PROBLEM

Many patients may have kidney disease and not even know it. A variety of tools are used when diagnosing kidney disease. Laboratory tests are almost always aimed at measuring urea and electrolyte levels and include a urinalysis, which is frequently the key test in suggesting this diagnosis.

Once diagnosed, kidney diseases are treated with medication, such as steroids or antihypertensives. Changes in diet and fluid intake may be recommended in an effort to manage the disease and avoid or reduce the impact of recurrences. When chronic kidney disease progresses to later stages, dialysis or transplant is required.



! For all your needs

Maria C. Bermudez, M.D., is available for office appointments and hospital consultations. Haven Nephrology is located at 208 E. Church St., Lock Haven. Office hours are Monday through Friday from 8:30 a.m. to 5 p.m. Call (570) 748-0590 to make an appointment or for more information.



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Time is on your side

Emergency care, right away



Emergency medicine is about two things: skilled care and speed. At Lock Haven Hospital, you'll find both. The experienced emergency department (ED) physicians and the entire ED team are committed to having you seen by a clinical professional within 30 minutes of your arrival.

➤ **What exactly is the 30-minute pledge?**

When patients enter the ED at Lock Haven Hospital, the time of their arrival will be noted. Our pledge is that a clinical professional (physician, physician assistant or advanced practice nurse) will initially see them within 30 minutes of their arrival.

➤ **Does this mean patients will be on their way home in 30 minutes or less?**

We'll work hard to have a clinical professional initially see our patients and begin their evaluation and treatment within 30 minutes. Depending on the nature of their illness or injury, the duration of each visit will vary.

➤ **Is a 30-minute pledge really necessary for an ED?**

In many EDs across the country, wait times have been increasing. Lock Haven Hospital wants to assure patients that we're dedicated to not only offering quality care but also providing that care as efficiently and quickly as possible.

➤ **Are any other hospitals in the area offering the 30-minute ED pledge?**

The pledge is offered only at Lock Haven Hospital.

➤ **How can the ED maintain quality care if speed is the priority?**

It's not our objective now—nor will it ever be—to rush patients through the ED. Our process improvements have been focused on getting patients into a room as quickly as possible and enabling our clinical professional to initially see them and begin their diagnosis and treatment.

➤ **Does this cost more?**

No. There is no extra fee for this service.

➤ **Is this covered by my insurance?**

Yes. In fact, in emergency situations we welcome all insurance plans.

! We're here for you

If you need emergency care fast, try our fast ED. Once you do, you won't want to go anywhere else. Visit www.lockhavenhospital.com to learn more about our services.

REMEMBER: If you're experiencing a medical emergency, call 911 immediately.