

Every Day

Healthcare Excellence
for Our Community.

E V A N G E L I C A L C O M M U N I T Y H O S P I T A L

Summer 2010



HEART-STOPPING MOMENT

A paramedic springs into action to save his team member

BE HEART SMART

Inside: Heart-healthy tips to reduce your risk of heart disease

www.evanhospital.com

EVANGELICAL
COMMUNITY HOSPITAL
Excellence Every Day.

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EVANGELICAL
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{ Evangelical Community Hospital
accepts most major insurances,
including GHP. }

A MESSAGE FROM THE President and CEO



As your community hospital, we must continuously assess how best to meet the health and wellness needs of our community. We do that by listening to you. We want to thank you for taking the time to complete the recent survey in the last issue of *Every Day* magazine. In response to the list of health issues you labeled as high priorities, we've dedicated this issue of *Every Day* magazine to heart health.

You may know that heart disease is the leading killer of Americans today. In the pages of this magazine, we offer you heart-healthy tips so you can reduce your risk of heart disease. Evangelical also offers a full range of Community Health Education programs to help get you on the path to heart health. Check out our calendar on pages 10 and 11 or visit our website at www.evanhospital.com for a complete listing of Community Health programs.

Because 47 percent of cardiac deaths occur outside the hospital, it's important for you to know the symptoms of a heart attack and how to react. Chest pain isn't the only heart attack symptom, and in fact, about a third of women suffering a heart attack never experience chest pain. Be sure to read the cover story to familiarize yourself with all heart attack symptoms and know what to do if you or someone you are with experiences any symptoms.

For those who have a heart attack or heart disease, we offer a full range of cardiac care, from diagnostics through treatment and rehabilitation. We're excited to announce Evangelical Community Hospital and Geisinger Health System are working together to provide expanded cardiology services to the region. This new partnership will offer expert heart care performed by Geisinger cardiologists at Evangelical Community Hospital. Our expanded cardiac services include balloon angioplasty and stent placement, both important procedures that help open clogged arteries and restore blood flow to the heart. Having the ability to perform these procedures close to home can be a lifesaver.

These expanded cardiac services are just one more illustration of our commitment to ensuring that our community and the patients we serve have convenient access to standard-setting, patient-centered treatments and preventative care.

Michael N. O'Keefe

Michael N. O'Keefe,
President and CEO

When his team member had a sudden heart attack while on the job, paramedic Corey Aungst performed CPR and used a defibrillator to restart his heart and save his life.



THE HEART OF THE MATTER: KNOW THE FACTS

PREVENTING HEART DISEASE AND HEART ATTACKS STARTS WITH SIMPLE, EVERYDAY STEPS

It's a story with a happy ending. Two Evangelical Community Hospital emergency personnel were responding to an emergency call last April, when one, Greg Shaffer, 40, suffered a near-fatal heart attack. His team member, paramedic Corey Aungst, 26, recognized the warning

DID YOU KNOW?

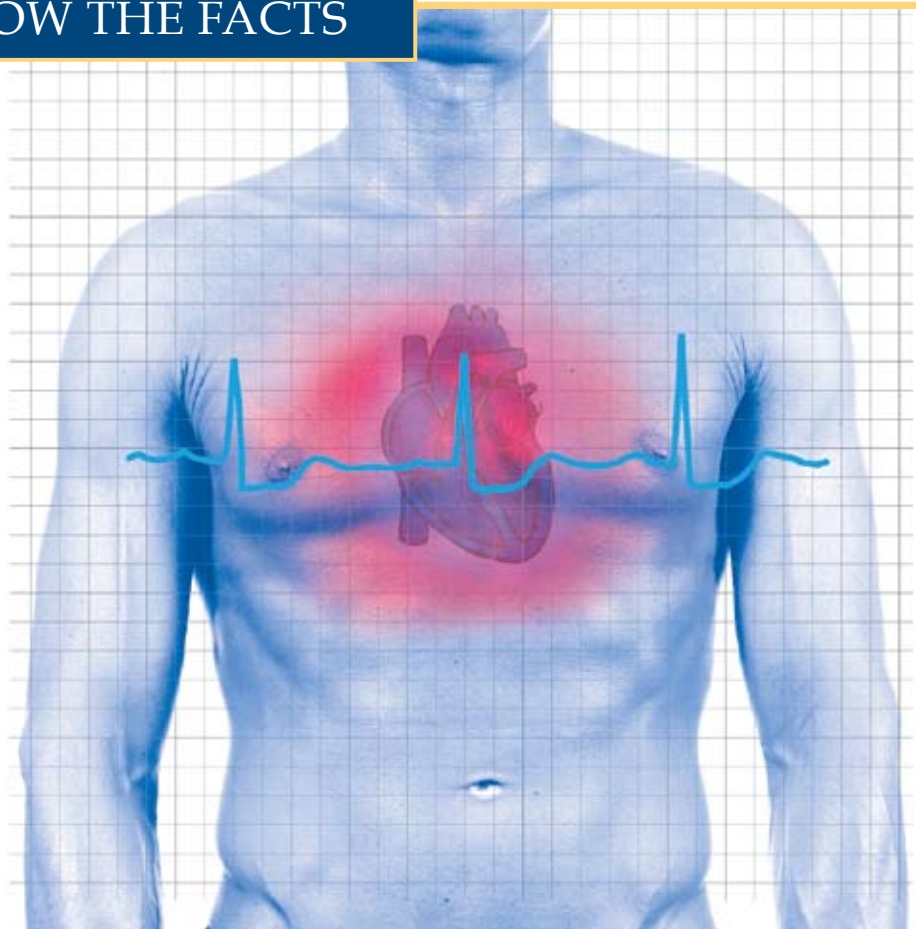
The lifetime risk for cardiovascular disease is 2 in 3 for men and more than 1 in 2 for women in the United States.

signs and quickly sprang into action. After calling 911, Aungst performed CPR and used a defibrillator to revive Shaffer's stopped heart. Fortunately, Shaffer survived the attack. Today, a recovering Shaffer explains that many heart attack victims are not so lucky.

“If I hadn’t had Corey by my side and received immediate medical attention, I probably wouldn’t be here today. I knew I had a pre-existing heart condition, but I thought it was low-risk,” he says. “Now I understand, from firsthand experience, how important it is to take care of your heart and your health ... especially when there are steps you can take to prevent a heart attack.”

Aungst agrees: “I have seen far too many heart attack patients fail to come back. Our goal as paramedics and EMTs is not just to save lives during emergencies, but to do our part in helping to educate others in how to prevent these kinds of emergencies in the first place.” After working to save, what he calls, “one of our own,” Aungst says, “We want to get the word out about the importance of primary prevention, or lifestyle changes, and of secondary prevention, if you’ve already suffered a heart attack.”

“We want people to be aware that heart disease is a disease that affects many people—if not themselves, then certainly someone they love. You are more likely to die of heart disease than of any other disease, and we should all be proactive in trying to reduce our risk,” Shaffer says.



△ Warning Signs of a Heart Attack

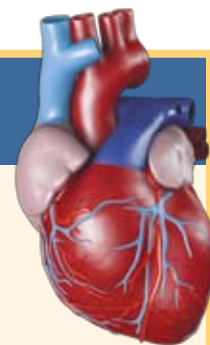
Here are the most common heart attack symptoms:

- Chest discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body, including discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

Women are somewhat more likely to experience other symptoms, such as shortness of breath, nausea, vomiting and back or jaw pain.

Call 911 if you or someone else experiences any of these symptoms. Calling 911 ensures that you get prompt care because the emergency personnel can treat you with appropriate medications in the ambulance and transmit critical data to the hospital while you are en route.

⊙ Preventing a Heart Attack



What can you do to prevent your chances of a heart attack? Minimize your risk factors. A recent study predicts that those with an “optimal” risk factor burden have an increased life expectancy of 10 or more years over those with two or more risk factors. Here are some tips:

- **Start by knowing your numbers.** Visit your physician regularly to learn and keep track of your blood pressure, cholesterol and body mass index.
- **If you smoke, quit.** Smoking decreases HDL (good) cholesterol and, in combination with other risk factors, can be lethal to the heart. According to the Heart and Stroke Foundation, within a year of quitting smoking, the risk of dying from smoking-related heart disease is cut in half.
- **Exercise regularly.** Doctors recommend 30 minutes a day as a start for maintaining a healthy heart. The key to actually maintaining an exercise schedule is finding something you love to do that you can realistically fit into your daily schedule.
- **Eat healthy.** Be mindful of what food is entering your mouth—replace high-fat and high-calorie items such as fast food, sweets and soda with healthy alternatives such as fruits and vegetables, low-fat milk and juice. Your heart will thank you for every small step or substitution.
- **If you have a family history of heart disease, discuss it with your doctor.** Develop a personal screening schedule and ask about additional steps you can take to minimize your risk for heart disease.

ARE YOU AT RISK?



Common risk factors of heart disease can include:

- Hypertension
- High cholesterol
- Inactivity
- Obesity
- A family history of heart disease
- Smoking

If you have any of these risk factors, discuss your current condition with your physician and assess these varying factors and how, in combination, they translate into your own individual risk profile.

COMMUNITY HEALTH EDUCATION “Heart Healthy” Classes

Visit www.evanhospital.com or call (570) 522-2693 for class times and other details.

- Drop 10 in 10
- Clear the Air, Smoking Cessation
- Stress Management
- **THE SPECTRUM:**
Finding Your Optimal Health
- **ALL ABOUT:**
Heart Health and Blood Pressure
- **ALL ABOUT:**
Heart Health and Cholesterol
- Heart and Soles Walking Program

In a Heartbeat

BRINGING LIFESAVING CARDIAC PROCEDURES CLOSER TO HOME

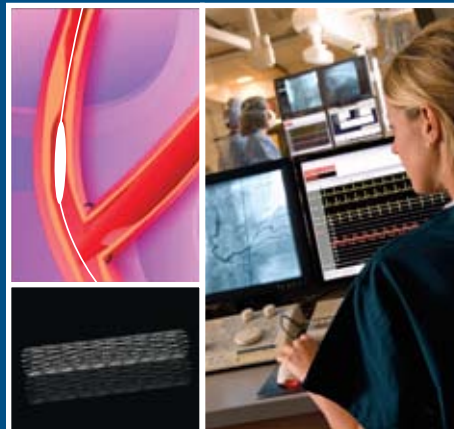
Hearth attacks start when a clot forms inside the walls of a narrowed artery, crowded from years of plaque buildup and hardening. The clot blocks the flow of blood to the heart, starving it of oxygen and damaging the heart muscle. When this happens, the clock is ticking, and time is critical when it comes to your heart.

The longer it takes to get to a hospital and be treated, the more damage will occur. That's exactly why Evangelical Community Hospital is now providing lifesaving cardiac procedures.

Evangelical is in the midst of expanding its surgical and cardiovascular facilities and services. It is the Hospital's largest expansion project to date and includes two state-of-the-art cardiac catheterization procedure rooms where specialists can perform balloon angioplasty and stenting. During an angioplasty, the doctor inserts a thin, flexible tube called a catheter into the groin, where it is threaded through a blood vessel to the blocked artery. A balloon attached to the catheter is inflated to push the plaque against the artery walls, widening the artery so blood can flow through it again. In some cases, a mesh stent is placed in the artery to keep it from becoming blocked again.

GO WITH THE FLOW

Angioplasty is used to open blocked or narrowed arteries to improve blood flow to the heart muscle. Video screens and X-rays (right) are used to view the blockage. A catheter (upper left) is inserted into the artery and an attached balloon is expanded to relieve the blockage. A small mesh tube (lower left), called a stent, is often placed in the artery to reduce the chance the artery will become narrowed again.



"According to the American Heart Association, cardiovascular disease is the number one cause of death for both men and women in the United States," says James Craven, Service Line Director of Cardiovascular Services. "Evangelical is responding to this need in our central Susquehanna Valley community by building a high-quality cardiac interventional



▲ **Above:** Evangelical Community Hospital has launched the largest expansion project in its history, to provide enhanced cardiovascular and surgical services. ▶ **Right:** Evangelical Cardiac Cath Lab Team



program.” Evangelical also has the only full-time cardiac rehabilitation program in the area.

C-PORT E STUDY

Evangelical Community Hospital and Geisinger Health System are working together in the C-PORT E Study (Cardiovascular Patient Outcomes Research Team). Geisinger will provide experienced interventional cardiologists to perform cardiac catheterization procedures at Evangelical. Therapeutic interventional procedures, such as balloon angioplasty and stent placement, will also be performed.

The addition of two catheterization labs is the latest in a series of expansions the Hospital has made to its cardiac services. Several years ago, the Hospital began to offer 64-slice computed tomography (CT) scans, which allow experts to safely and clearly view a patient’s heart and any blockages. Now, when blockages are discovered, the patient has the option of being quickly treated at Evangelical rather than being transferred to another facility.

In addition to the catheterization labs, the expansion includes a new nurses’ station and seven patient rooms to accommodate the anticipated increase in the number of patients being treated. As in all areas of the Hospital, these cardiac patients will receive the compassionate and expert care provided by the team of physicians, nurses and staff.

Experienced Geisinger Interventional Cardiologists

James C. Blankenship, MD

Medical Director for Interventional Cardiology & C-PORT Principal Investigator

Donald T. Nardone, MD

Associate of Charles E. Heid, MD, and Dennis R. Smith, MD, Geisinger Cardiology—Lewisburg

Peter B. Berger, MD

John McB. Hodgson, MD

Geisinger Chairman of Cardiology, Co-Director, Geisinger Heart Institute

Thomas D. Scott, DO

Kimberly A. Skelding, MD

FUEL YOUR HEART, FUEL YOUR LIFE

THE RIGHT DIET HELPS LOWER BLOOD PRESSURE, CHOLESTEROL, WEIGHT AND OTHER HEART DISEASE RISK FACTORS

There are 100,000 reasons to chow down on a heart-healthy diet—one for each time the average human heart beats in a day. And feeding your heart to keep the beat can significantly increase the likelihood of living a longer, healthier life.

“Overall, a heart-smart diet means lots of whole-grains, fruits and vegetables; a moderate amount of unsaturated fats and omega-3 fatty acids; and very

little sodium,” says Gwen Beiler, RD, LDN, Evangelical dietitian.

Whole-grains, fruits and vegetables are a rich source of dietary fiber, which helps reduce blood cholesterol levels, may lower the risk of heart disease and helps you feel full longer. **Goal: 25 g of fiber daily**

Unsaturated fats appear to improve heart health by reducing cholesterol levels, but they’re high in calories, so moderation is key. Omega-3 fatty acids, which are found in salmon, tuna, trout, mackerel and herring, may decrease the risk of coronary artery

disease and help lower blood pressure. **Goal: Less than 30 percent of daily calories from fat, most of which should be unsaturated rather than saturated fat; 4 oz. of omega-3 fatty acid-rich fish twice weekly**

Sodium is an essential daily nutrient, but only a small amount is needed. Excessive amounts are linked to high blood pressure, heart disease and stroke. **Goal: Less than 1,500 mg daily**

For more information on how to work these heart-healthy solutions into your diet, call Outpatient Nutritional Services at (570) 522-4411.

Lemon Dijon Salmon

- | | |
|--|----------------------------|
| 2 Tbsp. Dijon mustard | ¼ tsp. salt |
| 1 Tbsp. plus 1 tsp. olive oil, divided | 4 (4 oz.) salmon fillets |
| 1 Tbsp. fresh lemon juice | 1 Tbsp. chopped fresh dill |
| | Lemon slices as garnish |

Preheat oven to 425 degrees.

Whisk mustard, 1 tablespoon olive oil, lemon juice, salt and pepper together in a small bowl. Set aside.

Place salmon fillets on a baking sheet lined with aluminum foil. Brush foil with 1 teaspoon olive oil. Spread mustard mixture evenly over the topside of each salmon fillet.

Bake for 8 to 10 minutes or until fish flakes with a fork. Sprinkle evenly with dill and garnish with lemon slices.

Makes 4 servings. Per serving: 220 calories, 15 g total fat (3 g saturated fat), 0 g carbohydrate, 19 g protein, 0 g dietary fiber, 375 mg sodium



Superheroes for Heart Health

- **Omega-3 Fatty Acids:** fatty fish, flaxseed, fortified eggs, walnuts, chia seeds
- **Soy Protein:** soy milk, tofu, soy pasta, soy burgers, edamame, soy nut butter, soy yogurt
- **Soluble Fiber:** oatmeal, oat bran, beans/legumes, citrus fruits, strawberries
- **Antioxidants:** blueberries, grapes, red wine (consult your physician), deeply colored fruits and vegetables



- **Plant sterols/stanols:** sunflower kernels, pistachio nuts, wheat germ, sesame seeds, foods fortified with sterols/stanols

THE HELPING HEART

STUDIES FIND ALTRUISM POSITIVELY AFFECTS OUR HEALTH AND POSSIBLY OUR LIFE SPAN

Science finally caught up with common knowledge: Giving from the heart feels good. More specifically, helping others appears to strengthen the heart. This certainly isn't your motive for reaching out, but it's nice to know that your good deeds serve you, too.

Research supporting the link between altruistic acts and a healthy heart beat strong. A study from the University of Michigan Research Center found that volunteers with a history of heart conditions experienced decreased chest pain and lower cholesterol levels. Another study, released by the Corporation for National and Community Service, reports that volunteers have greater longevity, higher functional ability, lower rates of depression and fewer incidents of heart disease.

These studies actually identified a positive physical reaction to altruistic behavior. When you help someone, with selfless concern for others' well-being, the body releases natural painkillers, called endorphins. This triggers a rush of euphoria followed by a period of calm. It's a healthy, organic response that activates vital chemical reactions, which help maintain a strong heart. Remarkably similar to a runner's high, the volunteer's version has been dubbed "helper's high."

Connie Heyman, a 30-year Hospital volunteer, has a less scientific but much more heartwarming explanation. "I love being here at the Hospital," she says. "I'm 100 percent happier than if I were just at home. I look forward to coming here—I truly do. It's very stimulating, and I feel it gives me a purpose for living."

Volunteer Shirley Gromlich agrees: "I love helping patients and giving my time. It's been an incredible experience for me, one that warms my heart." She has been volunteering on a weekly basis since 1995.

For those juggling home, family and careers, there is still a way to tap into the health benefits of helping others. "One



of the barriers of volunteering is often a lack of time," says Joanne Troutman, Director of Development. "However, making a philanthropic gift can be just as valuable. Focusing on helping others helps you focus less on yourself, which is said to reduce stress and anxiety."



Joanne Troutman, Director of Development, Evangelical Community Hospital

To give your time to the Hospital, contact Volunteer Services at (570) 522-2144. To make a monetary gift, please contact the Development office at (570) 522-2685 or visit www.evanhospital.com/support.

NOW is the time to give to Evangelical. As our community develops and grows, the Hospital will continue to provide the very best and most advanced procedures for its patients. Call the Development Office today to make your gift.



Evangelical and You.

A shared goal. A shared future.

EVENTS

Central Susquehanna Valley American Heart Association Heart Walk

DATE Sunday, September 12 **TIME** Registration begins at noon, the walk steps off at 1 p.m. **LOCATION** Knoebel's Amusements Resort, Elysburg

Participants can sign up for the Evangelical Community Hospital Heart and Soles Walking Club when registering for the Heart Walk.

Talk with the Doc: Weight Loss Surgery

Presented by Christopher J. Motto, MD, FACS

DATE Thursday, September 16 **TIME** 6:30 p.m. **LOCATION** Susquehanna Valley Mall Community Zone

Paint the Valley Pink

Evangelical Community Hospital and Sunbury Broadcasting Corporation will be teaming up to promote breast cancer awareness and early detection throughout October. The joint effort will include a variety of events and programs. Check www.evanhospital.com or www.wkok.com for details!

7th Annual Evening of Giving

DATE Sunday, November 21 **TIME** 6-9 p.m.

LOCATION Susquehanna Valley Mall

Evangelical Community Hospital and the Susquehanna Valley Mall proudly announce the seventh annual Evening of Giving to benefit Evangelical Hospice. The event features discounts and special deals at Mall stores, door prizes and free gift-wrapping, as well as food and wine tasting. Last year's event raised more than \$10,000 for Evangelical Hospice.

CLASSES

CPR

LOCATION Community Health Education Center

For more information or to register, call (570) 522-2693.

Scheduled classes include Adult-Child-Infant Heartsaver, AED and Healthcare Provider.



Adult-Child-Infant Heartsaver CPR and AED

DATE Thursday, September 23 or November 4 **TIME** 6-10 p.m.

FEE \$30 **LOCATION** Community Health Education Center

Diabetes

DATE Mondays, September 13-27 **TIME** 9 a.m.-noon

LOCATION Community Health Education Center

DATE Tuesdays, November 9-30 **TIME** 6:30-9 p.m.

LOCATION Community Health Education Center

Participants learn how to manage their diabetes and gain more control over the disease. This program will be presented by Karen Simeone, Certified Diabetes Nurse Educator, and other healthcare professionals. The fee for this class will be billed to your insurance. Call Outpatient Services at (570) 522-4411 to pre-register.

Clear the Air, Smoking Cessation

DATE Monday, October 25 **TIME** 6-8 p.m. **FEE** \$45, or no cost for Highmark participants with current insurance card

LOCATION Susquehanna Valley Mall Community Zone

Stress Management

DATE Tuesdays, September 7-28 **TIME** 6-7:30 p.m.

FEE \$65, or no cost for Highmark participants with current insurance card **LOCATION** Susquehanna Valley Mall Community Zone

This lifestyle improvement program teaches everyday stress management strategies, including coping skills, visualization, progressive muscle relaxation and humor therapy.

Drop 10 in 10

DATE Thursdays, September 2-November 4

TIME 6-7:30 p.m. **FEE** \$150, or \$18 for Highmark participants with current insurance card **LOCATION** Apple Conference Room AB, Evangelical Community Hospital

A 10-week weight management program designed to help you lose 10 pounds of your body weight in 10 weeks through a progressive program of optimal nutrition, regular exercise and meaningful behavioral change.

HEALTH SCREENINGS

Blood Pressure

DATE Mondays: 9 a.m.–noon, Wednesdays: noon–4 p.m.
LOCATION Community Health Education Center

For information on additional blood pressure screenings, call (570) 522-2693.



Blood Sugar

DATE Second Tuesday of every month **TIME** 8–10:30 a.m.
LOCATION Susquehanna Valley Mall Community Kiosk, Boscov's North Court, near fountain

Keep Your Heart Healthy Screening

DATE Thursday, October 7 **TIME** Appointments available from 7-11 a.m. **FEE** \$20 **LOCATION** Community Health Education Center



More than 81 million Americans suffer from one or more types of heart disease. Assess your risks at this convenient screening. Screening includes lipid panel, blood pressure, body composition, blood oxygen saturation and cardiac risk assessment with a nurse educator. A 12-hour fast is required prior to your appointment.

Image for Life: Scanning for a Healthy Future

DATE Saturday, October 23 **TIME** 7-11 a.m. (by appointment) Appointments will be approximately one hour. **FEE** \$125 (This screening is not billable to insurance and is payable at the time of registration.) **LOCATION** Evangelical Community Hospital

Do you know your body inside and out? Take advantage of this convenient, painless screening for stroke as well as issues related to the veins and arteries.

FITNESS

LOCATION Evangelical Fitness Center
 To register for classes, call (570) 524-2600.
 For a complete list of the Fitness Center's classes, visit www.evanhospital.com.

fitness calendar

SEPTEMBER

Mondays	6 a.m. Spin	8:30 a.m. Zumba	12:15 p.m. Fit Over 50
	4:30 p.m. Cardio	5:30 p.m. Pilates	
Tuesdays	9 a.m. Strong & Stable	10 a.m. Core Power	Noon Spin
	4:30 p.m. Spin	5:45 p.m. Knock Out Workout	
Wednesdays	6 a.m. Spin	8:30 a.m. Zumba	9:30 a.m. Totally Tone
	10:30 a.m. Yoga	Noon Tai Chi	4:30 p.m. Cardio
	5:30 p.m. Pilates	6:40 p.m. Spin	
Thursdays	9 a.m. Strong & Stable	10 a.m. Core Power & Stability	Noon Spin
	5:30 p.m. Spin	7 p.m. Yoga	
Fridays	6 a.m. Spin	7:30 a.m. Zumba	10:30 a.m. Yoga
	12:15 p.m. Fit Over 50	4:30 p.m. Cardio	5:30 p.m. Spin
Saturdays	8 a.m. Step	9 a.m. Pilates	10:15 a.m. Spin



Expert care is closer than you think.



LEWISBURG

Evangelical Family Medicine

3 Hospital Drive, Suite 214
(570) 524-4242

Evangelical Internal Medicine

3 Hospital Drive, Suite 206
(570) 524-4141

Lewisburg Family Practice

55 N. 5th Street
(570) 523-3350

John H. Persing, MD

3 Hospital Drive, Suite 102
(570) 524-7400

MIDDLEBURG

Middleburg Family Medicine

412 W. Market Street
(570) 837-6163

MIFFLINBURG

Meadow Green Medical Group

101 Meadow Green Drive
(570) 966-1122

MILTON

Milton Family Practice

964 Carpenter Road
(570) 742-2300

NORTHUMBERLAND

Strawbridge Family Medicine

998 Strawbridge Road
(570) 473-0545

SELINGSGROVE

Selinsgrove Family Medicine

935 Route 522
(570) 372-6102

Evangelical Community Hospital accepts most major insurances, including GHP.

Physician Finder Line: (570) 522-2885 www.evanhospital.com/physician_finder