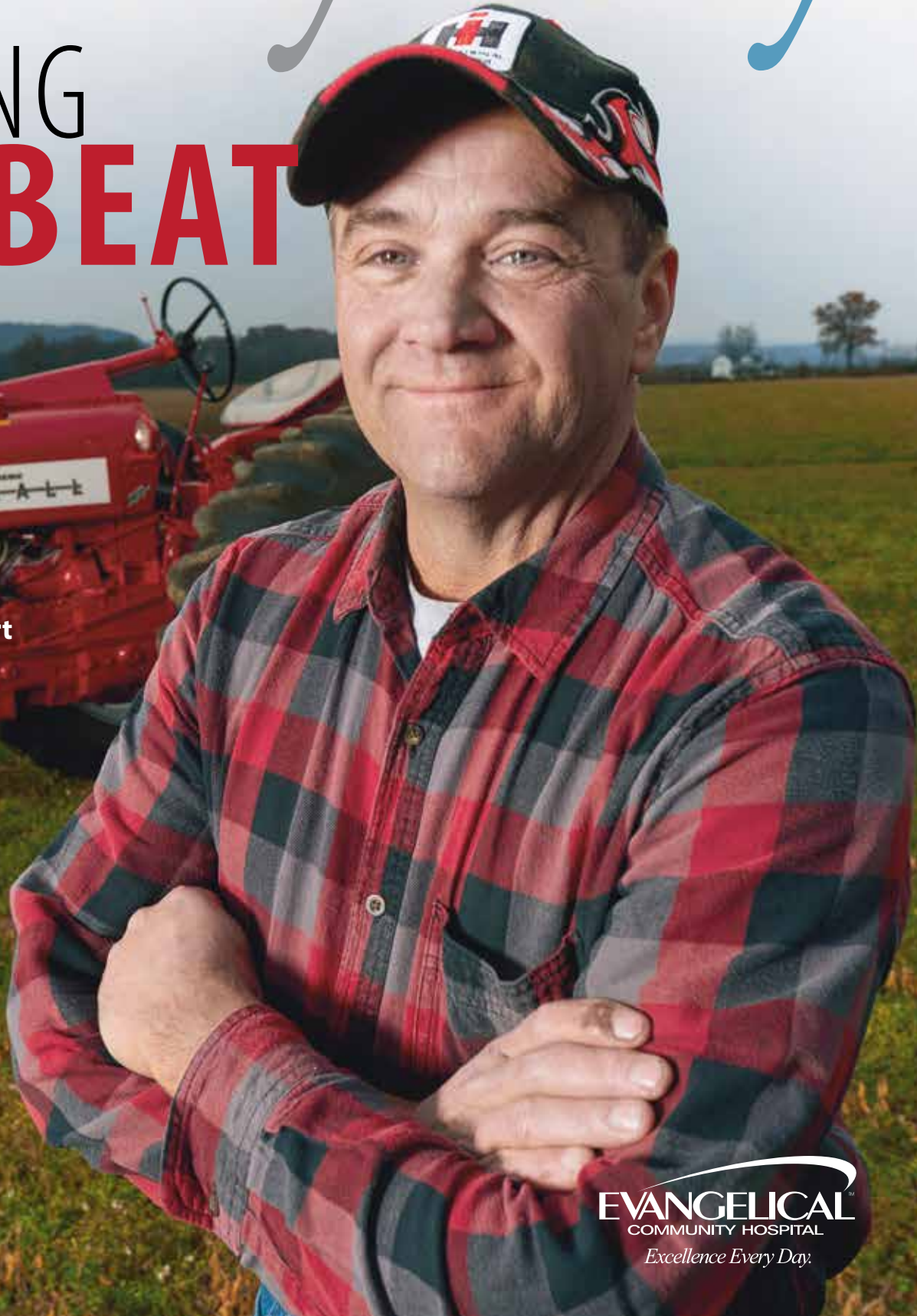


everyday

KEEPING THE BEAT



A fast response to a heart attack prevents further damage and saves a life

CONVENIENT CARE—

Mobile Health of Evangelical serves rural areas



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Mobile Health Unit Drives Better Access to Healthcare

It was with excitement that we watched the newest addition to Evangelical, a mobile medical unit, drive onto our campus in January. The new endeavor, Mobile Health of Evangelical, will take community health well beyond our campus limits and deliver care, preventive and direct, to our neighbors who are living in some of the most rural corners of our service areas and beyond.

How exactly does a unique service like this begin? The question is answered by seeing how Evangelical stays in tune with what the community needs.

Every three years, the Hospital, in cooperation with other local healthcare groups, takes part in a community health needs assessment of our service area. The assessment uses the feedback of the community (individuals and organizations) through surveys and focus groups to determine top health needs. Our last assessment identified concerns related to a desire for healthier lifestyles and access to healthcare as the areas where we needed to focus our energy.

The new mobile medical bus allows us to take our well-known medical services to people in need.

Through Mobile Health of Evangelical, we can provide free or reduced-cost health screenings at convenient locations within our communities and bring primary care to people where they are. After the introduction phase, we'll continue to look at adding new mobile health programs that are beneficial.

Even more poignant is that the over \$350,000 needed to fund Mobile Health of Evangelical came through the generosity of individual and business donors of the community. This affirmation that our community is behind an effort like this speaks volumes.

We can't wait to see the impact this new service will have on the overall health of our neighbors and friends. We hope you'll keep an eye out for where the bus will be visiting, and encourage people you know to take advantage of the opportunities it has to offer.

A handwritten signature in black ink that reads "Kendra A. Aucker".

Kendra Aucker
President and CEO

Convenient Lab Services

For convenience, lab services are available at West Branch Medical Center (WBMC),* located just off the Hospital campus at 7095 West Branch Highway, Lewisburg. When individuals receive lab orders from any provider/physician, WBMC is an available option with ample parking and extended hours.

The lab at WBMC is a no-appointment-needed, walk-in collection site that is capable of managing blood, urine, stool, and sputum specimens for individuals age 8 and over. No drug screening or occupational health testing is done at this location.

*Not a Quest collection site.



LEARN MORE

For information on lab services at West Branch Medical Center, call **570-768-3170**.





Early Detection is Key

Cancer screening increases the chance of detecting cancer at an early stage. According to the American Cancer Society, men and women between the ages of 50 and 75 should be screened for colon cancer.

The following tests are used if you are at **average risk** for developing colorectal cancer:

- **Colonoscopy every 10 years**
- **CT colonography (virtual colonoscopy) every five years**
- **Flexible sigmoidoscopy every five years**
- **Double-contrast barium enema every five years**

If you are at an increased or high risk for colorectal cancer, you might need to start screening before age 50 or be screened more often.

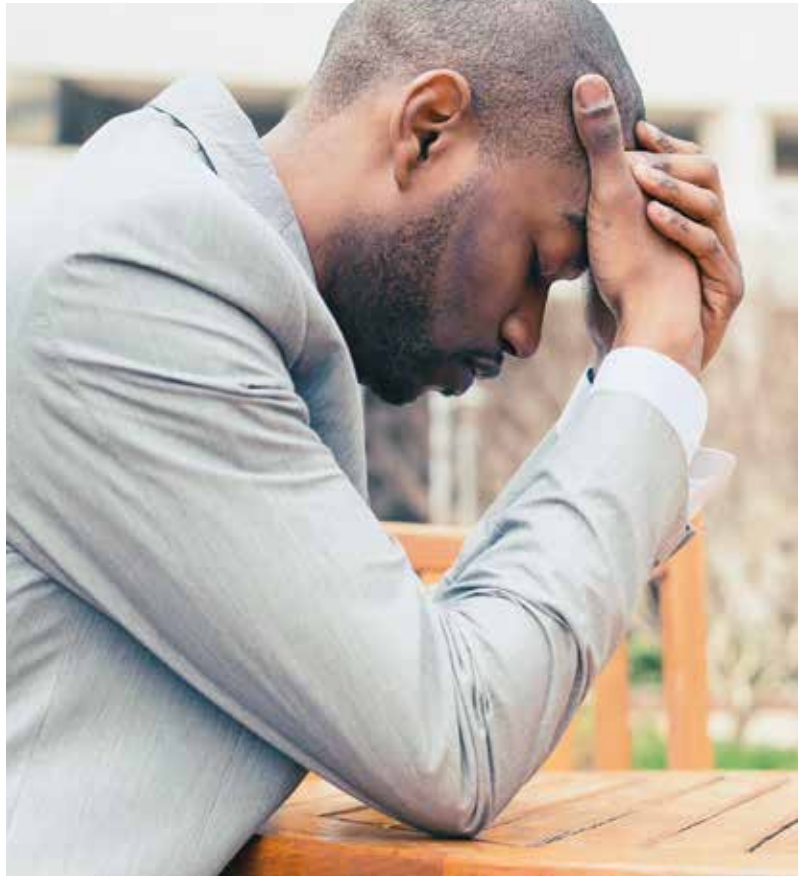


GET SCREENED

Your doctor can help you decide what tests are recommended given your risk factors and personal preferences.

WEST BRANCH LAB LOCATION AND HOURS:

- **7095 West Branch Highway, Lewisburg**
- **Monday - Friday:**
7 am–7 pm
- **Saturday:**
7 am–noon



Feeling Down?

Depression is more than feeling blue for a few days—it's a serious illness affecting millions of Americans. Some signs of depression include:

- **a persistent sad mood**
- **a loss of interest in things you once enjoyed**
- **a significant change in appetite or body weight**
- **trouble sleeping or sleeping too much**
- **a lack of energy**
- **difficulty concentrating**
- **recurrent thoughts about death or suicide**

Depression can be treated with medication or therapy. You can also try lifestyle changes such as exercising, getting enough sleep, and eating a healthy diet.



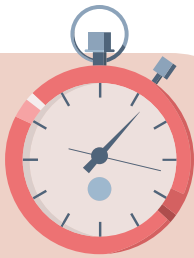
HELP AVAILABLE

If you have symptoms of depression most of the time for more than a few weeks, talk to your doctor or call Psychology of Evangelical at **570-524-6766**.

KEEPING THE BEAT

FAST ACTION PREVENTS FURTHER HEART DAMAGE AND SAVES A LIFE

TICK- TOCK



Every minute matters when suffering a heart attack, so it's essential to know the symptoms. According to the American Heart Association (AHA), these are the most common warning signs. If you experience them, call 911 immediately.

- Chest discomfort, including extreme, sharp, and consistent pain or pressure.
- Upper-body discomfort.
- Shortness of breath.
- A cold sweat.
- Nausea or vomiting.
- Lightheadedness for no reason.
- Severe fatigue and weakness.

The AHA says women are less likely to experience chest pain or discomfort and more likely to experience shortness of breath; nausea or vomiting; and back, neck, or jaw pain.

Only seven minutes after arriving at Evangelical Community Hospital's Emergency Department—with sharp pain in his left arm—Bruce Barto was already connected to an electrocardiogram, or EKG. The test showed that the 59-year-old Whitehall resident was actively experiencing a heart attack due to blocked arteries, which prevented blood flow to his heart. He was immediately seen by Petra Lynch, MD, interventional cardiologist, who performed an emergency heart catheterization. Blood flow to Barto's heart was restored within 20 minutes of his arrival.

“Time is of the essence when you are suffering a heart attack,” Dr. Lynch explains. “The quicker we can stop the attack, the more we can protect the heart muscle and preserve heart function. Also, many of our advanced heart attack treatments are most effective during the attack's critical early stages, so moving quickly is crucial.”

WHAT A DAY!

It certainly wasn't the day Barto had expected. Although as morning moved into afternoon, he did sense that something was off. To begin with, he awoke with indigestion. That seemed odd, since overall he was healthy. He was careful about what he ate, didn't drink or smoke, and between a construction job and helping to run the family farm in Montgomery, he stayed quite active. So he ignored his upset stomach and went about his day. After lunch, however, his back began to ache, which also seemed unusual for someone so physically fit. Barto thought perhaps a quick nap might help matters, but as he lay down, he felt a sharp pain in his left arm.

That's when Barto decided to go to Evangelical Community Hospital's Emergency Department—a decision that saved his life.

GO WITH THE FLOW

The procedure Barto underwent, a heart catheterization, involves an interventional cardiologist threading a long flexible tube called





When Whitehall resident Bruce Barto came to Evangelical's ER, he was quickly diagnosed with an active heart attack and received immediate treatment.

a catheter into a small incision in the patient's groin or wrist, through an artery, and up to the blockage, where a balloon on the catheter tip is inflated, which opens the artery. If necessary, some blocked arteries are then treated with a stent, which is a tiny wire mesh tube that expands and is locked in place. The now-deflated balloon and catheter are removed, but the stent remains to keep the passage open and blood flowing freely.

Barto eventually needed a total of three stents, two to open one clogged artery and one to open another. Dr. Lynch also identified a partially clogged artery, but decided to see if medication and a heart-healthy diet could reduce that blockage. Keeping a close watch on her patient, Dr. Lynch decided after three months that Barto's angina symptoms were not sufficiently resolved. She scheduled him for another heart catheterization to fully open the artery.

PROGRAMMED FOR SUCCESS

While Barto led a healthy life prior to his heart attack, having a heart attack meant he would have to build back up to an active lifestyle. So he began attending Evangelical Community Hospital's Cardiac Rehabilitation Program, which is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation. The program provides education, exercise training, and psychosocial support for cardiac patients and their families.

"I went three times a week to complete the full program," Barto recalls. "It's a great program, and I even convinced my mother to go through it, since she has a history of angina. After finishing the program, my mom has a lot more strength and can do more things now."

Today, Barto is doing great. He continues to see Dr. Lynch every six months at the Heart and Vascular Center of Evangelical. And to create the best possible treatment plan, communication lines are open and flowing with Barto's primary care physician, too.

TAKING HEALTH SERVICES TO THESE COUNTIES

SNYDER

UNION

NORTHUMBERLAND

MONTOUR

CLINTON

CENTRE

JUNIATA

LYCOMING

INTRODUCING

MOBILE HEALTH



Living in a rural community can sometimes present unique challenges for healthcare, including the distance that exists between home and the nearest hospital. With an understanding of these challenges the Hospital's friends and neighbors face, Mobile Health of Evangelical was born.

The approximately 38-foot-long by 8-foot-wide bus includes a welcome/ registration area where patients can check in and check out, a blood draw area, and two exam rooms.

The dream of having some way to bring health services to the community grew from many years of community health needs assessments. They identified transportation to and access to healthcare as barriers to good health for those living in the most rural corners of the community, including locations in Centre, Clinton, Juniata, Lycoming, Montour, Northumberland, Snyder, and Union counties.

The bus is in full service as of February, with some stops already scheduled. Mobile Health of Evangelical brings preventive and primary care services directly into the communities surrounding the Hospital and beyond.

An extension of the Hospital, Mobile Health goes out to rural communities that have been identified as high-need areas, including those with minimal resources or with populations that are deemed

high-risk, where preventive medicine can have a significant impact. The bus provides a space for comprehensive blood screenings, free health screens, wellness education outreach, and primary care services.

On primary care days, the bus is staffed with a physician and/or an advanced practitioner and a medical assistant, and will include clinical services.

In addition, as the program expands its reach, the Mobile Health bus will be used to provide more programming to schools. Students will be provided with a tour of the unit and will receive instruction on lifestyle initiatives that can influence them now to create healthy habits that could last a lifetime, including learning about good hygiene, proper nutrition, healthy exercise, and the dangers of drugs, alcohol, and smoking.

To find out where Mobile Health of Evangelical will be each month, call 833-251-0187.

Over \$350,000 was raised to fully fund Mobile Health of Evangelical through individual and business donors from the community. These supporters understand that it is not always easy for neighbors and friends to get to appointments that help them stay healthy. This new outreach fills that gap by taking medicine outside of buildings and walls and delivering it directly to the community.



MAKE A DIFFERENCE

Any size gift helps Evangelical continue providing quality healthcare to the community. To be part of that effort, contact the Development Office at 570-522-2685 or visit [evanhospital.com/SupportEvangelical](https://www.evanhospital.com/SupportEvangelical) to learn about the many ways to give.

CHOOSING THE RIGHT CARE PATH AT THE RIGHT TIME



When you're feeling sick or in pain, in the past, sometimes a trip to the emergency room was necessary, especially during hours when a patient's primary care physician wasn't available.

With the introduction of urgent care centers across the nation, patients with less emergent needs or medical needs associated more with primary care conditions (nausea, toothache, headache, sore throat, fever, even sprains or minor fractures, for example) are better served by seeking urgent care instead of emergency care.

At Urgent Care, the co-pays are generally lower, the wait-times can be shorter, and the locations are convenient and offer extended hours. At Evangelical, Urgent Care even includes the ability to provide X-rays and some laboratory services on site.

Emergency care should be reserved for very serious illnesses, such as possible signs of heart attack or stroke, difficulty breathing, or severe abdominal pain. The sickest patients are seen first, and for patients presenting with more primary care conditions, such as colds, strep throat, or stomach bugs, there is a chance of spending some time in the waiting area.

"We continue to look at the efficiency of care in the Emergency Department," says Michael Donegan, DO, FACEP, Medical Director of Emergency Services. "One of the improvements we've made is creating a separate line of care for the primary care conditions that come through the doors. We're also working on matching demand with capacity and making sure the patient is in the right place for care with the right team."

While wait times are a concern for both patients and medical personnel, medical care is not a service to be rushed.

"When you're being seen in the emergency room, you want your physician to be thorough and provide you with the best possible care, and that takes time," says Donegan. "We will never turn anyone away who walks through the ER doors, but choosing the proper place to start for care is key in helping to keep wait times at bay and finding relief from whatever makes you seek care."



KNOW THE DIFFERENCE

Deciding between urgent care or emergency care? Visit evanhospital.com/UrgentCare for examples to help you choose the right place to begin.

PROVIDING
SYMPTOM
MANAGEMENT
AND SUPPORT FOR
PATIENTS WITH
SERIOUS ILLNESSES

The Practice of

Palliative Medicine

If you have a loved one with a serious, potentially life-threatening condition, you may have heard the term “palliative medicine.” According to the American Academy of Hospice and Palliative Medicine, palliative care is for people of any age, and at any stage of an illness, whether that illness is curable, chronic, or life threatening. Palliative care focuses on improving a patient’s quality of life by managing pain and other distressing symptoms of a serious illness.

Sometimes palliative medicine is compared to hospice care. While many people are familiar with hospice care—which is generally paid for by insurance and involves end-of-life symptom management—palliative medicine is not as well-known.

“The main difference is the length of time you can follow a patient and support them and their family,” says Kathryn Giorgini, DO, hospitalist and Medical Director of Palliative Medicine of Evangelical. “Hospice is for a truly terminal illness with a six months or less prognosis, whereas palliative patients can be seen for much longer.”

Patients don’t have to experience a terminal condition to be candidates for palliative medicine; it’s simply another level of care for a serious health condition, focused on aggressive treatment of issues associated with the illness to make the patient’s life better. For example, a patient with breast

cancer may be a good candidate for palliative medicine because the symptoms will benefit from management, even though the patient could live for decades after diagnosis and treatment of the disease. Other common conditions that can benefit from palliative medicine include chronic obstructive pulmonary disease (COPD), kidney failure, congestive heart failure, and dementia.

“These patients may struggle with symptoms such as pain from the disease itself, fatigue or difficulty sleeping, or even social issues like anxiety or stress that negatively affect their relationships,” says Dr. Giorgini. “We’re trying to give them the best quality of life they can have. That’s where comfort and symptom management come in. We want patients to be able to live with their illness and do the things they enjoy without being burdened by constant ER visits or going back and forth to their doctor’s office.”

In addition to treatments aimed at making the patient’s life more enjoyable, palliative medicine also includes support for the patient and their family with advanced care planning. This helps prepare them for the next steps when a crisis occurs. Palliative medicine doctors will also provide referrals for hospice care to expedite that transition if it becomes necessary.

Kathryn Giorgini, DO, hospitalist and Medical Director of Palliative Medicine of Evangelical



IMPROVE QUALITY OF LIFE

For more information, contact Palliative Medicine of Evangelical at **570-524-6766**.

TALK WITH THE DOC

Managing Menopause

DATE Tuesday, May 8

TIME 5:30 pm FREE meal; talk at 6:30 pm

LOCATION Evangelical Community Hospital Apple Conference Rooms at the rear of the O'Keefe Dining Room

FEE FREE

► Menopause, while unavoidable, has symptoms that can be managed or improved through treatments and lifestyle changes. The discussion will cover Evangelical's Menopause Clinic and menopause's effects on the body, including concerns about cardiovascular disease, osteoporosis, urinary incontinence, risk of breast cancer, and more.

The discussion will be presented by Russell Stankiewicz, MD, FACOG, CCD, NCMP, Medical Director of OB/GYN, and Angela Bowers, CRNP, OB/GYN of Evangelical.



EVENT

National Senior Health and Fitness Day

DATE Wednesday, May 30

TIME 8 am–1 pm

LOCATION Country Cupboard, 101 Hafer Road, Lewisburg

FEE FREE

SCREENINGS

Heart Health Screen

DATE Friday, February 16

TIME 7–10 am

LOCATION Evangelical Community Health and Wellness

FEE FREE

► This screen directed toward better heart health includes blood studies, blood pressure, body composition, and cardiac/stroke risk assessments. Results are reviewed by an Evangelical physician.

Comprehensive Blood Screens

DATE Tuesday, February 27

TIME 7–10 am

LOCATION Evangelical Community Health and Wellness

FEE \$40

DATE Wednesday, March 14

TIME 7–10 am

LOCATION Elmcroft of Loyalsock, Montoursville

FEE \$40

DATE Tuesday, March 27

TIME 7–10 am

LOCATION Evangelical Community Health and Wellness

FEE \$40

DATE Thursday, April 19

TIME 7–10 am

LOCATION Evangelical Community Health and Wellness

FEE \$40

DATE Wednesday, May 16

TIME 7–10 am

LOCATION Elmcroft of Loyalsock, Montoursville

FEE \$40

► This screening includes a lipid panel for HDL, LDL, total cholesterol, and triglycerides; a complete blood count; and CMP to assess blood sugar, electrolytes, calcium, protein, liver enzymes, and more.

Heel Bone Density Screening

DATE Thursday, March 8

TIME 9–11 am

LOCATION Evangelical Community Health and Wellness

FEE FREE

► Qualifications: Have not had a DXA scan in past two years, have not had a heel bone density test in past year, and meet one of the following criteria: over the age of 65, post-menopausal, or pre-menopausal with high-risk factors.

Blood Pressure Screenings

LOCATION Evangelical Community Health and Wellness

DATES & TIMES Wednesdays, noon–4 pm; Fridays, 9 am–noon



CLASSES

Why Weight

DATES Tuesdays, March 6–April 10

TIME 6–7:15 pm

LOCATION Evangelical Community Hospital, Apple Conference Room A

FEE \$60

► Why Weight is a six-week weight management program led by a certified health coach and registered dietitian. Topics covered include healthy meal planning, exercise, and behavior modification strategies designed to facilitate lifestyle change and gradual, lasting weight loss.

Hello Baby

DATE Monday, March 5

TIME 6:15–7:45 pm

LOCATION Evangelical Community Hospital, Apple Conference Rooms A and B

FEE \$10

DATE Monday, May 7

TIME 6:15–7:45 pm

LOCATION Evangelical Community Hospital, Apple Conference Rooms A and B

FEE \$10

► Children ages 2–10 who are anticipating the birth of a sibling can learn about diapering, swaddling, and how to properly hold a baby. Children are encouraged to bring their favorite stuffed animal or doll.

Consider Cloth— Diapering Seminar

DATE Wednesday, March 21

TIME 6:30 pm

LOCATION Evangelical Community Health and Wellness

FEE FREE

► Discover the benefits of using cloth diapers during this hands-on learning experience. Get information on how cloth diapers can save you money, are easy to use, and are an earth-friendly choice.

Live Your Best Life

DATES Fridays, March 9–April 13

TIME 12:30–3 pm

LOCATION The R.E.C., 429 8th Street, Selinsgrove, PA 17870

FEE FREE

DATES Tuesdays, April 17–May 22

TIME 9–11:30 am

LOCATION Evangelical Community Health and Wellness

FEE FREE

► Chronic Disease Self-management program. Learn how to improve quality of life while coping with a chronic health condition such as diabetes, arthritis, chronic pain, depression, a breathing problem, heart failure, or any other health problem that alters your lifestyle. Topics include managing pain and fatigue; improving psychological well-being; nutrition and exercise; and communicating with family, friends, and health professionals.

AARP Smart Driver— 8-Hour First-Time Class

DATES Thursday, March 22, and Friday, March 23

TIME 8 am–noon

LOCATION Evangelical Community Health and Wellness

FEE \$15 for AARP members, \$20 for non-members

Six Weeks to Wellness (NEW Program!)

DATES Thursdays, April 5–May 10

TIME 6–7 pm

LOCATION Evangelical Community Hospital, Apple Conference Room C

FEE \$60

► A Certified Health Coach leads you through a six-week course on health and wellness. Weekly topics include goal setting and behavior change, social support, physical activity, nutrition, stress management, and overall well-being.



SENIOR STRONG HEALTH LECTURES Yoga for the Pelvic Floor

DATE Tuesday, March 20

TIME 10 am

LOCATION Evangelical Community Health and Wellness

SPEAKER Dawn Shawley

FEE FREE

Parkinson's Disease— What Can I Do for Him?

DATE Friday, April 20

TIME 10 am

LOCATION Evangelical Community Health and Wellness

SPEAKER Betty Anne Leiby, RN, BSN, Home Instead Senior Care

FEE FREE

What You Need to Know About Osteoporosis

DATE Friday, May 25

TIME 10 am

LOCATION Evangelical Community Health and Wellness

SPEAKERS Debbie Trimble, RN and Kim Findlay, RN

FEE FREE

JOIN US

For all health screenings, seminars, and classes, call Evangelical Community Health and Wellness to register at **570-768-3200**, or register online at **evanhospital.com/events**.



Partnering with you **for health.**

FAMILY MEDICINE
OF EVANGELICAL™

3 Hospital Drive, Suite 214
Lewisburg
570-524-4242

412 W. Market Street
Middleburg
570-837-6163

112 Ironstone Drive, Suite A
Northumberland
570-473-0545

7095 West Branch Highway
Lewisburg
570-524-5050

101 Meadow Green Drive
Mifflinburg
570-966-1122

935 Route 522
Selinsgrove
570-372-6102

964 Carpenter Road
Milton
570-742-2300

INTERNAL MEDICINE
OF EVANGELICAL™

3 Hospital Drive, Suite 102
Lewisburg
570-524-7400

3 Hospital Drive, Suite 206
Lewisburg
570-524-4141