

# everyday

State-of-the-art clinic treats chronic pain

Solutions for bladder control

Heart and Vascular Center team expands



# EXTINGUISH THE PAIN

A firefighter fights back after sustaining a knee injury

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## Expert Care, Conveniently Delivered

In our last issue of *Every Day*, we featured all of the services that are now part of our West Branch Medical Center. Since its November opening, the Center has been bustling with activity, serving the needs of patients in many different ways.

One of the busiest areas has been at Urgent Care of Evangelical. The daily use of the service has been triple the predicted early opening goal. Patients of all ages and from all walks of life have taken advantage of being seen in the no-appointment-needed setting. The staff has treated a range of medical needs, from fractures to cuts to strep throat and more.

Judging from the early success, it is clear that our determination of a need for a clinic of this nature was spot on. Evangelical continues to evaluate and understand what the people in

the communities we serve need in healthcare. As the success of Urgent Care continues, we will be assessing how our original model may need to evolve, including an evaluation of hours and staffing to ensure that patients continue to benefit from accessibility, convenience, and expertly delivered care.

We're excited that the services of West Branch Medical Center have been so well received and we're pleased to announce that the newest addition of Pain Medicine of Evangelical at West Branch is open and seeing patients. Thank you to everyone who continues to support our forward movement.

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

Kendra Aucker  
President and CEO

## Don't weight!

### IT'S THE PERFECT TIME OF YEAR TO SET WEIGHT-LOSS GOALS

- **Create realistic goals:** Start with smaller, doable goals that will allow you to be successful in the long-term.
- **Spring clean the pantry:** Toss items high in sugar, sodium, and preservatives. Make healthier options more visible and within reach.
- **Make trips to the farmers market:** More fresh fruits and veggies are in season, which makes healthier food choices easier.
- **Take advantage of the warm weather and sunshine:** More time outside means less time indoors watching TV and lounging.
- **Don't skimp on sleep:** Sleep deprivation can lead to weight gain. It's best to get at least seven hours a night.
- **Change up your workout:** Your body can get used to the same type of exercise. High-intensity interval training (HIIT) workouts help boost your heart rate and metabolism.



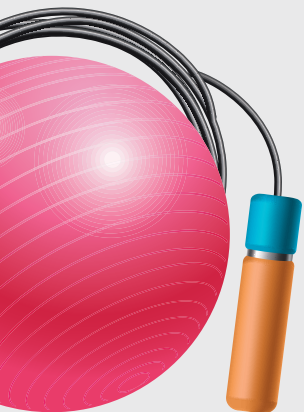
## SPIDER-MAN SWINGS INTO ACTION

Evangelical has welcomed a superhero to its volunteer ranks. Spider-Man now stops by the Hospital when his spidey-sense tells him there is a child who may need a little courage to help them through. The kids aren't the only ones who enjoy his visits—he often gets asked to have his picture taken by adults who want to share it with kids at home. His Peter Parker Evangelical nametag keeps his identity hidden, but the impact his presence has on the kids is no secret—their smiles say it all!



### NEED HELP MAINTAINING WEIGHT-LOSS GOALS?

Attend an upcoming Why Weight class—a six-week weight management program offered at Community Health and Wellness—to learn tips and tricks for successful and manageable weight loss. Call **570-768-3200** for details.



## Tick check

### MAKE SURE TO TICK OFF ALL THE BOXES IF YOU'VE HAD CONTACT

As warmer months approach, ticks become more active, especially in wooded and grassy areas. If you might have come in contact with them, it's important to do a body and clothing check as soon as possible.

Ticks can be anywhere on the body, but check warm, moist areas first. If you find a tick, follow these steps:

- Remove it immediately with tweezers.**
- Disinfect the area.**
- Place the tick in a Ziploc bag.**
- Dispose of it or save it to be examined by a doctor.**

Bite marks will appear within a few days and usually look like a dime-sized red spot, similar to a mosquito bite. Some marks may have a black dot or a hardened bump. While most tick bites don't require medical treatment, it's important to monitor them. Seek urgent care if any of the following occur:

- A tick may have been on your skin for more than 24 hours
- The tick wasn't removed completely
- A rash develops (in some cases appearing like a bulls-eye around an isolated tick bite)
- The bite becomes infected (warm, swelling, pain, or pus)
- You feel symptoms such as fever, headache, fatigue, stiff neck and back, or muscle and joint aches



### BITTEN BY A TICK?

Urgent Care of Evangelical is available to check it out. Visit [evanhospital.com/](http://evanhospital.com/)

**Urgent** for hours and services offered.



A FIREFIGHTER  
IS ON THE MEND

# EXTINGUISH THE PAIN

**M**ichael Magyar will never forget it: all those flames, all that smoke. A volunteer firefighter, he bravely charged into the burning house, searching for victims. Then he became one himself.

That day in June 2016, the floor suddenly gave way under Magyar's leg and his entire weight slammed into his knee. A minute later, excruciating pain shot through him.

"It was hard to come to grips that something was wrong with

me," says Magyar, of Montgomery, who hobbled out for help and an ambulance to the nearest hospital. All's well now, thanks to the exceptional care he received at Evangelical Community Hospital.

It didn't start that way. Magyar's workers' compensation required that he be treated at the hospital he was rushed to, not Evangelical. X-rays showed no damage; he was told only that he had a bad sprain. But after 10 weeks of physical therapy and not being able to see

a physician, "My symptoms actually worsened," says Magyar. "I continued to have constant pain and swelling; and it was difficult to get out of bed, take a shower, and bend over."

He could return to his full-time job as an Assistant Health System Administrator at the Federal Bureau of Prisons, but forget about his outside passions for firefighting or his part-time National Registered Paramedic post at Evangelical—those would be impossible. By October, he finally insisted on





While fighting a fire, Michael Magyar sustained several injuries to his knee, which was repaired with arthroscopic surgery at Evangelical.

A burning house in June 2016 led to a painful knee injury for firefighter Michael Magyar when the floor he was standing on collapsed beneath him.

An MRI. It revealed a total meniscus (a type of cartilage) tear and a Baker's cyst (swelling behind the knee joint). Surgery was advised. Not without a second opinion, thought Magyar.

A few days later, he was sitting across from Thomas Martin, MD, orthopaedist at SUN Orthopaedics of Evangelical. MRI results in hand, Dr. Martin told Magyar that to

avoid long-term health consequences and maintain hope of regaining full use of his knee, corrective surgery was needed. Fortunately for Magyar, it could be scheduled within five days.

The registration process for surgery was quick, and he was immediately wheeled into pre-op, where Dr. Martin and the nurses explained everything to Magyar and his family. "They went out of their way to ensure that all our questions were answered," he says.

Magyar received arthroscopic knee surgery, during which Dr. Martin trimmed the meniscus tear. Following the procedure, Dr. Martin visited Magyar to share the surgery results and recovery plan. In hours, Magyar was moving.

"If you're able, they get you mobile right from the start, and I think that's the key to a successful, rapid recovery," he says. He went home that same day, and within a week he was back on his job at the prison and starting physical therapy under Dr. Martin's orders.

"Dr. Martin kept me and my family informed, from start to finish," says Magyar, whose paramedic work would have to wait three months, and he has yet to return to firefighting. "I got prompt, thorough, and inclusive care. The nursing staff gave me such comfort,

and they were clear in explaining my discharge from the hospital. For everyone here, your best interests are their priority. The nice thing about Evangelical is its community feel. Whether you're an employee or not, you're part of the family."

## A PEEK AT ARTHROSCOPIC SURGERY

During the in-patient, general-anesthesia procedure, Dr. Martin makes a very small incision, in which he inserts a tiny camera called an arthroscope. This allows him to see the inside of the knee joint, with the image projected on a screen, while he operates.



### KNEE ANATOMY

The knee is the largest and one of the most complex joints in the body. It is made up of the lower end of the femur (thighbone), the upper end of the tibia (shinbone), and the patella (kneecap).



## PATIENT-CENTERED STRATEGIES FEATURED AT NEW STATE-OF-THE-ART CLINIC

Maybe it's from an injury or a disease, physical tension, or the natural aging process. Chronic pain nags and stabs at roughly 100 million Americans. Whether they feel it as an annoying discomfort or an agonizing disability, patients can find relief at the new Pain Medicine of Evangelical.

Opened in early April at West Branch Medical Center (WBMC), Lewisburg, the state-of-the-art outpatient clinic welcomes Shiyi Ablayao, MD, a board-certified anesthesiologist and pain medicine specialist. "I'm excited to be a part of Evangelical in this way," she says. "It means a lot to me to help relieve patients of their pain, so they can face their days with greater comfort and live life more fully."

At Pain Medicine of Evangelical, patients benefit from the clinic's integrated approach. From its multidisciplinary services to its wide range of patient-centered treatment strategies, Dr. Ablayao and staff always keep the individual's needs and health in mind.

Patients here can expect treatment plans with prescription alternatives to narcotics and opiates and adequate-strength, over-the-counter options. These include non-steroidal anti-inflammatory drugs (NSAIDs), corticosteroids, and antidepressants. They may be used in conjunction with other treatments, such as steroid injections, which are especially helpful for neck or back pain; trigger-point injections, for nerve-related muscle pain; or acupuncture.

"No one should have to live with ongoing pain, and that's why we're here," says Dr. Ablayao. "When patients give our pain medicine experts the opportunity to assess and treat their condition, together we can help give them the hope—and the help—to successfully manage their pain."

### A WELCOME ADDITION

Shiyi Ablayao, MD, brings more than two decades' experience in anesthesiology and pain medicine to Pain Medicine of Evangelical. But she's hardly new to the Hospital—patients here have long benefited from Dr. Ablayao's care. She helped establish a pain clinic at Evangelical in 2000, treated a wide variety of pain conditions at the Evangelical Ambulatory Surgical Center, and has been a courtesy staff member since 2011.

While at Evangelical, Dr. Ablayao will continue to see patients at her Williamsport practice, which was recently acquired by the Hospital.

Shiyi Ablayao, MD

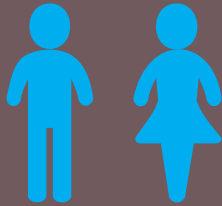




# HEART HEALTHY

Heart attack symptoms can manifest in various ways, depending on age, gender, and the type of underlying heart disease.

## Heart Attack Warning Signs for Men and Women



- Uncomfortable pressure, squeezing, fullness, or pain in the center of the chest.
- Pain or discomfort in the back, neck, jaw, or stomach.
- Shortness of breath, with or without chest discomfort.
- A cold sweat, nausea, or lightheadedness.

## Heart Attack Symptoms in Women



- As with men, women's most common heart attack symptom is **chest pain or discomfort**. However, women are less likely than men to experience chest pain or discomfort, but more likely to experience:
- Shortness of breath
  - Nausea, vomiting
  - Back, neck, or jaw pain

## Quick Action Can Save Your Life



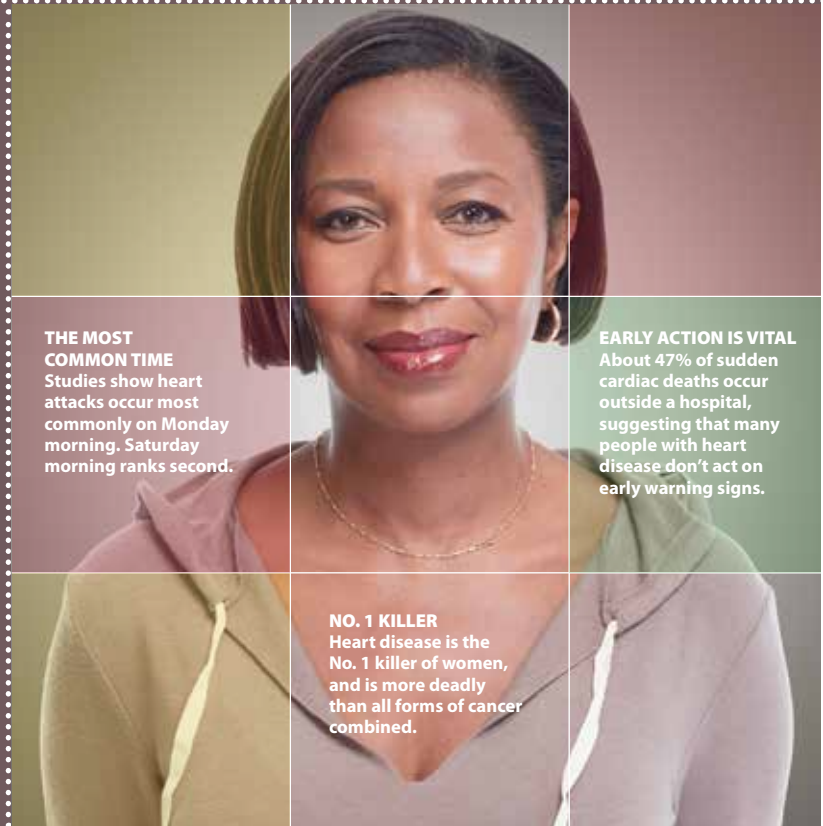
Know the warning signs and symptoms of a heart attack so you can act fast. The chances of survival are greater when emergency treatment begins quickly. If you think you might be having a heart attack, don't ignore it—call for help:

Call **911** for emergency medical care, even if you are not sure whether you're having a heart attack.

## OUR TEAM IS GROWING

Recognizing the growing need for heart-related care in the region, Evangelical is adding to its team of experts at the Heart and Vascular Center. This summer, a new interventional cardiologist with extensive cardiovascular experience will be joining Petra Lynch, MD, interventional cardiologist; Robert Davis, DO, FACC, noninvasive cardiologist; and Christopher Brancato, MD, FACC, noninvasive cardiologist. The physician-assistant line-up is also expanding. James Weaver, PA-C, joins Kelly Farrell, PA-C, in assisting with patient assessments and ongoing treatment of patients at the Center.

The Heart and Vascular Center of Evangelical works in conjunction with the Hospital's Imaging and Cardiovascular teams to provide wide-ranging heart care—from preventive medicine and diagnosis to intervention and rehabilitation.



**THE MOST COMMON TIME**  
Studies show heart attacks occur most commonly on Monday morning. Saturday morning ranks second.

**EARLY ACTION IS VITAL**  
About 47% of sudden cardiac deaths occur outside a hospital, suggesting that many people with heart disease don't act on early warning signs.

**NO. 1 KILLER**  
Heart disease is the No. 1 killer of women, and is more deadly than all forms of cancer combined.

YOUR DOCTOR CAN HELP  
YOU SOLVE A BLADDER  
CONTROL PROBLEM



# IN CONTROL

**B**ladder control problems are very common, affecting 1 in 4 women. The mishaps they cause can be embarrassing and even get in the way of daily living. For some people, the incontinence is mild and usually only occurs when they sneeze, cough, or lift a heavy object. In the case of severe incontinence, however, unexpected urination may occur so frequently that it interferes with work, exercise, and social situations.

“Bladder leakage is extremely common and there are many effective treatment options,” says Julia Redcay, DO, FACOG, OB/GYN. “My hope is that more women will start a conversation with their physicians and find the appropriate treatment before it interferes with their lifestyle.”

Although you may feel uncomfortable talking about incontinence with your doctor, Redcay says your provider can help you find the right treatment and rule out

any underlying problems, such as a bladder infection or an obstruction.

“We see women who barely notice they have symptoms, and for these patients, simple lifestyle modifications are all that is needed to eliminate the problem,” says Dr. Redcay. “For our patients who have severe incontinence, our specially trained team of physicians and nurses provide the latest behavioral modifications, medications, and surgical solutions when necessary.”

## HIGHLY TREATABLE

Women are twice as likely to experience incontinence as men, since it is often caused by pregnancy, childbirth, and menopause. Fortunately, treatments for bladder control have blossomed over the last decade.



“Women who come to OB/GYN of Evangelical seeking treatment are often surprised at the wide range of effective options we provide,” says Dr. Redcay. “We see success in so many of our patients who have reclaimed their lives and are back to doing the activities they enjoy.”

Your doctor can help you determine what type of incontinence you may be experiencing and how to go about treating it. Following childbirth, weight gain, or surgery, many women experience **stress incontinence**, a weakening of the bladder muscles. You may notice minor leakage when you cough, sneeze, laugh, exercise, or lift something heavy. For this type of incontinence, your doctor may recommend bladder training, which involves emptying your bladder on a regular basis, or pelvic muscle exercises, which involve tightening the muscles used to stop urination. If strengthening exercises don't solve the problem, your doctor may discuss bladder support devices, electrical stimulation, or surgical options.

**Urge incontinence**, the sudden need to urinate, is usually age-related or may be due to a urinary tract infection or an overactive bladder. Medications that relax the bladder, combined with bladder training, have proven to be helpful. Other options include nerve stimulation and various types of surgeries.

Women may also experience **overflow incontinence**, characterized by a constant leakage of urine. Often caused by diabetes or certain medications, this type of incontinence may make you feel as if you are unable to completely empty your bladder.

Whether you are experiencing a single type of incontinence or **mixed incontinence**, which is a combination of types, expert help is available.

“We're here to get women past the symptoms and back to their normal activities,” says Dr. Redcay.



**WE'RE HERE TO HELP** To learn about treatment options for bladder problems, call OB/GYN of Evangelical at **570-523-8700**.

## WHAT IS URINARY INCONTINENCE?

Urinary incontinence (UI) is the loss of bladder control, resulting in the accidental loss of urine. The urinary tract is the body's drainage system for removing urine, which is composed of wastes and extra fluid. Every day, the kidneys filter about 120 to 150 quarts of blood to produce about 1 to 2 quarts of urine.

## MEET OUR OB/GYN TEAM

Our physicians believe that each woman should be an active participant in her health care.



Helen Lambe, MD, FACOG

Jennifer Marshalek, DO

Julie E. Redcay, DO, FACOG

Russell Stankiewicz, MD, FACOG

Ngozi Uchendu, MD

## SCREENINGS

### Comprehensive Blood Screens

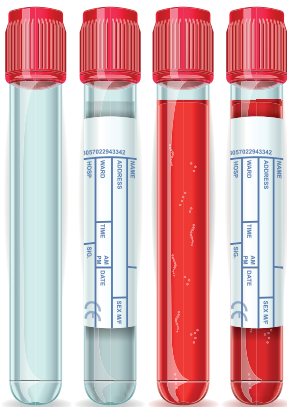
**DATE** Wednesday, May 10  
**TIME** 7–10 am  
**LOCATION** Surgical Specialists of Evangelical in Shamokin, 125 West Commerce Street  
**FEE** \$40

**DATE** Wednesday, May 17  
**TIME** 7–10 am  
**LOCATION** Elmcroft of Loyalsock, Montoursville  
**FEE** \$40

**DATE** Tuesday, June 20  
**TIME** 7–10 am  
**LOCATION** Evangelical Community Health and Wellness  
**FEE** \$40

**DATE** Wednesday, July 19  
**TIME** 7–10 am  
**LOCATION** Family Medicine of Evangelical-Middleburg, 412 W. Market Street  
**FEE** \$40

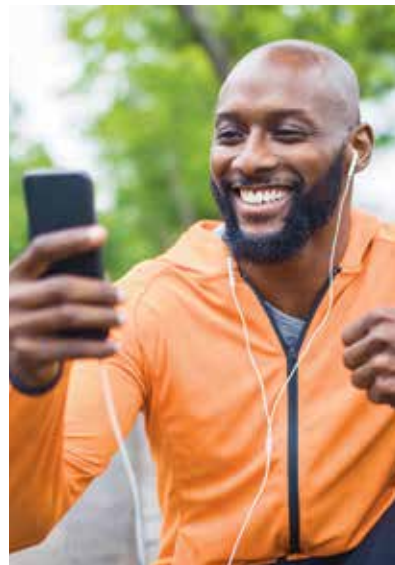
► The screening includes a lipid panel for HDL, LDL, total cholesterol, and triglycerides; a complete blood count; and CMP to assess blood sugar, electrolytes, calcium, protein, liver enzymes, and more.



### Skin Cancer Screen

**DATE** Friday, May 26  
**TIME** 8 am–noon  
**LOCATION** Lewisburg Plastic Surgery, 135 Walter Drive, Lewisburg  
**FEE** FREE

► This screening will help you recognize your own pattern of moles, freckles, and “beauty marks.” We will help you become more alert to changes in the number, size, shape, and color of pigmented areas.



### Men’s Health Screen

**DATE** Saturday, June 10  
**TIME** 7–10 am  
**LOCATION** Evangelical Community Health and Wellness  
**FEE** \$75

► Geared toward men, this screen assesses risk for serious health issues like diabetes, high blood pressure, heart disease, and some forms of cancer. Some screenings being offered at the event include: blood studies, body composition, cardiac and stroke risk counseling, prostate and skin exams, and vision/hearing checks.

## CLASSES

### Hello Baby

**DATE** Monday, May 8  
**TIME** 6:15–7:45 pm  
**LOCATION** Evangelical Community Hospital, Apple Conference Rooms AB  
**FEE** \$10 per family

► 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.



### Diabetes Education

**DATE** Wednesday, May 17  
**TIME** 3–4 pm  
**LOCATION** West Branch Medical Center  
**FEE** FREE

► Carb counting—what is it? How do you do it? What difference does it make in managing diabetes?



### Safe Sitter®

**DATE** Tuesday, June 13  
**TIME** 8:30 am–4 pm  
**LOCATION** Evangelical Community Health and Wellness  
**FEE** \$50

**DATE** Wednesday, July 19  
**TIME** 8:30 am–4 pm  
**LOCATION** Evangelical Community Health and Wellness  
**FEE** \$50

Safe Sitter® is geared toward 11- to 14-year-olds who are interested in babysitting. The class teaches lifesaving skills that prepare sitters to be home alone or to watch younger children.



## SENIOR STRONG

### Osteoporosis— What You Need to Know

**DATE** Friday, May 19

**TIME** 10 am

**LOCATION** Evangelical Community Health and Wellness

**FEE** FREE

### Brown Bag Medicine Reviews

**DATE** Friday, June 2

**TIME** 9 am–12:30 pm

**LOCATION** Evangelical Community Health and Wellness

**FEE** FREE

▶ Alan Griswald, Pharmacist of Evangelical Community Hospital, will conduct one-on-one meetings with individuals to look closely at prescribed medications combined with over-the-counter medications, vitamins, and herbal remedies. He will help determine whether all are needed, if there is the potential for drug interactions, or if dosage adjustments are required.

Individuals taking part in the review should bring all prescribed medications, over-the-counter medications taken on a regular basis, vitamins, and supplements, and be prepared to talk about medication-taking habits or concerns about medications.

### Exercise for Older Adults

**DATE** Friday, July 28

**TIME** 10 am

**LOCATION** Evangelical Community Health and Wellness

**FEE** FREE

▶ Discussion of how much exercise is optimal and what types help individuals stay active and healthy.

## TALK WITH THE DOC

### Osteoporosis Panel Discussion

**DATE** Tuesday, May 23

**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

▶ Discussion of osteoporosis prevention, diagnosis, and treatment is being presented by Evangelical’s panel of experts, including Paul Lin, MD, SUN Orthopaedics of Evangelical; Thomas Martin, MD, SUN Orthopaedics of Evangelical; Debbie Trimble, RN; Christine Malloy, MSPT; and Amy Keefer, RT (BD).



Heel scans are one of the tools used to identify whether or not bones are getting weak or less dense—attendees will be treated to FREE bone density scans by a community health instructor starting at 5:30 pm.



### 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/calendar](http://evanhospital.com/calendar).



## More than Medicine

Bradley Mudge, DO, FACS, general surgeon,  
Surgical Specialists of Evangelical.

## Q&A Get to Know Our Experts

**Q. What do you like to do when you’re away from work?**

**A.** I like to spend time with family, travel, run, hunt, and fish.

**Q. If you were going to be on a deserted island and take only three things, what would they be?**

**A.** I would want to take my wife and two boys. (Perhaps unfortunately for them!)

**Q. If you weren’t a doctor, what would you be?**


**A.** If I wasn’t a surgeon, I would likely be a spy. (I probably shouldn’t have let that secret out!)

# HIT REFRESH ON YOUR BACK.



Our **spine experts** understand how back and neck pain can limit your life.

At SUN Orthopaedics of Evangelical, we explore every treatment option – from complex surgeries to injections to physical therapy. And, we support you through the entire healing process, helping you get free of chronic pain.

 **Hit Refresh. Call 1-800-598-5096.**

**SUN ORTHOPAEDICS**  
OF EVANGELICAL™