

# everyday

A farmer cultivates a better life after hip surgery

## REAP THE HARVEST

Hyperbaric oxygen therapy gives healing boost to wounds

Physical therapy addresses pelvic health issues

Vascular specialists treat varicose and spider veins



Be part of Evangelical's future—send your gift in the enclosed envelope.

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## Tackling social issues to enhance community health

At Evangelical, caring for the health of the community is more than just medical care. It's also being aware of and addressing social issues such as mental health and suicide, opioid use, and human trafficking that are impacting daily the lives and well-being of those around us. People affected are walking through our doors, doing their best to cope silently, and not outwardly asking for help.

We have made it our new goal to do what we can to positively impact these social issues and help to reduce the stigmas around mental health, addiction, and human trafficking. Yes, it's the responsible thing to do because we are an integral part of our community, but more than that, our compassionate employees have been asking to be part of the solution. As a result, we've created task forces, committees,

and specially trained individuals to deal with these and other issues. We've educated on the topics at hand, focusing on increasing awareness and how to identify someone who needs help, provided tips on how to show concern without judgment, and created tools and patient care options employees can use to make a difference.

Education is key. You can't institute change unless you understand the problem. By being proactive and making the effort to address these serious social issues, nearly 1,900 employees now have the knowledge and capability to talk to their families and community members.

Together we are making a better community for our children and our children's children.

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

Kendra Aucker, President and CEO

## JOIN THE ENHANCING THE EVANGELICAL EXPERIENCE CAMPAIGN



Evangelical's focus on the community's healthcare needs compels us to develop and sustain programs that are essential to the well-being of the people who live in the area we serve. You can join us in that effort by giving to the Enhancing the Evangelical Experience Campaign.

This campaign will provide funding for our numerous community care programs that were developed to address critical needs within the community. It will also support the broader Patient Room Improvement, Modernization, and Enhancement (PRIME) project that is currently underway.

**To be part of the future of Evangelical Community Hospital, use the enclosed envelope to submit your gift.**

Peppers, tomatoes, herbs,  
and more can be grown  
in a container garden.



## Growing Greens

### CONTAINER GARDENS ARE GREAT FOR THOSE WITH LITTLE SPACE

People with a green thumb often don't have the space or resources to create a large garden of their own. Luckily, there are other options for those with the urge to grow greens. Container gardens are a popular trend among those with limited space or budgets to allocate for a garden. Use purposely designed outdoor pots and urns, or old dishes or coffee cans. Just make sure to have proper drainage at the bottom of the container and give the plants adequate sunlight. Unsure of what to grow? Here are a few ideas of plants that make great container garden specimens:

#### EDIBLES:

- Salad cress
- Tomatoes
- Strawberries
- Herbs of all varieties, including sage, rosemary, thyme, basil, and mint
- Chives
- Peppers, both chili and bell

#### DECORATIVE:

- Buddleia bushes
- Lavender
- Tea rose bushes
- Wild flowers
- Small trees, such as acers, bay, and olive trees



# Making Progress

## PRIME IS TAKING SHAPE

Evangelical Community Hospital has officially broken ground on what is its largest construction project since its opening in 1953. When complete, the Patient Room Improvement, Modernization, and Enhancement (PRIME) Project will consist of a nearly 112,000-square-foot, four-story new addition and 20,000 square feet of renovated existing space.

## BUILDING THE FUTURE OF HEALTHCARE



To keep up with the progress and see new pictures as PRIME takes shape, visit [evanhospital.com](http://evanhospital.com).



# Navigating the Insurance World

## WHAT YOU NEED TO KNOW TO BETTER UNDERSTAND YOUR COVERAGE

Dealing with the intricacies and details of your insurance plan can be not only time-consuming, but mind-boggling as well. Often there's complicated language and terms that aren't familiar to the everyday insurance user. To simplify things, we've created a primer to help you get a better grasp of your benefits and what may be required of you when dealing with insurance claims.

### THE BASICS

Here are a few terms you might encounter when your insurance claims are processed:

- **DEDUCTIBLE:** The amount you owe for covered healthcare services before your health insurance begins to pay.
- **COPAYMENT:** Your share of the cost for a medical service or item, such as a doctor's visit.
- **COINSURANCE:** Your share of the cost for a covered healthcare service after you have paid your deductible amount. If the total cost is \$200 and coinsurance is 80/20, your insurance pays 80 percent (\$160), and you pay 20 percent (\$40).
- **PREMIUM:** The amount you pay for your health insurance plan each month.
- **NETWORK:** The doctors, hospitals, and suppliers your health insurer has contracted with to deliver healthcare services to its members.
- **EXPLANATION OF BENEFITS:** A written explanation from an insurance company stating what they paid for a claim and what the patient must pay.



### A BIT MORE ADVANCED

Here are more in-depth insurance questions you may come across:

- Q.** What is the difference between in-network and out-of-network providers?
- A.** An in-network provider is contracted by the insurance company, so you generally pay less compared to using an out-of-network provider.
- Q.** Why do I see separate charges for physicians and facilities?
- A.** It is common practice to receive two bills for your stay at a hospital. You're not being charged twice—one bill is for fees relating to your hospital visit, and one is for fees relating to the physicians who provided service.
- Q.** How do I determine which insurance plan is best for me?
- A.** Ask yourself these questions:
- Do you need long-term or short-term coverage?
  - Do you want basic or comprehensive coverage?
  - Would you prefer to pay for treatments or services before or when you actually need them?
  - Do you prefer easy access to specialists?
  - Is there a preferred doctor or hospital you'd like to use?
  - What are the maximum out-of-pocket costs you could incur from a serious illness?

# A JUMP-START TO HEALING

HYPERBARIC OXYGEN THERAPY  
HELPS WITH TOUGH WOUNDS



Christopher Motto, MD, FACS, Medical Director, Wound and Hyperbaric Medicine of Evangelical, and Ruth Smith, RN, BSN, CWCN, Clinical Coordinator, administer hyperbaric oxygen therapy to Larry Hackenberg.

Patients who have chronic wounds that have proven difficult to heal with normal wound treatment may be able to get the healing boost they need from hyperbaric oxygen (HBO) therapy. During HBO therapy, patients recline in a pressurized tube while they receive 100 percent oxygen. The pressure makes the oxygen more available to damaged cells, helping them to heal.

Christopher Motto, MD, FACS, Medical Director of Wound and Hyperbaric Medicine of Evangelical, says most of the patients who undergo HBO therapy have chronic wounds from diabetes, osteomyelitis (bone infection), or radiation damage from cancer treatment.

"HBO technology is not what you would expect at a community hospital, but that's what sets Evangelical apart. As an organization, we grow where our patients need us to grow."

Laura McClintock, EMT, CHT, is a Certified Hyperbaric Technician who checks each patient's vitals and monitors them when they are in the HBO therapy session, or "dive." "I try to make it a comfortable experience for people," McClintock says. "And safety is our primary concern—I never leave the room during a dive and I use a phone to keep in constant contact with the patient. We also have CDs and DVDs to help patients pass the time."

The results that patients see after—and sometimes even during—their course of treatment is remarkable.

"We have a good success rate," McClintock says. "One patient came to us when doctors at other hospitals told him he would never walk again and he should get ready to go into a nursing home. But his wife wouldn't give up on him. He came to us in a wheelchair and left walking."

As a clinic closely tied to the Hospital, Wound and Hyperbaric Medicine of Evangelical has the services of general and vascular surgeons, internists, nurses, and technicians. "We've had a wound center for 20 years," Dr. Motto says. "As a provider of wound care, I am proud of the ability we have to change the lives of our wound patients and see them get back to doing things they thought they would have to give up."

## HEALING HELP



If you have a wound that hasn't healed after 30 days, call our wound care specialists at **570-768-3100**.

## REAP

AFTER SUCCESSFUL HIP REPLACEMENT SURGERY, A LOCAL FARMER IS CULTIVATING A BETTER LIFE

## THE HARVEST

A few years ago, Chris Metzger became concerned about the pain in his hip. As a farmer in Linden, he had a physically demanding job and few opportunities to rest. He knew where to get the care he needed—his wife had knee replacement surgery with Brian Batman, MD, of SUN Orthopaedics of Evangelical, and he trusted he'd find the same success.

Dr. Batman worked with Metzger, offering him a conservative course of treatment that began with over-the-counter medications to reduce inflammation and pain, physical therapy, and later steroid injections, which provided some relief. "His hip was completely worn out from osteoarthritis," Dr. Batman says. Metzger realized his hip wasn't getting any better. "It was like having a toothache all the time," Metzger says. "The harder I worked, the worse it felt."

## GETTING READY

Before the surgery, Dr. Batman and his team had Metzger participate in some pre-operative preparation. "Our joint replacement program has a handbook that helps guide patients through the process, so they know what to expect before, during, and after surgery," Dr. Batman says. "And we ask patients to go to pre-op physical therapy. The more they do with their muscles beforehand, the better and quicker their recovery post-operatively."

For Metzger, Dr. Batman elected to do an anterior approach during surgery, accessing the joint from the front

of the hip. "This approach is less invasive," Dr. Batman says. "We don't detach any muscles or tendons, and when we are done, everything moves back into place." Patients also experience less pain and have a quicker recovery.

Metzger's surgery went very smoothly. He spent just one night in the hospital and, with his doctor's permission, went home the next day. "I was on a walker for two to three days when I came home," says Metzger. "For a couple of days, I didn't do any chores, and shortly thereafter I was driving a skid loader doing snow removal."

## SMOOTH SAILING

Dr. Batman says that the post-operative work is a critical part of healing. Generally, patients are enrolled in an outpatient physical therapy program—three days a week for six weeks. Periodic follow-up visits with the surgeon happen at two weeks, six weeks, and three months, or more often if needed.

"I just saw Mr. Metzger for his one-year checkup," Dr. Batman says. "He was doing very well and was back to his farm activities."

For Metzger, the surgery was a resounding success. "I felt close to normal after a couple months," he says. "I wasn't jumping at the chance to get a hip replacement. I had never had surgery before this, but it was a good experience and it went a lot better than I expected."

"Every step of the way, I would give Evangelical Hospital a five-star recommendation. There's not one thing I could say that was a negative experience. And I really appreciated Dr. Batman—he was great."



Brian Batman, MD



Chris Metzger resumed his farming activities in Linden shortly after undergoing hip replacement surgery.

## THE DIRECT ANTERIOR APPROACH TO HIP REPLACEMENT



Studies comparing the two surgical approaches to hip replacement—posterior (from the back) and anterior (from the front)—have shown that patients tend to have quicker recovery times with the anterior approach. Orthopaedic surgeons work with each patient to decide which approach is best for them and their lifestyle.

Other advantages include:

- Smaller surgical incision
- Less disruption of muscles and tendons around the hip
- Less pain
- Shorter hospital stay
- Less chance of hip dislocation after surgery

# Incontinence Is No Laughing Matter

PHYSICAL THERAPY CAN IMPROVE BLADDER AND BOWEL HEALTH



**P**elvic pain, urinary and fecal incontinence, constipation, and painful intercourse are all very private issues that no one really wants to talk about, but they impact the ability to enjoy life to its fullest. The good news is you're not alone, and even better, there are solutions to help.

Physical Therapy of Evangelical recently introduced a pelvic health offering to its line of specialties. Through one-on-one work with Kerin Cook, PT, MPT, OCS, patients can learn how to retrain those muscles, minimizing bladder and bowel conditions.

The pelvic floor is a system of muscles, ligaments, and connective tissues that support the organs of the pelvis, including the bladder, bowel, uterus and vagina in women, and prostate in men. Men, women, and

children of all ages can experience issues with these muscles inside the pelvis.

The pelvic floor is responsible for maintaining posture as well as intra-abdominal pressure, and for holding organs in place. When these muscles don't engage properly, individuals experience a variety of problems that can interfere with life.

"I've had patients who have suffered in silence for years before mentioning their incontinence or pain issues to their physician," says Cook, who has been delivering physical therapy for two decades. "Once they have been referred to physical therapy and we work together to improve the function of their core, the results can give them a new lease on life."

Certified in pelvic health from the American Physical Therapy

Association, Cook wants people to know that by creating individualized pelvic health plans and going through a physical therapy regimen in private sessions, patients can see normalization of their muscle control, function, and activation, leading to reduced pain and improved bladder and bowel health.

"I encourage everyone to be open and honest with their physician about even the most private of issues," says Cook. "When a problem is known, we have a solution to help."

## IMPROVING QUALITY OF LIFE



Contact your physician for a Pelvic Health Therapy referral. For more information about the program, call Physical Therapy of Evangelical at **877-541-1417**.



# SUMMER IS COMING

## LET YOUR LEGS ENJOY THE VIEW

As summer approaches, and shorts and swim season draws near, it's time to get those legs ready to enjoy the season. Varicose and spider veins may make some feel a little self-conscious about showing them off, but at Evangelical, there is a solution.

Varicose veins and spider veins can cause pain, swelling, itching, and burning in addition to their cosmetic look, and the symptoms can worsen over time.

The board certified vascular surgeons of the Heart and Vascular Center of Evangelical use the latest technology to quickly—and less invasively—reverse the damage caused by common and complex vein issues.

A variety of minimally invasive, outpatient procedures address each patient's individual circumstances. Evangelical's vascular specialists provide care in an environment designed to make you feel comfortable with your treatment and confident in your results.

### SCLEROTHERAPY

With this treatment, a vascular surgeon injects a concentrated salt solution into the varicose vein. The solution hardens the vein and makes it disappear. For best results, sclerotherapy typically may require multiple treatments, depending on the extensiveness of your varicose veins.

### LASER THERAPY

Vein laser therapies may require multiple treatments to correct the smaller spider veins that are not large enough for injection. Instead, they use pulses of light energy to destroy diseased veins. Treatment redirects blood flow to veins you can't see on the skin's surface.

### WILL INSURANCE COVER IT?

Since insurances see many vein procedures as cosmetic in nature, impacting what they will cover, Evangelical has created an affordable and accessible self-pay alternative to help you get the solutions you need at a reasonable cost.

Show off your legs and get relief from vein pain, swelling, itching, and burning by seeing what options are available to you.

### WE'RE HERE TO HELP



To learn more, contact the Heart and Vascular Center of Evangelical at **570-524-5056**.

#### NORMAL VEINS



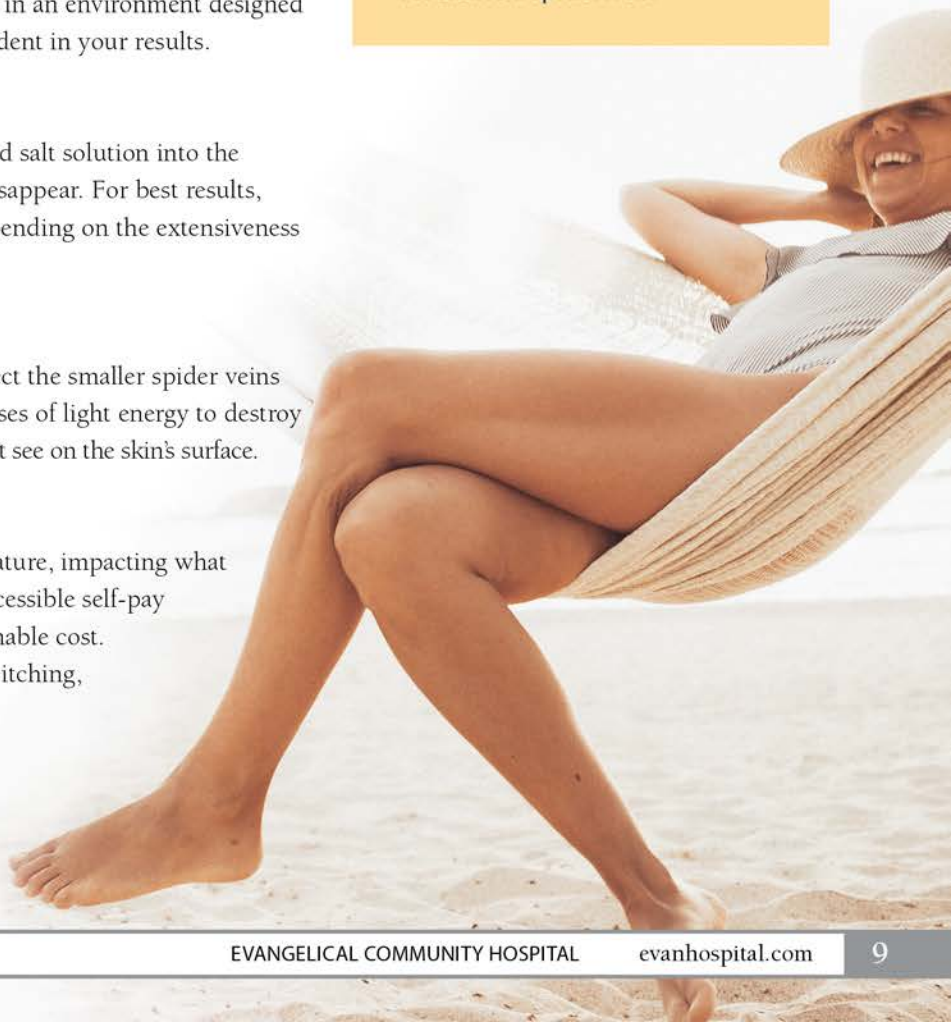
#### VARICOSE VEINS



### VEIN PAIN

**Varicose veins** are enlarged veins that are overfilled with blood. Purplish-blue in appearance, they most often appear on the legs or feet, and they may have a twisted, bulging appearance.

**Spider veins** are clusters of tiny blood vessels that form just below the skin and usually appear on the legs and face. They're usually red, blue, or purple, and they often resemble a spiderweb.



## EVENTS

### Talk with the Doc on Women's Health

Thursday, May 23  
5:30 pm FREE meal; talk at 6:30 pm  
Evangelical Community Hospital,  
Apple Conference Rooms  
FREE

### National Senior Health and Fitness Day

Wednesday, May 29  
9 am–1 pm  
Miller Center for Recreation  
and Wellness  
FREE

### Talk with the Doc on Prevention and Treatment of ACL Injuries

Monday, August 19  
5:30 pm FREE meal; talk at 6:30 pm  
Evangelical Community Hospital,  
Apple Conference Rooms  
FREE

## SCREENINGS

### Men's Health Screen

Saturday, June 8  
7–10 am  
Evangelical Community Health  
and Wellness  
\$75

### Bone Density Screen

Tuesday, June 11  
9–11 am  
Evangelical Community Health  
and Wellness, Clinic Room  
FREE

### Comprehensive Blood Screens

Thursday, May 9  
7–10 am  
Mobile Health of Evangelical,  
Weaver's Store, Spring Mills  
\$50

Wednesday, May 15  
7–10 am  
Elmcroft of Loyalsock, Montoursville  
\$50

Tuesday, June 4  
7–10 am  
Mobile Health of Evangelical,  
Burkholder's Farm Market, Danville  
\$50

Thursday, June 20  
7–10 am  
Evangelical Community Health and Wellness  
\$50



### Blood Pressure Screenings

Wednesdays, noon–4 pm  
Fridays, 9 am–noon  
Evangelical Community Health and Wellness  
FREE

Tuesday, May 7  
10 am–noon  
Sunbury YMCA  
FREE

Wednesday, May 22  
9–11 am  
Mifflinburg YMCA  
FREE

Tuesday, May 28  
10 am–noon  
Milton YMCA  
FREE



## CLASSES

### AARP Smart Driver—4-Hour Refresher Course

Thursday, May 16  
12:30–4:30 pm  
Evangelical Community Health  
and Wellness  
\$15 for AARP members,  
\$20 for non-members

Wednesday, June 26  
5–9 pm  
Evangelical Community Health  
and Wellness  
\$15 for AARP members,  
\$20 for non-members

▶ This is a four-hour driver safety course for those who have previously attended the eight-hour course.

### AARP Smart Driver—8-Hour Full Course

Wednesday and Thursday,  
July 17 and 18  
5–9 pm  
Evangelical Community Health  
and Wellness  
\$15 for AARP members,  
\$20 for non-members

▶ This is an eight-hour driver safety course; four-hour sessions each day.

### Safe Sitter® Babysitting Course

Friday, June 14  
8:30 am–3 pm  
Evangelical Community Health  
and Wellness  
\$50

Friday, July 19  
8:30 am–3 pm  
Evangelical Community Health  
and Wellness  
\$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.



### 6 Weeks to Wellness

Fridays, July 5–August 9  
10–11 am  
Evangelical Community Hospital,  
Apple C Conference Room  
\$60 for the six-week session

▶ A certified health coach will lead you through a six-week course that keys in on the dimensions of health and wellness from goal setting to success. Each week will focus on a specific topic: goal setting and behavior change, social support, physical activity, nutrition, stress management, and overall well-being.

### SENIOR STRONG HEALTH LECTURES

#### Osteoporosis

Thursday, May 16  
10–11 am  
Evangelical Community Health  
and Wellness  
FREE

#### Exercise for Older Adults

Tuesday, June 18  
10–11 am  
Evangelical Community Health  
and Wellness  
FREE

### CPR AND FIRST AID CLASSES

#### Heartsaver CPR Adult, Child, and Infant

Thursday, July 25  
6 pm  
Evangelical Community Health  
and Wellness  
\$50

### CHILDBIRTH EDUCATION CLASSES

#### Newborn Care

Saturday, May 4  
8:30 am–12:30 pm  
Evangelical Community Health  
and Wellness  
\$30

Mondays, May 6 and May 13  
6:30–8:30 pm  
Evangelical Community Health  
and Wellness  
\$30

#### Prepared Childbirth

Saturday, May 18  
9 am–4 pm  
Evangelical Community Health  
and Wellness  
\$50

Saturday, June 22  
9 am–4 pm  
Evangelical Community Health  
and Wellness  
\$50



#### JOIN US

For all health screenings,  
seminars, and classes,  
call Evangelical

Community Health and Wellness at  
**570-768-3200** to register, or register  
online at [evanhospital.com/events](http://evanhospital.com/events).

### NOW WELCOMING NEW PATIENTS!



## Nicholas A. Inverso, MD

### Gastroenterology of Evangelical

As a gastroenterologist, Dr. Inverso specializes in screening and treating diseases of the digestive system like Celiac Disease, Crohn's Disease, Diverticulitis, Irritable Bowel Syndrome, and more.

Dr. Inverso is board certified in Internal Medicine and Gastroenterology and is an active member of the American Society for Gastrointestinal Endoscopy. He is accepting new patients at Gastroenterology of Evangelical in Lewisburg.



To schedule an appointment,  
call 570-524-2722.



# **URGENT CARE** OF EVANGELICAL™

*FAST, CONVENIENT, & THERE  
WHEN YOU NEED IT!*

7095 West Branch Highway, Lewisburg, PA 17837

**570-523-3006**

— NO APPOINTMENT NEEDED —