

Health Connection

FROM YOUR FRIENDS AT BERWICK HOSPITAL CENTER

**Make time
for your
mammogram**

**Watch
your back!**

Options to
ease pain

**Meet our newest
orthopedic surgeon**

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respiratory care**

The seal of approval
Our laboratory earns
accreditation



**BERWICK
HOSPITAL CENTER**

www.berwick-hospital.com

Make time for your mammogram

From salons to restaurants, it seems everything in life requires an appointment or a reservation. But as you set aside time for these little luxuries, don't forget to make one important date: your yearly mammogram.

Mammograms are the most powerful tools in the early detection of breast cancer. The American Cancer Society recommends every woman 40 or older get a yearly mammogram, although more frequent testing may be required if you've had breast cancer or have a strong history of it in your family.

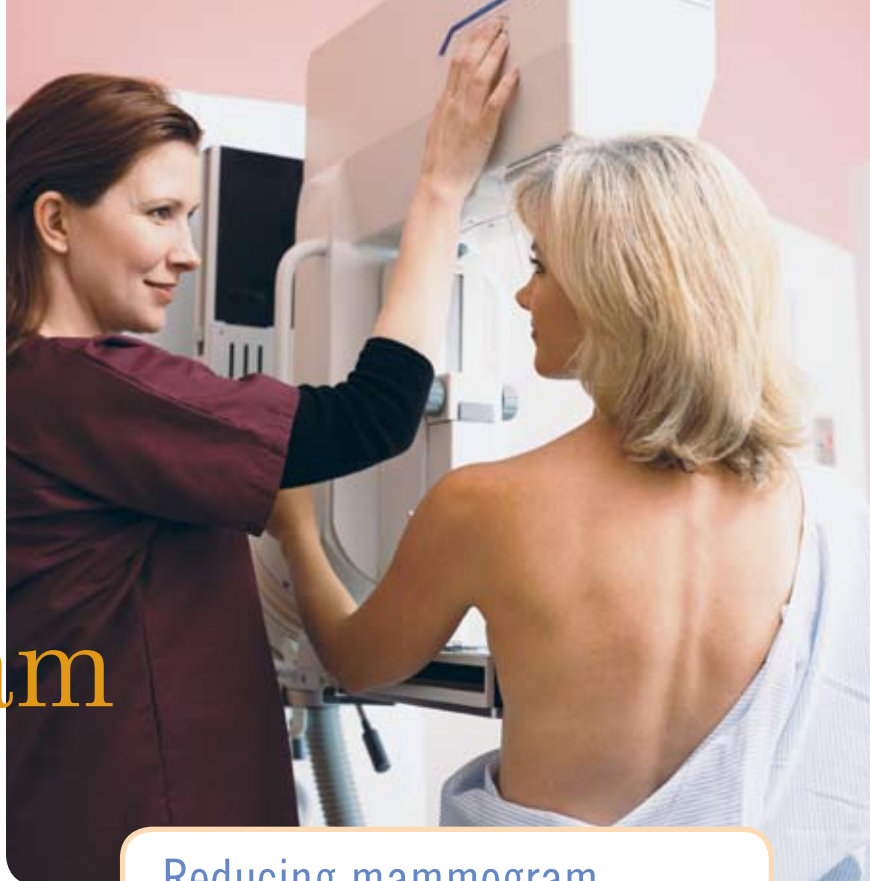
WHAT IS A MAMMOGRAM?

A mammogram is an X-ray of the breast. An image of breast tissue is produced for a radiologist to analyze. He or she looks for tumors or calcium deposits, which can signal cancer's presence.

If you're at high risk for breast cancer, your health-care provider may recommend magnetic resonance imaging (MRI) in addition to a yearly mammogram. This test uses magnets and radio waves to produce detailed images of the body. Suspicious areas found during testing may require an ultrasound, which uses sound waves to tell whether the problem area is cancerous.

GET SCREENED

Go to the same breast-screening facility every year so your radiologist can compare your current mammogram with past results. It's important for the radiologist to see whether there are any changes in your breast tissue from year to year. If you're going to a new facility, try to have your old mammograms sent there before your appointment.



Reducing mammogram discomfort

While mammograms may sometimes be uncomfortable, you can take the edge off with these steps:

- Schedule your mammogram for a few days after your period has ended when your breasts are less tender. Avoid the week before your period.
- Take a pain reliever like ibuprofen or acetaminophen an hour before your mammogram.
- Avoid caffeine for two days before your mammogram.
- Tell your healthcare provider if you have breast implants.
- Ask your X-ray technician about thin, foam pads that she can place between your breast and the machine to lessen discomfort.
- Wear a two-piece outfit since mammograms only require that you strip to your waist. This way you'll feel less exposed.



Low-cost testing

Can't afford a mammogram? Call the American Cancer Society at **1-800-227-2345** for low-cost mammogram options near you. The National Breast and Cervical Cancer Early Detection Program also offers information about free or low-cost testing for women without health insurance. Call **1-888-842-6355** or visit www.cdc.gov/cancer/nbccedp.

Watch your back

Get relief from pain

Has back pain got you down for the count? In many cases, back pain goes away on its own. But if you're experiencing numbness or tingling, pain that's resistant to medications and rest or pain following a fall or an injury, see your healthcare provider. You could be facing a more serious back problem.

PAIN RELIEF

Most back ailments don't require surgery, so an operation is rarely the first line of defense. As a start, your healthcare provider may recommend hot or cold compresses, specific exercises to reduce pain, medication or pain-relief injections. He or she may also suggest complementary treatments such as massage; acupuncture; and transcutaneous electrical nerve stimulation (TENS), which sends electrical impulses to nerves.

If your pain can't be quelled with conservative treatments, you may be a candidate for surgery. The pain's cause and the extent of damage will dictate what procedure may work. Some options include:

- a laminectomy/discectomy, which removes a herniated disc through an incision a few inches long
- spinal fusion, which joins two or more vertebrae with bone grafts, screws and rods to stabilize the spine
- vertebroplasty, which involves injecting a cement-like mixture into the damaged vertebrae to relieve pain and stabilize the spine
- disc replacement, which replaces the damaged disc with an artificial one

Only you and your healthcare provider can determine the right treatment for your condition. If you're experiencing persistent back pain, talk with him or her today to help get you on the road to a pain-free tomorrow.

5 steps to a healthier back

1. Exercise. Low-impact aerobic activities such as walking and swimming can increase back strength without strain. Ask your healthcare provider about exercises that can condition back muscles.

2. Quit smoking. Lighting up reduces oxygen levels in your spinal tissue, which can slow down an ailing back's healing process.

3. Maintain a healthy weight. Excess weight can strain your back muscles. Eat a healthful diet of fruits, vegetables and whole grains and make sure to include plenty of calcium and vitamin D, which help to build bone strength.

4. Practice perfect posture. If you're standing for long periods, rest one foot on a stool, alternating feet, to take the weight off your lower back. While sitting, make sure your chair supports your lower back. Place your feet flat on the floor.

5. Lift with care. Keep your back straight and bend only your knees as you reach down to lift an object. Hold the object close to your body and straighten your knees to stand.



At the top of our class

Laboratory Department celebrates Joint Commission accreditation

By demonstrating compliance with national standards for healthcare quality and safety, Berwick Hospital Center's (BHC) Laboratory Department has earned The Joint Commission's Gold Seal of Approval™.

"We sought accreditation for our organization because we want to demonstrate our commitment to patients' safety and quality care," says John Kristel, CEO of BHC.

"The accreditation process helps promote continuous, systematic and organization-wide improvement in healthcare organizations," says Margaret Peck, executive director of the Laboratory Accreditation Program for The Joint Commission. Achieving accreditation demonstrates BHC's commitment to providing quality and safe services.

The Joint Commission conducted an on-site evaluation of the Laboratory Department on November 12 to 14, 2007. The accreditation award recognizes the lab's dedication to complying with The Joint Commission's standards on a continuous basis.

PATIENT SAFETY AND QUALITY CARE

Founded in 1951, The Joint Commission seeks to continuously improve the safety and quality of care



provided to the public through the provision of healthcare accreditation and related services that support performance improvement in healthcare organizations. The Joint Commission evaluates and accredits nearly 15,000 healthcare organizations and programs in the United States, including more than 8,000 hospitals and home care organizations, and more than 6,800 other healthcare organizations that provide long-term care, assisted living care, behavioral healthcare and laboratory and ambulatory care services. The Joint Commission also accredits health plans, integrated delivery networks and other managed care entities and provides certification of disease-specific care programs, primary stroke centers and healthcare staffing services. An independent, not-for-profit organization, The Joint Commission is the largest standards-setting and accrediting body in healthcare.



BHC's Laboratory Department is proud to be accredited by The Joint Commission. Employees of the department collectively have 428 years of laboratory experience and are ready to serve you.

! We're here for you!

For your convenience, BHC offers a Lab Express Service open for scheduled appointments Monday through Friday, 6 a.m. to 7 a.m. To schedule an appointment, call (570) 759-5110, Monday through Friday, 8 a.m. to 4:30 p.m. Have your registration information ready, and a scheduled date and time will be provided when you call.

A better kind of respiratory care

Berwick Hospital Center earns recognition

Berwick Hospital Center (BHC) has earned the Quality Respiratory Care Recognition (QRCR) under a national program aimed at helping patients and families make informed decisions about the quality of respiratory care services available in hospitals.

More than 700 hospitals, or approximately 15 percent of hospitals in the United States, have applied for and received this award. This is the second year in a row BHC has received this award.

The QRCR program was started by the American Association for Respiratory Care in 2003 to help consumers identify those facilities using qualified respiratory therapists to provide respiratory care. Hospitals earning the QRCR designation ensure patient safety by adhering to a strict set of criteria governing their respiratory care services.

PROGRAM REQUIREMENTS

To qualify for the recognition, BHC provided documentation showing it meets the following conditions:

- All respiratory therapists employed by the hospital to deliver bedside respiratory care services are either legally recognized by the state as competent to provide respiratory care services or hold the certified respiratory therapist (C.R.T.) or registered respiratory therapist (R.R.T.) credential.
- Respiratory therapists are available 24 hours a day.
- Other personnel qualified to perform specific respiratory procedures and the amount of supervision required for personnel to carry out specific procedures are designated in writing.
- A doctor of medicine or osteopathy is designated as medical director of respiratory care services.



Left to right: John Kristel, CEO; Jackie Turner, C.R.T., supervisor of respiratory therapy; and Megan Shetterly, director of outpatient services/women's services

Respiratory therapists are specially trained healthcare professionals who work under physician's orders to provide a wide range of breathing treatments and other services to individuals with asthma, chronic obstructive pulmonary disease,

cystic fibrosis, lung cancer, AIDS and other lung or lung-related conditions. They also care for premature infants and are key members of lifesaving response teams charged with handling medical emergencies.

! Trust us for your care!

For questions or more information about Berwick Hospital Center's Respiratory Services, call (570) 759-5146.

HEALTHWISE QUIZ

How much do you know about headaches?

Take this quiz to find out.

- 1** What is the most common type of headache?
 - a. sinus
 - b. migraine
 - c. cluster
 - d. tension

- 2** Which statement about caffeine is true?
 - a. It can only worsen headaches and should always be avoided.
 - b. It is a common ingredient in headache medications and makes them more effective.
 - c. Science has not proven caffeine to be an effective headache treatment.
 - d. none of the above

- 3** About how many Americans suffer from chronic headaches?
 - a. 15 million
 - b. 25 million
 - c. 35 million
 - d. 45 million

- 4** Which of the following tests can best help your healthcare provider evaluate your headaches?
 - a. MRI
 - b. EKG
 - c. sonogram
 - d. bone scan

- 5** What can you do to reduce headache occurrence?
 - a. drink at least 600 mg of caffeine a day
 - b. work harder to take your mind off your headache
 - c. exercise regularly
 - d. skip breakfast

ANSWERS: 1. D; 2. B; 3. D; 4. A; 5. C



Dodge diabetes with exercise and diet

The diabetes prevention equation seems simple enough: *healthy eating + regular exercise = a reduced diabetes risk*. Incorporating the equation into your everyday life? Not so simple. But here are some ideas to get you on the right path.

EXERCISE

- Try to get at least 30 minutes of moderate activity on most or all days. This includes aerobic activity like brisk walks, dancing, swimming or biking, as well as strength-training exercises with free weights and weight machines.
- Vary your exercise routine so you don't get bored. Bring a buddy to keep you company.
- Walk instead of driving when you can, take the stairs instead of the elevator or do some gardening.

DIET

- Substitute traditional white rice and noodles with brown rice and whole-wheat pasta to get your fiber fill.
- Limit fat to less than 30 percent of your daily calories by opting for lean meat cuts that end in "loin," filling up on fruits and veggies and going for low-fat dairy such as skim milk and nonfat yogurts and cheeses.
- Sip low- or no-calorie drinks such as water and diet drinks.
- Eat fish twice a week.

Germ warfare

Keep kids healthy in five easy steps

Although it's not possible to keep your children entirely germ free, you can take some preventive measures to minimize exposure to sickness-causing invaders:

1 Teach your children how to properly wash their hands. Show them how to use soap and warm water and vigorously rub their hands together for 15 to 20 seconds, or about the time it takes to sing "Happy Birthday" twice, making sure to get in between fingers and under nails. Stress the importance of hand washing before eating and after such activities as recess, going to the bathroom, sneezing or coughing. If your children are older, give them alcohol-based sanitizer for when water isn't available.



- 2 Keep your children's vaccinations up to date.** Review your children's vaccination schedules with your pediatrician at each visit.
- 3 Tell kids not to share personal items,** such as a straw or towels.
- 4 Remind your children not to touch their noses, eyes or mouths,** so germs can't be spread easily.
- 5 Stop your kids from being "germ-spreaders."** Show them how to cover sneezes and coughs with a tissue or the crook of an arm. If a child is vomiting, has diarrhea or has a fever, don't send him or her to school.



ROAD TRIP

Healthy snacking on the go

You have hours to go before you arrive at your vacation destination, and you've got some hungry kids on your hands. While you may be tempted to fall back on the convenient—but not so healthy—potato chips for them to munch on, try these healthy snacks instead:

• **Go au naturale.** Fruits such as bananas, grapes and apples are easy to eat and, except for a little washing, require no preparation. Unsweetened applesauce and fruit cups (packed in natural juice, not syrup) are also good fill-in snacks.

- **Dress up veggies.** For example, make celery sticks more appetizing by spreading peanut butter down the middle and sprinkling on some raisins.
- **Break out the breakfast cereals.** Fill a small resealable bag with whole-grain cereal.
- **Pack in the pop.** Before you leave, air-pop some popcorn, then top it off with a little Parmesan cheese or garlic powder.
- **Take to the trail.** Mix a little low-fat granola with nuts like almonds or peanuts, then toss in some raisins or cranberries for the perfect trail mix.

A special welcome

Meet our new orthopedic surgeon



Jay Zaretsky, M.D.
Orthopedic Surgeon

Berwick Hospital Center welcomes Jay Zaretsky, M.D., to our medical staff. An orthopedic surgeon with additional training in adult reconstruction and trauma, Dr. Zaretsky is a graduate of Mount Sinai School of Medicine in New York and has practiced orthopedics for more than 14 years. He is a Fellow of the American Academy of

Neurological and Orthopaedic Surgeons.

Dr. Zaretsky specializes in:

- adult reconstruction and trauma
- medical legal orthopedics and worker's compensation
- minimally invasive total joint surgery
- arthroscopic procedures
- general orthopedics

Dr. Zaretsky is now available for scheduled office appointments and hospital consultations; same-day appointments are available when necessary. As part of his practice, he accepts referrals from primary care physicians for a variety of orthopedic problems, including surgical and conservative treatment options. All emergency patients will be seen within one hour of referral.



! Make your appointment today!

Dr. Zaretsky's office is located at 695 E. 16th St., Suite F, in Berwick. His office hours are Monday through Friday from 9 a.m. to 5 p.m. For an appointment, call (570) 802-5819.

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