

WINTER 2010

Health Connection

FROM YOUR FRIENDS AT BERWICK HOSPITAL CENTER



**The physical
therapy you need**
A variety of services
in two locations

New on the Net
Berwick Medical Professionals

No more pain!
Welcome our new
pain specialist



www.berwick-hospital.com

Ease your arthritis pain

More than 40 million Americans suffer from arthritis, a condition that can make every move painful. Osteoarthritis is the most common form. It occurs when cartilage, which cushions bones in your joints, breaks down and causes irritation.

Luckily, the following lifestyle changes and remedies can help you manage the pain:

• **LOSE WEIGHT.** It's pretty basic: The more excess weight you carry, the more stress on your joints. But a healthy diet of fruits, vegetables and whole grains, paired with regular exercise—at least 30 minutes a day—can help tip the scales in your favor. Cut back on saturated fats, which may increase your body's inflammatory response, adding to joint and tissue inflammation.



• **GET OFF THE COUCH.** Inactivity is a joint's worst enemy. Exercise can strengthen and protect the muscles around the joints, preventing them from stiffening and causing more pain. Walking, swimming, some yoga poses and tai chi are easy on the joints. Also beneficial are range-of-motion exercises, such as raising your arms above your head; strengthening exercises, such as weight training; and low-impact aerobic exercises, such as bike riding. Before starting an exercise program, check with your physician. If needed, ask him or her for a referral to a physical therapist who has a program for people with arthritis.

• **TAKE A PILL, IF NEEDED.** Sometimes you need medication for the pain. Over-the-counter options include non-steroidal anti-inflammatory drugs, or NSAIDs (such as ibuprofen and naproxen), and acetaminophen (such as Tylenol). Topical creams may provide hot or cool sensations to ease pain or contain pain medication that's absorbed into the skin. Your physician may prescribe pills or cortisone injections. Any drug you take can have side effects, so discuss them with your physician before starting a regimen.



• **REST UP.** Your body needs time to heal, so aim for eight to 10 hours of sleep every night, and avoid sitting or standing in one position for too long. Skip high-impact activities such as running. You may also want to look into stress-relievers such as meditation or yoga.

• **ASK ABOUT ALTERNATIVES.** Massage, acupuncture, heating pads, ice packs and supplements such as glucosamine and chondroitin may help reduce symptoms, though studies on the supplements have been mixed. Speak with your physician before trying any home remedies. Sometimes, there simply isn't a remedy that can effectively treat the pain. In that case, surgery to replace the joint may be an option to discuss with your physician.



Life after the ER

Following your physician's orders keeps you healthy

When you're not feeling well and you're surrounded by the hustle and bustle of an emergency room (ER), it's easy to be confused by what a physician is telling you. All you can think about is going home. That's why many people are unclear about how to handle their care when they leave the hospital.

Case in point: A small University of Michigan study found that more than 75 percent of patients didn't understand their discharge instructions or what ER physicians had just told them—although 80 percent thought they did. Some of the patients weren't even sure of their diagnosis.

Unfortunately, these misunderstandings may increase the likelihood of complications once you leave the ER. In reality, the care you receive at the hospital is just one important part of the puzzle. Knowing what to do next—and following those discharge instructions closely—is critical to getting better. Here's what you need to do for the best health care results:

➔ **SPEAK UP.** Don't be afraid to ask questions if you're unsure of your condition, what treatments you were given, your test results or something in the discharge instructions—for example, whether a medication that's been prescribed may interact with one you're already taking. It's best to ask the ER physician caring for you,

rather than having to contact the ER later, when the physician you saw may no longer be on duty.

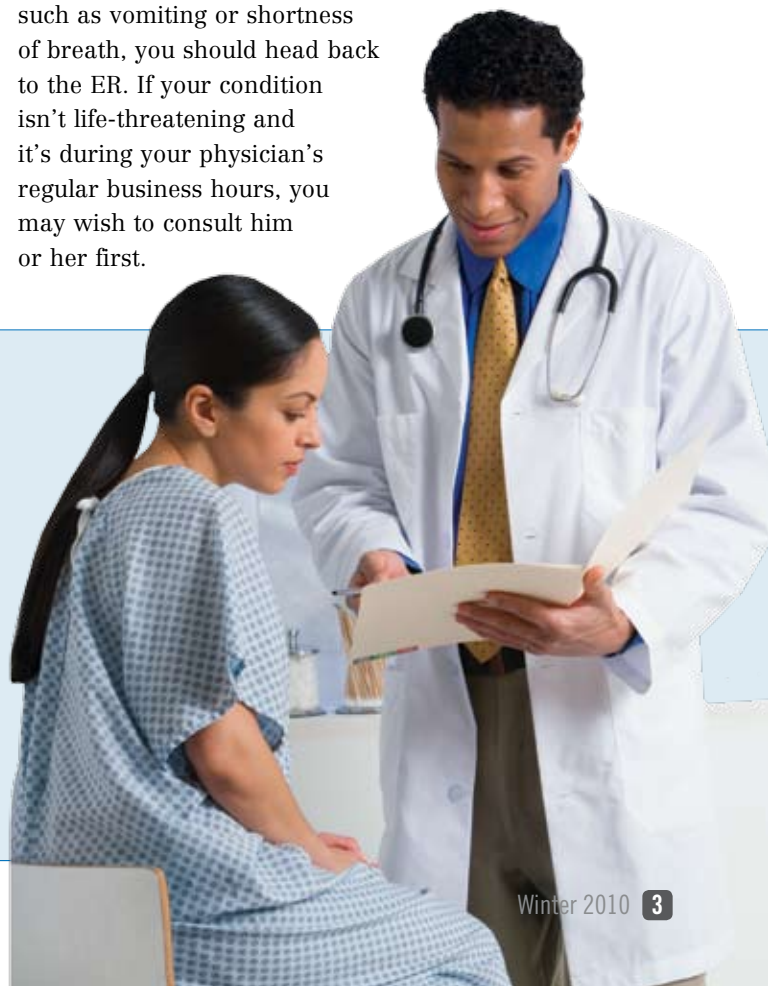
➔ **FOLLOW ALL MEDICATION DOSAGES.** Thoroughly read your discharge instructions. They should spell out what medications have been prescribed, what they treat and how often—and when—to take them.

➔ **FOLLOW UP WITH YOUR FAMILY PHYSICIAN OR A SPECIALIST.** You'll especially need to do this if you've received stitches or a cast. Your discharge instructions will tell you when to go. Double-check with your physician to make sure information about your ER visit, including test results, has been sent to his or her office before your appointment.

➔ **KNOW WHEN YOU SHOULD RETURN TO THE ER.** If your condition worsens or you're noticing new symptoms, such as vomiting or shortness of breath, you should head back to the ER. If your condition isn't life-threatening and it's during your physician's regular business hours, you may wish to consult him or her first.

How did we do?

When you check in to the ER, admitting personnel will ask you if it's OK to follow up with you once you're back home. If you agree to it, we'll try to call you within 24 hours of your discharge, asking you six questions about your visit. At that time, if you don't understand your discharge instructions or have any questions about your treatment, a nurse will call you back. This process, called Discharge Callback Administrator, or DCA, helps us improve the way we care for our patients and ensure that you're on the road to recovery.



Meeting all your rehab needs

With two convenient sites

Berwick Hospital Center's (BHC) Rehabilitation Department offers a full spectrum of care for all your therapeutic needs. Physical, occupational and speech therapy programs are available in the gym conveniently located at BHC. Physical therapy (PT) services also are offered to the Bloomsburg area at our satellite clinic—the Bloomsburg Sports and Rehabilitation Center (BSRC)—in the King Medical Care building, located at 3151 Columbia Blvd., Suite B.

"This is a wonderful opportunity to share the care, quality and compassion of BHC with residents of the Bloomsburg area," says Carolyn J. Engdahl-Hines, P.T., D.P.T., MSPT, director of rehabilitation services. "We can serve more residents in Bloomsburg with this second location that's much closer for them."

MORE THAN SPORTS TRAINING

The Bloomsburg center's wide-open gym provides a safe environment for athletes of all ages to train for their specific sports needs. From the golfer suffering from elbow pain to the soccer player returning from knee surgery, we have the equipment, knowledge and experience to get you back in playing shape. Although BSRC is designed with athletes in mind, we offer the same PT services as those offered at the hospital campus (with the exceptions of wound care and aquatic therapy).

! Schedule your appointment today!

Please contact BHC central scheduling at (570) 752-2677 for your initial evaluation.

Berwick Hospital Center Rehabilitation Department

Where: Berwick Hospital campus

When: Monday through Friday, 8 a.m.–4:30 p.m.

(extended times are available upon request)

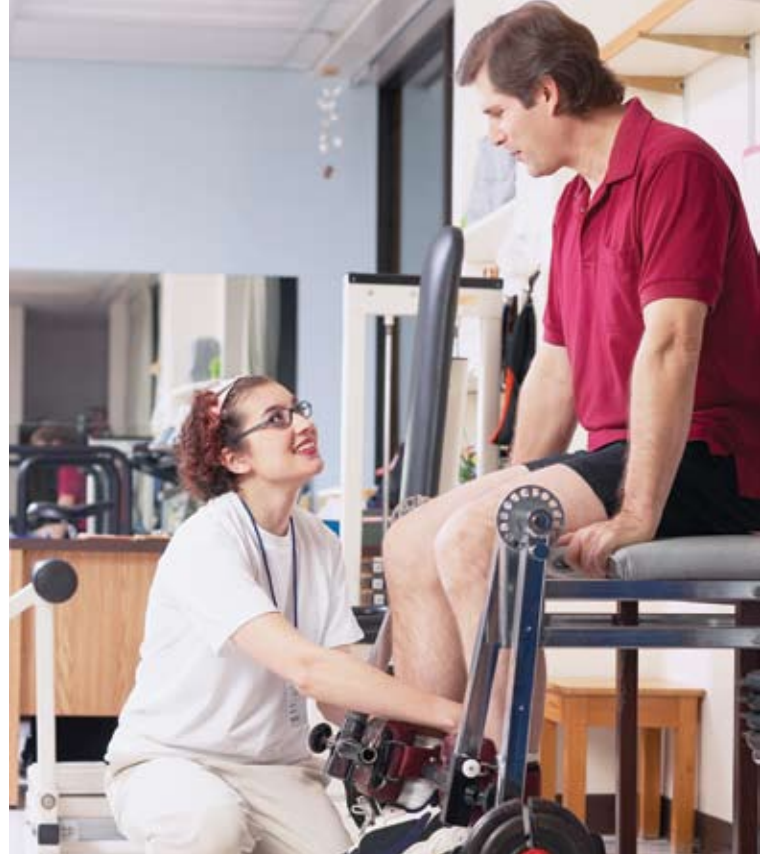
Call: (570) 759-5149

Bloomsburg Sports and Rehabilitation Center

Where: 3151 Columbia Blvd., Suite B, in the King Medical Care building

When: Monday, Wednesday and Friday, 12:30–1:30 p.m.;
Tuesday and Thursday, 9 a.m.–5 p.m.

Call: (570) 416-0227



A full spectrum of care

The professional staffs of BHC's Rehabilitation Department and the Bloomsburg Sports and Rehabilitation Center have expertise in the following areas:

Physical therapy

- general orthopedic conditions
- conditioning before surgery
- sports rehabilitation
- rehabilitation after surgeries
- rehabilitation for nonsurgical candidates
- joint replacement rehabilitation
- conditioning after gastric bypass surgery
- aquatic therapy
- vestibular rehabilitation
- wound care
- balance and ambulation training
- neurological rehabilitation

Occupational therapy

- custom static and dynamic splinting
- hand therapy
- activities of daily living retraining and adaptation

Speech therapy

- dysphasia rehabilitation
- speech rehabilitation
- swallowing rehabilitation



Wellness on the Web

Virtual visits with Berwick Medical Professionals

Now you can learn more about Berwick Medical Professionals (BMP) on their own user-friendly Web site, www.berwickclinicco.com. Here you'll find a wide variety of clickable links to help you learn about health issues and find the right physician or specialist to meet your needs.

BMP—a multispecialty group of medical staff and allied professionals at Berwick Hospital Center (BHC)—has been providing quality medical care to Berwick and the surrounding communities for years. BMP offers a variety of medical services—at comfortable and convenient locations by experienced physicians and compassionate professionals—for patients of all ages.

LEARN ABOUT OUR PHYSICIANS AND SERVICES

Some of the useful information you'll find on the practice Web site includes physicians listed by specialty (including their office locations and phone numbers), accepted insurances, patient testimonials and even physician biographies so you can get to know them before you meet.

At the site, you also can read about some of the clinical services provided by our many specialists, including acute illness and injury care, childhood immunizations and well-child visits, chronic disease management, diabetes and thyroid care/endocrinology, gynecology and women's health, joint injections, obstetrics, pain management, vascular care, physical exams and preventive medicine.

"With the new site, we can reach out to the community in a more convenient way to show them what BMP has to offer," says Lorien Beishline, director of physician practices for BHC.



BMP specialties include:

- obstetrics/gynecology
- family medicine
- endocrinology
- internal medicine
- pediatrics
- pain management
- vascular surgery
- geriatric medicine

! Link to learn!

To learn more about Berwick Medical Professionals, visit us at www.berwickclinicco.com or call (570) 759-5555.

HEALTHWISE QUIZ

How much do you know about **obesity**?

Take this quiz to find out.

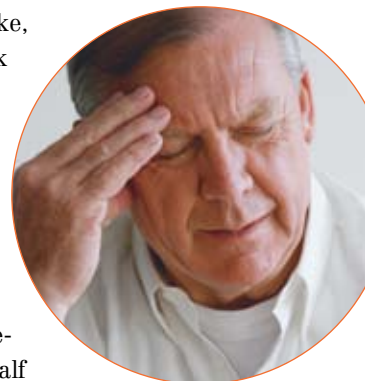
- 1** What percentage of American adults are overweight or obese?
 - a. 25
 - b. 33
 - c. 50
 - d. 66
- 2** Which of the following has not been linked to obesity?
 - a. hyperthyroidism
 - b. cancer
 - c. gallbladder disease
 - d. infertility
- 3** Obese children have a higher risk of:
 - a. asthma
 - b. early puberty
 - c. skin infections
 - d. all of the above
- 4** One problem with body mass index (BMI)—a calculation that assesses obesity—is that:
 - a. It doesn't take height into account.
 - b. It doesn't measure muscle, so a muscular person can have a high BMI.
 - c. It doesn't factor in age.
 - d. none of the above
- 5** How much excess weight do you usually have to be carrying to be considered for weight-loss surgery?
 - a. 30 pounds for women, 50 for men
 - b. 50 pounds for women, 70 for men
 - c. 80 pounds for women, 100 for men
 - d. There's no minimum weight requirement for weight-loss surgery.

ANSWERS: 1. (d), 2. (a), 3. (d), 4. (b), 5. (c)

{ MINI-STROKES }

Heed the warning

It may not be a full-blown stroke, but a transient ischemic attack (TIA)—also called a mini-stroke—is your warning that one could be just around the corner. TIAs produce symptoms similar to strokes, but they usually only last a few minutes and don't cause damage. About a third of people who have TIAs will subsequently have a stroke, and about half of them will have it within a year.



INSIDE A TIA

A TIA occurs when a blood clot briefly blocks an artery, cutting off part of the brain's blood supply. Like a stroke, symptoms arise without warning. They include:

- sudden numbness or weakness in the face, arm or leg—usually on one side of the body
- sudden confusion, speech problems or trouble comprehending
- sudden problems walking, dizziness and loss of balance or coordination
- sudden severe headaches
- sudden vision problems such as loss of sight in one eye

If you suffer any of these symptoms, call an ambulance or have a friend take you to the ER right away. Physicians usually have to make a diagnosis based on your medical history.

IS A TIA IN YOUR FUTURE?

You're at higher risk for a TIA if you:

- have a family history of TIA or stroke
- are 55 years or older
- are a man
- are African-American

Those are things you can't control, but you can help change other risk factors:

- blood pressure 140/85 mm Hg or higher
- high cholesterol
- heart disease, carotid artery disease and peripheral artery disease
- obesity
- cigarette smoking
- heavy drinking
- physical inactivity
- diabetes
- a high-fat, high-sodium diet

Sending out an SOS:

Texting can be bad for your health

It's not uncommon to see people crossing busy streets or even driving with their cell phone or BlackBerry® in hand, dashing off a quick message. Texting shifts your focus away from the task at hand and can be downright dangerous.

While no hard numbers exist, the American College of Emergency Physicians has reported an anecdotal rise in serious and fatal injuries involving texting—especially among teens and young adults. That includes face, chin, mouth and eye injuries for those who trip and fall while texting, and fatal trauma stemming from car accidents. Texting has also been linked to medical phenomena like “BlackBerry thumb” and “teen texting tendonitis”—catchphrases for conditions that result from the repetitive thumb motions of texting. These conditions can cause pain and numbness in the thumbs and joints of the hand.

BE TEXT SAVVY

Steer clear of texting troubles by following a few guidelines:

- Avoid texting while doing things like walking and driving. Turn your phone off to avoid temptation.
- On the road, pull over if you need to text immediately.
- Set a good example behind the wheel: Don't engage in distracting behavior in front of your kids.

- Contact your cell-phone provider if you're worried about your child's texting habits. Some companies now offer services that ban texting at certain times of the day.



A healthy lunch is in the bag!

Every day at noon, workers around the country run to the corner deli for a sandwich, hit a local eatery with co-workers or order in. But if you're watching your waistline—or your wallet—packing your own lunch is a smarter solution. A homemade lunch is more nutritious and economical, as long as you pack it correctly. The recipe for a healthy lunch includes:

- **PROTEIN** Try lean turkey, ham, roast beef, tuna or a bean-based entree, such as hummus or a black bean burrito.
- **GOOD GRAINS** Pack whole-wheat pasta salad and sandwiches made on multigrain bread.
- **FRUITS AND VEGGIES** The deeper the color of the vegetable or fruit, the more vitamins and minerals it contains. Slice up baby carrots, peppers, broccoli, apples, blueberries and oranges.



- **CALCIUM** Slip fat-free yogurt, cottage cheese or string cheese into your bag.
- **H₂O** Water has no calories, so it's a perfect choice, but if you need a little more flavor, try adding a squeeze of lemon, lime or orange. Watch out for fruit juices, energy drinks and sodas, which are loaded with sugar.
- **FLAVOR APPEAL** Switch it up a bit by adding interesting items, like walnuts in a salad or horseradish spread on a roast beef sandwich.
- **MINIMAL SODIUM** Thinking of one of those “healthy” frozen meals? Watch out for sodium. Total daily intake for a healthy individual shouldn't exceed 2,300 milligrams (mg), and some frozen meals can contain a big portion of your day's allotment. Follow the FDA's recommendation for a healthy frozen meal by choosing one that has 480 mg of sodium or less per serving.

Health Connection is published as a community service of Berwick Hospital Center. There is no fee to subscribe.

The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your health care provider.

Copyright © 2010 Berwick Hospital Center

WINTER 2010



www.berwick-hospital.com

708HC

The pain stops here

Let Berwick Pain Management help you



Amit Goswami, M.D.
Pain Medicine
Specialist

Berwick Hospital Center (BHC) is pleased to welcome Amit Goswami, M.D., to Berwick Pain Management. Dr. Goswami is board certified in pain management and anesthesiology and is a Diplomate of the American Board of Anesthesiology. He completed his interventional pain medicine fellowship at NewYork-Presbyterian Hospital/

Weill Cornell Medical Center and his cardiothoracic anesthesia fellowship at The Cleveland Clinic Foundation.

Before relocating to central Pennsylvania, Dr. Goswami served as the director of interventional pain medicine for the New Mexico Veterans Affairs Health Care System in Albuquerque and was an associate professor at the University of New Mexico in Albuquerque.

THE LATEST TREATMENT OPTIONS

Dr. Goswami accepts referrals for a diversity of chronic pain syndromes. Berwick Pain Management has a wide spectrum of pain-relief treatments, including epidural injections, facet joint injections, peripheral nerve blocks, radio frequency nerve ablation, spinal cord stimulation, kyphoplasty/vertebroplasty, disc decompression,



discograms and sympathetic blocks.

Dr. Goswami and his staff understand the frustrations and challenges chronic pain can inflict on patients and their families, and they strive to provide the latest in pain treatment options. "As a pain management physician, I'm committed to providing the best possible care to patients who suffer from chronic pain," he says.



Feel better today!

Berwick Pain Management, 695 E. 16th St., Suite A, is accepting new patients. Call (570) 759-5560 to make an appointment or visit www.berwickclinicco.com to learn more about our services.