

Health Connection

FROM YOUR FRIENDS AT BERWICK HOSPITAL CENTER

We're taking
health and wellness
to the community

Preparing for
minor surgery

First-aid
foresight
How to handle
an emergency

Hospitalists
focus on you

Bouncing back
from heart
problems

Preparing for outpatient surgery

Thanks to the miracle of science, surgeries that once required a hospital stay can now be done on an outpatient basis. That's good news for those who recover better in the comfort of home, but it also means that any necessary arrangements must be made before the surgery date. If you or a loved one is facing outpatient surgery, try the suggestions below to help make the experience as smooth as possible.

PLAN AHEAD

As surgery day draws closer, you'll find it helpful to have certain things taken care of. Once you know your surgery date and time, ask yourself these questions:

- **Do I need to make any changes in my house's setup?** You may have to set up a temporary bedroom on the first floor if you think you'll have difficulty climbing stairs, for instance.
- **Do I have enough food in the house?** Stock up on meals in the freezer (either homemade or store-bought) so you

won't have to worry about food preparation. Ask your doctor about dietary restrictions or recommendations.

- **Will I need help in the house?** Plan to have a friend or a family member drive you home from the hospital. It's also a good idea to have someone stay with you during the first 24 hours. After that, schedule your visitors. They'll brighten your mood but may also cut into your resting time. Be sure to limit visits based on how you feel.
- **Is there anyone I'm responsible for?** If you have baby-sitting or caretaking responsibilities, remember to make other arrangements for your recovery period.

THE DAY BEFORE

Your doctor will probably instruct you not to eat or drink within eight hours of surgery. Ask your doctor whether you should abstain from taking medication or bring a day's dosage with you to the hospital.

If you're recovering from or coming down with a cold, tell your doctor. Your surgery may be postponed until you feel healthy.

Because skin-tone changes can sometimes be a sign of postsurgery problems, don't wear any makeup the day of surgery, including eye makeup and nail polish. Also, plan to wear loose clothing to the hospital.

AFTER SURGERY

Tell your healthcare team about any discomfort, irritation or pain you feel. How long you stay at the hospital will depend on your ability to drink fluids, walk and urinate. The amount of pain you're in will also affect your discharge. Before you leave, get a written list of postoperative instructions, symptoms to monitor and in-case-of-emergency phone numbers.





A strong, stable core helps reduce your risk of injury and prevent back pain.

At the core of fitness

postures that focus on building flexibility, balance and strength.

- **Tai chi.** This Chinese ritual involves precise, relaxed exercises to increase both agility and balance.

- **Pilates.** It's the latest craze, involving the use of certain exercises to create longer and stronger muscles without the bulk.

- **Weight training.** Focus on exercises that target your core muscles. Start light and increase the intensity of your workout over time. You may want to consult with a personal trainer to develop a program tailored to your needs.

- **Stability ball.** Sometimes

Head of core conditioning? It's the "apple-a-day" way for you to ensure that your body stays strong and steady. Simply put, core conditioning is a series of exercises that target your core—the body's center of power that starts just below your shoulders and ends just below your hips. You work out to gain strength in the muscles that control your trunk and spine while improving balance, agility and flexibility. Adding core strength helps you perform daily functions like lifting grocery bags, playing with your kids and getting in and out of your car. A strong, stable core also helps reduce your risk of injury and prevent back pain.

Try these exercises to build the back, abdominal, thigh and buttock muscles associated with a strong core. Check with your physician first to be sure you're starting at a fitness level that's right for you.

- **Yoga.** This ancient practice involves stretching and holding

called a Swiss ball or a resist-a-ball, this large, rubber exercise ball is one of the best ways to actively target and stabilize your core. Start with the ball slightly deflated or secure it against a wall until you're ready to add more challenge to your balance. Choose a ball that comes with a video of basic exercises.

- **BOSU ball.** Shaped like a stability ball cut in half—flat on one side, domed on the other—the BOSU ball is designed to activate and strengthen your core as you perform exercises on it. Many gyms offer BOSU ball classes, and you can also buy video and DVD workouts to use with the BOSU at home.

- **Stability equipment.** Other light equipment ranging from foam rollers, balance pads and discs and mini-trampolines (ideal for beginners) to balance and wobble boards (for the more advanced) can help you improve core strength and stability.



Bouncing back from heart problems

Hear disease claims more than 500,000 lives in the United States every year. What's more, each year, 1.5 million Americans suffer heart attacks, often in their most productive years. For people recovering from recent heart surgery, angioplasty or with stable angina and those at high risk of developing heart disease, Berwick Hospital Center's Cardiac Rehabilitation Program provides a comprehensive approach to heart health that includes lifestyle changes, physical exercise and education.

With a doctor's prescription, patients participate in an individualized six- to 12-week exercise program based on stress test evaluations and risk factor assessment. A specially trained cardiac nurse therapist works with patients to assess specific needs and help identify goals for the program, which also includes three one-hour monitored exercise sessions each week and patient and family education programs to help patients stop smoking, lose weight, control blood pressure and cholesterol and reduce emotional stress. Patients also receive ongoing encouragement and emotional support to help them develop and maintain a regular home exercise program.

For more information about Berwick Hospital Center's Cardiac Rehabilitation Program, call (570) 759-5172 between 6:30 a.m. and 3 p.m., Monday through Friday.

Berwick Hospital Center was recently named an American Heart Association (AHA) Get With The Guidelines—Coronary Artery Disease hospital. Displaying the AHA plaque are (from left) Cindy Segar-Gorr, assistant chief executive officer; Alva Smith, M.D., cardiologist; and Joan Carrelli, supervisor of the Cardiac Treatment Center.

Get With The Guidelines

Get With The Guidelines is the premier hospital-based quality improvement program of the American Heart Association and the American Stroke Association. It empowers healthcare provider teams to consistently treat patients in accordance with the most up-to-date guidelines.

Berwick Area Health Alliance

Promoting community health and wellness

The Berwick Area Health Alliance (BAHA) is a newly formed group dedicated to promoting community health and wellness in Berwick and surrounding areas. Comprised of a number of community organizations, BAHA is quickly catching on with its unique name and cute, friendly mascot, BAHA Bob, the bobcat.

To kick off the initiative, 129 runners lined up at the Berwick Hospital Center for the 1st Annual Berwick Area Health Alliance 5K Fun Run/Fun Walk

on Saturday, October 7. The full day of family events included children's festivities, including a kids' run and a magic show.

The run was followed by a week of health events, including presentations on cancer, arthritis, osteoporosis, pregnancy, stress and anxiety, obesity and diabetes,

and sports medicine. BAHA is currently planning its 2007 calendar. Pick up an events listing at Berwick Hospital Center's registration office or call (570) 759-5317 for details.



HOSPITALISTS: Their focus is on you

Berwick Hospital Center (BHC) has recruited two new hospitalists, physicians who specialize in caring for hospitalized patients. Emilio Pandika, M.D., and Olutunde Odeyemi, M.D., bring their hospitalist practices to BHC to provide patients with dedicated care during their hospital stay.

ATTENTION TO DETAIL

Hospitalists serve as an extension of the primary care provider and attend to patients' medical needs during hospital stays—including prescribing medications, ordering tests and monitoring results. Hospitalists communicate extensively with the primary care physician throughout the patients' hospital stays. They provide sound patient consultation, promptly answer patient inquiries and serve as a present, calming voice for patients' families.

INPATIENTS ARE TOP PRIORITY

Hospitalists Dr. Pandika and Dr. Odeyemi are dedicated solely to the acute-care needs of patients in the hospital. Hospital-based physicians can improve the care delivery process because they rapidly coordinate inpatient care and react to clinical data and changes in patients' medical status throughout the day.

A SMOOTH TRANSITION OF CARE

Having hospitalists on staff assures referring physicians that their patients are receiving high-level care during an inpatient stay. When patients leave the hospital, they have a smooth transition back to their physician's office practice. This service is available to all physicians on the medical staff on a voluntary basis.

MEET OUR HOSPITALISTS

Dr. Pandika, program medical director, completed his medical training at Atma Jaya Catholic University in Jakarta, Indonesia. He performed his internal medicine residency at Interfaith Medical Center in Brooklyn, N.Y. His practice experience includes working as a hospitalist at both Philipsburg Area Hospital in



Olutunde Odeyemi, M.D.
Hospitalist



Emilio Pandika, M.D.
Hospitalist



Philipsburg, Pa., and Good Samaritan Medical Center in Pottsville, Pa. He and his wife, Aster Setiadi, and their two children, Timothy and Josephine, have recently relocated to Berwick from Pottsville.

Dr. Odeyemi, born in New York, attended medical school at Obafemi Awolowo University in Nigeria and completed a three-year internal medicine residency program at the Mount Sinai School of Medicine at Jersey City Medical Center in Jersey City, N.J. Dr. Odeyemi also recently relocated to Berwick from Union, N.J. He will be joined by his fiancée, Tosin, following their wedding.

HEALTHWISE QUIZ

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

Take this quiz to find out.

1 The average age when women in the United States reach menopause is:

- a. 51
- b. 55
- c. 48
- d. 64

2 The single biggest risk factor for osteoporosis, or brittle bone disease, is menopause. All of the following are signs that you may have osteoporosis except which one?

- a. height loss
- b. tooth loss
- c. joint pain
- d. backaches

3 One of the few reasons you should consider using hormone therapy is to:

- a. prevent ovarian cancer
- b. relieve severe menopausal symptoms such as hot flashes
- c. protect against heart disease
- d. lower your risk of breast cancer

4 The transitional period of two to 10 years before menopause, characterized by hormone fluctuations that can cause menopausal symptoms, is called:

- a. premature menopause
- b. premenopause
- c. perimenopause
- d. postmenopause

5 Of the following remedies, which is the only one approved by the U.S. Food and Drug Administration to relieve hot flashes?

- a. soy
- b. black cohosh
- c. phytoestrogens
- d. hormone therapy

Take control!

7 steps to healthy blood pressure and cholesterol

Heat disease and stroke kill millions of Americans each year. Unless you take steps to control your blood pressure and cholesterol levels, you may be at risk for these diseases. Get on the road to better health today with these seven simple steps:

- 1 Take a walk.** Exercise helps control your blood pressure and improves your cholesterol. Choose activities you enjoy and strive for at least 30 minutes of moderate-intensity physical activity on most days of the week.
- 2 Manage your weight.** Reducing your weight by just 10 pounds may help lower your blood pressure and reduce bad cholesterol. Since dropping pounds may be easier when working with a group, ask your healthcare provider to refer you to experts, groups or classes that can help.
- 3 Toss the cigarettes.** Smoking causes blood vessels to narrow and blood pressure to rise. It also makes it easier for cholesterol-rich plaque to stick to artery walls. A smoking cessation class can offer extra support.
- 4 Eat well.** Enjoy vegetables, fruits, whole grains, beans and legumes, along with moderate amounts of lean protein and healthy fats like those in salmon and olive oil. Avoid foods high in saturated fat, cholesterol, sodium, sugar and trans fatty acids.
- 5 Try soy.** A recent study shows that two servings a day of uncooked soy protein—found in tofu, soy milk or soy powder—lowers cholesterol levels by as much as 9 percent.
- 6 Limit your liquor.** Women should consume no more than one drink a day and men no more than two drinks a day.
- 7 Get screened.** Routinely checking your blood pressure and cholesterol levels keeps you on top of your cardiovascular disease risks. If your blood pressure's high, ask your doctor about buying a blood pressure monitor for home use.





First-aid foresight

Would you know what to do?

Sooner or later, we all face a medical problem that calls for immediate first aid and clear thinking. Knowing what to do next is a health skill everyone needs.

Bleeding. Apply pressure to the wound with a thick, clean cloth and raise the wound above the heart. If bleeding is severe or isn't controlled in five minutes or if the wound is very dirty, longer than an inch or gaping, get immediate medical care.

Puncture wounds. Don't self-treat deep puncture wounds since they can result in deep-tissue injury or infection.

Burns. Run cool water over minor burns, immerse in cold water or wrap the burned area in a cold, wet cloth for about 10 minutes or until pain subsides. Apply an antibiotic ointment and cover with a bandage. Call your doctor if blisters form.

Poisoning. Before doing anything, call the National Poison Control Hotline at 1-800-222-1222. Induce vomiting only if instructed.

Shock. Shock may cause cold, clammy skin; weakness; confusion; a rapid heartbeat; or deep, shallow or irregular breathing. Keep the victim warm and lying down on his or her back until help arrives. Don't give the victim anything to drink.

Electrical injuries. Do not touch someone who has just been electrocuted—the current may pass through you. While waiting for help to arrive, try to turn off the source of electricity.

Sprains and strains. To treat sprains and strains, follow the RICE method: rest, ice, compression and elevation. Apply ice packs or cold-water compresses to relieve swelling. Wrap the injury in an elastic bandage and keep it elevated above the heart.

Broken bones. Quickly call for emergency assistance. It's best not to move the person or attempt to straighten a broken bone.

Dine the Greek way

Although many of their meals consist of 40 percent fat, residents of the Greek isle of Crete who eat a traditional diet live longer than most other ethnic groups. In fact, Greeks who haven't succumbed to Western-style meals are 20 percent less likely to die of coronary artery disease and about 30 percent less likely to die of cancer than Americans are.

These stats make nutritionists take note, and what they've found is that the traditional Greek diet is one of the healthiest eating styles you can choose. The diet focuses on:

- vegetables, fruits, fish, grains, beans, nuts and legumes like chickpeas
- olive oil as the sole source of added fat
- only a few weekly servings of poultry, eggs and sweets
- daily, small to moderate amounts of cheese and yogurt
- red meats saved for special occasions only

What's more, the Greek diet is tasty—a sign that you don't have to give up good food to stay healthy.

BEWARE OF TROJAN HORSES

But be cautious: Some Greek foods found in the United States don't fit the heart-healthy profile of traditional



Greek cuisine. The nonprofit Center for Science in the Public Interest analyzed typical restaurant-size portions of some popular Greek meals. What they found could stop your heart. For example, spanakopita (spinach pie in phyllo dough) has 410 calories and 24 grams of fat, beef or lamb gyro (sandwich) has 760 calories and 20 grams of fat and moussaka (a meat and eggplant casserole) has 830 calories and 48 grams of fat!



Stephen J. Grubbs
Chief Executive Officer

We're here when you need us

November 2006 was my one-year anniversary as chief executive officer of Berwick Hospital Center. We've ended another successful year, and marking our 100th anniversary as a community hospital in 2006 was a defining time for us.

Our theme last year was

“Celebrating the Past and Envisioning the Future,” and we took time to celebrate our proud history while continually preparing for our future. Just a few of our accomplishments in 2006 included:

- Obtaining approval to begin a \$4.5 million emergency department expansion project
- Adding eight new physicians to our medical staff
- Introducing a hospitalist program
- Receiving commitments from three physicians who will

relocate to our community and join our staff in 2007

- Adding new physician specialists in the areas of endocrinology, neurology and pain management
- Gerard Foti, D.O., orthopedic surgeon/spine specialist, performing balloon kyphoplasty, a minimally invasive treatment option for spinal fractures caused by osteoporosis, cancer and benign lesions
- Joining with many local agencies to form the Berwick Area Health Alliance (BAHA), with a goal to draw upon the resources of the member agencies to promote community health and wellness

I'm very proud of our many accomplishments and of the professionals who join together each day to make Berwick Hospital Center a strong community asset. We're always here—especially when you need us most.

Sincerely,

STEPHEN J. GRUBBS
Chief Executive Officer
Berwick Hospital Center

(570) 759-5000 | www.berwick-hospital.com

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Berwick Hospital Center
701 East 16th Street
Berwick, PA 18603

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WINTER 2007

Health Connection

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