

# Health Connection

FROM YOUR FRIENDS AT BERWICK HOSPITAL CENTER



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recovery**

Two locations to  
serve you better

**Breathe easy**

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**Taking the lead in  
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Meet our skilled team

**A faster,  
gentler surgery**



[www.berwick-hospital.com](http://www.berwick-hospital.com)

# Minimally invasive surgery

Less pain, faster recovery

**M**inimally invasive surgery (MIS) is the buzzword in healthcare right now. And with good reason.

With advancing technology and surgical techniques, patients now have the benefit of undergoing procedures that require just a few small incisions. In years past, those same procedures would have required large cuts and left equally large scars.

## HOW IT WORKS

MIS—sometimes referred to as laparoscopic surgery—mirrors the techniques of traditional surgery but decreases the patient’s surgical trauma. Because surgeons using MIS lose some visibility with smaller incisions, they have to create a larger workspace. They do this by making a small cut in the skin, then gently expanding the body cavity with a gas (such as carbon dioxide). A small camera (laparoscope) is then inserted through the incision and into the newly expanded space to help surgeons see where to operate.

While MIS isn’t suited for all types of surgery, it has been used for such procedures as appendectomies, hernia repair, gallbladder surgery, hysterectomies, brain tumors, herniated spinal discs, knee and hip replacements, sinus surgery and certain types of heart procedures.

## MINIMAL TRAUMA, MAXIMUM BENEFITS

The goal of MIS is to treat patients with the least amount of trauma. In addition to minimized scarring, this type of surgery also:

- **Minimizes bleeding.** Decreased blood loss means a decreased chance of blood transfusion.



- **Lessens pain.** Small incisions reduce trauma to the skin and underlying muscles, meaning less postoperative pain.
- **Reduces infections.** Unlike a traditional operation, where the body is wide open, tissue isn’t exposed to the air for extended periods during MIS.
- **Shortens hospital stays.** Reducing bleeding, pain and the chance for infection means you’ll get to walk out of the hospital sooner.
- **Hastens recovery.** MIS can dramatically reduce recuperation time—in some cases, by half.

## Other minimally invasive procedures

**E**ndoscopic surgery is similar to laparoscopic surgery because it also requires a small camera. However, the equipment (endoscope) passes through an existing opening such as the mouth, anus or urethra.

Robotic laparoscopic surgery uses techniques identical to laparoscopic surgery but allows surgeons to use robotic arms to perform the procedure.

Ablation targets and destroys diseases, such as kidney and prostate cancer, with high-frequency energy, leaving normal tissue nearby intact. It’s also been used to correct benign heart arrhythmias.

## WAITING TO INHALE

# Breathing problems you shouldn't ignore

**T**ake a deep breath." The command sounds easy, but for some people it's not so simple.

Being unable to breathe deeply or feeling short of breath may be a sign of a serious condition.

If you have any of the following symptoms, get them checked out by a physician:

- inability to take a deep breath
- shortness of breath without exertion
- shortness of breath after mild exertion, such as climbing a short flight of stairs
- wheezing
- tightness in the chest
- pain or discomfort when inhaling and exhaling
- a chronic cough or clearing of the throat
- difficulty breathing when you lie down
- a lack of energy
- coughing up blood or mucus

Difficulty breathing shouldn't be taken lightly. Lung disease is the number three killer in the United States. It takes on many forms, including:

- **Asthma**, a chronic disease in which the passages that

carry air in and out of your lungs become sore and swollen. Asthma is characterized by wheezing, coughing, chest tightness and trouble speaking.

- **Chronic obstructive pulmonary disease (COPD)**, which includes emphysema and chronic bronchitis. In COPD, your airways and air sacs lose their shape and become floppy, like a stretched-out rubber band. Coughing up mucus is often a first sign of this disease. COPD is typically caused by cigarette smoking.
- **Pneumonia**, an inflammation of the lungs, usually caused by an infection. It's normally accompanied by shortness of breath and a cough or a fever.
- **Lung cancer**, which can take years to develop. If it's diagnosed early, before it spreads, the survival rate is almost 50 percent.

Breathing difficulties can also be a sign of heart disease or a heart disorder, such as congestive heart failure, heart arrhythmia or pulmonary hypertension.

In these or any other case of breathing distress, your physician can help you find the source of the problem with a thorough physical exam.



If you're having trouble catching your breath, it's time to see your doctor.

### When cough drops don't do the trick

**A** chronic cough—one that lasts more than three weeks—may be your body's way of telling you a problem exists. Your cough could be the result of:

- allergies, particularly postnasal drip, which often triggers coughing
- asthma
- heartburn, where acid from your stomach backs up into your throat
- medicines, including beta-blockers for high blood pressure, migraines and glaucoma and ACE inhibitors



Stephen J. Grubbs  
Chief Executive Officer

## Contributing to the community's health

**B**erwick Hospital Center (BHC) is a community cornerstone, providing quality care to all who come through our doors. We're also an economic catalyst, providing a constant source of stable well-paying jobs, stimulating business opportunities in other fields, serving as buyers of local goods and services and contributing to the state and local tax base.

The hospital contributes nearly \$92 million annually to the region's economy, according to a report released by the Hospital & Healthsystem Association of Pennsylvania (HAP). The hospital also supports the equivalent of more than 710 jobs in the North Central region of Pennsylvania.

A publication made available by HAP, "Keystones of Communities: The Economic and Social Role of Pennsylvania's Hospitals," shows how Pennsylvania's hospitals positively affect entire communities. The report updates a 2006 HAP study and presents new data on statewide hospital community benefits.

### THE POSITIVE FINDINGS

Among the report's findings,\* Pennsylvania's hospitals annually:

- contribute nearly \$77 billion to the state's economy:
  - \$32.3 billion in direct total spending
  - \$44.5 billion in secondary spending
- support the employment of more than 563,000 Pennsylvanians:

- more than 282,000 in direct employment
- nearly 282,000 in secondary employment
- generate nearly \$23.4 billion in total labor income
- generate \$3.9 billion in community benefits, such as free clinics, health screenings, wellness programs, prenatal and maternity programs and scholarships

This data shows it's imperative for policy makers to consider the health of hospitals and their communities as they make decisions about critical issues, including economic development funding, healthcare reimbursements, medical liability reform and workforce retention and recruitment.

A copy of "Keystones of Communities" is available at [www.haponline.org](http://www.haponline.org) in the "Issues & Interests" section under "Hospital Economic Impact." For more information about BHC, go to [www.berwick-hospital.com](http://www.berwick-hospital.com).

Wishing you good health,

STEPHEN J. GRUBBS  
Chief Executive Officer  
Berwick Hospital Center



(570) 759-5000 | [www.berwick-hospital.com](http://www.berwick-hospital.com)

# The road to recovery

Two locations to serve you better

**B**erwick Hospital Center provides quality care for all your physical, occupational and speech therapy needs. To serve you better, our rehabilitation department now has two convenient hospital locations in Berwick and Bloomsburg.

## EXPANDED FOR YOU

Patients will now have a choice of completing outpatient therapy in either Berwick or Bloomsburg. The new satellite office has been added at King

Medical Care, 3151 Columbia Blvd., Suite B, in Bloomsburg. “We’re excited to have the opportunity to serve the Bloomsburg community better,” says Christopher Scott, director of rehabilitation services. “The benefit of having this second location is that we can now serve more residents in the Bloomsburg area, making it a closer location

and less of a drive for our Bloomsburg patients.” Peter H. Seidenberg, M.D., sports medicine and family practice physician, and Jennifer K. Seidenberg, M.D., pediatrician, are also in this building.

## COMPREHENSIVE SERVICES

Both locations offer a range of rehabilitation services. The satellite location offers physical and occupational therapy and a spacious gym. With a focus on sports medicine rehabilitation and sports-related injury treatments, both locations provide personalized programs tailored to your needs.

### ! Learn more!

**T**o make an appointment, call (570) 759-5337. For more information about Berwick Hospital Center’s rehabilitation services, call Christopher Scott at (570) 759-5419.



# Breathe easy

Berwick goes tobacco free

**A**s a healthcare leader, Berwick Hospital Center (BHC) is taking responsibility to promote health and wellness. On November 15, BHC went tobacco free, which means there’s no smoking or tobacco use on any property owned, leased or occupied by the hospital. This new policy applies to employees, patients, physicians and visitors. This includes vehicles, parking lots and off-site office buildings and properties.

The documented effects of first and secondhand smoke, along with diseases, illnesses and risk factors directly associated with tobacco use, make this the right decision for the community. BHC also wants to promote a healthful environment for those trying to quit smoking.

Kelly Ann Pegg, representative from the Clinical Outcomes Group, will hold individual meetings with employees on Tuesdays from 7 a.m. to 11 a.m. All staff is encouraged to support this healthful culture change.

### ! Quit smoking today!

**F**or more information about this change, call (570) 759-5329 or (570) 759-5472. To learn about how to quit smoking, call the Pennsylvania Quitline toll free at (877) 724-1090.

## HEALTHWISE QUIZ

### How much do you know about **sleep disorders**?

Take this quiz to find out.

1

**Lack of sleep may put you at a higher risk for:**

- a. type 2 diabetes
- b. low blood pressure
- c. asthma
- d. gastric ulcers

2

**Which of the following changes in your sleep routine may be a result of an underlying heart problem?**

- a. waking up during the night to urinate
- b. waking up during the night due to shortness of breath
- c. not being able to fall asleep
- d. both a and b

3

**Restoring your body with sleep has been shown to:**

- a. improve skin tone
- b. improve red blood-cell count
- c. reduce eye strain
- d. improve reaction time and attention span

4

**Women diagnosed with obstructive sleep apnea often experience these symptoms:**

- a. snoring loudly with periods of gasping or snorting
- b. waking up with a sore throat
- c. waking up with a headache
- d. all of the above

5

**The most common treatment for sleep apnea is:**

- a. antihistamine medication
- b. surgery
- c. a continuous positive airway pressure (CPAP) mask worn at night
- d. analgesic medication

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

## WOMEN: Is a heart attack in your future?

**A** heart attack may seem to come out of the blue. Yet your personal risk factors and lifestyle habits may hold clues to your heart's health and what your odds are of suffering from a heart attack.

### LOOK FOR THE SIGNS

High blood pressure (140/90 mm Hg and above) and high blood cholesterol (240 mg/dL and above) are significant clues that you may be developing heart blockages in the form of plaque. Being postmenopausal and having diabetes or rheumatoid arthritis can also increase heart attack risk.

Talk with your healthcare provider about what risk factors are significant for you. He or she can help you control your blood pressure and cholesterol levels and may also recommend testing for metabolic syndrome. Recent research shows this condition may be useful for detecting signs of heart disease in women who might appear healthy. The signs of metabolic syndrome include a waist size greater than 35 inches, higher-than-normal levels of triglycerides and glucose, and insufficient levels of HDL, or good cholesterol.

Also, be aware of what a heart attack might feel like for a woman, as some symptoms can differ from those of men. Chest pain or pressure; nausea; vomiting; indigestion; cold sweat; shortness of breath; light-headedness; fatigue; or discomfort in the arms, back, neck, jaw or stomach are all possible signs.

### GO HEART SMART

- Aim for a normal weight.
- Exercise for 30 minutes every day.
- Quit smoking and avoid secondhand smoke.
- Avoid foods high in saturated or trans fat and curb refined carbohydrates—cookies, white bread, sweet drinks—sometimes referred to as “high-glycemic-index” foods.

# Bone-afide steps to a strong family framework

**B**ones are vital to protecting our organs, anchoring our muscles and supporting our bodies. The best ways to build strong bones in ourselves and our children—while reducing the risk of brittle bones later in life—is through adequate calcium consumption and regular physical activity.

Getting adequate amounts of calcium and vitamin D (necessary for calcium absorption) is essential throughout life, particularly during the peak bone-building years from ages 9 to 18. The amount of calcium\* you need is largely determined by age:

- Birth to 6 months: 210 milligrams (mg)
- 6 months to 1 year: 270 mg
- 1 to 3 years: 500 mg
- 4 to 8 years: 800 mg
- 9 to 18 years: 1,300 mg
- 19 to 50 years: 1,000 mg
- 50+ years: 1,200 mg
- Pregnant or lactating women: 1,000–1,300 mg

Good sources of calcium for the entire family include

dairy products (low-fat or non-fat milk, cheese and yogurt), dark green leafy vegetables (broccoli and bok choy), nuts (almonds) and calcium-fortified foods (orange juice, cereal, bread, soy beverages and tofu products). If you can't get enough calcium from your diet, consider taking a calcium supplement.

Physical activity is a must for all ages to build and maintain sturdy bones. The best exercises for bones are weight bearing: jumping rope, walking, jogging, climbing stairs, aerobic dancing, skateboarding and playing soccer. How much exercise do you need for maximum bone strength? Kids should get at least 60 minutes of moderate physical activity daily, and adults at least 30 minutes.

*\*Source: National Academy of Sciences*



## Eat smart for energy

**T**he busy lifestyles many of us lead would slow to a crawl without a dependable source of energy. We get much of that energy from the foods and beverages we consume. That's why it's more important than ever to eat healthy foods that not only keep our bodies charged but our weight and cholesterol down.

What are the healthiest, fuel-packed foods? Good

energy foods include those rich in:

- **complex carbohydrates**, such as whole-grain breads, pasta and rice; potatoes; and legumes
- **iron**, including beef, raisins, kidney beans, pumpkin seeds and spinach

- **B vitamins**, such as fortified cereal, fish, whole grains, legumes, leafy green vegetables and milk

Active people also need constant fluids to avoid dehydration, which can cause fatigue. Drink plenty of water (you can jazz it up with lemon or lime), low-fat or fat-free milk, or vegetable or tomato juice. Steer clear of caffeine and alcohol, which can dehydrate the body, and sugary drinks.

Be careful not to overeat. It can cause fatigue, especially if you eat foods high in sugar and fat. And skipping breakfast will leave you worn out by 10 or 11 a.m. Instead, start with a low-fat, high-fiber breakfast and then refuel every three to four hours.

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Without the proper foods and fluids, your body won't have the fuel it needs for energy.

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# Taking the lead in women's healthcare

at Susquehanna Valley Women's Health

**S**usquehanna Valley Women's Health, a division of Berwick Hospital Center, is here to provide you with the skilled, experienced and personalized care you deserve. Their new office is located

at 6850 Lows Road, Suite 328, in Bloomsburg. The practice is currently accepting new patients and most insurance plans. Call **(570) 416-0460** for an appointment today.

## MEET THE MEDICAL STAFF OF SUSQUEHANNA VALLEY WOMEN'S HEALTH



**MARIA ASEVEDO, M.D.**  
Obstetrics and  
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Maria Asevedo, M.D., is board certified in obstetrics and gynecology. She received her medical degree from Tulane Medical School in New Orleans, La.



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Richard Tomczyk, Jr., D.O., is board certified in obstetrics and gynecology. He received his doctor of osteopathic medicine from Kirksville College of Osteopathic Medicine in Kirksville, Mo., and completed his residency at Michigan Health Center.



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Trish Niglio, PA-C, is a certified physician assistant in obstetrics and gynecology. She received her degree from King's College in Wilkes-Barre and is a member of the American Academy of Physician Assistants.

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