

everyday

Echocardiography services at Evangelical listen to your heart

Primary care physicians are your partners in health

Staff at the new Infusion Center provides all-around care to patients

NEW KNEES HELP A FARMER TAKE THE REINS AGAIN

Roger Thoms shares how knee replacement surgery helped him return to doing what he loves

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Pushing the limits of what is expected

2020 has not been without excitement. As we look toward a new year, it's always best to reflect on the positives that have come out of the challenges.

While COVID-19 was certainly the biggest challenge of the year, what Evangelical saw through its staff and leadership was a clear commitment to caring for the people of our community in the ways that were needed most. Through an unwavering passion for the mission of healthcare, our staff stepped up to the plate and worked tirelessly to provide care in the safest manner possible.

We also opened our most ambitious construction project to date—the Patient Room

Improvement, Modernization, and Enhancement (PRIME) project. Since October, our patients have experienced enhanced patient care in the new spaces. Now that phase one of the project is complete, phase two begins with the creation of a new Intensive Care Unit.

We couldn't have done any of this without you—our valued patients, neighbors, and friends. We continue to push the limits of what is expected of a community hospital thanks to your financial support, your support of our employees during difficult times, and you choosing Evangelical as your healthcare provider of choice.

Together we are stronger. Thank you for being part of our story.

Kendra Aucker, President and CEO

 **SEE INSIDE OF PRIME**
at evanhospital.com/PRIMEtour.

Stay Healthy, Stay Safe

We can all be part of the solution when it comes to reducing the spread of COVID-19 or preventing respiratory illness. Here are a few reminders to keep you and your loved ones safe and healthy:

- **Wear a mask that covers your nose and mouth when around others.** Remember your mask protects others from germs you may be carrying.
- **Cover coughs and sneezes.** Use a tissue or your elbow.
- **Wash hands frequently.** Use soap and water. If that's not available, use hand sanitizer that has at least 60% alcohol.
- **Practice physical distancing.** Keep at least six feet between you and others when in public spaces.
- **Clean and disinfect** frequently touched surfaces daily.
- **Monitor your health daily,** and if you are sick, stay home.
- **Avoid touching your eyes, nose, or mouth.**



Pick Your Brain

5 WAYS TO IMPROVE BRAIN HEALTH

The brain serves as the central command center for our bodies. It helps us make sound decisions, remember key facts, and manage our emotions. To strengthen the function of one of the body's most important organs, try these tips.



Tips for Uncluttering Your Life

From clothes and shoes to home décor and priceless mementos, our possessions can pile up before our eyes and cause stress, anxiety, and overwhelming feelings. Here are three tips that will help keep clutter in your home minimal.

Start small, and then go big.

Decluttering your entire home all at once is a big job. To make it less intimidating, choose one room in your home and spend as little as 10 minutes at a time deciding what to keep, throw away, or donate.

Put it away. From the kitchen to the bathroom to the home office, there are numerous ways to organize your belongings. Wall hangers, under-the-bed storage, and cabinets can make all the difference in keeping your favorite rooms nice and tidy.

Make uncluttering a habit.

Every three months, take inventory of your home and decide what needs to stay and what should go. Mark your calendar, create a checklist, and get the whole family involved!

Learn something new.

Taking up a new hobby or skill is a great way to challenge your mind. Learning a foreign language or practicing a musical instrument can train your brain to pay better attention to detail.

Incorporate brain-boosting foods into your diet.

Avocado, green tea, and fatty fish like salmon are all great sources of antioxidants, vitamins, and healthy fats to improve cognitive function and enhance memory.

Sweat it out!

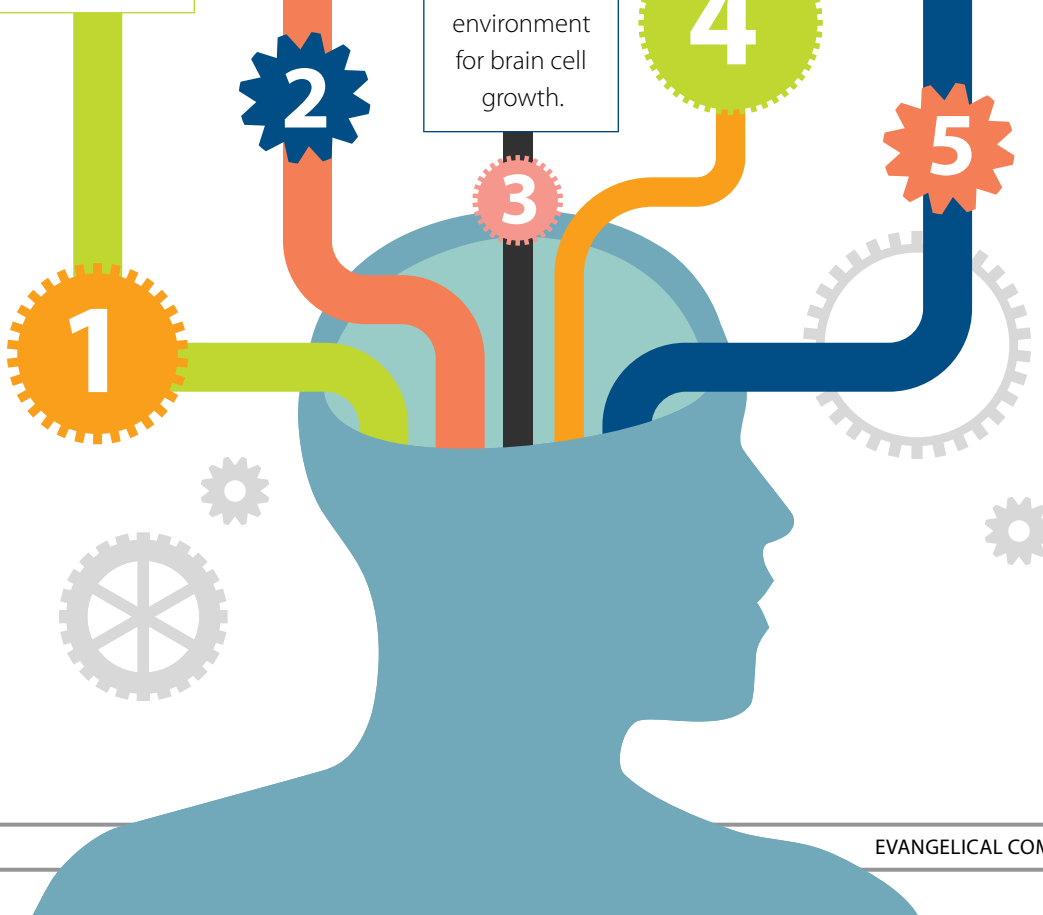
Exercise not only helps burn calories, but it can keep your mind in tip-top shape, too. Walking, yoga, and other activities that keep your heart rate up can improve your heart health and help to create a positive environment for brain cell growth.

Solve a puzzle.

A crossword puzzle a day may not keep the doctor away, but it's a great way to improve memory and problem-solving capabilities.

Get a good night's rest.

Sleep is essential to brain health because it gives the brain an opportunity to relax, release toxins, and reset. In addition, sleep can help intensify your creativity and overall brain function.



Meet the Doctor

SAQUIB SIDDIQI, MS, DO

Saquib Siddiqi, MS, DO, has a fifth-grade yearbook that contains an inscription foreshadowing his life as an adult. In it, Dr. Siddiqi, who is now a Cardiologist at the Heart and Vascular Center of Evangelical, said that when he grew up, he wanted to be “a hockey player or a doctor.”

Growing up in a family of doctors, Dr. Siddiqi knew from a young age that the profession appealed to him. “Something about being a doctor seemed noble,” he recalled thinking as a child. “I had a dream of one day

becoming a doctor, and I get to live that dream now and do it every day.”

Dr. Siddiqi grew up on Long Island in New York after immigrating from India at 4 years

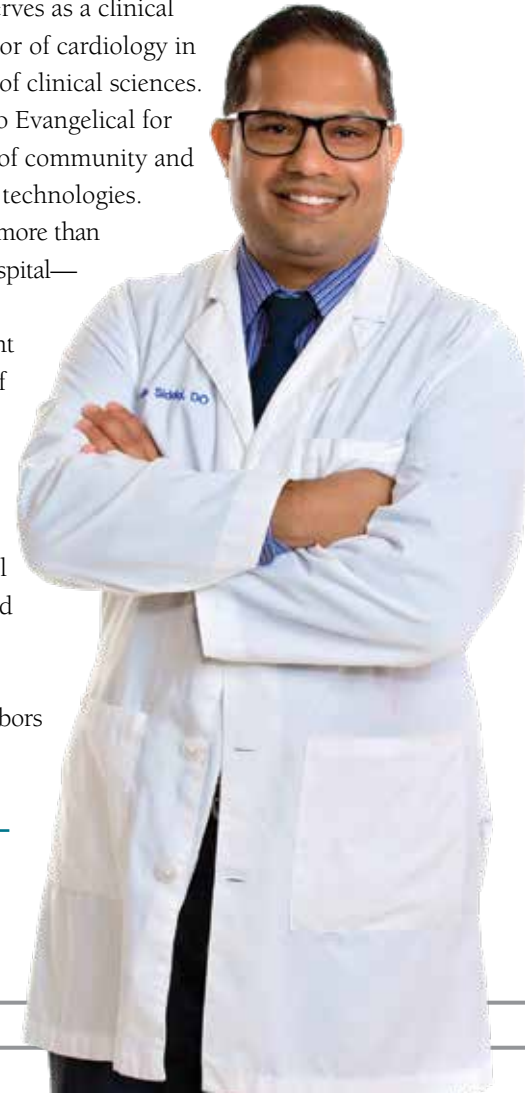
old. He jokes that he fell in love with America on the day he arrived, which happened to be Halloween—a holiday he didn’t celebrate in India. Family has always been very important to him, so when it came time to choose a college, he stayed close to home and completed his undergraduate studies at Stony Brook University. He then completed medical school in Philadelphia for the same reason.

Dr. Siddiqi is board certified in internal medicine and specializes in the prevention, diagnosis, and treatment of a range of cardiovascular diseases, including high blood pressure and high cholesterol as well as heart attacks, heart rhythm disorders, heart valve problems, and disorders of the blood vessels.

“I fell in love with the physiology and science behind the heart because cardiology is one specialty that encompasses every other subspecialty,” he said. “The heart directly affects the brain, kidney, and gastrointestinal system. I like being able to care for the entire patient, and cardiology offers that.”

Dr. Siddiqi joins the Heart and Vascular Center of Evangelical after earning his degree in osteopathic medicine from Philadelphia College of Osteopathic Medicine and completing his residency and cardiovascular fellowship at Geisinger Medical Center, where he also serves as a clinical assistant professor of cardiology in the department of clinical sciences. He was drawn to Evangelical for its strong sense of community and its leading-edge technologies.

“Evangelical is more than a community hospital—it remains on the cutting edge, right at the forefront of technology, with a community feel,” Dr. Siddiqi said. “I like having a personal connection to and taking care of my patients like they’re my neighbors and friends.”



“I like having a personal connection to and taking care of my patients like they’re my neighbors and friends.”

—Saquib Siddiqi, MS, DO



WE'RE HERE FOR YOU

To find a doctor at Evangelical, call **877-989-EVAN (3826)** or visit evanhospital.com.



Jill Walker, RCDS, performs an echocardiogram. The procedure takes photos of the heart to determine its health and strength.

LISTEN TO YOUR HEART

AT EVANGELICAL, ECHOCARDIOGRAPHY KEEPS THE HEART IN FOCUS

The heart plays a major role in our overall well-being. As you get older, your primary care physician may want to examine its function more closely.

Enter echocardiography—a test that uses sound waves to take live photos of the heart’s activity.

At Evangelical, echocardiography (also known as 'echo') is performed as a diagnostic test to determine the heart’s pumping strength and blood flow. These exams also help physicians detect any cardiovascular abnormalities. Imaging Centers, located in both the Hospital and Selinsgrove, perform echocardiography along with other imaging services.

“We use echo to find valvular heart disease, blood clots, or masses inside the heart,” said Jill Walker, RCDS, who has been the Echocardiography Technical Director at Evangelical since 2006. “We also look for heart murmurs, causes of shortness of breath, and evaluate people with heart failure.”

For an echocardiogram, a patient will need to remove their shirt and lie on an echocardiogram table. Similar to taking an ultrasound for a pregnant woman, Walker uses a smaller instrument known as a transducer to take images of the heart

from the front, left, and abdomen. A patient can expect the procedure to take 20 to 40 minutes.

Sonographers do not interpret the tests they conduct; rather, they take measurements and send them to a cardiologist for interpretation. Once the cardiologist interprets the echo, the results are sent electronically to the provider who ordered the echocardiogram, and they are then shared with the patient.

The echo lab at Evangelical has been accredited since 2008, and recently earned reaccreditation from the Intersocietal Accreditation Commission (IAC).

“Every three years since 2008 we’ve had a successful reaccreditation without a lapse, and I think that says a lot about the quality of our program and the care we consistently give our patients,” Walker said.



LEARN MORE

To learn more about Imaging Services at Evangelical, visit evanhospital.com.

FEATURE

joint replacement

NEW KNEES HELP A FARMER TAKE THE

REINS AGAI



N

After a successful knee replacement surgery, Roger Thoms, of Aaronsburg, is back to working on his farm with his horses.

ROGER THOMS SHARES HOW KNEE REPLACEMENT SURGERY HELPED HIM RETURN TO DOING WHAT HE LOVES

Roger Thoms, 59, of Aaronsburg, spent years with knee pain working on his farm and caring for his beloved horses.

“I did my normal routine, but it kept getting harder to get around,” said Roger. “On a working horse farm, you use your knees for just about everything.”

A patient of SUN Orthopaedics of Evangelical, Roger explored all of the non-surgical treatments possible before making the decision to commit to a joint replacement.

“I had the shots and did the work the doctors asked me to, but it came to the point where those temporary treatments were no longer working to take away the pain, and I couldn’t do what I loved.”

When all treatments were exhausted, Roger and his wife, Linda, decided he would have total joint replacement surgery on not just one, but both knees at the same time.

“I am the kind of person who needs to be moving, to be doing something, and the thought of having surgery on one knee and then the other felt like it would be too much time away from the work and the horses,” said Roger.



At the age of 56, Roger underwent surgery performed by Charles Cole Jr., MD.

He said: “Immediately after surgery, I wondered if doing both knees at the same time was the right decision, but after the first two weeks of recovery, I could see improvement. I was able to walk to the barn and started feeling like myself again.”

Roger underwent sessions of physical therapy over an eight-week period post-surgery. In addition, he committed himself to the exercises the orthopaedic specialists in the Hospital prescribed to him to do at home.

“I wanted to get back to my life, so I worked hard to make sure I was doing all I could to get the new joints to heal and work the way they are supposed to. It was a decent winter weather-wise, so I was able

to get outside and walk for a change of scenery,” he said.

Linda served as his coach and partner through it all. “I took on the extra work at the barn and made sure he was keeping up with his care plan. The hardest part for him truly was slowing down because he is just a very active person, and giving up some of that activity was mentally challenging,” she said.

“Before surgery,” Roger said, “I pushed through the pain to do my daily work. After surgery and recovery, it was so much easier to do things. I have no pain now, and though I’ve had to adapt the way I do certain things to make the best use of my new knees, I’m back to tending the horses and going to competitions and exhibitions.”

Nearly three years later, Linda and Roger are enjoying their farm life—pain free.



LEARN MORE

For more information about joint replacement and resources, go to evanhospital.com/newknees.

CARE JUST A CLICK AWAY



TELEMEDICINE COMBINES CARE WITH CONVENIENCE

Providing patient care in a safe environment is more important than ever as we continue to navigate the coronavirus pandemic. In addition to making in-person visits safe, Evangelical Community Hospital also offers telemedicine for some appointments.

SMOOTH TRANSITION

“We currently offer telemedicine with audio and visual online connections,” said Ayn Kerber, MD, Family Medicine Physician at Family Medicine of Evangelical-Lewisburg. “We’re able to conduct routine follow-up care for chronic conditions and acute care of conditions that don’t require an extensive physical exam.”

While this is a new experience for many patients, Dr. Kerber explains the transition has been going well. “Patients appreciate the option of not having to travel for an office visit, whether for concern of the pandemic or mobility issues,” she says. “Patients are also appreciative that we are finding ways to safely care for them,

particularly older patients who are considered to be at higher risk.”

MAKING IT WORK

Dr. Kerber outlines mutual expectations for the visit before it begins, in order to reiterate the purpose of the visit. She has also found that patients often have more family members accessible due to the pandemic, which has been helpful.

“Often a family member or assisted-living aide has been able to help with physical evaluation,” said Dr. Kerber. “With more family involvement, it also gives an opportunity to get more viewpoints and feedback on behalf of the patient.”

PART OF THE PLAN

Telemedicine has proved invaluable for many patients at Evangelical Community

Hospital over the past nine months.

“Telemedicine allows us to check in without patients having to overcome a challenge such as difficulty with transportation,” said Dr. Kerber. While telemedicine makes it easier to get care remotely, it’s important to remember that some things must be addressed in person. When patients need to come in, they should follow their doctor’s suggestions for visiting. Physicians and staff at the Hospital are committed to providing a safe environment for patients to receive care, whether it’s online or in-person.



GET CONNECTED

Call your provider to find out if telemedicine is an option for you.

An Infusion of Comfort



THE NEW INFUSION CENTER CONTINUES TO PUT PATIENTS FIRST

Patients of the Infusion Center of Evangelical will notice some drastic changes at its new location. The services continue to be delivered in a compassionate, high-quality manner, but they're now in new surroundings that are calming and comfortable for frequent or long treatments.

As part of the PRIME (Patient Room Improvement, Modernization, and Enhancement) project's 112,000-square-foot addition to the southeast corner of the Hospital, the Infusion Center features new state-of-the-art equipment, individual cubicles for patients to have their own private space, and floor-to-ceiling windows that provide lots of natural light and views of the new landscaping outside. Because infusion treatments can be long, the new Center prioritizes patient experience with enhanced comfort and amenities.

"The Infusion Center has always been part of the services available at Evangelical," said Barbara Wiand, RN, Infusion Center RN Coordinator II. "Our patients are sometimes apprehensive because they need an IV, but by the time they finish their treatment, they are relaxed and have found new friends in the Center's staff."

In 2019, the Infusion Center had over 1,300 visits and conducted over 1,600 procedures. The staff has years of experience, and Wiand said the new location and upgrades to the Center will only enhance the great work that was already being done at the former location.

Open since October, the new Infusion Center serves patients who need blood transfusions, IV hydration, and medication infusions for a variety of conditions, especially those related to the immune system. Its new location is on the first floor right next to registration, making it easy to find and

accessible—especially for patients who may have mobility challenges.

When a new patient comes to the Infusion Center, Wiand and her team explain how their procedure will work. They also offer the patient a recliner, blanket, snack, and a beverage, and often something much less tangible: a listening ear.

"We treat the whole patient, not just the disease they have," Wiand said. "Oftentimes, they'll tell us about other things they're dealing with, and we can connect them with resources and social services."



(Above) Barbara Wiand, RN, Infusion Center RN Coordinator II (Left) A glimpse of a brand-new treatment room.

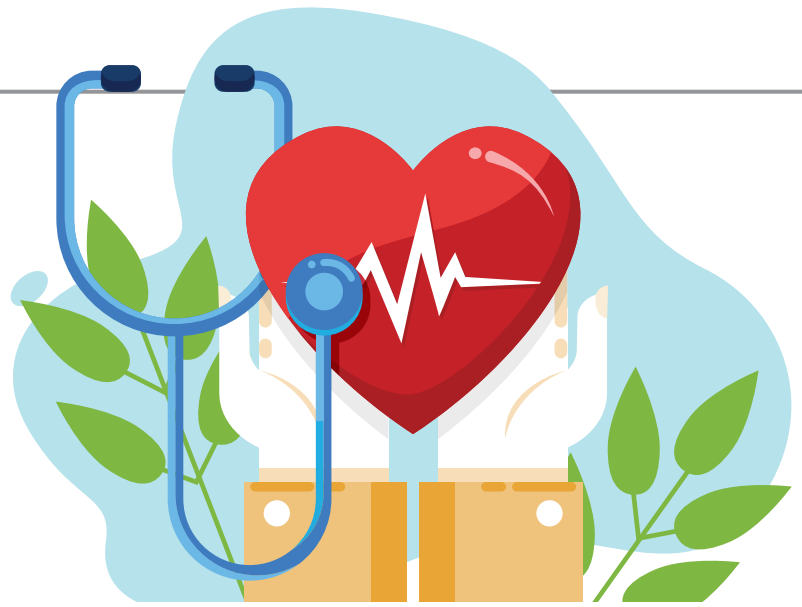


LEARN MORE

For a list of infusion medications and treatments, visit evanhospital.com.

YOUR PARTNER IN HEALTH

BUILD A LASTING RELATIONSHIP WITH YOUR HEALTHCARE PROVIDER



Some people go to the doctor only when they feel sick or have an injury. But that's not the best approach to maintaining good health. Even if you are healthy, having a primary care provider is key to leading a longer and healthier life.

WHAT IS A PRIMARY CARE PROVIDER?

A primary care provider coordinates your overall healthcare. You should see them once a year for an annual wellness visit and as needed when

health issues arise. In addition to an annual checkup, a primary care provider can:

- Diagnose and treat a variety of minor conditions
- Help patients manage chronic conditions like obesity, diabetes, and hypertension
- Order routine screenings like cholesterol, colonoscopy, and mammograms

“When you establish and build a relationship with a primary care provider, over time they can see the bigger picture of your health and provide more personalized care,” said Shawn McGlaughlin, MD, Medical Director of Primary Care at Evangelical and a physician at Family Medicine of Evangelical-Mifflinburg.

A primary care provider also can help a patient meet health goals or manage conditions. “Whether it’s treating an existing condition, or determining a healthcare issue and treatment, we’re here to help you on your journey,” says Dr. McGlaughlin.

CHOOSING THE RIGHT ONE

When selecting a primary care provider, consider these factors.

- **Logistics:** Look for a provider with a convenient office location. Whether it’s close to home, work, or school, it should be easy to get there.
- **rapport:** Your primary care provider is your partner in health, so you should feel comfortable talking with them about your health concerns. Call to schedule an appointment and ask questions to determine if the provider is a good fit.
- **Health needs:** When calling the office, ask if the provider has areas of interest or expertise. If you don’t have underlying health issues, a provider who focuses on overall wellness and prevention might be a better fit.

Finding the right primary care provider is an important part of your health and wellness journey. Over time, the relationship you develop will be key to staying well and living life to the fullest.

THE BEST PROVIDER FOR YOU

You have options when it comes to choosing a primary care provider. Different types of providers include:

Family practitioners treat the whole family. They



may also provide women’s healthcare. They are a good choice for families who want a relationship with one doctor, nurse practitioner, or physician assistant.

Pediatricians treat children from birth through the teen years.



Internists treat adults only. They are a good choice for adults with ongoing health concerns.



TALK TO YOUR DOC

Find a primary care provider and learn more about Family Medicine of Evangelical. Visit evanhospital.com or call 877-989-EVAN (3826).

Fast Action Crucial for Stroke Treatment

If you or a loved one were experiencing a stroke, would you know what signs to look for? According to the American Heart Association, a stroke is a disease that affects arteries that directly impact the brain. Fortunately, the majority of strokes are preventable. If you ever suspect you or someone you know is having a stroke, keep in mind B.E. F.A.S.T. and call an ambulance immediately.

B.E. F.A.S.T.



B Balance. Is the person having a hard time walking or standing upright?



E Eyes. Can the person see clearly? Do they have double vision that doesn't go away after blinking?



F Face drooping. Is one side of the person's face numb, or does it droop when they try to smile?



A Arm weakness. Ask the person to hold up their arms. Does one arm slouch downward, or is it completely immovable?



S Speech. Slurred speech or no speech at all is often a critical sign that a person's motor skills are impaired.



T Time to call 9-1-1. If the individual shows any of the symptoms above consistently, it is time to get them to the emergency room as soon as possible.

Quinoa Salad with Walnuts and Cranberries

A RECIPE FROM DIETITIAN & NUTRITIONIST
KIMBERLY CRISWELL, RDN, LDN, CDE



INGREDIENTS

- | | |
|--------------------------------------|--|
| 1 cup dry quinoa | 1 medium crisp apple, chopped |
| 2 cups unsalted vegetable stock | 2 tablespoons freshly squeezed lemon juice |
| 3 tablespoons fresh parsley, chopped | Zest of ½ lemon |
| 1 stalk celery, chopped | 2 tablespoons olive oil |
| 1 spring onion, sliced | ¼ teaspoon granulated garlic |
| ⅓ cup walnuts, chopped | ¼ teaspoon granulated onion |
| ⅓ cup dried cranberries | Freshly ground pepper to taste |

DIRECTIONS

1. Rinse quinoa with water in a fine mesh strainer and prepare according to package directions, using vegetable stock instead of water.
2. Fluff quinoa with a fork.
3. Combine all salad dressing ingredients: lemon juice and zest, oil, garlic, onion, pepper, and parsley.
4. Add all other ingredients to salad dressing and toss to coat.
5. Serve immediately or cover and chill.

NUTRITION

- **Per ¼ recipe approximately:** 360 calories, 50 grams carbohydrate, 8 grams protein, 15 grams fat
- **Per ¼ recipe exchanges:** 3 grams carbohydrate, 1 plant-based protein, 3 grams fat



Kimberly Criswell,
RDN, LDN, CDE,
Dietitian/
Nutritionist

BIG THINGS ARE HAPPENING...

BE PART OF IT

evanhospital.com/campaign



Stay informed on the progress being made at Evangelical Community Hospital and help support community care initiatives and Phase II of PRIME, the Patient Room Improvement, Modernization, and Enhancement project.



Enhancing the Evangelical
EXPERIENCE

A Campaign to Care for the Community

ECH-029

If you would like to be a part of the
Enhancing the Evangelical Experience campaign,
please call 570-522-2685.