

everyday

BACK ON THE BALL

ACL reconstruction offers lifelong soccer player a second chance on the field

SUN Orthopaedics of Evangelical expands

A warm welcome for new arrivals at The Family Place

Personalized care makes post-op rehab stand out

IN THIS ISSUE

BACK ON THE BALL..... 4

ACL reconstruction offers a second chance on the field

A NEW JOINT FOR SUN ORTHO..... 6

A new, larger space will be constructed on the Hospital campus

OUR TEAM DELIVERS..... 7

From OB/GYN to The Family Place—why one area woman keeps coming back

IN THE SWING OF THINGS..... 8

Postoperative knee-replacement rehab helps patients regain full range of motion

CALENDAR 10

Classes, screenings, and events



Community initiatives promote a healthier lifestyle

Evangelical is fortunate to serve communities that are focused on creating health and wellness opportunities for the people who call them home.

The Miller Center for Recreation and Wellness in Union County is an example of something that grew from a vision of wanting to have more resources available to families, with a concentration on healthy lifestyles.

As part of the Center, the Hospital has constructed an 8,500-square-foot branch of SUN Orthopaedics of Evangelical and a physical therapy gym. Both areas began seeing patients in July and have been well-received by both patients and staff alike.

In addition to that development, the Hospital will be renovating a significant portion of the 210 JPM Road building on its campus to

introduce a Center for Orthopaedics, the central home for SUN Orthopaedics of Evangelical, set to open in 2018.

Both additions are designed with the patient in mind, creating more efficient patient care delivery systems for the orthopaedic needs of patients of all ages.

It is an honor to be part of these types of initiatives within our communities. Together we can provide for known needs and build an even stronger foundation of health for future generations.

Kendra Aucker
President and CEO



Backpack Basics

KNOW HOW TO CORRECTLY SELECT, LOAD, AND WEAR A BACKPACK

Each year, thousands of students are affected by backpack-related pain or injury, which can result in long-term health issues. It's never too early to help your child develop good backpack practices. Here are some tips:



Choose a backpack that is the right size for your child, preferably with adjustable, padded straps and a padded back panel.



Distribute weight evenly and don't overload the backpack. It should never weigh more than 10 percent of your child's body weight. Each night, remove items you know your child won't need the next day.

Make the right choice

KNOW WHEN TO GO TO URGENT CARE

Understanding the difference between urgent care and emergency care can help you decide where to seek treatment for an injury or illness.

Urgent care is for symptoms you would typically address with your regular physician, but during a time when they are not available or you can't wait to schedule an appointment. These symptoms include:

- Common illnesses, such as colds, coughs, sore throats, allergies, and flu-like symptoms
- Minor injuries, such as burns, cuts, fractures, sprains, or strains
- Sudden onset pain issues or sickness, such as back pain, earache, headache, vomiting, diarrhea, or dehydration

Located in the West Branch Medical Center, no appointment is needed. Urgent Care also offers sports and camp physicals, diagnostic tests, and imaging.



NO APPOINTMENT NECESSARY!

To learn more about Urgent Care of Evangelical, visit Services at evanhospital.com.



Pack heavier things low

and toward the center. Tighten the straps to keep the load closer to the back.



Don't let the backpack hang below your child's waistline.

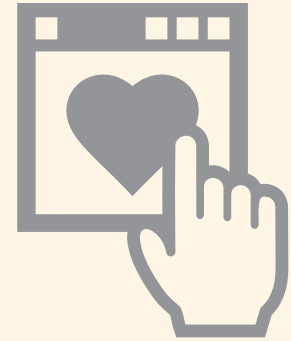
It should sit at the center of the back and be worn on both shoulders.



Wear the backpack only when necessary.

For example, it can be removed while waiting for a bus.

Giving Back



Evangelical Community

Hospital is proud to give back to the community. Annually, **Evangelical**



contributes more than

\$150 million to the north

central region's economy, according to information released by The Hospital and Healthsystem Association of Pennsylvania (HAP).

Evangelical also supports

more than 1,000 jobs in the

region. Statewide, **the hospital**



and health system community had



a total economic impact of

\$121.4 billion on state and

local economies during 2016,

an increase of more than \$6 billion

compared to 2015. Hospitals support more than 589,000 jobs directly and

indirectly—about **1 in 10 jobs**

in Pennsylvania.



Nick Yevics is back on the field after a successful ACL reconstruction surgery.

FOR A LIFELONG SOCCER PLAYER, ACL RECONSTRUCTION OFFERS A SECOND CHANCE ON THE FIELD

BACK ON THE BALL



When Nick Yevics heard a popping sound in his right knee during a soccer collision in December 2016, he hoped the injury wasn't as serious as he feared. Excited to be on the field again after a 15-year gap, the lifelong soccer aficionado had recently joined an adult recreation league and looked forward to his weekly games. But brief, intense pain in Yevics' knee gave way to lasting instability and the realization that the 37-year-old high school math teacher had badly injured his ACL, or anterior cruciate ligament.

"I did play a couple more games wearing a light knee brace, but a few weeks later I planted my leg trying to make a turn, and it hurt again like crazy. It swelled up and I could barely walk," Yevics recalls. "I got an MRI at my primary care doctor's office and they told me [my ACL] was torn."

The Watsonstown resident was referred to orthopaedic surgeon John Furia, MD, of SUN Orthopaedics of Evangelical. Confirming the diagnosis, Dr. Furia told Yevics that ACL reconstruction surgery was his best option for restoring his abilities on the field. The ACL, one of the four main ligaments in the knee, is vital for normal knee movement and stability, enabling the twisting and pivoting that soccer and many other sports demand.

Yevics is one of about 200,000 Americans who tear their ACL each year, according to the American Academy of Orthopaedic Surgeons. About half undergo ACL reconstruction surgery, often because resuming their sports or occupations requires frequent knee rotations or heavy manual labor.

"It was clear to me that Nick wanted to get back to what he was doing before being injured," Dr. Furia says. "ACL surgery has been a game-changer for many people. It's been responsible for keeping younger and even a bit older individuals in competitive sports that require twisting and turning."

"ACL SURGERY HAS BEEN A GAME-CHANGER FOR MANY PEOPLE."

—Orthopaedic Surgeon John Furia, MD

HOW CAN YOU TELL IT'S YOUR ACL?

A "popping" sound in the knee is one of the telltale signs of a torn ACL, or anterior cruciate ligament. The common knee injury often happens while participating in sports requiring rapid changes in direction or landing from a jump, such as football, skiing, and soccer.

How else can you tell your ACL is injured? According to John Furia, MD, of SUN Orthopaedics of Evangelical, typical signs include:

- Knee pain that doesn't last long
- A knee feels "sloppy" or unstable
- A "slipping" sensation in the knee when you stop or turn
- An inability to play sports
- Avoiding use of the affected knee in favor of the other side



John Furia, MD, is a member of the team of experts at SUN Orthopaedics of Evangelical.

MINIMALLY INVASIVE

In early March, Dr. Furia reconstructed Yevics' ACL in a minimally invasive, hour-long surgery at Evangelical Community Hospital. The procedure was performed arthroscopically, requiring only a few tiny incisions around the knee instead of a long one. Dr. Furia inserted a camera into one of the surgical cuts to view the knee's internal structures on a video monitor in the operating room. Additional surgical tools were inserted through the other small cuts, and Yevics' torn ligament was removed.

In ACL reconstruction, the replacement tendon is taken from either a patient's own body—using the kneecap or hamstring tendon—or from a donor cadaver. After leaving the choice up to Yevics, Dr. Furia used a donor ACL for his surgery, which was threaded through tunnels drilled through bones in the knee and held in place with surgical screws.

"Donor tissue is helpful in someone a little bit older because you don't rob Peter to pay Paul," Dr. Furia explains. "There are fewer surgical complications and it hurts less, which facilitates rehabilitation. And because we don't heal as fast as we get older, it essentially speeds recovery."

QUICK RECOVERY

Yevics' recovery was blissfully straightforward. After a short period using crutches and a knee brace, he soon went back to his teaching job and moving about without pain. By mid-June, after 20 sessions of physical therapy, Yevics was also back to running and other exercise, expecting to be cleared for soccer competition in time for the fall/winter season.

Yevics says, "I think my surgery has been a huge success. I feel great."

The only tiny obstacle to getting back on the field is a highly welcome one: Yevics and his wife, Jillian, are expecting a baby boy at the end of September. Soccer may need to take a back seat to the newborn in the house, at least for a little while.



When completed, the new 18,960-square-foot SUN Orthopaedics of Evangelical facility will feature more expansive and private check-in and check-out areas.



A new Joint for SUN Ortho

A NEW, LARGER SPACE FOR SUN ORTHOPAEDICS OF EVANGELICAL WILL BE CONSTRUCTED ON THE HOSPITAL CAMPUS, REPLACING THE EXISTING FACILITY

As SUN Orthopaedics of Evangelical continues to expand to meet the orthopaedic needs of patients of all ages, it has outgrown its current space at 900 Buffalo Road. Construction began in August on the Evangelical Community Hospital campus with an eye to creating a new practice space that will greatly enhance the orthopaedic experience. Changes are being made to the first-floor lobby, to a portion of the second floor, and to the entire third floor of the existing 210 JPM Road building.

When completed in early summer of 2018, the new 18,960-square-foot Center for Orthopaedics will feature an expanded registration area.

SUN Orthopaedics' eight orthopaedic specialists will be able to see patients in 28 exam rooms, two of which will be special casting rooms. There will be two imaging rooms with state-of-the-art imaging equipment complete with their own waiting rooms. This doubles

the capacity for imaging compared to the current location. In addition, each exam room will have integrated technology and a flat-screen monitor to view X-ray images with the patient.

SUN Orthopaedics will continue to provide comprehensive care in the new location, with expertise in every type of orthopaedic condition—from common sports medicine problems to complex traumatic injuries.

OUR TEAM DELIVERS

FROM OB/GYN TO THE FAMILY PLACE—WHY ONE AREA WOMAN KEEPS COMING BACK

For Lynley Smith of Mifflinburg, choosing OB/GYN of Evangelical for her women’s health needs was an easy decision. “My mom and sister went there, so when it came time to start seeing someone at the age of 18, that’s where I chose to go. The women in my life trusted them, so I did, too,” says Smith.

When Smith reached the next stage of her life—having a baby with her husband, Ryan—she continued with OB/GYN, knowing she would deliver at The Family Place, where both she and her husband were born. The Smiths have two sons, Jaxson, age 4, and Maxwell, who was born in March 2017.

For her first pregnancy with Jaxson, Smith took advantage of the prepared childbirth classes held through Community Health and Wellness, and when it came time to deliver, she had a relatively short labor.

“Our first experience at The Family Place was so good,” Smith says. “The midwife was great and the nurses were reassuring. We couldn’t have asked for a better experience as we got used to the idea of being new parents.”

Four and half years later, when it was time to deliver Maxwell, they continued with OB/GYN

of Evangelical and The Family Place. But for the second birth, Smith experienced high blood pressure and labor was induced. “The midwife and nurses were very helpful and checked in with me frequently to make sure I was comfortable and doing OK,” she says.

She was more than OK when after a few hours of labor, Maxwell arrived happy and healthy.

With the two births, Smith experienced The Family Place pre- and post-renovation. “The second time around, it had a more homelike feel—the room was cozy and felt less like a hospital,” she says. “I liked being able to order my meals from a menu—what and when I wanted to eat.”


As for the education The Family Place gave to the Smiths before they went home, Smith says: “With Jaxson, those pieces were so helpful because everything was new. And with Maxwell, it was good to have a refresher to make sure we were doing everything right.”

“EVERYONE WAS SO GOOD TO US, AND THAT’S WHY WE CAME BACK.”

—Lynley Smith of Mifflinburg

Sue Connell, Certified Nurse Midwife, OB/GYN of Evangelical (left), and Jennifer Sullivan, RN, BSN, The Family Place (center) with the Smith family, whose sons were born at The Family Place.





Mike Hubicki was back on the golf course just eight weeks after undergoing a double knee replacement, thanks to postoperative rehabilitation.

In the Swing of things

POSTOPERATIVE KNEE-REPLACEMENT REHAB HELPS PATIENTS REGAIN FULL RANGE OF MOTION

In April, Mike Hubicki hit the links—not unusual for this 66-year-old Northumberland resident who is always eager for the season’s first 18 holes. What did surprise Hubicki, however, was the fact that just two months prior he’d undergone simultaneous bilateral knee replacement, which meant surgically replacing the weight-bearing surfaces of both knee joints.

Hubicki had been suffering from knee pain for nearly two years, and after working with his doctors at SUN Orthopaedics of Evangelical, everyone eventually agreed that knee replacement surgery was the right choice.

“I thought I’d be back on the golf course by July at the soonest,” Hubicki recalls. “Turns out I felt great after eight weeks.”

GETTING DOWN TO WORK

Within a day of surgery, Evangelical’s physical therapy team had Hubicki moving both new knee joints. Three days post-surgery, he moved into Evangelical Community Hospital’s Acute Rehabilitation Unit—not unusual for those who have knees done simultaneously. There, physical therapist Chris Wenda worked with him for one week to begin a routine of therapy Hubicki would need after being discharged from the Hospital.

Upon discharge, he teamed up with Thomas Orren, Physical Rehabilitation Services Outpatient Coordinator, who had collaborated with Wenda on how to keep Hubicki progressing.

At home, Hubicki’s work had just begun. For the next six weeks he met with Orren three days a week. On his “days off,” he went through his physical therapy routine at home.



GET A LEG UP ON RECOVERY

Evangelical Community Hospital's Joint Replacement team believes that "rehab" begins two months prior to the procedure. In other words, caring for patients starts the minute a surgery date goes on the calendar.

Helping patients get a leg up on recovery is critical, says Thomas Orren, physical therapist and Physical Rehabilitation Services Outpatient Coordinator.

For Mike Hubicki, who underwent a double knee replacement in February 2017, pre-surgery physical therapist Gary Kremser put together a schedule of exercises to strengthen his quad and hamstring muscles, which would help Hubicki regain his range of motion post-surgery.

According to Hubicki, "The pre-surgery exercises helped my recovery go a lot faster. It also helped me get used to a rehab routine—so there wasn't as much to learn after surgery."

"Physical therapy was tough," Hubicki admits. "But Tom prepared me. He explained that my surgery went very well, but regaining strength in my knees, balance, and mobility was up to me. Tom assured me that he'd never push me too far too fast, which made me feel comfortable, so I worked as hard as I could."

CENTER OF ATTENTION

In retrospect, Hubicki credits a large part of his speedy recovery to the emphasis on individualized patient care.

"There's no cookbook recipe for great results," Orren emphasizes. "We watch how every patient responds to rehab and then we make adjustments. For example, I might see that someone's knee is more swollen than I'd like, or a patient reports feeling sharp pain. That's the body's way of saying we need to pull back."

Hubicki is quick to note that the one-on-one attention continues even after physical therapy ends. Has he ever called in a question? "No. But it makes me feel good to know that I can if I need to," Hubicki says.

RISE TO THE CHALLENGE

A critical part of inpatient rehabilitation in the joint replacement program is communication among fellow patients. "We work with patients one-on-one, but we also have group classes. That helps us get a little healthy competition going," Orren says. "Watching someone like Mike, who did so well, tends to motivate patients—inspires them to work harder and push through mild discomfort."

On the subject of competition, Hubicki does have one small "issue." "In terms of my health, I'm at the top of my game," he says. "But the surgery didn't do much for my golf score."



Mike Hubicki credits a large part of his speedy recovery and quick return to the golf course to Evangelical's emphasis on individualized patient care.

SCREENINGS

Comprehensive Blood Screens

DATE Tuesday, October 24

TIME 7–10 am

LOCATION Evangelical Community Health and Wellness

FEE \$40

DATE Wednesday, November 8

TIME 7–10 am

LOCATION Elmcroft of Loyalsock, Montoursville

FEE \$40

DATE Thursday, December 14

TIME 7–10 am

LOCATION Evangelical Community Health and Wellness

FEE \$40

► This screening includes a lipid panel for HDL, LDL, total cholesterol, and triglycerides; a complete blood count; and CMP to assess blood sugar, electrolytes, calcium, protein, liver enzymes, and more.

Heel Bone Density Screening

DATE Tuesday, December 12

TIME 9–11 am

LOCATION Community Health and Wellness

FEE FREE

► Qualification: Have not had a DXA scan in past two years, have not had a heel bone density test in past year, and meet one of the following criteria: over the age of 65, post-menopausal, or pre-menopausal with high-risk factors.



www.evanhospital.com Revamped!

Evangelical’s website has a new look with a focus on ease-of-use for individuals seeking more information about the Hospital’s medical professionals, services, and programs.

From the low-tech user to the super-user, all levels of digital fluency and investigative interest were taken into account. The result is a website that is cleaner and simpler in language and form.

Users will see a new home page with:

- Easy-to-find action items
- Expanded Find a Doctor functionality
- Focus on patient experiences
- Emphasis on upcoming events
- Enhanced navigation choices
- Quick reference to top news stories for the latest happenings

Visit the site today and check out all of the new changes!

TALK WITH THE DOC

Diabetes Panel Discussion

DATE Thursday, November 16

TIME 5:30 pm FREE meal; talk at 6:30 pm

LOCATION Evangelical Community Hospital Apple Conference Rooms at the rear of the O’Keefe Dining Room

FEE FREE

► A panel of experts will discuss diabetes prevention, diagnosis, and treatment. Experts include Kimberly Criswell, RDN, LDN, CDE, Outpatient Clinic Dietitian-Nutritionist; Karen Dohl, PA-C; Renee Hughes, RN, BSN, CDE, Diabetes Educator; and David Zelechowski, MD, Medical Director, Diabetes Center of Evangelical. They will cover potential long-term effects of uncontrolled diabetes.



CLASSES

Live Your Best Life



DATES Thursdays, October 5 through November 9

TIME 9–11:30 am

LOCATION Evangelical Community Health and Wellness

FEE FREE

► Chronic Disease Self-management program. Learn how to improve quality of life while coping with a chronic health condition such as diabetes, arthritis, chronic pain, depression, a breathing problem, heart failure, or any other health problem that alters your lifestyle. Topics include: managing pain and fatigue; improving psychological well-being; nutrition and exercise; and communicating with family, friends, and health professionals.

Safe Sitter®

DATE Wednesday, December 27

TIME 8:30 am–3:30 pm

LOCATION Evangelical Community Health and Wellness

FEE \$50

► Safe Sitter® is geared toward 11- to 14-year-olds who are interested in babysitting. The class teaches lifesaving skills that prepare sitters to be home alone or to watch younger children.

JOIN US

For all health screenings, seminars, and classes, call Evangelical Community Health and Wellness to register at **570-768-3200**, or register online at evanhospital.com/events.

SENIOR STRONG HEALTH LECTURES

Are You Feeling Off-Balance?

DATE Friday, October 27

TIME 11 am

LOCATION Evangelical Community Health and Wellness

FEE FREE

► Exploration of the human balance system and the different aspects that affect balance, with an emphasis on inner-ear anatomy, vertigo, and treatment options. Presented by Janine Fee, MS, MPT, Certified Vestibular Rehabilitation Therapist with Physical Therapy of Evangelical.

Diabetes

DATE Thursday, November 9

TIME 1 pm

LOCATION Evangelical Community Health and Wellness

FEE FREE

► A discussion about diabetes, what it is, and how to manage it for enjoyable living. Presented by Karen Dohl, PA-C, and Renee Hughes, RN, BSN, CDE, Diabetes Educator, from the Diabetes Center of Evangelical.

Osteoporosis

DATE Friday, December 8

TIME 10 am

LOCATION Evangelical Community Health and Wellness

FEE FREE

► Proper nutrition for a diet full of calcium, with a discussion of bone health. Presented by Christina O'Rourke, Registered Dietitian and Nutritionist.

NOW WELCOMING NEW PATIENTS!



Benjamin Keyser, DO Vascular Surgeon

As a vascular surgeon, Dr. Keyser is specially trained in diseases of the circulatory system, which is made up of the vessels that carry blood throughout the body. These diseases are managed by medical therapy, minimally-invasive catheter procedures, and surgical reconstruction.

Dr. Keyser is accepting new patients at the Heart and Vascular Center of Evangelical, located in Suite 100 of the Professional Office Building on the Evangelical campus.




To schedule an appointment call 570-524-5056



HIT
REFRESH
ON YOUR
WEEKEND.

Our **sports medicine** team understands how important movement is to your life.

At SUN Orthopaedics of Evangelical, we explore every treatment option – from simple braces to the most advanced surgical techniques. And, we support you through the entire healing process, making sure you're back to being a warrior every weekend.

 *Hit Refresh.* Call 1-800-598-5096.

SUN ORTHOPAEDICS
OF EVANGELICAL™