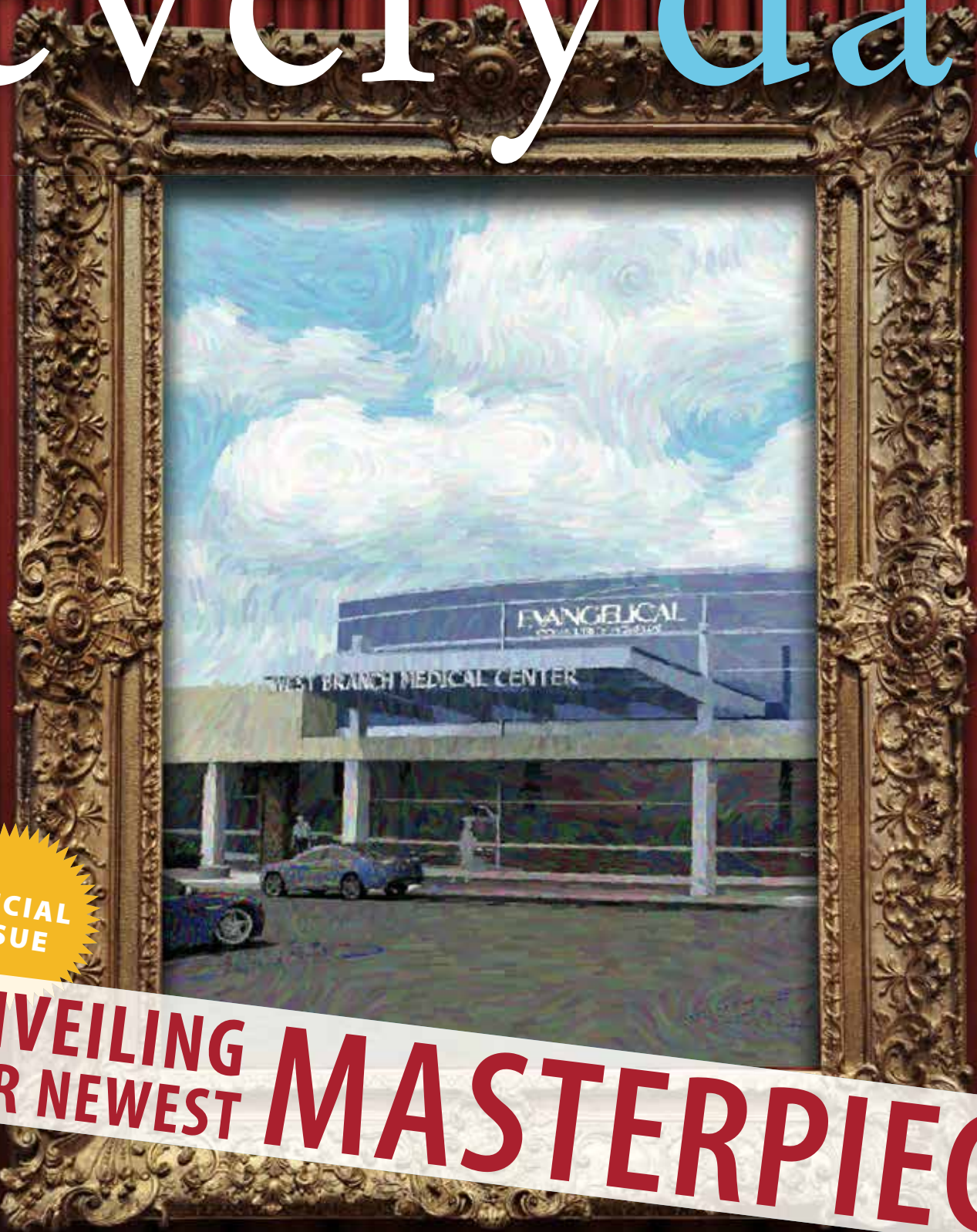


EVANGELICAL COMMUNITY HOSPITAL

# everyday



**SPECIAL  
ISSUE**

## UNVEILING OUR NEWEST **MASTERPIECE**

**EVANGELICAL**  
COMMUNITY HOSPITAL  
*Excellence Every Day.*

Exceptional care and convenience  
at the new West Branch Medical Center

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## “What’s on the horizon for Evangelical Community Hospital?”

That’s a question I hear quite frequently when speaking to employees, civic groups and organizations, and from our patients and community members. Everyone wants to know what we’re going to do next.

To answer that question, I fall back to the present before speaking to the future. The executive team, Board, and I continually evaluate what services we offer and whether or not they are meeting the requirements and expectations of our most valued members—our patients.

Many of our available and excellent outpatient services were limited in their ability to perform and grow by an outdated building that had little space and availability of services. In the process of looking at where to better place those services, a need for urgent care presented itself. With that realization, the idea for a new facility that combines existing

services with the creation of a new urgent care practice was born and West Branch Medical Center became a reality.

In this special edition of *Every Day* magazine, you’ll get a glimpse at the way our current services can evolve at the new location, and how the addition of urgent care as a service will greatly benefit patients looking for care that meets their schedules.

We’re excited about this addition and what it means to the present and future of Evangelical. Even more, West Branch Medical Center provides a convenient location, where care is ready when needed, that caters to the needs identified by our community.

This couldn’t have happened without enthusiastic support of the Hospital by our patients, donors, volunteers, employees, and Board members. The people we serve drive what’s on the horizon at Evangelical, and we look forward to what lies ahead.

A handwritten signature in black ink that reads "Kendra A. Aucker".

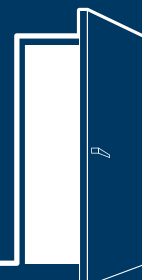
Kendra Aucker  
President and CEO

### COMMUNITY OPEN HOUSE SCHEDULED

The community is invited to an open house at West Branch Medical Center, located on Route 15 just south of the main campus, on Friday, November 18, 2016, from 3–7 pm.

Guests will be treated to tours of the new spaces and valuable services available at West Branch, as well as light refreshments and giveaways.

Please join Evangelical as we celebrate the opening of West Branch Medical Center.







# Finding relief

## PAIN MEDICINE OF EVANGELICAL HELPS ADDRESS CHRONIC PAIN

Roughly 100 million Americans live with chronic pain. Whether that means nagging discomfort or debilitating agony, the effect can significantly reduce one's quality of life.

To help patients regain control of their lives, Pain Medicine of Evangelical, an integrated, specialty outpatient clinic located in the Hospital's new West Branch Medical Center, takes a multidisciplinary approach to highly individualized pain management treatment plans.

Providers at Pain Medicine of Evangelical draw from a wide range of strategies to manage pain, whether the source is an injury, disease, chronic condition (such as arthritis), or the natural aging process. Before initiating a plan, patients receive a thorough examination and symptom review.

While Pain Medicine of Evangelical does not prescribe narcotics or opiates, providers do work in collaboration with each patient's family doctor to identify pain-relieving over-the-counter and/or

prescription alternatives, including nonsteroidal anti-inflammatory drugs (NSAIDs), corticosteroids for severe inflammatory conditions, and/or antidepressants, if warranted.

In certain cases, treatments may be used in tandem with medications for optimal results. Such treatments may include an injection. For those with back or neck issues, which constitute approximately 60 percent of the patients treated at Pain Medicine of Evangelical, two types of injections are most often recommended:

- Steroid injections deliver a high dose of medication directly to the problem area, which decreases inflammation and reduces immune system activity.
- Trigger point injections help relieve muscle pain caused by small knots that irritate surrounding nerves.



### YOUR BEST SHOT

For more information on Pain Management of Evangelical, visit [evanhospital.com](http://evanhospital.com).

## Planned Giving

### ENSURING ADVANCED SERVICES NOW AND IN THE FUTURE

When a friend or constituent of Evangelical Community Hospital makes a gift through their will, a charitable gift annuity, charitable trust, IRA, or other estate arrangement, an enduring legacy to the future of quality care is established that will benefit the health and well-being of area residents. Termed

"planned giving," these special gifts ensure the current and future stability of Evangelical and help to bring enhanced services and cutting-edge procedures that improve care and patient outcomes.

To recognize this very special group of donors, Evangelical has created "The Legacy Circle," which expresses deep gratitude to those who have so generously invested in securing Evangelical's future strength and vitality.

Legacy Circle members receive:

- Permanent recognition on The Legacy Circle Plaque
- Special recognition in the Annual Donor Report
- An invitation to the President's Reception each fall and other exclusive events

Evangelical's new West Branch Medical Center is an example of how the Hospital is growing to meet the needs of patients and the community. Charitable gifts, both current and planned, to West Branch Medical Center can impact and enhance care that is provided through integrated outpatient services, including diabetes care, wound and hyperbaric medicine, and bariatric care.



of Evangelical Community Hospital



### SUPPORT QUALITY CARE

To learn more about how to support Evangelical Community Hospital and its bold moves into the future—such as the new West Branch Medical Center—contact the Development Office at **570-522-2685** or [fundraising@evanhospital.com](mailto:fundraising@evanhospital.com).

# No Appointment Necessary

NEW WEST BRANCH MEDICAL CENTER OFFERS URGENT CARE

Urgent care represents a critical forward trend in healthcare, providing prompt, economically priced patient care for non-life-threatening illness and injury. The concept fills the gap between emergency department visits and times when a primary healthcare provider is unavailable—perhaps in the evening, during weekends, or if the primary care physician's calendar is booked.

To cover this gap, while at the same time providing the compassionate care Evangelical Community Hospital patients

expect and deserve, the Hospital's new West Branch Medical Center includes Urgent Care of Evangelical.

"We are constantly looking at our services and asking, 'Are those services meeting the requirements and expectations of the people who need us?'" says Kendra Aucker, President and CEO of Evangelical Community Hospital. "We're excited about the prospect

of providing the only urgent care facility between Williamsport and Selinsgrove and giving individuals living in those areas access to high-quality, effective care in a location that is convenient and designed to meet real-life needs."

In addition to lower-cost care for non-life-threatening medical needs, extended center hours, efficient patient flow, and shorter



## IMMEDIATE CARE

Urgent Care of Evangelical is located along Route 15 in the Weis Plaza. For more information about hours and services offered, visit [evanhospital.com/services/Urgent-Care](http://evanhospital.com/services/Urgent-Care).



Dennis Merkle, PA-C, with a patient at Urgent Care of Evangelical.

wait times in a no-appointment-needed environment, Urgent Care of Evangelical also reduces the number of patients visiting the Hospital's Emergency Department. This allows emergency medicine physicians to focus on critical, life-threatening cases.











To further provide services that meet its patients' requirements and expectations, Urgent Care of Evangelical offers patients access to onsite imaging and point-of-service lab testing, as well as selected immunizations, sports and camp physicals, and diagnostic testing.

# URGENT CARE VS. EMERGENCY CARE

Understanding the difference between urgent care and emergency care can help determine the best location to seek treatment for an injury or illness.



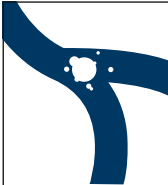


## URGENT CARE

Choose urgent care for non-life-threatening situations.

 Cough, cold, and flu-like symptoms	 Breaks, fractures, and sprains	 Infections	 Rashes and skin conditions	 Burns, cuts, and scrapes
 Animal bites	 X-rays	 Selected immunizations	 School, camp, and sports physicals	 Point-of-service lab testing

## EMERGENCY CARE

Go to the emergency department for situations that could result in significant loss of blood, potential disability, or loss of life.

 Heart problems	 Uncontrolled bleeding	 Suspected stroke	 Unexplained seizures	 Breathing emergencies
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## WHEN TO CALL 911



Some situations require a call to 911: seizures, severe chest pain or other signs of heart attack, stroke symptoms, difficulty breathing, or life-threatening injuries. If these symptoms or injuries are present, it is safer to call 911 for help rather than attempt to drive to the nearest emergency department.

# THE PRESSURE IS OFF

## HYPERBARIC OXYGEN HELPS HEAL CANCER PATIENT'S WOUNDS

**D**arlene Roadarmel of Danville is the kind of person we all want to be: she's funny, she's upbeat, and she loves life. She has also faced two occurrences of throat cancer, and thanks in part to the team at Wound and Hyperbaric Medicine of Evangelical, she is still as lively and enthusiastic as ever.

As part of her treatment for throat cancer, Roadarmel had surgery to remove her tonsils and part of her tongue. The surgery was followed by radiation treatments, which left wounds in the back of her throat that would not heal. As a result, Roadarmel could not swallow food, so she had to have a special tube implanted so she could pour liquid nutrient drinks through the tube directly into her stomach.

To speed the healing of her throat wounds, doctors referred Roadarmel to Wound and Hyperbaric Medicine of Evangelical for treatment with hyperbaric oxygen. The treatment involves lying inside a clear, acrylic-encased tube while pure oxygen is administered under high atmospheric pressure. James Morgan, MD, FACS, Medical Director of Wound and Hyperbaric Medicine, explains, "The high pressure makes the oxygen more easily available to all the body's cells, and this helps the body repair damaged tissue more quickly."

Frank Wetzel, EMT, Medical Assistant, and Laura McClintock, EMT, CHT, Hyperbaric Technician, supervised all of Roadarmel's treatments, or "dives." "Darlene is an awesome person," says McClintock. "Every session, she would come dancing through the door, singing, 'Let's do this!'" It was wonderful that Roadarmel had such a great attitude about her dives, because she had to complete multiple treatment sessions.

"It was so easy with Laura and Frank," recalls Roadarmel. "It was so relaxed. We had fun and I didn't mind it at all—and I'm claustrophobic!"

Even though Roadarmel's cancer and wound treatments are behind her, the journey hasn't always been smooth and there are still a few miles to go. "I was in remission for nine months when the cancer came back," says Roadarmel.

For now, though, thanks to hyperbaric treatment, her wounds are healed. Roadarmel's next treatment challenge will be seeing if the prosthetic device that is being developed for her will fit her throat well enough so she can take food by mouth again.

If positive attitude plays a part, Roadarmel should be enjoying her favorite foods in time for the holidays.



### WELL-HEALED

If you have a wound that just won't heal, ask your healthcare provider to refer you to Wound and Hyperbaric Medicine of Evangelical, located in the West Branch Medical Center. Call **570-522-4411** or visit [evanhospital.com](http://evanhospital.com).

## AIR EFFECTS

Hyperbaric oxygen therapy, or HBO, is used under special circumstances and for a particular set of injuries. Wound

and Hyperbaric Medicine of Evangelical accepts referrals from physicians for HBO treatment of:

- non-healing wounds
- necrotic skin infection
- diabetic foot ulcers
- gangrene
- chronic bone infection (osteomyelitis)
- chronic tissue injury due to radiation therapy
- skin graft or skin flap failure





Darlene Roadarmel puts the finishing touches on a wooden gingerbread man, one of many such pieces she creates and sells at craft shows in the area.

# Check Yourself

GLUCOSE DEVICES HELP MONITOR FLUCTUATIONS IN BLOOD SUGAR

Living with diabetes can be challenging. Fortunately, the Diabetes Center of Evangelical offers comprehensive care for patients living with all types of diabetes. Among the services provided are one-on-one outpatient education sessions, group education classes, and an ambulatory insulin program.

Evangelical's newly constructed clinic includes dedicated

educator offices as well as access to laboratory services onsite. The integrated facility will provide patients with the care they need and play a crucial role in helping patients better manage their diabetes.

Specific to those with frequent blood sugar fluctuations, the program offers individualized education about glucose monitoring and meters, which includes two monitor options.

The Medtronic iPro monitor uses a

glucose sensor that is placed under the skin for real-time monitoring of the patient's glucose level, day and night. It delivers

up to 288 glucose readings per day. The monitor identifies when patients experience dangerous lows in glucose levels and reports how high levels go after meals.

The Dexcom G4 Platinum monitor, which remains on the patient for up to a week, can record glucose levels

every five minutes for the entire seven-day period. These readings help identify how diet, medication, stress, and activity affect a patient's glucose levels.

Both meters enable continuous monitoring of glucose levels, which helps care providers adjust insulin doses to reduce the frequency and duration of highs and lows in blood sugar levels. These adjustments help reduce the high A1C levels that can increase the risk of complications from diabetes.

In addition, these monitors are small and watertight, allowing patients to swim and bathe while wearing either device. Ensuring proper placement, experienced staff members apply monitors onsite.

If you have recurrent hypoglycemia unawareness, are pregnant, have Type 1 diabetes, or have high A1C levels, consider getting a glucose-level evaluation.

The Dexcom G4 monitor measures blood sugar levels every five minutes, which gives insight into how diet, medication, stress, and activity affect glucose levels.



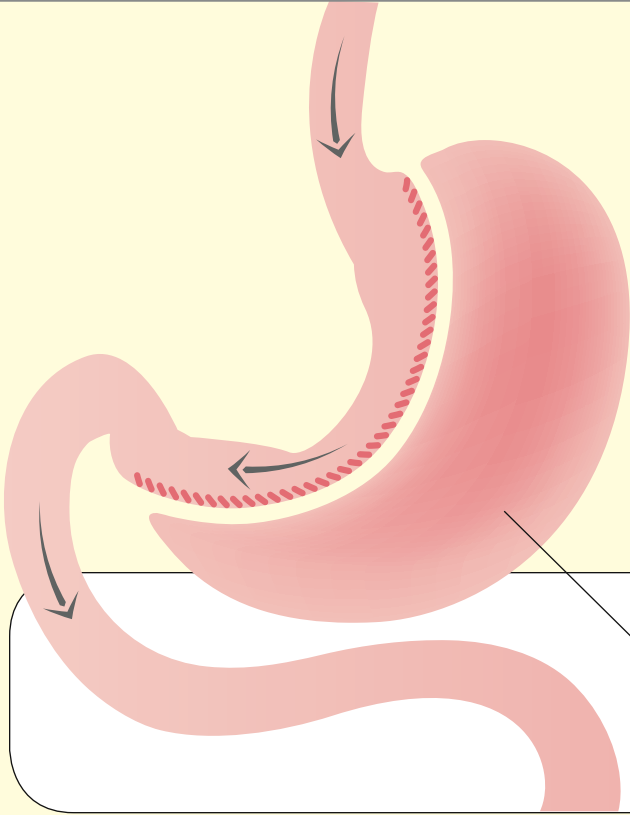
**TRACK IT**

Contact the Diabetes Center of Evangelical at

**570-522-4411** to schedule an appointment.



## A LIFE-CHANGING CHOICE



Laparoscopic sleeve gastrectomy removes about 80 percent of the stomach. The remaining stomach is a tubular pouch that resembles a banana. The new pouch holds a smaller volume, and the surgery affects hormones, which influence hunger, satiety, and blood sugar.

### WHEN EXCESS WEIGHT IS A STRUGGLE, BARIATRIC SURGERY OFFERS OPTIONS

The American Medical Association (AMA) recognizes obesity as a disease that will not disappear on its own and cannot be prevented with vaccines or cured with medication. Bariatric Center of Evangelical has expanded in the new West Branch Medical Center. Here, patients meeting obesity criteria receive expert help for weight loss through bariatric surgery.

“In patients who struggle with severe obesity, bariatric surgery is a proven effective therapy for long-term weight loss and medical comorbidity reduction,” says Christopher J. Motto, MD, FACS, Medical Director, Bariatric Services and Surgical Services.

To be a candidate for bariatric surgery, says Dr. Motto, you must have a body mass index (BMI) of at least 40. In some cases, candidates may have a BMI of 35 accompanied by diabetes or sleep apnea.

Dr. Motto performs a minimally invasive surgical procedure called vertical sleeve gastrectomy, which reduces the size of the stomach to that of a banana. The new stomach can only hold 1 to 2 ounces of food, thus decreasing the amount a patient can eat, yet allowing the digestive process to function normally. The surgery also reduces hunger-promoting hormones in the stomach, which helps individuals feel less hungry.

“Bariatric surgery has been shown to reduce high blood pressure, diabetes, sleep apnea, cancer risk, and arthritis symptoms,” says Dr. Motto, noting that patients also enjoy an improved outlook following surgery.

The expert team at Evangelical provides a variety of support groups led by Dr. Motto, LaRee Hummel, RN, and Kimberly Criswell, LDN, RDN, and provides patients with access to preoperative classes as well as expert nutritional and exercise counseling before and after surgery.

“The most rewarding aspect is watching patients go through this life transformation—to see improvement not only in their medical problems, but also in their outlook on life,” says Dr. Motto. “They come back a more highly motivated, happier patient.”



#### LEARN MORE

To find out more about weight

loss surgery or to schedule an appointment, call **570-522-4411**.

### WHAT'S YOUR BMI?

Body mass index (BMI) is a simple tool you can use to find out if your weight is optimal for good health. However, note that other lifestyle factors, such as tobacco use, a sedentary lifestyle, and poor nutrition, also affect overall health.

To calculate your BMI, visit [www.cdc.gov](http://www.cdc.gov) and search for “BMI calculator.” BMI scores indicate:

- less than 18.5 = underweight
- 18.5 to 24.9 = healthy weight
- 25 to 29.9 = overweight
- 30 or higher = obese

Source: Centers for Disease Control and Prevention

# All in the Family

## COMBINED PRACTICE COUPLES EXPERTISE WITH GREATER ACCESS

**A** newly expanded family medicine practice that combines two offices previously located in Lewisburg is a central part of the new West Branch Medical Center. For the patient, this means personalized care with greater access to appointment times that cater to a busy schedule.

Family Medicine of Evangelical has long been a provider of personalized healthcare, concentrating on each patient's unique health needs. This newly formed practice promises the same—knowledgeable and skilled care delivered by certified professionals in a family-like setting.

The modern facility boasts several major conveniences, including ample parking and the ability to accommodate a large number of patients who can be seen during the day in the numerous and comfortable exam rooms. In addition, onsite laboratory services means patients can complete many ordered tests without having to travel to another location.

West Branch Medical Center brings together many services under one roof, and having family medicine as one of those services places the focus on a patient's need for general care in a convenient location.

As part of Family Medicine of Evangelical, Suzanne Greb, DO, specializes in providing continuing, comprehensive care to patients and their families that addresses a wide range of personal healthcare needs.

### STARTING LINEUP

Meet our family medicine experts at West Branch Medical Center:

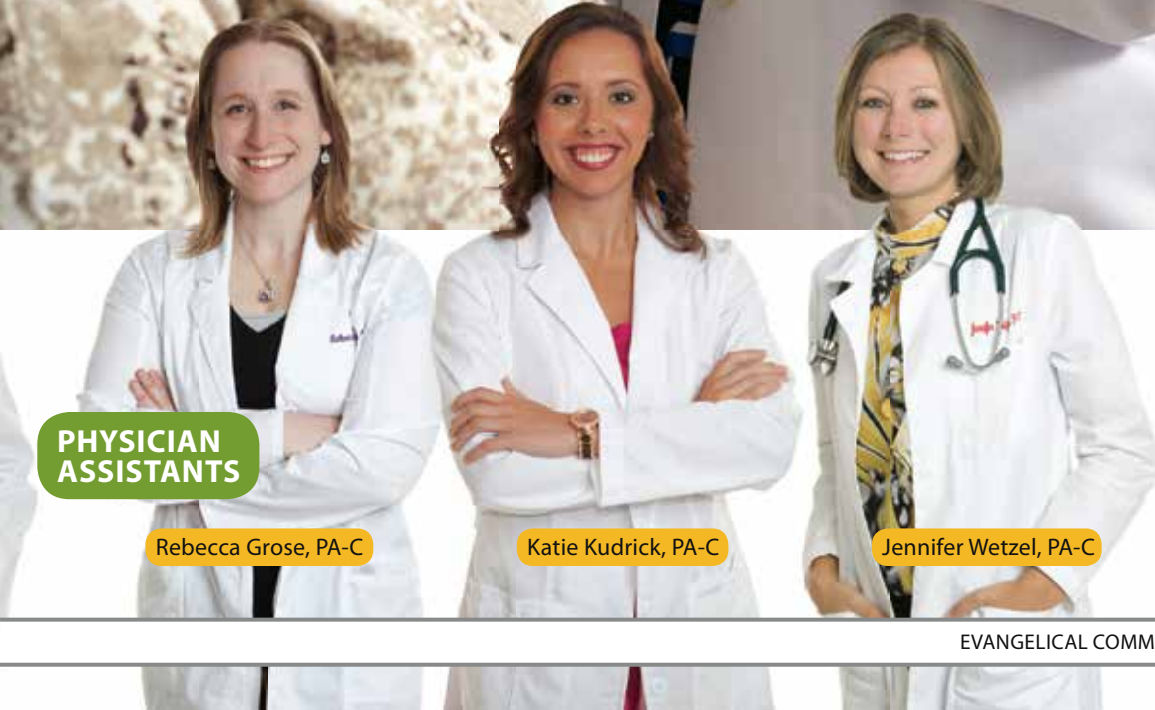
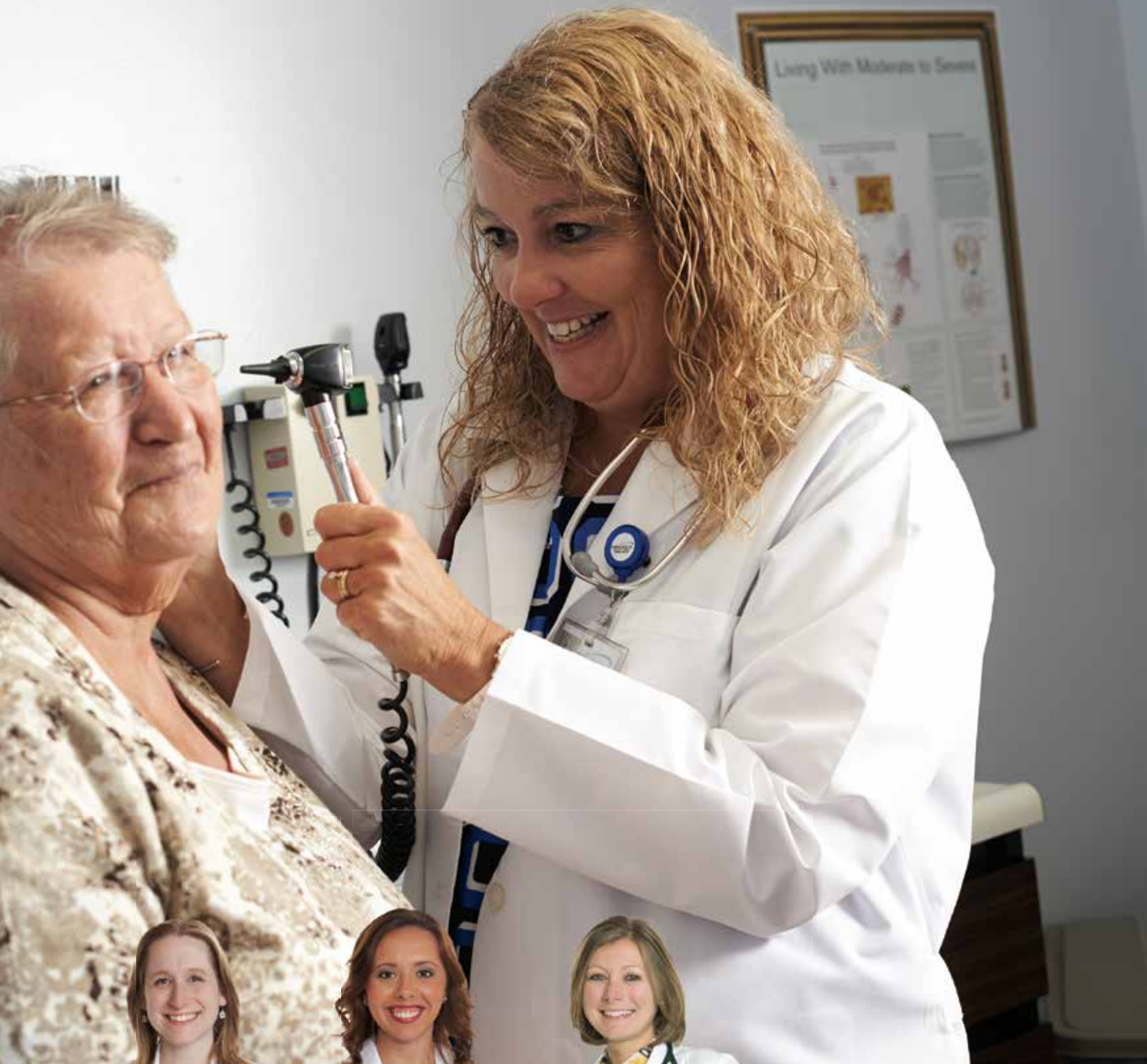
#### PHYSICIANS

Suzanne Greb, DO

Ayn Kerber, MD

Douglas Spotts, MD, FAAFP





**PHYSICIAN ASSISTANTS**

Rebecca Grose, PA-C

Katie Kudrick, PA-C

Jennifer Wetzel, PA-C

**JOIN THE FAMILY**

To learn more about Family Medicine of Evangelical at West Branch Medical Center and other convenient locations throughout the Central Susquehanna Valley, visit [www.evanhospital.com](http://www.evanhospital.com).



**FAST, CONVENIENT, & THERE WHEN YOU NEED IT**  
**URGENT CARE**  
**OF EVANGELICAL**



Agreeing to cook for your kid's birthday was a great idea. Forgetting to use the oven mitts wasn't. The new Urgent Care of Evangelical offers quick, effective treatment on your schedule.

 **URGENT CARE**  
OF EVANGELICAL™

570-523-3006

No appointment needed • Conveniently located along Route 15 in Lewisburg  
Fewer out-of-pocket expenses • Onsite lab and imaging services