

everyday

5 signs of hearing loss

Healing common sports injuries

Treatment options for varicose veins

Back pain limited off-road photojournalist Lance Schwartz's ability to work, but six months after back surgery, he logged over 100 pain-free miles on an ATV.

BACK IN ACTION

▶▶▶ Overcoming back pain and getting your life back in gear ◀◀◀

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Cover photo by Enrico Pavia



Caring for the Community

Evangelical Community Hospital is not your average community hospital. At its roots, Evangelical has always focused and will continue to focus on expanding to proactively meet the health and wellness needs of the region.

What began as an infirmary for orphans and the aged is now a unique community hospital featuring a breadth of services and specialties not commonly seen in communities of similar size across the country.

Our specialty practices and physicians stretch the spectrum from heart and vascular, pediatrics, and breast health to orthopaedics, obstetrics and gynecology, and surgical specialties like bariatrics. And our primary care providers and community health and wellness professionals work to keep you informed and engaged in your health and well-being. All of these practices and providers are supported by a strong foundation

of clinical and support services within the Hospital. Our ability to keep pace with our facilities, equipment, physician recruitment, and teams has helped us remain strong and a provider of choice by many. In this edition, we've highlighted a few of the services we are proud to provide, including vein procedures, spine care, and sports injury diagnosis and treatment.

Caring for the community is at our core and the "Community" in our name doesn't limit our ability to add new services and recruit new medical professionals. I believe Community makes us stronger and designates for whom we are caring day in and day out—YOU!

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

Kendra Aucker
President and CEO



Healthy Hearts

REGISTER FOR THE 2016 CENTRAL SUSQUEHANNA VALLEY HEART WALK

Heart disease is the leading cause of death for both men and women—it results in 1 out of every 4 deaths. Millions are at risk for heart disease or stroke due to obesity and poor cardiovascular health. By 2020, the American Heart Association wants to improve the cardiovascular health of Americans by 20 percent to lessen these risks. As part of their effort, the AHA sponsors a national Heart Walk in over 300 cities, including Lewisburg at Hufnagle Park.

Visit heartwalk.kintera.org/csvpa to:

- **Register** for the Heart Walk by joining or starting a team, or register as an individual.
- **Donate** to a team or to the event.
- **Download** the Heart Walk mobile app, where you can manage your team and donations, and share the story of why you walk.
- **Learn more** about Heart Walk and the AHA's 2020 plan to improve cardiovascular health.

Drink Up

KNOW THE SIGNS OF DEHYDRATION

Dehydration occurs when you use or lose more fluids than you take in. Getting enough fluids is especially important during the summer, since dehydration can be caused by excessive sweating or vigorous to moderate activity in hot weather. Children and older adults are at higher risk for dehydration, but it can happen to anyone.

Symptoms:

- Dry, sticky mouth
- Extreme thirst
- Sleepiness or tiredness in children; irritability and confusion in adults
- Decreased or no urination, and any urination produced is darker than normal
- Few or no tears when crying
- Constipation
- Headache, dizziness, or lightheadedness
- Rapid breathing and heartbeat

Healthy adults can usually treat mild to moderate dehydration by drinking plenty of fluids, but anyone showing extreme signs—such as dizziness, confusion, and lack of urination—should call 911 right away.



What's that sound?

5 SIGNS OF HEARING LOSS

Hearing loss is common with advancing age; more than 25 percent of people over age 55 have some degree of hearing loss. Heredity, long-term exposure to loud noises, and some illnesses can lead to damage or degeneration of the inner ear, resulting in hearing loss. Talk to your doctor if:

- 1 You find it hard to hear everything that's said in a conversation, especially when there is background noise.
- 2 You have to turn the TV, radio, or telephone volume higher to hear properly.
- 3 Sounds seem muffled or less distinct.
- 4 You frequently ask others to speak more slowly, clearly, and loudly.
- 5 You find yourself withdrawing from conversations or avoiding social settings because of your difficulty hearing what others are saying.



TROUBLE HEARING?

Evangelical's otology services include hearing tests for children and adults, and treatment for adult hearing loss, including on-site hearing aid fitting. To learn more, call **570-523-3290**.



Being a Good Sport

IT'S ALL FUN AND GAMES UNTIL SOMEONE GETS HURT

Whether one is a daily jogger, weekend sports leaguer, or occasional golfer, there is a chance of injury to muscles, ligaments, tendons, or joints. Fortunately, the sports medicine team at SUN Orthopaedics of Evangelical is ready to diagnose and treat a host of problems that can crop up in active individuals.

COMMON SPORTS INJURIES

A sprain refers to a stretch or tear in a ligament or joint capsule, while a strain is a pulling, twisting, or overextension of a muscle or tendon. When a health professional describes a problem such as “tendinitis” or “bursitis,” the suffix “-itis” indicates that a body part is inflamed or swollen.

LOWER EXTREMITIES

- **Ankle sprain**—results from torn lateral ligaments of the ankle;

common in sports with rapid directional change.

- **Sprains of ligaments of the knee**—anterior cruciate ligament (ACL) or lateral collateral ligament (LCL); stretching or tearing the ACL can occur after a sudden

change in direction, while a blow to the outside of the knee frequently causes damage to the medial collateral ligament (MCL).

- **Torn knee cartilage**—the meniscus is a thick pad of cartilage that acts as a shock absorber between the thigh and shin bones; a torn meniscus often happens in contact sports, but can happen to anyone.

FIRST AID FOR SPORTS INJURIES

If you sustain an injury while exercising, follow these steps to help minimize pain—and prevent further injury—until you can see a medical professional.

- **Rest**—Stop or limit sports or any activities that aggravate the injury site.

- **Ice**—An ice pack will help limit swelling and the chill can lessen the perception of pain.
- **Compression**—Use wraps such as elastic bandages, splints, or air casts to immobilize

the damaged tissues and keep swelling to a minimum.

- **Elevation**—Use a pillow to support the affected limb above the level of the heart, if possible, to reduce swelling.



GET MOVING AGAIN

Call SUN Orthopaedics of Evangelical at
570-524-4446.



Subluxation of the shoulder

Rotator cuff strain

Tennis elbow

Wrist sprain

Sprains of ligaments of the knee

Torn knee cartilage

Ankle sprain

UPPER EXTREMITIES

- **Wrist sprain**—most frequently caused by an unexpected fall.
- **Tennis elbow**—inflammation of the tendon on the outside of the elbow due to repetitive flexing and bending of the wrist; causes burning pain and weak grip strength.
- **Rotator cuff strain**—inflammation of the muscles and tendons of the front or back of the shoulder; often an overuse injury in sports with repetitive overhead arm movements.
- **Subluxation of the shoulder**—Also known as shoulder instability, this overuse injury is caused by repeated stretching and tearing of the shoulder ligaments, which results in looseness and allows the top of the arm bone to slip out of place (although it is not a full shoulder dislocation).

Fractures or breaks can occur in just about any bone. Usually there will be significant pain and the affected limb may look misaligned. Bone breaks are a medical emergency and require a visit to the emergency department for X-rays, diagnosis, and immobilization, with follow-up care by an orthopaedist.

TREATMENTS

Depending on the severity of an injury, sports medicine professionals have many treatments to offer. The patient may be given a course of exercises or braces that can be managed at home. Medications for pain relief can include over-the-counter analgesics or prescription painkillers. Soft-tissue inflammation that does not respond to oral anti-inflammatories might require steroid injections.

More serious or prolonged problems might call for surgical procedures. These can range from arthroscopic surgery—a minimally invasive procedure to repair damaged tissues around a joint, which has a high success rate and short recovery period—to open surgery for more complex issues.

PAIN FROM A VEIN?

OUTPATIENT PROCEDURES TREAT PAIN CAUSED BY VARICOSE VEINS

For Melody Curtis, 65, of Selinsgrove, living and working on a broiler chicken farm is a hard way of life, but when she started to walk unevenly and have difficulty working due to the pain caused by her varicose veins, she knew it was time to see if something could be done.

“I would wake up several times at night with pain, burning, and throbbing,” said Curtis, noting the discomfort felt like something was pinching her skin all the time, with periods of throbbing or even sharp, piercing pain.

“I started getting varicose veins 32 years ago when I was pregnant with my twins and over the years it just got worse.”

Todd Stefan, MD, FACS, RPVI, vascular specialist and surgeon at the Heart and Vascular Center of Evangelical, sees many women start their relationship with varicose veins at pregnancy.

After many years with varicose veins, Melody Curtis had them treated at Evangelical. She can now enjoy family activities and other events without pain.



“It’s not uncommon for women to see varicose veins first during pregnancy and then have them go away when they give birth,” said Dr. Stefan. “What women need to know is that if they show up during pregnancy, the chance of them appearing in the future is very high and they should pay attention to what their legs are telling them.”

Curtis agrees: “My varicose veins became very visible as I got older. I had one that was the size of a pencil that literally came up over my right knee, and I was always afraid of it getting bumped or hit.”

Curtis met with Dr. Stefan, who told her that for her insurance to cover any type of procedure, she would have to wear compression stockings for at least three months to verify the procedure was needed. Per his instruction, she began wearing the compression stockings, which did assist with the pain and throbbing to some degree when worn.

In March 2016, Curtis underwent ablation, ligation, and excision of the varicose veins on both her right and left legs, doing one leg one week and the other the next week. Curtis was home the same day of the outpatient procedures with instructions to continue wearing compression stockings and to walk as much as possible.

“The procedure went much better than anticipated,” said Curtis. “There was some healing and sensitivity

SEARCHING IN VEIN FOR A CURE?

Varicose veins are veins that have become enlarged and overfilled with blood. They are purple-bluish and usually have a twisted, bulging appearance. It’s a common condition, especially in women, and most commonly found in legs and feet.

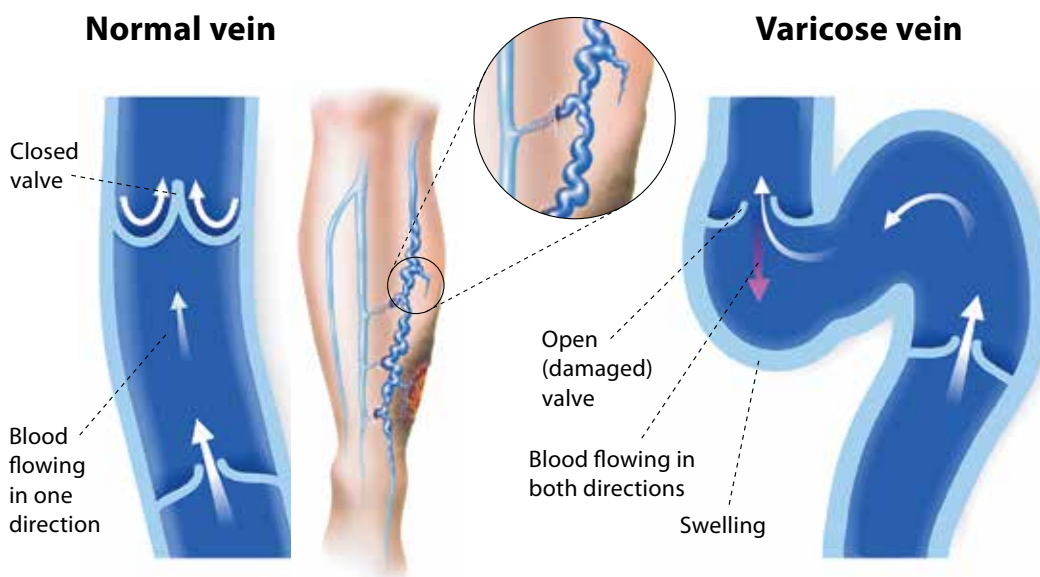
Symptoms: Usually painless, but could produce:

- An achy or heavy feeling in legs
- Burning, cramping, or swelling in legs
- Increased pain after sitting or standing for long periods
- Itching around the vein
- Hardening or discoloration around the vein

Causes: When the vein isn’t functioning properly, blood can collect rather than flow to the heart. Risk factors include:

- Age
- Pregnancy
- Prolonged standing
- Obesity
- Prior leg trauma
- Family genetics

If you have varicose veins, consult with a physician to discuss treatment options.



at first, but it was well worth it. I went to the grocery store for the first time in years and could walk around the store without hurting.”

“I made the decision that I was too young to be held back by varicose vein pain. I had things I wanted to do—like work on my farm—but even more importantly, I’m now doing things with my family and going to my grandkids’ sporting games and other events without pain. Dr. Stefan and the procedures have changed everything for the better,” said Curtis.

Back in

Back pain limited Lance Schwartz's work as an off-road photojournalist at an ATV magazine. But six months after back surgery, he logged over 100 pain-free miles on an ATV on Utah's legendary Paiute Trail for a magazine adventure story.



ACTION

SPINAL SURGERY HELPS PHOTOJOURNALIST GET BACK TO THE OUTDOORS

When back pain brings a person to their knees, that's more than a sign that it's time to make a change. That's exactly what happened to Lance Schwartz, 44, of Lewisburg.

"I struggled with back pain for many years and realize now, I should have had surgery years ago," said Schwartz.

"I knew it was time to take action when coughing or sneezing would literally take all the strength from my legs and bring me to my knees."

A self-defined outdoors type, Schwartz enjoys riding dirt bikes,

hunting, and saltwater fishing with his two children, and coaching youth sports.

"I couldn't sleep, I couldn't pick up my daughter who weighed just 30 pounds at the time, and

I could no longer effectively do my job of testing and photographing ATVs and UTVs as an off-road photojournalist for *ATV Rider* magazine,” said Schwartz. He also teaches Technology Education at Selinsgrove School District. “The pain was terrible, but I didn’t want to use maintenance medications, especially narcotics, to treat the symptoms; they just weren’t something I was comfortable putting into my body,” he said.

He met with Matthew Eager, MD, surgeon, neck and spine specialist at SUN Orthopaedics of Evangelical, who determined Schwartz was a perfect candidate for spinal fusion surgery to repair the two vertebrae in his lower back that were already bone on bone.

“About a month before surgery, I started to get cold feet. My wife and I took four pages of questions I compiled to Dr. Eager. He spent an hour with us addressing every one of my concerns,” said Schwartz. “He eased my mind that surgery would be the key to getting me back to my active lifestyle.”

In January 2015, Schwartz checked in for surgery. The next day, the Occupational Therapy staff had him up and walking, telling him he would have to show he could walk stairs before he could go home. He was released that night and was able to sleep in the comfort of his own bed.

He was told that for the best results to walk as much as possible, but wasn’t permitted to drive for three weeks. Due to the winter weather, his wife would drive

him to local stores where he could safely walk laps, going a little farther each day. Schwartz returned to teaching once he was cleared to drive again. The procedure took away his nerve pain and eliminated the numbness and pain in his feet and legs.

Six months later on a magazine adventure story, Schwartz logged over 100 pain-free miles on an ATV on Utah’s legendary Paiute Trail system. He’s back to the life and activities he loves to do most.

“I struggled with back pain for many years and realize now, I should have had surgery years ago!”

—Lance Schwartz



Photojournalist Lance Schwartz with his wife, Deanna, and their children, Gavin and Lauren.

BACK PAIN TREATMENTS

NON-SURGICAL

Medications—several medications can be used to help relieve pain.

- Aspirin or acetaminophen
- Nonsteroidal anti-inflammatory medicines
- Steroids taken orally or injected into the spine

Physical Medicine—medications and therapeutic treatments combined.

- Physical therapy
- Braces
- Chiropractic or manipulation therapy
- Traction
- Exercise-based programs

SURGICAL

Spinal Fusion—the basic idea is to fuse together the painful vertebrae so they heal into a single, solid bone.

Disk Replacement—replacing a worn or degenerated disk in the lower part of the spine with an artificial replacement.

Decompression—to open an area of nerve pinch in the back that causes pain and numbness.



BACK PAIN?

Call SUN Orthopaedics of Evangelical at **570-524-4446**.



SCREENINGS

Comprehensive Blood Screens

DATE Wednesday, July 20

TIME 7–10 am

LOCATION Family Medicine of Evangelical —Middleburg, 412 West Market Street

FEE \$40

DATE Thursday, August 18

TIME 7–10 am

LOCATION Evangelical Community Health and Wellness

FEE \$40

DATE Wednesday, September 14

TIME 7–10 am

LOCATION Elmcroft of Loyalsock, Montoursville

FEE \$40

► 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.

CLASSES

Sweat Smart!

DATE Friday, July 15

TIME 10–11 am

LOCATION Evangelical Community Health and Wellness

FEE FREE

► Michelle Detwiler, CPT and Wellness Coach, will discuss hydration, injury prevention, proper footwear, and more when it comes to exercising or doing light activity. A walk on the track will follow, weather permitting.

Safe Sitter®

DATE Friday, July 22

TIME 8:30 am–4 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 life-saving skills that prepare sitters to be home alone or to watch younger children.

Healthy Habits for Less Stress

DATE Thursdays, August 18–September 8

TIME 5:30–6:30 pm

LOCATION Evangelical Community Health and Wellness

FEE \$40

► Learn about stress, how it affects your body, and coping techniques to ensure a healthier future. Pre-registration is required.

Why Weight

DATE Wednesdays, September 7–October 12

TIME 6–7:15 pm

LOCATION Evangelical Community Health and Wellness

FEE \$60

► Why Weight is a six-week weight management program led by a certified health coach and registered dietitian. Topics covered include healthy meal planning, exercise, and behavior modification strategies designed to facilitate lifestyle change and gradual, lasting weight loss.

Healthy Eating

DATE Friday, September 23

TIME noon

LOCATION Evangelical Community Health and Wellness

► Exploration of The Mediterranean Diet presented by Christina O'Rourke, registered dietitian.

Diabetes Education Class

DATE Wednesday, September 28

TIME 3–4 pm

LOCATION Evangelical Community Health and Wellness

FEE FREE

► Carb counting—What is it? How do you do it? What difference does it make in managing diabetes? Call **570-522-2893** to register.



TALK WITH THE DOC

Bariatric Panel Discussion

DATE Wednesday, September 21

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 surgical and nonsurgical weight loss solutions using a multidisciplinary approach. Experts include Christopher Motto, MD, bariatric surgeon; Kimberly Kriswell, registered dietitian; and LaRee Hummel, RN, bariatric nurse coordinator.

SENIOR STRONG

Are you Feeling Off Balance?

DATE Friday, September 16

TIME 11 am–noon

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.



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/calendar.

CREATE AN ENDURING LEGACY

Planned Giving is a significant way to support Evangelical Community Hospital, its patients, and their families, while still protecting the donor's estate. Whether it's a gift of cash, securities, life insurance, bequests, or life income, Evangelical's software and advanced gift calculators can help determine what type of gift would be most beneficial to the donor and create a legacy that supports the Hospital.

Evangelical's Development Office can also help donors benefit from the new permanent legislation regarding IRA rollover gifts. Donors can now make donations directly from their IRA to Evangelical. This Qualified Charitable Distribution (QCD) can

be made any time during the year and can satisfy the required minimum distribution (RMD) for each year up to the limit of \$100,000 per individual.

Let Evangelical's development experts manage a meaningful Planned Giving donation experience that creates an enduring legacy for you and your family.



GIVING BACK

To learn more about Planned Giving or other ways to support Evangelical Community Hospital, contact the Development Office at **570-522-2686**. Explore how the gift calculator works at evanhospital.com/gift-calc.

Feel comfortable in your own skin...



again.

Put the pain and discomfort of **varicose and spider veins** behind you and stride into summer with confidence. Our team of experts uses the latest technology to quickly and less invasively reverse the damage caused by common and complex vein issues.

And we're experts at helping you navigate the health insurance system, leading to more coverage and fewer out-of-pocket costs.



CALL NOW FOR YOUR EVALUATION.

570-524-5056