

everyday

STRONGER THAN BEFORE

18-year-old
Jack Dieffenderfer
makes his return
to the soccer field

A high school athlete comes
back from ACL tear

ALSO INSIDE:

Headache
relief

Must-have
health
screenings
for men

4 tips to
start your
meditation
journey



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Dedication and Service Continues

When working at a Hospital like Evangelical, interactions are personal, relationships have meaning, and kindness shines brightly. Living in a pandemic situation for more than a year—for the staff and the Hospital—interactions, relationships, and kindness have new meaning. I can't help but be uplifted by what I've seen.

I've witnessed our staff stepping up in phenomenal ways—too many to list—to make sure the Hospital is clean, safe, and always ready to care for those who need medical care. The medical attention delivered by the clinical staff has been extraordinary during a time that can only be described as one of the most critical in our 95 years of existence.

Our community has been there for us—lifting us up with words of encouragement and gifts of supplies, meals, and money to support the care we provide.

We are thankful for the generosity of spirit the community has gifted to us during this difficult public health crisis. We remain steadfast in our commitment to those who need us and continue to remain dedicated to providing programs, services, and medical care for our neighbors and friends.

Thank you for choosing Evangelical.

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

Kendra Aucker, President and CEO

Don't Delay Getting the Care You Need

ESSENTIAL HEALTHCARE IS IMPORTANT



Safety of care is a priority at Evangelical Community Hospital. During a pandemic and beyond, it's important to know that it is always safe to receive care at Evangelical.

The Hospital, as well as its clinics and practices, continue to follow all current mitigation efforts and safety guidelines for COVID-19. If you are experiencing a medical concern or managing an ongoing condition, continue appointments with your primary care provider, and be assured that all procedures and surgeries are completed using the highest safety precautions. Your care is important—don't put it off. For all the latest information on the Hospital and what is being done for patient safety, visit

evanhospital.com/virus.

3 Tips for Hiking With Kids



Hiking can be a fun activity for the entire family. From choosing a great trail to planning exploration time, a hike can open up a child's world to endless possibility. But before you set out on the trail, it's important to have a few essentials: face coverings, sunscreen, a first aid kit, hand sanitizer, Calamine lotion for bug bites, and of course, the proper attire.

If you're looking to introduce your kids to hiking, here are a few tips to prepare them for the adventure.



1. Give them some responsibility. Whether that is creating a playlist for the hike or leading a stretch at the end, allow kids to be part of the planning experience.



2. Have lots of snacks and water. Hiking requires a lot of energy! Plenty of water and snacks on hand, like trail mix, pretzels, and fruit, will keep grumpiness to a minimum.



3. Make it fun! Depending on the length of the trail, there could be lots of stops along the way. Keep kids engaged by making time to play a few games or sing their favorite songs.

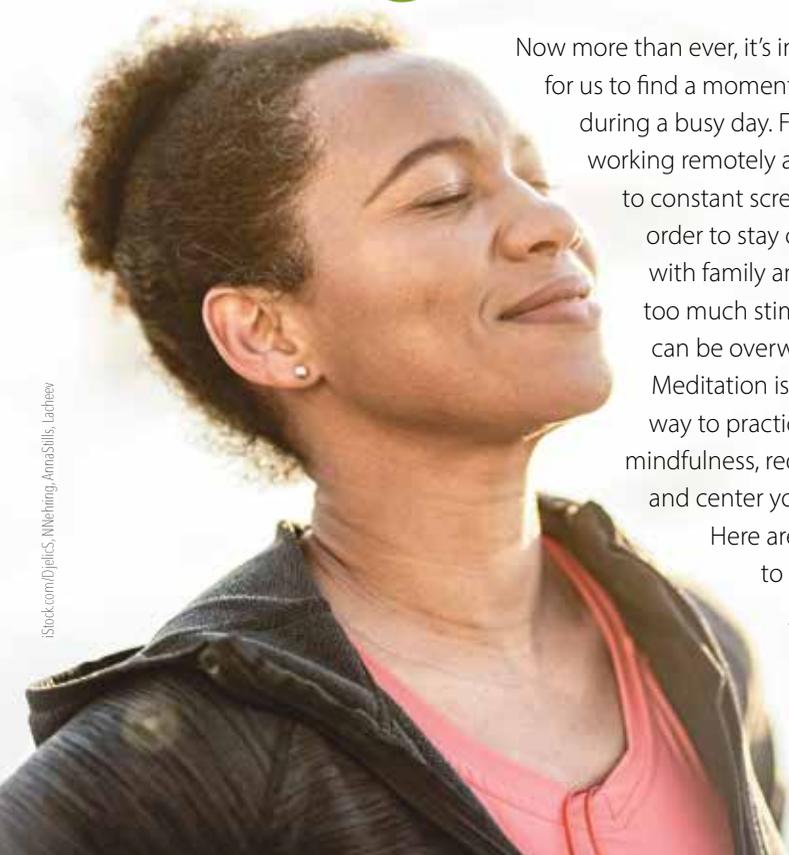
Starting Your Meditation Journey

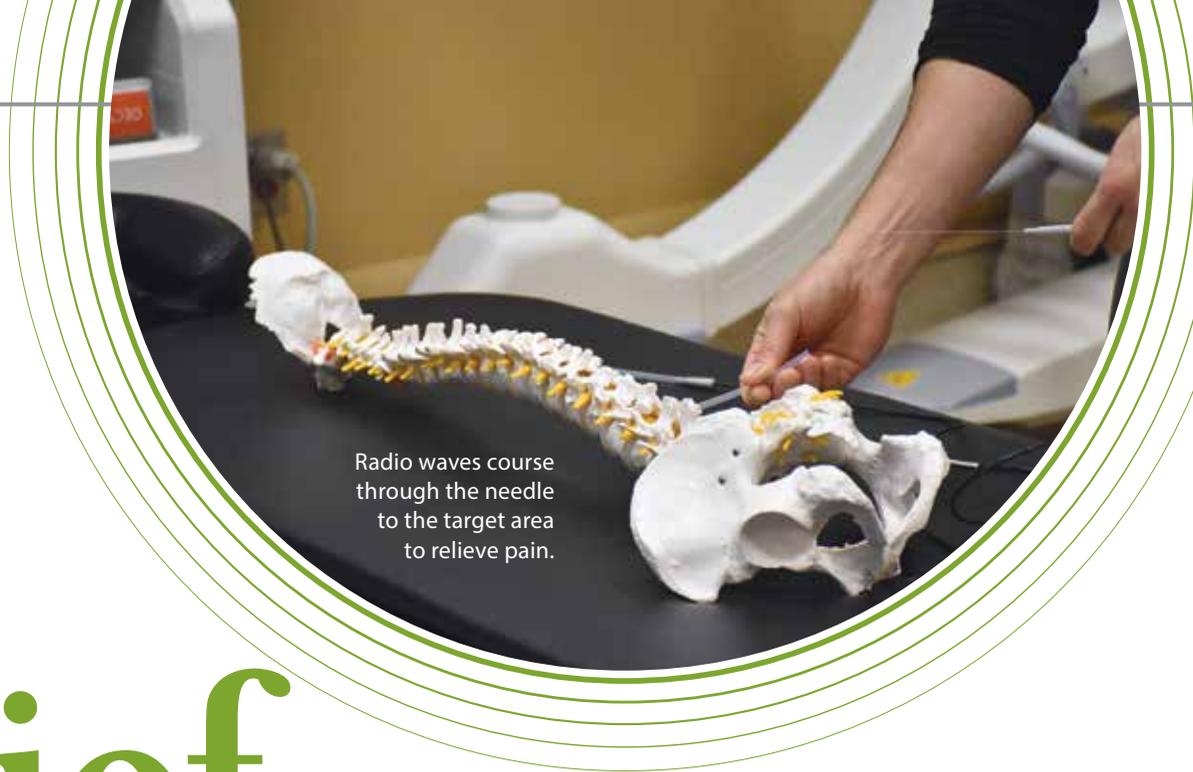
Now more than ever, it's important for us to find a moment of stillness during a busy day. From working remotely at home

to constant screen time in order to stay connected with family and friends, too much stimulation can be overwhelming. Meditation is a great way to practice mindfulness, reduce stress, and center yourself.

Here are four ways to begin your journey.

- **Find a comfortable place.** Whether lying down, sitting cross-legged on the floor, or sitting upright in a chair, you want to make sure that you are in a position to open your mind and heart for your practice.
- **Start with sitting for two minutes; then go from there.** The first time you meditate doesn't have to be a 10-minute session. To build consistency in your practice, it's OK to start small. Try sitting still for two minutes a day for one week, and once you've mastered that, add one minute at a time until you reach your goal.
- **Download an app.** There are a wide variety of mobile apps that have dozens of guided meditations if sitting in silence is a challenge. Ranging from three minutes to more than an hour, there are meditations that can help you start your morning and fall asleep at night.
- **Don't forget to breathe!** This tip is most important. Allowing your breathing to be natural and following it from inhalation to exhalation can help you focus. When your mind wanders (because it will), don't fret—just return to your breathing.





Radio waves course through the needle to the target area to relieve pain.

Relief

for Chronic Pain Comes in Radio Waves

Patients with chronic neck, low back, and knee pain may find relief from a procedure called radiofrequency ablation (RFA), now being offered at Pain Medicine of Evangelical.

WHAT IS RFA?

Radiofrequency ablation, also called radiofrequency neurotomy, is a minimally invasive outpatient procedure performed in the pain medicine procedure suite. Pain medicine specialist, Lukasz Chebes, MD, uses real-time imaging technology to safely and accurately guide a needle to the nerves being treated. Local anesthesia and/or intravenous sedation is used to reduce discomfort. Radio waves course through the needle and heat up nerve tissue to block pain signals.

WHAT BENEFITS DOES IT OFFER?

RFA blocks painful signals from the targeted nerves to the brain, thereby providing pain relief, Dr. Chebes said. It is a low-risk outpatient procedure that typically takes only a matter of minutes to perform.

Lukasz Chebes, MD

“There is little to no downtime or restrictions for the patient,” he said. “RFA provides an alternative to both pain pills and more invasive surgery.”

The procedure may not offer patients a permanent fix for their pain. Still, research shows that RFA effectively provides pain relief for several months up to a year and, in some cases, for years, Dr. Chebes said. The procedure can be repeated if the pain returns.

WHO IS A CANDIDATE FOR RFA?

“As with any medical procedure, radiofrequency ablation is not appropriate for every patient and is not indicated to treat all types of chronic pain,” said Dr. Chebes. “A pain specialist can help to determine if RFA is the right treatment for the patient.”

RFA may be recommended for patients whose chronic neck, back, or knee pain does not improve with other forms of treatment, such as medications or physical therapy.

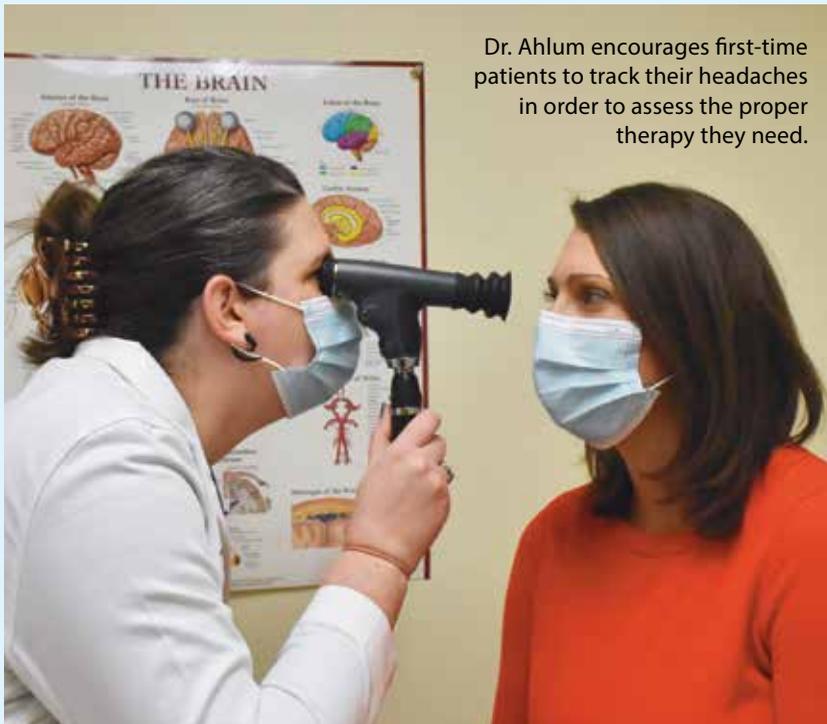
“Prior to considering RFA, a pain specialist will perform diagnostic or prognostic nerve blocks to determine if a patient would be an appropriate candidate for the procedure and is likely to benefit from it,” said Dr. Chebes.

TALK TO YOUR DOC



To learn more about RFA and other treatment options for chronic pain, talk to your doctor about a referral to Pain Medicine of Evangelical.

NEW APPROACH TO MANAGING YOUR HEADACHES



Dr. Ahlum encourages first-time patients to track their headaches in order to assess the proper therapy they need.

Headaches are a painful, sometimes-debilitating, and extremely common disorder. The World Health Organization finds that approximately half of adults ages 18 to 65 have experienced a headache in the past year, and at least 30 percent of adults report experiencing a migraine.

Sporadic headaches—those that come and go one to two times per week or less frequently—can usually be managed by over-the-counter (OTC) pain relievers. However, if a person is experiencing headaches three to five times a week, must increase their OTC doses to find

relief, or can't find relief at all, it could be time to see a doctor.

FINDING THE REMEDY

Jessica Ahlum, MD, leads the Headache Clinic at Neurology of Evangelical and treats adults age 18 and older on Wednesdays by referral from a primary care provider or neurologist.

“It can be helpful for new patients to keep a headache log prior to their appointment so that they can discuss what time their headaches start, how long they last, qualities of their headaches, and triggers,” Dr. Ahlum said.

Depending on each patient's symptoms, Dr. Ahlum can prescribe different therapies. “I don't ever use opioid medications to treat headaches unless there's an underlying bone issue, such as a fracture,” Dr. Ahlum said. Instead, she uses other medications such as antidepressants, beta blockers, and a new class of drug, calcitonin gene-related peptide (CGRP) receptor antagonists, to help patients find relief.

“None of those are really pain medicines, but they can be therapeutic for people experiencing headaches and migraines,” she said.

BACK TO NORMAL

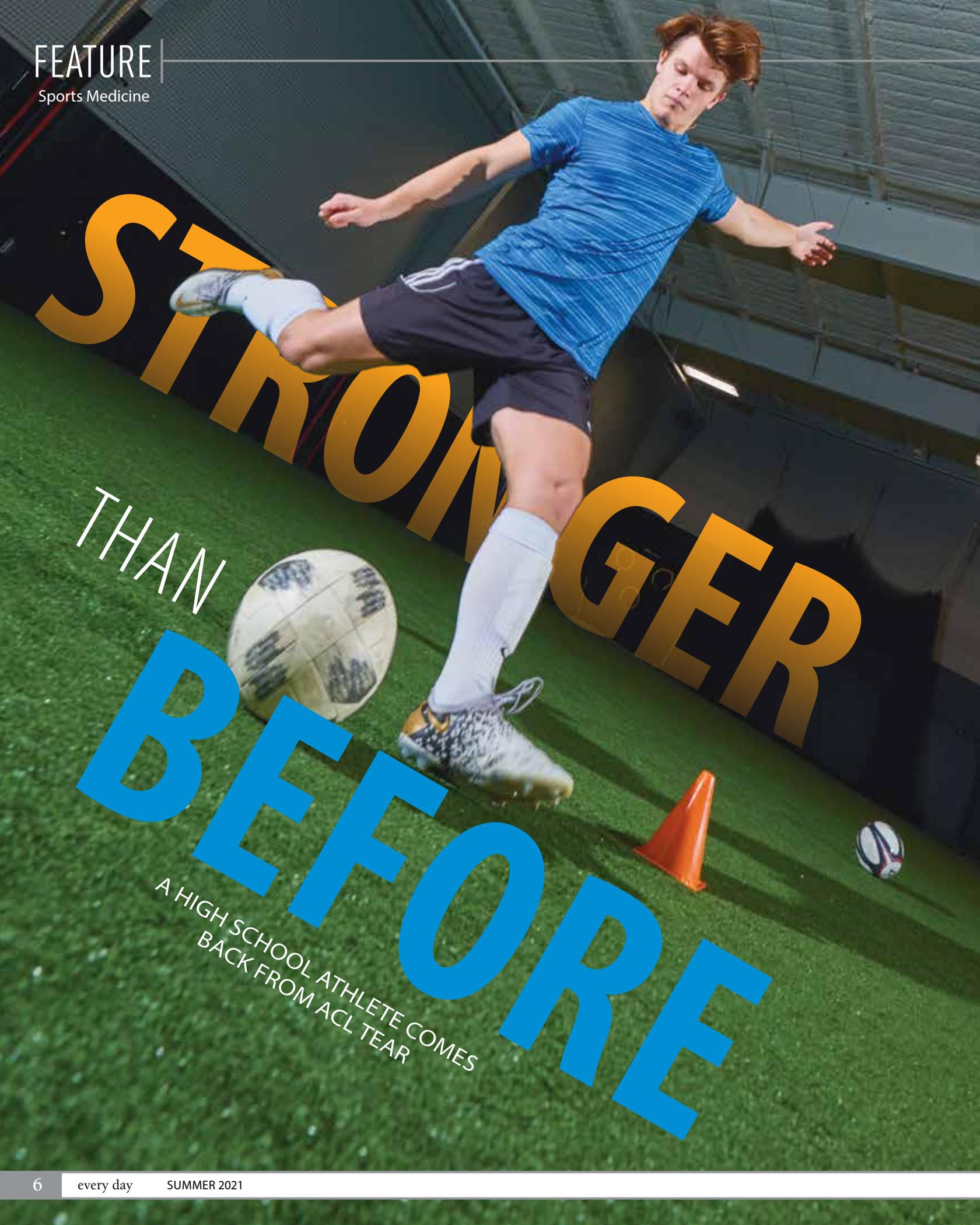
While some people are content to manage their headaches with medication indefinitely, Dr. Ahlum said if a patient is interested in weaning off medication after successful headache management, she's happy to help them achieve the outcomes they desire. “My goal is to ensure that a patient gets their headaches under control so they can keep living life to the fullest.”

LEARN MORE
Ask your doctor about a referral to the Headache Clinic at Neurology of Evangelical.

Jessica Ahlum, MD



SIMMONS



THAN

BEFORE

A HIGH SCHOOL ATHLETE COMES
BACK FROM ACL TEAR

Jack Dieffenderfer was racing down the soccer field at Lewisburg Area High School when he tried to abruptly change direction, caught his cleat in the turf, and heard an unfamiliar crunching sound come from his knee.

The 16-year-old striker came out of the game, unable to put any weight on his leg. Though he had never broken a bone or torn a muscle in his athletic career, both his parents had torn their anterior cruciate ligaments (ACLs)—his mother only one month earlier—and he feared the worst.

“I knew something in my knee wasn’t right, but I didn’t want my mind to go to the ACL because that’s the worst part of the body to get hurt,” Dieffenderfer recalled.

He sought treatment from Thomas Martin, MD, at SUN Orthopaedics of Evangelical, who confirmed Dieffenderfer had torn his ACL. Dr. Martin has seen a variety of injuries that many people associate with sports, but which can happen to anyone doing everyday activities or even on the job.

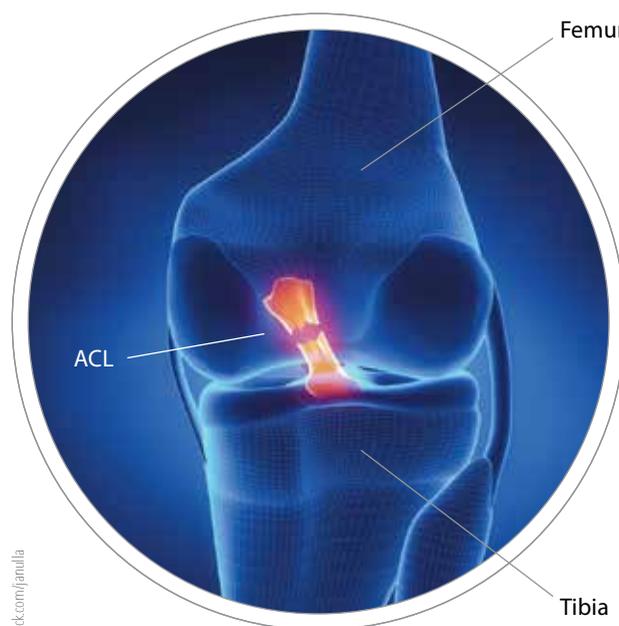
ROAD TO RECOVERY

“Sports medicine frequently deals with ligament or tendon injuries,” Dr. Martin said. “We treat more people doing everyday activities than we do athletes. Rotator cuff problems, for example, are very common and most often not related to sports activity but the normal wear and tear of age or with a sudden injury like a fall.”

ACL tears are fairly common and becoming more frequent in young athletes, Dr. Martin said. While tendon and ligament injuries can be treated with a variety of noninvasive methods, such as rest, ice, compression, and physical therapy, for those patients like Dieffenderfer,

who want to resume competitive athletics or a high degree of activity, surgery may be the best treatment.

Dieffenderfer had surgery approximately one month after his injury and then underwent physical therapy at the Miller Center for Recreation and Wellness twice a week, a crucial part of his recovery that was sometimes more a test of patience than physical ability.

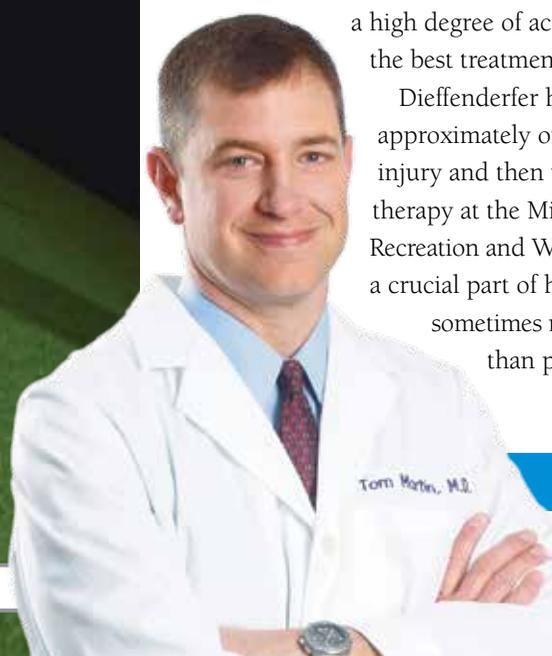


The anterior cruciate ligament (ACL) connects the femur to the tibia. A tear or sprain in the ligament usually occurs after a sudden change in direction against a locked knee.

“I remember the first time I went to physical therapy, I had to make a muscle with my quad, and I couldn’t do it,” Dieffenderfer said. “It upset me because I thought I wasn’t going to be able to come back, but the physical therapists were very positive with me. I always wanted to go past what they were telling me to do, but it would have made it worse.”

SWEET VICTORY

Finally, after 10 months, Dieffenderfer was cleared to return to sports in time to play his senior high school season, during which his team went 22-0 and won the state championship. Dieffenderfer said he felt stronger after his injury than before, a feat he credits to Dr. Martin’s expertise and all the strengthening and conditioning he did in recovery with physical therapy.



Tom Martin, M.D.

Thomas Martin, MD



LEARN MORE

Contact our Sports Medicine team at **1-800-598-5096**.



Gentlemen, Take Charge of Your Health

PREVENTIVE CARE AND SCREENINGS THAT ARE KEY TO STAYING IN TOP FORM

It's not uncommon that men tend to visit the doctor only when they are sick. Both conventional wisdom and research back up the unsettling notion that men forego regular checkups and preventive care that can ward off dangerous health conditions, especially as they age.

STARTLING FINDINGS

A survey by the American Academy of Family Physicians showed 55 percent of men hadn't undergone a physical exam in the prior year despite four in 10 dealing with at least one chronic health problem. Moreover, nearly one-third of men reported waiting as long as possible when they're sick or in pain to seek medical attention. Compared to women, men are also more likely to smoke and drink, putting their health at even greater risk, according to the U.S. National Library of Medicine.

"Whether my male patients are significantly influenced by wives, mothers, or daughters to see the doctor is probably in contention, but I think men might not feel as independently driven to go," explained Matthew Wolcott, MD, Primary Care Physician at Family Medicine of Evangelical.

"I encourage all men to take a proactive approach to their health," added Dr. Wolcott, who serves patients of all ages in both the Middleburg and Mifflinburg practices. "Finding a primary care doctor to keep you on track is a good first step."

RELATIONSHIP BENEFITS

Establishing a relationship with a primary care physician is crucial for men because regular checkups can help your doctor readily spot budding health conditions—including issues like high blood pressure, high cholesterol, diabetes, or skin cancer—before they progress or lead to bigger problems. Your doctor will also have timely opportunities to explain which standard screening tests are recommended for your age.

FAMILY MEDICINE OF EVANGELICAL

Lewisburg

3 Hospital Drive, Suite 214
570-524-4242

98 Reitz Boulevard
570-524-4443

7095 Westbranch Highway
570-524-5050

Middleburg

412 West Market Street
570-837-6163

Northumberland

112 Ironstone Drive, Suite A
570-473-0545

Mifflinburg

101 Meadow Green Drive
570-966-1122

Milton

964 Carpenter Road
570-742-2300

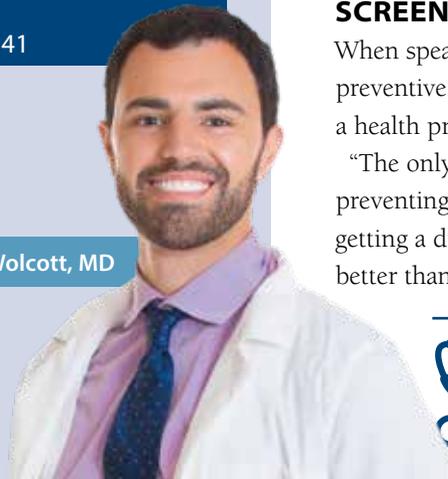
Selinsgrove

935 Route 522
570-372-6102

Internal Medicine of Evangelical

7055 Westbranch Highway
Lewisburg
570-524-4141

Matthew Wolcott, MD



“This relationship offers a lot of benefits, not only for patients but also the provider,” Dr. Wolcott said. “It’s a lot easier to speak with someone you’re familiar with, whether there’s something you’re concerned about or don’t want to share with the rest of the world. I also tend to think care is more expedited when a doctor knows a patient’s situation and medications, and we can more deftly respond to your needs.”

SCREENING TEST GUIDELINES

When speaking with patients, Dr. Wolcott reinforces how preventive care enables better outcomes than waiting for a health problem to show up.

“The only thing better than treating a disease is preventing it,” he said. “A lot of people are scared of getting a diagnosis, but catching something early is a lot better than finding it down the road.”

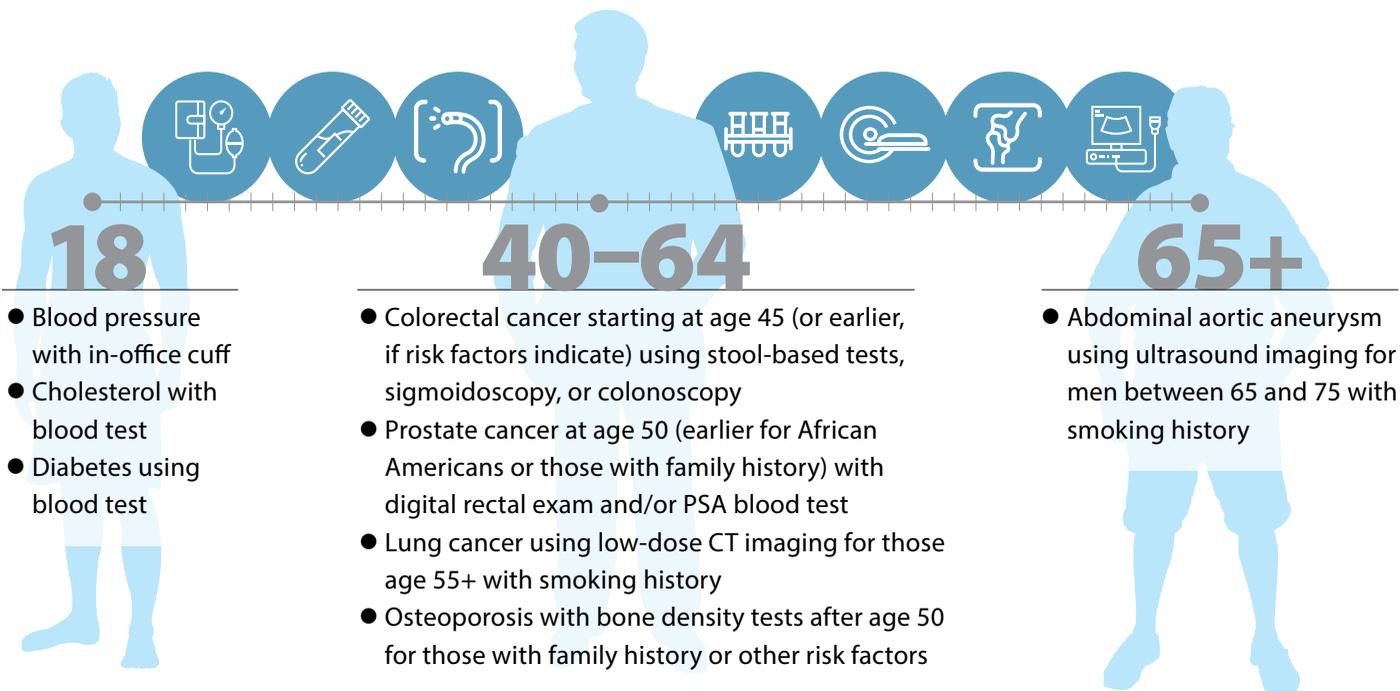


WE'RE HERE FOR YOU

To find a provider for men’s health needs, call **1-877-989-EVAN (3826)**.

SCREENING AT EVERY AGE

According to Dr. Wolcott and the U.S. National Library of Medicine, men should stay on top of these recommended health screenings, beginning at the ages shown:



SCREENINGS

Comprehensive Blood Screenings – \$50

Thursday, June 24, 6:30–11 am

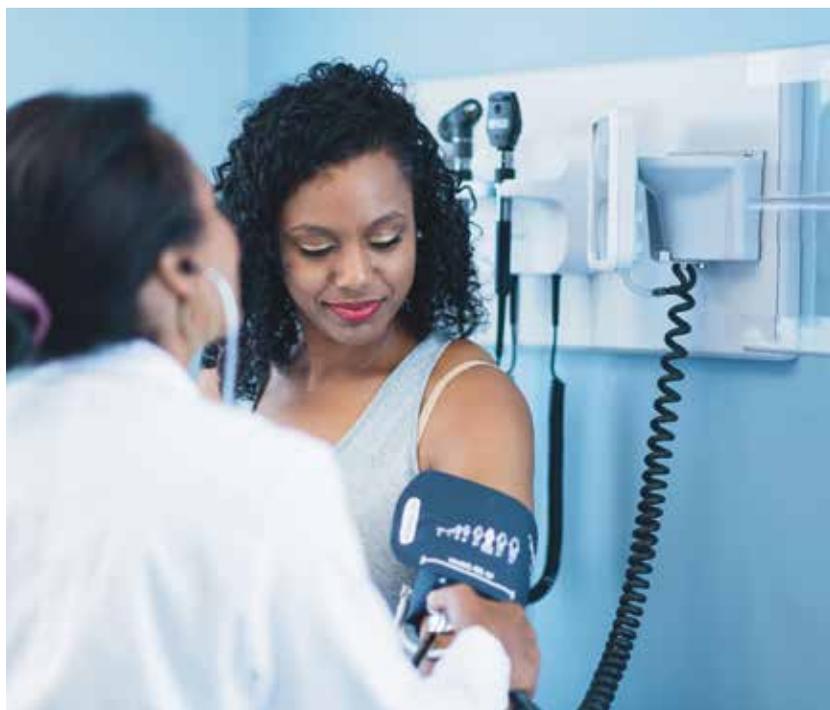
Tuesday, July 20, 6:30–11 am

Wednesday, August 25, 6:30–11 am

Thursday, September 23, 6:30–11 am

Bone Density Screening – FREE

Monday, September 13, 1–4 pm



Blood Pressure Screenings – FREE

Wednesday, June 16, 9–11 am

Wednesday, July 21, 9–11 am

Wednesday, August 18, 9–11 am

Wednesday, September 15, 9–11 am

Held at Milton YMCA

Tuesday, June 22, 10 am–noon

Tuesday, July 27, 10 am–noon

Tuesday, August 24, 10 am–noon

Tuesday, September 28, 10 am–noon

Held at Sunbury YMCA

Tuesday, July 6, 10 am–noon

Tuesday, August 3, 10 am–noon

Tuesday, September 7, 10 am–noon

All listings held at the
**Miller Center for
 Recreation and Wellness,
 120 Hardwood Drive,
 Lewisburg,**
 unless otherwise noted.



CLASSES

Safe Sitter® Babysitting Course – \$50

Wednesday, July 14, 8:30 am–3 pm

Friday, August 6, 8:30 am–3 pm

Prepared Childbirth – \$50

Saturday, July 17, 9 am–4 pm

Wednesdays, August 4–25, 6–8 pm

Newborn Care – \$30

Mondays, July 5 and 12, 6:30–8:30 pm

Saturday, August 21, 8:30 am–12:30 pm

Mondays, September 13 and 20, 6:30–8:30 pm

Prenatal Breastfeeding – \$20

Wednesday, July 7, 6–8 pm

Wednesday, August 4, 6–8 pm

Wednesday, September 8, 6–8 pm

Heartsaver® CPR Adult/Child/Infant – \$47

Thursday, August 12, 6 pm



JOIN US

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

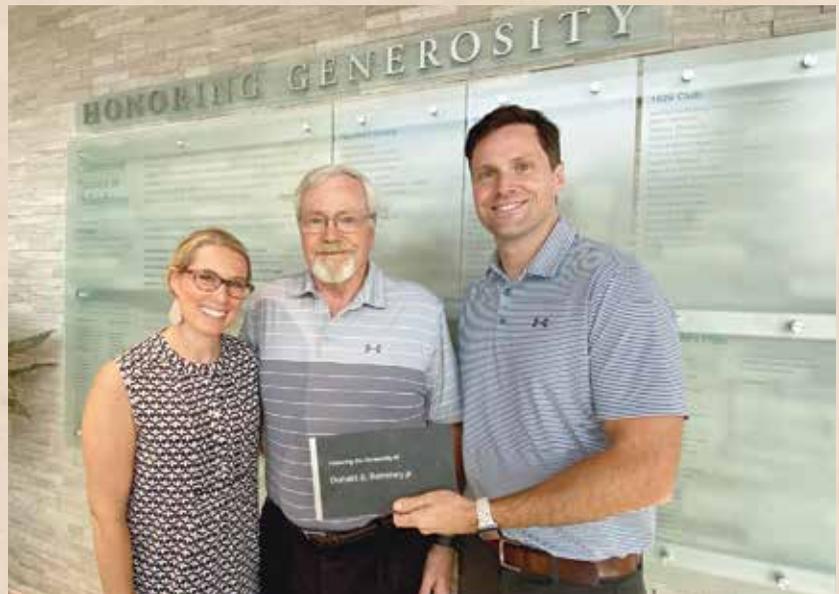
CREATING A LEGACY THROUGH GIVING



The newest additions to the Hospital are changing the way healthcare is delivered at Evangelical Community Hospital. With the opening of the new spaces, there is still time to make a gift that supports the Hospital's advancement and leave a legacy for future generations to appreciate.

Naming opportunities exist for one-time gifts or multi-year pledges of \$50,000 or more from individuals, families, organizations, and corporations. Patient rooms, lobby areas, documentation stations, and clinical service areas are a few that are available for naming. Each gift will be honored with a recognition plaque in the area being named, as well as a listing on the recognition wall located in the new main lobby.

To learn more about how you can support the Hospital's future and ensure that patients from the community receive enhanced care, contact the Development Office at **570-522-2685**, and request to speak to one of our Gift Officers.



Don Remy (center), pictured with his daughter-in-law, Courtney, and son, Ben, generously donated toward an isolation room in the Orthopaedic Unit located in the new addition of the Hospital. The room has a recognition plaque outside, noting the significant impact his gift has made for the future of the Hospital. He gave, saying, "We are so fortunate to have a community hospital with first-class patient facilities that match the expert, compassionate care commonly known as the Evangelical Experience."



THE REGION'S ONLY 5-STAR CMS HOSPITAL



Less than 14% of all healthcare providers in the country earned five stars for Overall Hospital Quality, according to the Centers for Medicare and Medicaid Services (CMS).

Only 22 facilities in Pennsylvania can claim this distinction.

And there's only one in the Central Susquehanna Valley region—Evangelical Community Hospital.

Visit evanhospital.com to explore our many services and specialty practices.



The CMS five-star rating is out of five stars. Evangelical Community Hospital's 5-star ranking for Overall Hospital Quality is for 2017-2019. For more information on the star rankings, visit <https://www.medicare.gov>.