

EVANGELICAL COMMUNITY HOSPITAL | SPRING 2022

EVERY DAY

Finding *the* Right Fit

*Family Medicine
That's Focused on
All of You*



PAIN MEDICINE | COLONOSCOPIES | PHILANTHROPY | HIP AND KNEE

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“DON'T DELAY YOUR CARE

Over the course of the pandemic, the providers and staff of Evangelical and its employed physician practices have cared for the community with unwavering commitment and dedication.

For us as healthcare providers, we began to see an upsetting trend of individuals delaying their regular preventive healthcare, postponing treatment of existing conditions, and not seeking care for conditions that arose.

We understand that for some, there was a greater hesitancy to seek care in public areas for the sicknesses they were experiencing. As a result, when patients did present for care, they were sicker and further along in illness than we would prefer to see. This directly impacted the type of care they needed, length of treatment, and success of recovery.

Our goal is always to prevent illness and treat conditions as early as possible. The results of that approach encourage a community of healthier individuals enjoying a higher quality of life. Please know we continue to do everything in our power to keep our Hospital and specialty practices safe.



It is vital for you to stay on top of your health. You can do that by establishing a relationship with a primary care provider who will help you prevent and manage conditions, ensure you have access to vital health screenings, put you in contact with specialized healthcare services when needed, and overall, know you as a patient and act as your partner in the best interests of your health.

Please don't delay care. We are here for you.

Kendra A. Aucker
Kendra Aucker, President and CEO



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Managing Pain



Anthony Lebario, MD
Interventional Pain Medicine Physician

PROCEDURE HELPS GUIDE NEXT STEPS

Managing chronic pain can allow you to move forward and better enjoy your life. Pain Medicine of Evangelical uses a variety of procedures, including electromyography (EMG), to help with that.

EMG consists of two parts: a nerve conduction study and a needle exam for muscle testing.

“Essentially one can think of electromyography as an extension of a physical exam that a healthcare provider would perform on you,” said Anthony Lebario, MD, Interventional Pain Medicine Physician, at Pain Medicine of Evangelical. “It’s just a means by which to gather more information to properly diagnose and treat you.”

EMG is also used to diagnose neurological disorders such as ALS, otherwise known as Lou Gehrig’s disease. In pain medicine, the most common application for EMG would be a pinched nerve in the neck or lower back with radiating pain down into the arm or leg. Other common conditions are carpal and cubital tunnel syndromes.

“The EMG shows a provider if the nerves are not functioning

properly,” Lebario said. “Another component of electrodiagnostic medicine is determining the severity of an insult (trauma) to a nerve and the chronicity (length of time) that a patient has been dealing with an issue.”

WHAT TO EXPECT

“Most patients are surprised as to how much scarier they thought the test would be, through hearing from others and reading online, compared to what the actual experience is,” Dr. Lebario said.

During the EMG, electrode stickers are applied to the skin, and a needle electrode is inserted into a muscle.

“A patient can expect to experience just a little bit of discomfort from the first part of the test, almost like touching a 9-volt battery to their tongue,” Lebario said. “And the second part involves a small, acupuncture-like needle that goes into some of the muscles in the arms and legs. They’re only in the muscle for very short periods of time and are very well tolerated.”

Physicians use EMG results in selecting pain management procedures like injections or surgery.

“The EMG does not tell providers what treatment options to offer. It simply provides them with more information to base their treatment options upon,” Dr. Lebario said. “The report is made and passed along to the requesting provider, and the treatment options are discussed with the patient at that point.”



Early Detection is the Best Move

The best outcome for cancer treatment is through early detection, and colonoscopies offer a rare opportunity to detect and prevent cancer, sparing patients pain, financial costs, and time-consuming treatments.

“Current evidence suggests we’re preventing somewhere on the order of 80-some percent of colon cancers by going through this process,”

said Greg Enders, MD, Gastroenterologist, Gastroenterology of Evangelical. “So it’s unusually effective as an intervention to prevent a major cancer. I think it’s exceptional.”

Healthcare experts recommend colonoscopy screening begin at age 45, allowing physicians to establish a patient’s health history and identify polyps that could potentially lead to colorectal cancer. Most patients are then cleared for a follow-up colonoscopy in 10 years.

“That’s the default timing,” Dr. Enders said. “We love to tell people they can go for another 10 years.”

Colonoscopy preparation has received an undeservedly bad reputation over the years. Standard practice nationwide is to consume only clear liquids the day before the screening and to follow a split prep, where the patients drinks half of an osmotic laxative, usually around 6 pm, and the other half around midnight or timed a few hours before the procedure.

Most people tolerate the preparation well, Dr. Enders noted.

“What people talk about are often the occasional preps where people had some discomfort, but in most patients it goes smoothly,” he said. “Most patients end up telling me, ‘Oh, that wasn’t so bad. That was better than I expected.’”

The day of the colonoscopy, patients are given an intravenous line for necessary fluids and medications. Both the anesthesiologist and the provider doing the procedure talk with the patient to address any questions or concerns. Propofol, an anesthetic and sedative, is used almost universally to relax patients and help them sleep during the procedure. According to Dr. Enders, the medication has been a substantial advance in colonoscopy care, providing a sedation experience that takes effect quickly and wears off in a comfortable manner.

**COLONOSCOPIES
PREVENT
MORE THAN
80%
OF COLON
CANCERS**

On Medicine



The critical advantage to colonoscopy compared to over-the-counter, at-home cancer screening tests is that we can remove the polyps and help prevent colon cancer.

— GREG ENDERS, MD

During the screening, providers look for signs of early colon cancer, which is much more easily treated than in its advanced stages. Particularly, they examine polyps, which are actually benign tumors that can carry a risk of developing into cancer over time.

“The critical advantage to colonoscopy compared to over-the-counter, at-home cancer screening tests is that we can remove the polyps and help prevent colon cancer,” Dr. Enders said.

The colonoscopy itself usually takes between 20 and 30 minutes. The patient awakens in the recovery room and, after demonstrating they can drink water and other fluids, they are able to go home.

“Most patients wake up within minutes and feel just a little bit groggy for about 10 to 30 minutes,” Dr. Enders said.

Typically patients feel fine, and the provider discusses the main results of the colonoscopy with them. If the polyps had to be removed or a biopsy taken, those results will be available in two to five days.

Most cancers can be recognized immediately during the colonoscopy. On the flip side, most benign polyps can also be easily identified, so the primary findings can be described as soon as the patient wakes up.

In the relatively rare instance that cancer is identified, the provider shares the findings with patients once they’re fully awake, then gives them time to process the information.

“I will often return again in 10 or 15 minutes to just make sure they understood what we described and see if they have any further questions,” Dr. Enders said. “And then typically we’ll have another phone call once the pathology is back, to go over the findings and make some immediate recommendations.”

As much as any physician hates to break the news of suspected cancer, they have a front row seat for seeing the benefits of early detection provided by colonoscopies. Of all people eligible for a colonoscopy, about 60 percent actually get them.

“And in that fraction we’re preventing the majority of cancer,” Dr. Enders said. “So it’s really having a substantial impact.”

Still, he can’t help but wish that 100 percent of eligible patients would schedule a colonoscopy, giving providers the ability to spare even more people the stress and dread of treating late-stage colorectal cancer.

“It’s an investment,” Dr. Enders said. “You invest in the preparation the day before and then in the actual procedure, but it’s one that has really solid, long-term payoffs.”

DO YOU KNOW? COLON CANCER RISK FACTORS



- Increases with age
- Inflammatory intestinal conditions (ulcerative colitis, Crohn’s disease)
- Personal or family history of colorectal cancer
- Some genetic syndromes
- Sedentary lifestyle
- Low-fiber, high-fat diet
- Obesity
- Alcohol consumption
- Tobacco use



Find *the* Right

SPRING

ing ht Fit

FAMILY MEDICINE THAT'S FOCUSED ON ALL OF YOU

Both of Andrew and Stephanie Zechman's young daughters enjoy coming to see Susan Dock, Certified Registered Nurse Practitioner (CRNP), Family Medicine of Evangelical – Middleburg.

"Susan and the staff all take great care of our girls," Stephanie said. "Siena, who is three, has developed a real liking for Susan. Because of that, she is always eager to get a good report at her wellness visits—which any parent knows makes going to the doctor that much easier!"

Beyond the comfort level, patients benefit in a number of ways from establishing a primary care provider (PCP). Perhaps the most significant is in recognizing and preventing medical issues in the future, Dock explained.

"Developing a trusting relationship with your provider is essential when you need care at a vulnerable time in your life," she said. "Subtle changes in a patient will be recognized by a provider who is familiar with the patient. Knowing their family and history will help in guiding medical decisions to provide the best care."

In choosing a healthcare provider, the Zechmans wanted someone who views their health

holistically whether being seen for annual health visits and screenings or acute medical issues.

The Zechmans have been patients at Family Medicine

of Evangelical since 2015—they chose the Middleburg office in 2020 after their former provider accepted another position. The Middleburg office is near their Mt. Pleasant Mills home, Andrew said, and Dock came highly recommended.

"Susan's honesty and straightforward approach in making recommendations for managing our health and our children's health makes the relationship stronger," Andrew said. "Having a young family, the fact that Susan has a background in infant care, and having worked in a neonatal intensive care unit before, definitely adds to our trust in her recommendations."

Dock encourages patients to ask her to clearly explain their plan of care.

"If there are topics that you would like to discuss, write them down so you don't forget when seeing your provider," she said. "For topics that are particularly hard to discuss, it can be very beneficial to bring a family member or friend who you trust as a second set of ears to listen."

Not sure what questions to ask? Start with Ask Me 3[®], a program established by the National Patient Safety Foundation (NPSF):

- What is my main problem?
- What do I need to do?
- Why is it important for me to do this?

"These questions will help in understanding the current issues patients want to address, as well as the education and steps I can give them to impact and improve their health," Dock said.

Andrew and Stephanie also appreciate the convenience of their entire family receiving care at the same practice.

"The ability to book multiple appointments at consecutive times saves us from added running and creating even busier schedules," Stephanie said. "When one of us is sick, most likely the rest of the family will follow. Having one provider for our entire household simplifies care for both Susan as our provider and us as patients."

When needed, a PCP recommends

specialists. Dock is mindful of the trust patients place in her when they need a specialist or referral. They really want to know who she would recommend if she was choosing someone for her own family.

"When a provider is caring for a patient and knows them well, it is like caring for a family member," Dock said.

The Zechmans appreciate Dock's familiarity with their family's background, which allows her to give advice based on that knowledge.

"Developing a connection with my patients is essential, knowing that I am providing them the best education and care to improve their outcomes and helping them prioritize their health," she said. "Working in primary care allows me to help individuals navigate their healthcare needs."

When a provider is caring for a patient and knows them well, it is like caring for a family member.

— SUSAN DOCK, CRNP



Whether they're feeling sick, seeking guidance for a specialist's care, or simply stopping in for a booster shot, the Zechmans are happy to have found a practice where they're greeted like friends.

"The Middleburg office is filled with a team that makes us feel welcome and cared for when we walk in the door," Stephanie said. "Having access to a patient portal and working with the office staff, we feel we can get a response or appointment when needed without much of a wait."

"We found a provider we are confident in," Andrew added. "And with how hectic life can be as working parents with active kids, it's a great comfort to know we can all seek care at a single location with one provider."



Call **1-877-989-3826**
to find the right fit for
your family.

Proven Excellence

HIP AND KNEE REPLACEMENT PROGRAM EARNS DESIGNATION

Evangelical Community Hospital recently earned national accreditation of its hip and knee joint replacement program through DNV GL Healthcare—a world-leading certification body.

DNV GL Healthcare's certification is based on standards set forth by and considering the guidelines of the American Academy of Orthopedic Surgeons.

"This certification validates that Evangelical has the resources and commitment to provide the best possible care for hip and knee replacement—not only while under our direct care but through needed support and education so patients can recover at home safely for the greatest success," said Candi Taylor, RN, BSN, CRRN, ONC, Director of Nursing of Evangelical's Center for Orthopaedics Inpatient Program.

In the hip and knee replacement program, patients can expect high-quality care from start to finish. Patients using Evangelical for their hip and knee replacement surgeries are under the care of board-certified orthopaedic surgeons through SUN Orthopaedics of Evangelical, who after all other treatment options are exhausted, perform surgery to relieve pain and restore quality of life.

DNV GL Healthcare performed an extensive review of all aspects of care related to hip and knee



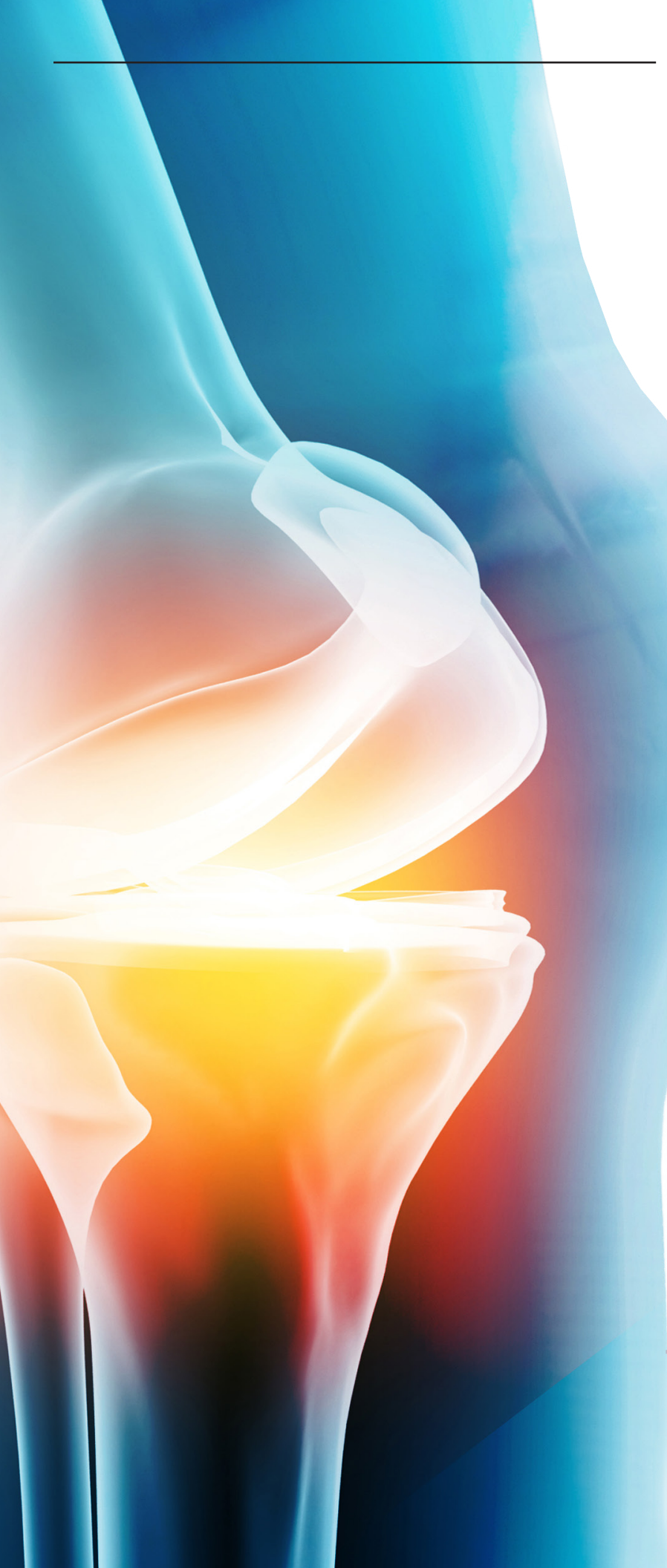
replacements, including patient education prior to surgery, scheduling, physical therapy before and after surgery, surgical procedures and protocols, discharge instructions, pain management, and attention to care while in the Orthopaedic Unit.

Total hip and knee replacement patients can expect:

- Education and one-on-one attention throughout their experience to maximize results of the procedure.
- An individualized care plan—from prep, to surgery, to discharge, to care after discharge.
- A specialized team of doctors, physician assistants, nurses, physical and occupational therapists, and social workers all working with you for your best results.



Take the first step to
better mobility.
Call **1-800-598-5096**



93.63%



is the rating hip and knee replacement patients give the facility.

92.16%



of hip and knee replacement patients recommend Evangelical as a facility for the procedures.

99.51%



of hip and knee replacement patients say they are treated with courtesy and respect by staff.

99.50%



of hip and knee replacement patients say staff made sure they were comfortable.

Based on patient surveys

Optimize Your Results with Physical Therapy

Physical and occupational therapy before and after an orthopaedic procedure—like hip and knee replacements—are keys to successful recovery.

At Physical Therapy of Evangelical, our skilled, highly experienced providers treat every patient as an individual, taking into consideration their limitations and personal goals to prepare them for the best possible outcomes.

With 11 convenient locations in Elysburg, Lewisburg, Middleburg, Mifflinburg, Mt. Pleasant Mills, Selinsgrove, and Williamsport, you can get the care you need close to home.

Get started on your recovery today.
Call **1-877-541-1417**



Your career in healthcare starts here.

Did you know that working at a healthcare organization encompasses all types of skills and expertise?

Whether clinical or trade, higher level or entry level education, it takes individuals from all walks of life for Evangelical to offer excellent services to our patients and their families.

If you have an interest in serving others and working in a supportive environment, Evangelical provides opportunities to share your skills in a culture that emphasizes people and caring. Some positions even offer the opportunity to learn and grow through further education.



Visit [evanhospital.com/careers](https://www.evanhospital.com/careers) to see current openings.



IMPACT YOUR COMMUNITY

The Evangelical Care Fund supports the services that are delivered directly to you and your loved ones. When making a gift to the fund, you are providing Evangelical with the opportunity to grow services while at the same time, making it possible for those in need to afford medical care.

Evangelical staff help hundreds of families welcome new babies, educate thousands of school-aged children about healthy lifestyles, tend to more than 30,000 emergency room visits, and care for thousands of inpatients. The Care Fund allows the Hospital to adapt to the changing medical needs of the community, enhancing and expanding the services available.

For some, medical treatment can present a financial burden, especially those who may not have the funds to cover the out-of-pocket costs associated, or worse, no insurance to cover any of the expense. The Care Fund is often used to take away some of the financial strain for patients with little or no insurance.

Each gift to the Evangelical Care Fund touches the lives of those in this community.

Impact your community today. Visit evanhospital.com/support or call 570-522-2685.



THRIVE AT 55+

Community Health and Wellness at Evangelical has introduced a new program for adults 55 and older.

Wellness 360 is a group program focused on the whole person and aimed at helping people age 55 plus to connect, learn, and live their healthiest lives. Membership is free and includes perks like early notification of upcoming events, free health screenings, educational opportunities, and discounts at local businesses.

Monthly educational programs focus on topics related to health, aging, and living well. The sessions help to connect experts and resources within the community with group members where they learn the key tenets of wellness and what is available to them in their own neighborhoods.

Registration is easy! Visit evanhospital.com/wellness360 or call 570-768-3200.

CALENDAR OF EVENTS

Comprehensive Blood Screenings

\$50

Thursday, May 12 | 6:30-11 am
Christ Episcopal Church, 426 Mulberry St., Williamsport

Wednesday, June 29 | 6:30-11 am
The Miller Center, 120 Hardwood Dr., Lewisburg

Tuesday, July 19 | 6:30-11 am
Family Medicine of Evangelical-Middleburg,
412 West Market St., Middleburg

Prepared Childbirth

Main Hospital, Miller Conference Rooms
1 Hospital Dr., Lewisburg

\$50

Saturday, May 14 | 9 am-4 pm

Wednesdays, June 8-29 | 6-8 pm

Saturday, July 9 | 9 am-4 pm

Newborn Care

Main Hospital, Miller Conference Rooms
1 Hospital Dr., Lewisburg

\$30

Saturday, June 4 | 8:30 am-12:30 pm

Mondays, July 11 and 18 | 6:30-8:30 pm

Prenatal Breastfeeding

Main Hospital, Miller Conference Rooms
1 Hospital Dr., Lewisburg

\$20

Wednesday, May 4 | 6-8 pm

Wednesday, June 1 | 6-8 pm

Wednesday, July 6 | 6-8 pm

Safe Sitter® Babysitting Class

\$50

Tuesday, June 7 | 8:30 am-2 pm
The REC, 429 8th St., Selinsgrove

Monday, June 20 | 8:30 am-2 pm
The Miller Center, 120 Hardwood Dr., Lewisburg

Wednesday, July 13 | 8:30 am-2 pm
The Miller Center, 120 Hardwood Dr., Lewisburg

Women's Health Screen

Screenings held on the Mobile Medical Unit

\$75

Saturday, May 7 | 6:30-11 am
Family Medicine of Evangelical-Selinsgrove
935 US-522 #101, Selinsgrove

Wednesday, May 11 | 6:30-11 am
The Miller Center, 120 Hardwood Dr., Lewisburg

Wednesday, May 18 | 6:30-11 am
Family Medicine of Evangelical-Middleburg
412 West Market St., Middleburg

Men's Health Screen

Screenings held on the Mobile Medical Unit

\$75

Wednesday, June 15 | 6:30-11 am
The Miller Center, 120 Hardwood Dr., Lewisburg

Wellness 360

Evangelical's New Active Aging Network
The Miller Center, 120 Hardwood Dr., Lewisburg

FREE

Financial Wellness for Active Agers

Wednesday, May 11 | 10:15 am
Presented by Rachael A. Herb, Assistant Vice President
Lewisburg Market, Service 1st Federal Credit Union

Healthy Eating: An Anti-Inflammation Approach

Wednesday, June 8 | 10:15 am
Presented by Kimberly Criswell, a dietitian with
Evangelical Bariatric and Endocrinology Centers

Senior Health and Fitness Day

The Miller Center, 120 Hardwood Dr., Lewisburg

FREE

Wednesday, May 25 | 9 am-noon

Bike Helmet Giveaway

The Miller Center, 120 Hardwood Dr., Lewisburg

FREE

Thursday, May 26 | 4-6 pm

Registration required.

570-768-3200

Some classes require a minimum enrollment to be held.

So much more than the
typical community hospital.



EVANGELICAL[™]
COMMUNITY HOSPITAL

We provide access to a
network of specialty services and
practices not usually associated
with community hospitals.

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