

# EVERY DAY

A woman with short grey hair, wearing a black t-shirt and blue jeans, is smiling and sitting on a blue motorcycle. An American flag is mounted on the backrest of the motorcycle. The background is a blurred outdoor setting with green grass and trees.

## MOTORCYCLE MOTIVATION

**Drove Della  
McCracken  
Toward Same-Day  
Hip Replacement**

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## COMMUNITY

The workforce at Evangelical Community Hospital works daily to live up to and exceed the expectations of the people we serve. The Hospital is unique in our world of large system healthcare. We are a community hospital. In every sense, we live out the word *community* through our people, our services, and our attention to what our neighbors and patients need. We are you!

Through every stage of life, our exceptional healthcare professionals are addressing the health needs of those around us through varied services, offered in modern settings with state-of-the-art equipment.

While that's the nuts and bolts of it, what really makes Evangelical a *community* hospital is the approach of our staff on a very human level to deliver care and services in a compassionate, understanding way.

We have something special, something unique, when it comes to our interactions with our patients. On the care front and behind the scenes, our staff on every level are working each day, individually and collectively, to bring talent, skill,



and understanding to the big picture of Hospital service. They are a community within a community, and it shows.

We hope as you read through this issue of *Every Day* magazine that you'll be introduced to not only a few highlighted services that are part of the many we offer, but that you'll also get a sense of our passion for healthcare and kindness for people that make the Hospital and its practices stand apart.



Kendra Aucker, President and CEO

**EVANGELICAL**<sup>™</sup>  
COMMUNITY HOSPITAL

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## When is the right time to start thinking about Hospice care?

A common myth is that Hospice care is only started at the end stage of the dying process. In reality, patients with life-limiting illnesses and family members who care for them benefit more when Hospice services are started earlier.

Hospice of Evangelical's program encompasses the emotional, spiritual, and physical needs of patients and family members during this time of transition. The nurses and staff provide 24/7 support and guidance, so families and patients can make the most of each day. Our Hospice volunteers can provide relief that allows family members to make self-care a priority—like going to the grocery store or taking a shower—while knowing their loved one is in good hands.

Hospice care can take place in the home, a long-term care, or assisted living facility. Whether a patient or a family member, everyone is supported during this part of life's journey with Hospice of Evangelical.



## Staying active in winter

When the winter winds start to blow, that doesn't mean physical activity has to go! While colder temperatures and weather conditions may make people think about hibernating, the truth is staying active, in small or big ways, can be beneficial for health, including fighting off sickness and the doldrums.

According to the Centers for Disease Control and Prevention (CDC), physical activity can help you sleep better, reduce anxiety, improve balance, lower weight, keep your mind sharp, and help boost immune function.

Try these simple steps suggested by the CDC to stay active during the colder months:

- Monitor the weather and plan outdoor activities accordingly.
- Take nature walks.
- Use online sources to work out.
- Do chores.
- Join a local gym.



If you or a loved one are looking for Hospice care, Hospice of Evangelical is here

to support you. Learn more from Ayn Kerber, MD, Medical Director, Hospice of Evangelical.



## It's better to give AND receive

A Charitable Gift Annuity (CGA) is a planned giving option that helps provide for the future of Evangelical Community Hospital and gives the donor an immediate tax deduction and income for life (two-life annuities are also available). CGAs can be established for Evangelical with an irrevocable gift of \$10,000 or greater with the interest rate based on the

donor(s) age at the time of the gift.

On July 1, 2022, Charitable Gift Annuity rates increased for the first time in many years. For example, a 70-year-old donor can establish a CGA and receive an annuity rate of 5.3%, providing annuity payments for life, a portion of which is tax-free for a pre-determined number of years.



CGAs may be established with gifts of cash or securities.

Please contact the Hospital's Philanthropy and Donor Relations office, **570-522-2685**, for a personal illustration or visit our website at [www.EvanHospital.com/giftcalculator](http://www.EvanHospital.com/giftcalculator).

# Knowing History, Regular Screenings: Keys to Conquering Breast Cancer

Women with close relatives who have been diagnosed with breast cancer have a higher risk of developing the disease.

For Denise Kauffman, 42, of Richfield, when it came to scheduling mammograms, she began annual screenings before the typical age of 40. Denise's provider at OB/GYN of Evangelical suggested that she look into an early start by getting a baseline mammogram due to a family history of breast cancer.

"My paternal aunt was diagnosed with a complicated breast cancer at the age of 42; because of that, I started early with mammograms and went every year," said Denise.

Co-Manager at the Center for Breast Health.

"We were able to see her cancer early and work to come up with a plan of treatment geared for success. That's not always the case when regular screening is not done and cancer is found in much later stages. The later in the disease process we go, the rate for successful recovery goes down."

In early December, Denise went through genetic testing. Dr. Turner used those results, which showed that chances of other cancer categories were negative, to select the best treatment options.

"I was able to do a left breast lumpectomy with radiation and no chemo

*"It almost seemed too simple. I have a strong faith and wonderful support system at home, work, and church—then add in the staff at the Breast Center who were encouraging and reassuring—the whole process from diagnosis to treatment was doable and much easier than I thought it would be."*

— DENISE KAUFFMAN

In November 2021, that routine exam showed calcifications, prompting Center for Breast Health staff to give a callback to Denise to take a closer look.

"I wasn't worried too much," said Denise. "I'd had a cyst in the past so I just figured they were being extra cautious."

After the additional imaging was taken, Denise sat in the waiting area for the results. "That's when they told me that they wanted to biopsy the spot of concern."

The biopsy was scheduled the week before Thanksgiving and that Friday Denise got the call. "Michele at the Center was very reassuring when she told me it was cancer, but that it was very treatable, 100% curable."

"Denise's case is a prime example of why mammography continues to be the gold standard for prevention and early treatment of breast cancers," said John Turner, MD, FACS, Breast Surgeon and Clinical

based on an MRI coupled with the genetic testing results," said Denise. "I went through with the lumpectomy and had radiation for four weeks, five days a week."

In April, she was deemed clear of the cancer.

Denise, who lives with her younger sister, Diane, who also began mammograms before the age of 40, both work in healthcare and know the difference that taking control of your health can make.

"Any time you're told you have a cancer; it can be scary. When I shared my story at church, several women said it was a good reminder to get scheduled for the screening. It's important to stay on top of your health."



To schedule a mammogram, call the Thyra M. Humphreys Center for Breast Health at **570-522-4200**.



# There are OPTIONS when VARICOSE PAIN begins



Todd Stefan, MD, FACS, RPVI, and Ben Keyser, DO, Vascular Surgeons at the Heart and Vascular Center of Evangelical, encourage patients who experience pain, burning, and throbbing associated with varicose veins to ask questions and seek treatment.

“There are many minimally invasive treatments when veins are deemed medically problematic,” said Dr. Stefan. “The available treatments can provide relief with relatively short recovery periods.”

Varicose veins are veins that have become enlarged and overfilled with blood. They are purple-bluish and usually have a twisted, bulging appearance. For both men and women, varicose veins can start as early as in their 20s if there is a genetic factor. For others, the veins may become problematic from middle to older age.

Veins in general help take blood to the heart. Inside the veins on the legs, there is a one-way valve that closes when you stand. Those valves can become flimsy over time due to age, pregnancy, prolonged standing, obesity, prior leg trauma, or genetics. When the valve weakens it can reflux—meaning blood can back up and puff up those veins.

Dr. Keyser advises that patients use compression socks as a first response to varicose vein pain. “For many insurers, showing that a consistent use of compression socks doesn’t resolve the issue allows the go-ahead for vein treatment. Patients should try compression socks for three months before any kind of more

extensive treatment is taken.”

For women who are of childbearing age, pregnancy can actually cause varicose veins, so it is advisable to hold off on treatment until a woman is sure she is done having children.

One of the common misperceptions is that having veins treated will complicate blood flow to the heart.

“Treating varicose veins does not impact the ability to flow blood throughout the body,” said Dr. Keyser. “When we use any method to close a troubled vein, other veins automatically begin to take up the responsibility of that closed vein.”

Both Drs. Stefan and Keyser are sure of one thing: there is no need to put up with vein pain.

“There are so many modern options now for varicose veins, and we no longer have to do extensive vein stripping to provide someone with relief,” said Dr. Stefan. “Patients who need treatment can live a better, more active life through treatment. We can provide that.”

## VARICOSE VEIN TREATMENT OPTIONS

- **VenaSeal**

This procedure delivers a small amount of a specially formulated medical adhesive through a catheter to seal – or close – the diseased vein, rerouting blood to nearby healthy veins and providing symptom relief.

- **Endovenous Laser Therapy**

This procedure uses heat from a laser to reduce varicose veins. Laser surgery closes and shrinks the varicose vein and causes scar tissue within the vessel. This seals off the vein. Blood then flows through other nearby veins instead.

- **Sclerotherapy**

This procedure involves the injection of a solution directly into the affected veins, causing them to shrink and eventually disappear. This chemical solution irritates the blood vessel lining, making it expand, stick together and form a scar, which closes off the vein.



**Todd Stefan, MD**  
*Vascular Surgeon*

**Ben Keyser, DO**  
*Vascular Surgeon*

Call **570-524-5056**  
to schedule an  
appointment today.

# MOTORCYCLE MOTIVATION

## *Drove Della McCracken Toward Same-Day Hip Replacement*

For Della McCracken, 71, of Williamsport, getting back on her motorcycle was the driving factor to undergo hip replacement surgery. Thanks to Della's positive attitude, a good support system, and a dedicated surgeon, her same-day hip replacement was a success, and she's rolling again.

Retiring in 2016, Della is a self-proclaimed, on-the-go individual who in retirement wanted only to travel and ride a motorcycle with her husband, Wes—not just as a passenger, but on her own wheels.

Those goals are what made her one of the first to undergo same-day hip replacement surgery under the careful direction of Thomas Dominick, MD, SUN Orthopaedics of Evangelical.

Intent on staying active, she joined the YMCA with the goal of continuing strength and health in her years free from work. After a couple of years, however, her hip started to give her pain.

Della began addressing the pain with cortisone shots—no fewer than six of them over the last four years—and while they provided short-term relief, the last one hardly helped at all.

In the fall of 2021, she began her journey at SUN Orthopaedics. She chose the practice because of its good reputation for results and because there was a Physical Therapy of Evangelical location close to her home in Williamsport. This was vital because she knew there would be rehabilitation required both before and after the surgery, and convenience of location mattered.

Though she was originally scheduled for an overnight stay joint replacement, she asked Dr. Dominick if she could be considered for same-day surgery.

Since it is a new offering at Evangelical, Dr. Dominick looked at many factors. "This is a major surgery. I only advise same-day surgery for patients who are in general good

health, with no other existing conditions, and with a good social support system," said Dr. Dominick. "The patient has to be completely onboard with the care plan and realize their efforts and commitment will define their success."

Although Della was in an older demographic, Dr. Dominick was confident she would make an ideal same-day patient.

"It was clear in talking to Della, who is very vibrant, full of life, and healthy, that she wanted to make the most of her hip replacement and was committed to doing what she needed to have it be a success," said Dominick.

*"Dr. Dominick is an amazing surgeon  
and I am so glad that he did my surgery."*

— DELLA MCCrackEN

Della began her work at rehabilitation while still experiencing pain in her hip; there she learned the exercises she would need to do post-surgery and worked at strengthening the muscles around the joint for the best results.

The day of her surgery in March 2022, she was ready to go. Bags packed with extra clothes just in case it was determined she needed to stay, she and husband Wes arrived at the Hospital.



“The staff was wonderful! The nurses are all so good. From start to finish, I felt like I was in good hands. I woke up feeling comfortable and the staff walked me through getting dressed, practicing stairs, and going over the exercises. They watched me as I did the exercises to make sure I was doing them right, and Wes watched so he could help me at home.”

“Same-day hip replacement is all about patient satisfaction,” said Dr. Dominick. “Only about 10-15% of patients qualify, but the benefit is that they can heal in their own home environment, where they are comfortable, where they can get proper rest, and drive their own recovery.”

Della, with Wes by her side, left the Hospital by 3 pm that same day, heading home for her recovery.

Dr. Dominick sees great possibilities by providing this procedure in the same-day format. “We’re excited about this new offering for some of our patients. We cater the replacement experience to the patient by looking at every angle. We want to take into account their personality and create a safe plan for surgery and care, with the ultimate goal of getting them back to life without being hindered by joint pain.”

A day after the surgery, Dr. Dominick called Della to see how she was doing.

Della recalled, “I missed his call and he said ‘call me back.’ When I did, he said he was thinking about me and wanted to check in. I told him how well I was doing, and he said, ‘that’s great; call me if you need anything.’”

Della is healing well, continuing her exercises at home, and doing her

follow-up appointments at Physical Therapy of Evangelical. She’s riding her motorcycle without pain, traveling more, and just overall enjoying life with Wes.

“I am completely satisfied with my same-day hip replacement experience and would recommend SUN Orthopaedics of Evangelical and Evangelical Community Hospital to anyone.”



Call **1-800-598-5096**  
to schedule an  
appointment today!

Della McCracken is back on her motorcycle without pain and is enjoying life with her husband, Wes, thanks to SUN Orthopaedics of Evangelical.



# Midwives— Birthing Experts and More

“With woman”—that’s the meaning of the word midwifery. At its very core, the profession of being a midwife is about caring for, supporting, and providing guidance to women in their health journey.

For women at any stage of pregnancy, a midwife serves not only as a resource, an educator, and a medical provider, but also as a solid, trustworthy partner in health. These dynamic practitioners are well trained; starting with a bachelor’s degree in nursing, they move on to receive a master’s degree in the field, and are required to pass a board examination to practice in a hospital or other healthcare setting.

*Our midwife team pictured from left: Kay Zlockie, CNM; Angela Cassel, CNM; Heidi Hagan, CNM; Juli Pyle, CNM; Jennifer Simpson, CNM; and Heather Hottenstein, CNM.*

In the birthing process, they listen to moms-to-be to work through their values, their preferences for birth, and encourage them to explore what they want out of the birth experience. Once that has been established, midwives are excellent partners in shared decision making.

Many wonder about the differences between a nurse midwife, an OB/GYN physician, and a doula. While they all have very different roles, each can be a vital part of pregnancy and birth.

A midwife is trained in normal, non-complex, low-risk pregnancy and birth. A physician is trained in that as well, but is also trained in complex, medium-to-high-risk pregnancy and birth. OB/GYN physicians can perform surgeries, such as C-sections and other OB/GYN procedures, and while midwives may assist physicians in these

procedures, they do not perform the surgeries.

A doula is a support person or birth assistant. They are coaches and guides for laboring and assist moms by providing emotional and physical support, walking them through the journey of having a baby.

Midwives work with expectant mothers through prenatal visits, the laboring process, and after the birth of the baby. All along the way, they create a safe zone to talk about all things birth, including the changes the body will go through, what to expect when laboring and giving birth, and how to manage the next steps of the journey, once the baby has arrived.

The midwives at Evangelical serve in a peer-based practice, where the practitioners work with one another in a collaborative fashion to provide the best, most comprehensive care for women.

Whatever the need, the midwife team





# The Family Place

## WHY CHOOSE EVANGELICAL'S THE FAMILY PLACE?

Welcoming a new baby is one of life's most precious experiences. It's also a time when parents and their babies need special support and care.

Evangelical's obstetrics unit, The Family Place, brings together the expertise you need during the birthing process with the compassion, understanding, and resources you want as you adjust to having a new baby.

at Evangelical values partnering in care for women. More than just birthing experts, midwives care for women throughout their entire lifespan—from puberty through the final years. For example, they assist non-pregnant women with family planning, which can include preconception counseling, discussing, prescribing, and initiating all methods of contraception (including IUDs, Nexplanon implants, and other hormonal and non-hormonal methods). They can also assist with infertility concerns, annual exams and pap smears, and peri- and post-menopausal care.



### Staff Focused on Patient Needs

The staff at The Family Place want to make your stay with us as enjoyable as possible. In fact, recent Press Ganey Patient Satisfaction surveys indicate that communication with nurses, specifically listening, explaining in ways that are easily understood, and showing courtesy and respect, are all in the 90<sup>th</sup> percentile at The Family Place.



### A Full Range of Obstetric Care

Nurses in The Family Place are experienced in all areas of obstetric care—from labor and delivery to postpartum care. That means the same dedicated, caring nurses who take care of mom take care of baby, too.



### Privacy, Comfort, and Security

At The Family Place, we offer comfortable, beautifully designed birthing suites, each featuring a private bath with whirlpool tub and shower. We're committed to providing you and your baby with the best possible care, and we offer that care in a pleasant, soothing environment.

The Family Place has the Hugs Infant Protection system in place. This comprehensive security system will keep your baby safe and secure on the unit.



### Prepared for Routine and Complex Deliveries

In addition to handling vaginal deliveries, our expert team is equipped to handle scheduled and emergency C-Section births, as well as vaginal births after cesarean section (VBAC). Whatever your medical needs, our competent, caring staff is here for you and your growing family.



Meet two of Evangelical's midwives as they answer common questions regarding midwifery and how they work by visiting [www.EvanHospital.com/midwife](http://www.EvanHospital.com/midwife).



# Helping *Expectant* mothers know what to *Expect*

*Whether choosing the four-week, weekend, or refresher version, Evangelical's Prepared Childbirth Classes set parents up for success as they welcome a new addition to the family. Each class is designed to educate parents on what to expect during the birthing experience, bringing comfort through preparation.*

## PREPARED CHILDBIRTH

- **FOR:** Expectant mothers and their chosen support person in their last three months of pregnancy
- **DESCRIPTION:** Four-week Prepared Childbirth Class covering everything you need to know about labor, delivery, breathing, and relaxation
- **BENEFIT:** Prepares you for the physical and emotional effects of birthing your new baby

Fee: \$50

## WEEKEND PREPARED CHILDBIRTH

- **FOR:** Expectant mothers and their chosen support person in their last three months of pregnancy who are unable to attend our weekly Prepared Childbirth Class
- **DESCRIPTION:** One-day Prepared Childbirth Class covering everything you need to know about labor, delivery, breathing, and relaxation
- **BENEFIT:** Prepares you for the physical and emotional effects of birthing your new baby

Fee: \$50

## REFRESHER PREPARED CHILDBIRTH

- **FOR:** Expectant mothers and their chosen support person in their last three months of pregnancy who have previously completed a Prepared Childbirth Class
- **DESCRIPTION:** Covers current labor techniques in a personal and informal atmosphere
- **BENEFIT:** Offers a refresher for parents who just want a reminder or the latest information

Fee: \$25





## CHICKEN, ARUGULA, AND BUTTERNUT SQUASH SALAD WITH BRUSSELS SPROUTS

TIME: 35 min

SERVES: 6

### INGREDIENTS

- 2  $\frac{3}{4}$  cup pre-cubed butternut squash
- 2  $\frac{1}{2}$  cups halved Brussels sprouts (or quartered, if large)
- 1 tsp extra virgin olive oil
- $\frac{3}{4}$  tsp salt
- $\frac{1}{8}$  tsp ground pepper
- 2 cups cubed cooked chicken ( $\frac{1}{2}$ -inch size cubes, 10 oz total)
- 1 cup red grapes, halved
- $\frac{1}{2}$  cup very thinly sliced red onion
- 1 5 oz package of baby arugula
- $\frac{1}{4}$  cup extra virgin olive oil or walnut oil for dressing
- 2 tbsp white wine vinegar
- 1 tbsp finely chopped shallot
- 2 tsp Dijon mustard
- optional:  $\frac{1}{4}$  cup chopped walnuts

- 1** Preheat oven to 425 degrees. Coat a large, rimmed baking sheet with cooking spray.
- 2** Toss squash, Brussels sprouts, 1 tsp olive oil,  $\frac{1}{4}$  tsp salt, and  $\frac{1}{8}$  tsp pepper in a large bowl. Arrange in a single layer on the prepared baking sheet (reserve the bowl). Roast, stirring once or twice, until the vegetables are tender, 20-22 min.
- 3** Combine chicken, grapes, onion, and arugula in the reserved bowl. Add the roasted vegetables and toss to combine.
- 4** Whisk olive oil (or walnut oil), vinegar, shallot, mustard, and the remaining  $\frac{1}{2}$  tsp salt and  $\frac{1}{4}$  tsp pepper in a small bowl. Pour over the salad and gently toss to combine. Top with chopped walnuts.
- 5** Savor and enjoy!



To learn more about the classes available, when they are being held, or to register, call Evangelical Community Health and Wellness at **570-768-3200** or visit [www.EvanHospital.com](http://www.EvanHospital.com).

Provided by Rosanna G. Haupert RDN, LDN  
Clinical Dietitian, Evangelical Community Hospital

# WELCOME!

**Jon D. Gabrielsen, MD**  
General Surgery  
*Specializing in Bariatric  
and Foregut Procedures*

Partnering with you **for health.**

As a general surgeon specializing in bariatric and foregut procedures, Dr. Gabrielsen performs a variety of minimally invasive gastrointestinal surgeries, including those designed to help you lose weight safely and effectively. He also performs procedures to correct hiatal hernias and treat refractory reflux disease.

He is Fellowship trained in Bariatric and Foregut surgeries.

Dr. Gabrielsen completed his medical education at Indiana University School of Medicine, Indianapolis, Ind., and fulfilled his General Surgery Residency at Iowa Methodist Medical Center, Des Moines, Iowa.

  
**SURGICAL SPECIALISTS**  
OF EVANGELICAL™

*Dr. Gabrielsen is accepting new patients now!*  
To start your journey to a healthier you, call 570-523-3290.

