

# EVERY DAY



TOTAL ANKLE  
REPLACEMENT  
GETS RICK BACK  
ON THE ROAD

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# Insights with Kendra Aucker



The Greater Susquehanna Valley is a beautiful place to live. As someone who has raised a family in this area, I can fully say it has much to offer by way of scenery, activity, and community.

As a Hospital, Evangelical is proud to be part of the fabric of what makes this area so special. More than that, we are honored to provide services for residents to extract the most out of living.

Building a healthy community involves everyone. It means continuing the health of the Hospital to be a place available for care and employment, providing services that allow our patients to feel good and able to enjoy activity, expanding access beyond our main Hospital campus directly into the communities we serve, and working side-by-side with others who are invested in this area and each other.

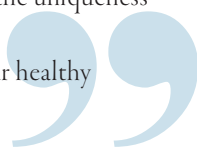
Through the pages of this issue, you'll see how we are honoring those who continue to work within our community to keep it vibrant. We highlight just a few of our services that focus on pain relief and staying active. We include tools that will help



you to stay on top of your health through apps, recipes, and screenings.

This is but a small snapshot of what Evangelical has to offer and how we are working together, with individuals and organizations, to maintain the uniqueness of our Valley.

Join me in celebrating our healthy community!



*Kendra A. Aucker*  
Kendra Aucker, President and CEO

# HONORING A CAREGIVER LIFTS UP EXTRAORDINARY EXPERIENCES



The caring staff at Evangelical, through the Hospital and its primary and specialty care practices, make a difference in the lives of Evangelical's patients and their families every day. Whether it's through their compassionate approach to patient care or going above and beyond expectations in providing an exceptional experience, they leave a lasting impression on those they serve.

You have the opportunity to honor those caregivers and recognize the skills it takes to have extraordinary healthcare experiences! Through the Honor A Caregiver program, you can affirm the gift of expertise that Evangelical's physicians, nurses, caregivers, or staff have made for you and can allow that gift to be extended to others in the years to come.

Monetary donations can be made in honor of a caregiver or practice where care is received. No matter the size, each gift helps Evangelical to continue providing, sustaining, and

expanding healthcare programs and services for the benefit of those in the community. Choose "Unrestricted" to use the funds where they are needed most, or choose a specific area to support. In the comment section, make a note of the caregiver you are honoring.

The amount of the gift will stay confidential, but the caregiver will be informed that they made a difference in your care.



To honor a caregiver, visit  
[www.EvanHospital.com/donation](http://www.EvanHospital.com/donation)

## COMING SOON

### New Spaces in Selinsgrove



Work to complete new clinical spaces for SUN Orthopaedics of Evangelical's Selinsgrove office and Selinsgrove Imaging Center in the Susquehanna Valley Mall is underway, with construction expected to be completed in June 2023.

Both the orthopaedics practice and the imaging center are relocating from nearby 21 Susquehanna Valley Mall Drive. Long-term plans for that location are still in development.

"We are excited about the opportunities these projects present

for our patients in the Selinsgrove area," said Kendra Aucker, President and CEO, Evangelical Community Hospital. "The leased space in the mall provides convenient access for patients needing orthopaedic care or imaging services, particularly those already seeking other healthcare services at that location. The location along Susquehanna Valley Mall Drive affords us a fantastic opportunity to provide expanded access to a variety of specialty practices and services in the region."

# DOUBLING DOWN ON BACK PAIN

## PAIN MEDICINE AND ORTHOPAEDICS COMBINE EXPERTISE

Back pain sufferers know how much the condition can impact everyday life. To have the central support structure of the body be in an uncomfortable state can make every movement, every activity, every bit of living more difficult.

Fortunately, at Evangelical, there is a new line of attack against the pain, giving more relief options than before.

Pain Medicine of Evangelical has been working at growing a robust practice, adding new technology, new providers, and more options for pain management. This growth has allowed SUN Orthopaedics of Evangelical to work more closely with the practice.

For Matthew Eager, MD, Spine Specialist, the collaboration allows for greater care of his patients. "I can focus on diagnosis for chronic neck and back pain as well as degenerative conditions of the spine, including arthritis, and leave non-surgical options for pain up to our experts."

In many cases, neck and spine conditions don't call for surgical treatment from the onset and can be treated conservatively with pain management.

Lukasz Chebes, MD, Pain Medicine Specialist, said, "There are options available that people may not even know exist, and seeing a pain specialist, especially one at a practice that has advanced technology options in an all-in-one outpatient setting, can create the opportunity to explore these new and emerging treatment options."

With Dr. Eager focusing on clinic treatment and surgical procedures for qualifying patients, having a Pain Medicine practice allows for a convenient, time-efficient pain treatment plan. "In most cases, I can recommend a patient for pain management, and Dr. Chebes can have them in for a consultation and treatment within a short span of time."

Pain Medicine of Evangelical offers spinal cord stimulator trials, where patients can explore whether a stimulator would work for them, and if they determine that it would, Dr. Eager can place a more permanent stimulator in the operating room.

Pain Medicine also uses advanced C-arm technology for fluoroscopic guidance to precisely place steroid injections for difficult-to-reach areas of the body, relieving pain triggers much longer than through oral medications.

The state-of-the-art pain practice offers many minimally invasive interventional procedures, ranging from trigger point injection to radiofrequency ablation (targeting nerves with heat to turn off their ability to send pain signals).

This integrative approach between Pain Medicine and Orthopaedics creates an advanced care system for patients. Both specialties agree that their shared goal is to eliminate or decrease pain and improve or maintain function so that patients can gain greater quality of living.

"Open communication from the two practices flows in both directions," said Dr. Eager. "I am able to recommend Pain Management for patients who are not surgical candidates, and Dr. Chebes is able to identify when we've exhausted all other treatments and we may want to revisit the surgical option."

Dr. Chebes agreed, "Together we can work to balance risks and benefits for the patient. The winner in that scenario? — everyone. Our patients get the best possible care, and we as providers can make a difference."

**Matthew Eager, MD**  
*Orthopaedics*

**Lukasz Chebes, MD**  
*Pain Medicine*



Pain Medicine of Evangelical  
**570-768-3150**

SUN Orthopaedics of Evangelical  
**1-800-598-5096**

# Regain Control

## Treatment for Pelvic Floor Weakness



For women, there are often topics that seem too private to discuss, even when they impact daily life. One of those is the weakening of the pelvic floor and the symptoms that may result.

“I encourage all women who are experiencing issues to talk to me as their OB/GYN provider,” said Julia Redcay, DO, FACOG, OB/GYN of Evangelical. “The earlier we can talk about some of the more personal changes they are seeing in their bodies, the more quickly we can look for a way to manage, treat, or prevent.”

The pelvic floor muscles, which are located between the tailbone and the pubic bone, support the bladder, uterus, and bowel. When working properly, they prevent incontinence of the bladder and bowel, prevent prolapse (when one or more organs in the pelvis slip down from their normal positions and bulge into the vagina), and play an important role in sexual function.

Dr. Redcay explains that when women share that they may be experiencing leakage of urine when coughing, sneezing, laughing, or running, she assures them they are not alone.

“For minor issues, I may refer for physical therapy. A pessary or removable insert may be recommended for some who are experiencing prolapse as a non-surgical treatment. For more severe issues, surgical options are available,” said Dr. Redcay.

Haley Phillips, PT, DPT, RYT200, Physical Therapy of Evangelical, is certified to treat patients with pelvic floor issues.

A therapy program begins with learning more about the individual and their lifestyle habits—smoking, food, and drink patterns (possible irritants to the bladder); level of physical activity; and where a person carries their stress or worry. A physical exam is also conducted to identify levels of sensation in the pelvic floor muscles, measure strength and endurance in the muscles, and test two different reflexes.

“Those results guide what I will work on with each patient to teach them what they need to know to keep progressing in management of the symptoms they are experiencing,” said Haley.

Rehabilitation plans are completely

individualized in terms of areas of focus and the frequency and number of sessions needed.

“I work with the patient to lengthen their muscles before we strengthen them. The commonly heard of Kegel exercises may be a method we use to strengthen, but it isn't the only method. I work with patients on lifting mechanics, breathing techniques, posture, core strengthening, and more,” said Haley.

“If anything, I want to stress that incontinence is not a normal part of aging,” said Haley. “For rehabilitation, we're going to give you the tools you need to manage pelvic floor weakness for better living.”



**You are not alone.**  
We're here for you  
to address your  
women's health issues.  
Call OB/GYN of Evangelical  
at **570-523-8700**.

# READY TO ROLL

New Ankle has  
Hot Rod Enthusiast  
on the Move Again



When it comes to joint replacements, it is common to hear of knee and hip, but, it is not uncommon for the ankle joint to also take the brunt of living, making this important juncture in the body susceptible to mobility issues and pain.

An ankle injury prompted Richard "Rick" Einsig of Milton to seek relief with Gerard Cush, MD, Foot and Ankle Specialist at SUN Orthopaedics of Evangelical.

"Four years ago, I fractured my right ankle. Even after healing, the ankle wasn't the same. It kept getting worse," said Rick. "I tried all the things that are normally tried to take away pain without surgery, including cortisone shots, but it didn't even touch it."

After researching doctors in the area, Rick chose Dr. Cush to address his issues. "I retired last year, and I found I couldn't enjoy simple things like walking to the garage on my property, where I work on and paint cars. One of my greatest passions is working on my cars and cars of others, and the pain kept me from doing that."

Even a vacation to the Outer Banks of North Carolina with his girlfriend was impacted when he found he couldn't enjoy the simple pleasure of walking in bare feet on the beach.

"I had to wear my boots, so I had the support I needed to walk in the sand," recalled Rick. "Life is just too short. I want to enjoy

what I have left, and resolving my ankle issue was part of making that happen."

"I often see arthritis impacting the ankle," said Dr. Cush. "Arthritic

changes may be a result of normal wear and tear due to aging or from an injury, such as broken ankle or dislocation. For the ankle joint, arthritis can eventually lead to loss of cartilage, pain, and/or deformity."

"As with all total joint replacements, we try to do non-surgical treatments first to address pain and motion," said Dr. Cush. "My wish is to see patients as they begin to experience pain so we can begin to look at what options are available to them in the early stages of foot and ankle conditions. When non-surgical options no longer have an impact, that's when I start to talk to patients about the option of replacement."

For Rick, a total ankle replacement surgery with Dr. Cush in October 2022 was the start of getting back to his life passions.

In total ankle replacement, the ankle joint is removed and replaced with an artificial implant made of metal and plastic.

"The goal is to provide pain relief while preserving ankle



motion, so the patient has less pain and better function during activity," said Dr. Cush. "I work with the patient to manage their expectations with the procedure. This is not a quick fix. It carries with it a 12-week recovery period that includes rehabilitation and the understanding that there will be some pain involved as the ankle joint heals."

"Dr. Cush and the team at Evangelical were excellent," said Rick. "I was in for surgery at 8 am and out by 3 or 4 pm that same day. From there, my work toward recovery began."

Rick started recovery with rest, keeping his ankle elevated, and using ice and medications for pain and swelling. He used a knee cart to assist in getting around and eventually moved to a walker and bearing weight on the ankle.

"Once I started physical therapy, the work began. I went three times a week to keep building strength and movement in my new ankle," said Rick.

For Rick and his girlfriend, Diane, when he is fully recovered, the plan is simple. "We are looking forward to traveling the United States and seeing some of the country together."

*Dr. Cush and the team at Evangelical were excellent.*

— RICK EINSIG, MILTON



For more information about foot and ankle care at SUN Orthopaedics of Evangelical, visit [www.EvanHospital.com/ortho](http://www.EvanHospital.com/ortho). To schedule an appointment, call **1-800-598-5096**.

# MyChart Becomes New Patient Portal

Manage your healthcare at your fingertips with anywhere, anytime access from any computer, smartphone, or tablet.



Sign up for your free MyChart account today by visiting:  
[www.EvanHospital.com/MyChart](http://www.EvanHospital.com/MyChart)



View Test Results



Send Messages to Your Providers



Request Prescription Renewals



View Upcoming Appointments



Link Multiple MyChart Accounts



Pay Bills



View Immunization Summary



Receive Paperless Statements



View Your Medical Record

## SWEET AND SIMPLE SPRING ASPARAGUS SALAD

### INGREDIENTS

- 2 cups mixed salad greens or baby spinach
- 1 pound of thin, fresh asparagus, trimmed and cut into 1-inch pieces
- 1 cup cherry tomatoes, halved
- ½ cup fresh basil leaves, large leaves torn
- 2 tbsp white wine vinegar
- 4 tsp olive oil
- 1 tsp honey
- ⅛ tsp salt
- ⅛ tsp black pepper
- 2 tbsp shredded Parmesan cheese
- 2 tbsp pine nuts or chopped walnuts, raw or toasted
- Optional Protein Additions: 1–2 chicken breasts, baked and sliced; 1 cup green peas or edamame

- 1 In a large bowl, combine the salad greens, asparagus, tomatoes, and basil.
- 2 For vinaigrette, in a small screw-top jar, combine vinegar, oil, honey, salt, and pepper. Cover and shake well.

- 3 Pour vinaigrette over greens mixture. Toss gently to coat. Sprinkle with cheese and nuts.
- 4 Enjoy!



### NUTRITION FACTS

**SERVING SIZE:** 1 ¼ cups

**PER SERVING:** 110 calories, 4 grams protein, 7 grams carbohydrate, 8 grams fat, 3 grams dietary fiber, 4 grams sugars

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



# Your Journey to Better Health Starts With a Good Map

Understanding your internal health can give you the map to good health. Community Health and Wellness offers monthly comprehensive blood screens to anyone who wants to learn more about how their body is functioning at a fundamental level.

The three tests in the comprehensive blood screen package are a lipid panel, a complete blood count, and a complete metabolic panel, but what exactly does that mean when it comes to understanding your health?

## LIPID PANEL

Assesses total cholesterol and triglycerides, HDL, and LDL in the blood. HDL is the good cholesterol that protects you against heart disease, while LDL is considered the bad cholesterol, the one that clogs arteries.

## METABOLIC PANEL

Measures the 12 separate but essential components in the blood. Checks glucose, electrolyte balance, kidney and liver function.

## COMPLETE BLOOD COUNT

Identifies if you have anemia, a normal number of platelets, which help the blood clot, or a high number of white bloods cells.

Comprehensive blood screen results are shared with you and the provider of your choice. If you do not have a provider, or if you don't want your provider to receive your results, the team at Evangelical Community Hospital has designated screening providers to help you understand the blood screen. The blood screen package is available for \$50 through Evangelical Community Health and Wellness, a savings of \$300-400 compared to the costs of some labs. At the blood screens, for an additional cost, participants can take advantage of other tests, such as for thyroid and vitamin D and B levels.



For more information about comprehensive blood screens, call Evangelical Community Health and Wellness at **570-768-3200** or visit [www.EvanHospital.com/calendar](http://www.EvanHospital.com/calendar).

# Honoring the

Evangelical Community Hospital recently held its inaugural Evangelical Honors the Community event to recognize the integral relationship between the Hospital and the community, and appreciate those individuals who strive to build a place where people want to live, work, and raise families.

A strong and vibrant community is built upon multiple pillars—basic services and infrastructure, economic development, business and nonprofit organizations, leadership and elected officials, healthcare, wellness and recreation, arts and culture, and education.

“As we begin our march toward our centennial anniversary in 2026, we felt it was vital to recognize and appreciate some of our most extraordinary community members, who have influenced one or more of the foundational community pillars through their own philanthropy, leadership, and service,” said Kendra Aucker, President and CEO, Evangelical Community Hospital. “We look forward to making this an annual tradition.”

James Apple, longtime Hospital Board member and community advocate, received the organization’s first Lifetime Achievement Award. In addition to Evangelical, Apple has been involved with the Boy Scouts of America Susquehanna Council, the Greater Susquehanna Valley YMCA Board of Directors, the Gettysburg College Board of Trustees, and Christ Evangelical Lutheran Church.

“Evangelical has been serving the community for 96 years, and Jim has served the Hospital for nearly two-thirds of the time it’s been in existence,” said Aucker. “Over that time, Jim has provided leadership to the Board and the future direction of the Hospital, as well as gifts that have supported both patients and the workforce.”



## AWARDS PRESENTED IN APPRECIATION OF PHILANTHROPY AND/OR LEADERSHIP TO THE HOSPITAL OR COMMUNITY

- **Lifetime Achievement Award** - James G. Apple
- **Philanthropist of the Year** - Gloria Faylor Karchner
- **Philanthropy Advocate of the Year** - W. Gale Reish, MD
- **Physician Philanthropist of the Year** - John P. Furia, MD
- **Business Philanthropist of the Year** - Silvertip, Inc.
- **Young Philanthropist of the Year** - Kylie Kuhns, Kelsey’s Dream
- **Community Service Award of the Year** - Emily Gorski, DIG Furniture Bank

## PRESIDENT’S AWARDS, PRESENTED AT THE DISCRETION OF THE HOSPITAL’S PRESIDENT AND CEO

- Robert Gronlund (*presented to wife, DeOnne Gronlund, in his memory*)
- Dale Miller
- Joseph McGranaghan
- U.S. Representative Fred Keller
- Milton Fire Department, Inc.

# Community



**NOW  
HIRING**



Did you know that Evangelical offers career opportunities for all types of skills and expertise?

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

Evangelical is highly recommended by patients and staff alike. If you have an interest in sharing your skills in a culture that prioritizes people and safe patient care, we invite you to speak to one of our hiring professionals. Some positions even offer the opportunity to learn and grow through further education.



**Hear more about working at Evangelical Community Hospital, and check out current openings.**

**"You can make a difference."**

**- Salone Duclos**

*Clinical Laboratory Technologist*

