

EVERY DAY

*Dual ACL surgeries
put a local couple
back in action*



THE FIRST AND ONLY
**DNV ORTHOPAEDIC
CENTER OF EXCELLENCE**
IN PENNSYLVANIA

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Excellence...it's what we strive for at our Hospital. Recently, we've hit this mark on many levels, including being named a CMS 5-Star Hospital for our patients and an award-winning employer for our staff, and now we get to add another honor to the list—DNV Healthcare Center for Orthopaedic Excellence.

Make no mistake, these marks aren't being achieved without the effort, hard work, and dedication of those who do their part in the big picture.

For the Center of Excellence designation, orthopaedic care on every level—from check-in to rehabilitation and everything in between—was evaluated under a microscope during a two-year process.

Over that time, providers and staff at SUN Orthopaedics of Evangelical, the Hospital's inpatient orthopaedic unit, and Physical Therapy of Evangelical produced results that were undeniably at high standards and met all the requirements



expected for high-quality patient care.

It's that approach to care that defines Evangelical—that pursuit of excellence in everything we do that sets us apart. We're beyond honored and excited to bring that kind of care to our community.”

Kendra A. Aucker
Kendra Aucker, President and CEO



One Hospital Drive, Lewisburg, PA 17837
570-522-2000 | www.EvanHospital.com



Pennsylvania has only one DNV Orthopaedic Center of Excellence: Us.

SUN ORTHOPAEDICS
OF EVANGELICAL™



When it comes to movement and mobility for the full enjoyment of life, choosing the right orthopaedic program and specialists for any nagging issues is essential. One factor in that decision-making is the reputation and credentials of the Hospital and associated practices of an orthopaedic program.

Evangelical Community Hospital has been designated an Orthopaedic Center of Excellence by DNV Healthcare USA Inc.—the only hospital in Pennsylvania to earn this recognition. The designation was made possible through the efforts of SUN Orthopaedics of Evangelical, the Hospital's inpatient orthopaedic teams, and Physical Therapy of Evangelical.

TIPS ON CHOOSING THE RIGHT ORTHOPAEDIC PROVIDER FOR YOUR CARE:

- Consider the availability and convenience of orthopaedic and therapy locations
- Talk directly to the surgeon who will oversee your care—make a consult appointment to meet and “interview” your providers
- Consider the experience of your surgeon; the more experience, the better the results
- Seek a surgeon who makes you comfortable and fulfills your information needs—communication is key for treatment and recovery
- Consider the quality of the Hospital associated with your surgeon
- Know what your insurance will cover for the provider you choose

Through a rigorous inspection process, DNV has certified that Evangelical has demonstrated leadership and safe delivery of care in the following areas:

- Advanced hip and knee replacement
- Advanced foot and ankle surgery
- Advanced shoulder surgery
- Advanced spine surgery

As a Center of Excellence, patients can be assured excellence in the provision of diagnostic services, surgical services, and therapies related to orthopaedic care. To become a Center of Excellence, programs must achieve advanced certification in at least three advanced orthopaedic programs. Advanced orthopaedics requirements are informed by the guidelines and recommendations of organizations such as the American Academy of Orthopaedic Surgeons, the American Association of Hip and Knee Surgeons, the ERAS® Society, the American Society of Anesthesiologists, and relevant requirements of the CMS Conditions of Participation for Hospitals.

Evangelical's experts are here and ready to assist in helping you address your orthopaedic needs. Let our experienced team of board-certified surgeons deliver your care in our Center of Excellence.

find your freedom >>>

Visit www.EvanHospital.com/ortho
or call us at 800-598-5096.

ACL SURG

Not your everyday



“Torres party of two,” is how Jonathan and Dani Torres, Lewisburg, affectionately refer to their experience at SUN Orthopaedics of Evangelical. In their mid-30s, married, and raising two young children, the couple found themselves both experiencing an anterior cruciate ligament (ACL) tear around the same time.

Jonathan reinjured his ACL during a pickup basketball game, and Dani twisted the wrong way while protecting the family dog, Luna, from another dog. Both turned to John Furia, MD, SUN Orthopaedics of Evangelical, for diagnosis and treatment.

One of the most common knee injuries is an ACL sprain or tear. From an anatomy view, there are three bones that meet to form the knee joint—the thighbone, the shinbone, and the kneecap. Bones are

connected to other bones by ligaments keeping the knee stable.

“The cruciate ligaments control the front and back motion of the knee,” said Dr. Furia. “The ACL runs diagonally in the middle of the knee and prevents the shin from sliding out in front of the thighbone and provides stability in the rotation of the knee.”

Dr. Furia said, “An ACL injury can happen easily, in athletes and non-athletes alike; it causes a great deal of discomfort and impacts the way we move in everyday life.”

For Jonathan and Dani, the plan to have a surgical repair very close to one another meant they were attending appointments often times together. They would need to work in tandem during the healing process, including taking care of their children, ages 3 and 6 at the time.

“Everyone from start to finish from SUN Orthopaedics of Evangelical staff to Hospital staff were incredibly kind and patient. We were treated so well.”

— DANI TORRES

EVERY

couple activity

Dani went first at the beginning of December 2022, with Jonathan following a week later. Jonathan knew what to expect from watching Dani's experience. Into the Hospital at 6:30 am to get ready for surgery and out by noon to go home and recover, the surgery was relatively quick. Within the first 2–3 months they both felt improvement and strength in the impacted knee.

"Everyone from start to finish from SUN Orthopaedics of Evangelical staff to Hospital staff were incredibly kind and patient. We were treated so well," said Dani. "And because we were a week apart, it was like everyone knew us and our story. The hardest part was adjusting to no stair use at home and caring for active children when both parents are recovering at the same time, but we had great support from each other, neighbors, and friends."

Both stayed on track with physical therapy post-procedure and were back to regular strength and activities within the projected six-month healing time.

Now, over a year out from surgery, both Dani and Jonathan are stronger and back to doing the things they love; being active with the kids, running, and walking Luna.

Torres party of two is back in action!



To hear other patient experiences at SUN Orthopaedics of Evangelical, visit

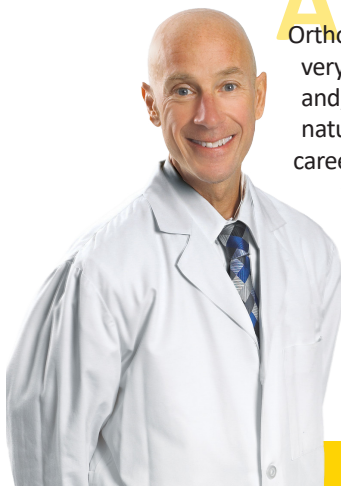
www.EvanHospital.com/Ortho

THE ACL CAN BE INJURED IN SEVERAL WAYS:

- Changing direction rapidly
- Stopping suddenly
- Slowing down while running
- Landing from a jump incorrectly
- Direct contact or collision, such as a football tackle



John Furia, MD | 28 Years of Practice



ABOUT ME

Orthopaedic surgery is very similar to athletics and, for me, was a natural fit for my career. I love that it is fast-paced, hands-on, and requires physical skills and good technique.

My wife and I grew up in the

city, so living in rural Pennsylvania was a big change. We now have all of the amenities of living in an urban area, yet on my bike I can be on beautiful country roads in minutes.

When I'm not working, I enjoy running marathons, cycling, and spending time with my wife.



EVANGELICAL DESIGNATED A "BIRTHING-FRIENDLY" HOSPITAL

Evangelical Community Hospital through The Family Place, its obstetrics unit, is among the dozens of Pennsylvania hospitals recognized with a new federal designation of "Birthing-Friendly" hospital. In 2023, the Biden administration launched the new hospital designation to recognize high-quality maternity care.

The designation identifies hospitals and health systems that participate in a statewide or national perinatal quality improvement collaborative program and that implement evidence-based care to improve maternal health.

According to Statista, in 2021 there were 185 Pennsylvania hospitals and 5,157 hospitals across the United States, both non-profit and private ownership. The new Birthing-Friendly designation was given to 71 Pennsylvania hospitals and 2,200 facilities in total.



Maternity care begins through OB/GYN of Evangelical.

KEEP YOUR HEART *in*

THERE IS HELP FOR ATRIAL FIBRILLATION

Atrial fibrillation (AFib) is an irregular and chaotic, often rapid, electrical rhythm in the heart.

It can present with a number of symptoms: palpitations, chest pain, dizziness, fatigue, lightheadedness, reduced ability to exercise, shortness of breath, and weakness. Unfortunately, some people with AFib don't notice any symptoms.

"Palpitations feel like a butterfly or fluttering in your chest, and if everybody had that, it would be great because you could come to a cardiologist and get it fixed," said Saquib Siddiqi, DO, MS, Cardiologist at the Heart and Vascular Center of Evangelical.

People with nonspecific symptoms, however, might simply feel tired, have a reduced ability to exercise, or feel a little weak or short of breath. They might blame this on not sleeping well, having a recent cold, or aging. Those symptoms are much more difficult to figure out but still should alert patients that something might be going on, especially if they are new symptoms.

Atrial fibrillation can be caused by a number of risk factors, some of which cannot be controlled, like a genetic predisposition, being over the age of 65,

or being born female.

Any activities that increase the likelihood of high pressure in the lungs can also cause atrial fibrillation, including smoking, sleep apnea, heavy alcohol use, being overweight, hypertension, and diabetes.

If someone is diagnosed with AFib, a cardiologist will look for risk factors that are reversible. Perhaps a sleep apnea test can be ordered, or the patient can cut down on alcohol use or smoking. Doing such things that are easily controlled may reduce AFib to the point where it's not going to cause problems, according to Dr. Siddiqi.

But what about people with genetic factors that can't be changed?

"For those patients, we go over what treatment options we have," Dr. Siddiqi said. "We have very, very good medicines out there now that have low side effect profiles."

Other options, like ablations, can either burn



Matters of the heart start with your primary care provider. Don't have a provider? Call Find a Provider at **877-989-EVAN (3826)**.

YOUR HEART

Rhythm

or freeze the extra electrical activity and potentially get rid of atrial fibrillation forever.

“Each treatment option is going to be different for each patient,” Dr. Siddiqi said. “Once we get to know you as a person, that’s how we come up with our treatment algorithm.”

“We can help atrial fibrillation, we can help prevent you from getting congestive heart failure, and we can help prevent you from getting strokes.”

– Saquib Siddiqi, DO, MS

Sometimes, out of fear, patients choose to ignore the symptoms, but Dr. Siddiqi assures them that cardiologists have a lot in their toolbox to fix most problems.

“We can help atrial fibrillation, we can help prevent you from getting congestive heart failure, and we can help prevent you from getting strokes.

So I don’t want you to get worried that you don’t want a diagnosis, but rather, if you get a diagnosis, you should be happy because, then, we can fix that,” he said.

Because AFib is so common, there is a misperception that it’s not dangerous. But people with undiagnosed atrial fibrillation are five times more likely to have a stroke.

“It’s pretty dangerous,” Dr. Siddiqi said. “If you have symptoms that are different for you, that are new for you, don’t ignore them. Seek out advice from a medical provider and see if it could be atrial fibrillation.”

FROM VEIN WOES

TO WOW!

Escape the pain and discomfort of varicose and spider veins. Factors such as prolonged standing, sitting, genetics, and pregnancy contribute to vein damage over time.

Vein screens can help identify potential vascular issues, preventing complications such as pain, swelling, and skin changes.

Our team of specialists examine varicose and spider veins, review treatment options, and provide a free trial treatment, if indicated, the same day as the screening or at a follow-up appointment.

Moreover, our expertise extends to guiding you through the health insurance process, leading to more coverage and fewer out-of-pocket costs. Take advantage of a vein screen for proactive care and long-term vein health.



For a list of upcoming **FREE** vein screens, visit www.EvanHospital.com/vein

Mifflinburg community *benefits from* Mobile Health of Evangelical

thanks to donor
Lance Miller

It's not just about philanthropy, Lance Miller stressed when talking about supporting Mobile Health of Evangelical visits in the Mifflinburg area. It's also good for business. Sponsorships of Evangelical events and programs are a great way for businesses to gain exposure while supporting the needs of the community.

One of three owners of Buffalo Valley Wealth Plus (BVWP) in Mifflinburg, Lance felt excited watching the Mobile Health bus roll into a very visible downtown parking lot and set up what amounts to a small resource fair, with Mobile Health staff providing medical screenings and care, Union-Snyder Community Action Agency's Food Hub providing healthy groceries and nutritional information, and BVWP offering optional financial advice.

On a personal level, with a background in capital markets and derivatives trading, one of Lance's passions is working on really hard problems and finding the biggest payoff for an investment. He enjoys the complexity, he said.

"Healthcare is an extremely challenging problem set, and in that regard, particularly in what Mobile Health is trying to do,

if you could make even a little bit of impact there, the potential long-term benefit—for the individual and for the community—is tremendous," he said.

He gave the example of someone regularly feeling too ill to go to work, which creates both a financial and health problem, possibly making them even less likely to seek medical care because of the cost involved. By bringing Mobile Health into town, that person is presented with an opportunity for free or low-cost health screenings, primary care, and specialty care that can help get them to their healthiest selves.

There is benefit for his business as well. "We do consulting with Medicare and the Affordable Care Act, so there is a pure business aspect whereby if BVWP shows up at an event and there are folks who are uninsured or underinsured, that's helpful to us commercially because we can help folks understand that they may have access to insurances they may not know are available."

Buffalo Valley Wealth Plus is now in its second season of sponsoring Mobile Health in the Mifflinburg area. Lance talked about the "gaps" that naturally exist between the outreach provided by individuals, churches, and other community organizations and what's needed by members of the community. By coming into local towns, Mobile Health fills some of those gaps, especially for individuals who face obstacles in transportation and cost of care.

In fiscal year 2023, as highlighted in the most recently





published Hospital annual report, Evangelical provided close to \$1 million of unreimbursed community health education programs and services, said Ryan McNally, Director of The Miller Center and Community Health Initiatives at Evangelical Community Hospital.

Evangelical is committed to providing community-based preventive healthcare services, even as the costs of fuel, labor, and supplies continue to rise, he said.

“Fortunately, support from donors like Lance help with offsetting some of these costs, which allows Evangelical to continue providing these services without passing off fees to the patients, which could deter them from participating,” Ryan said.

Lance plans to support future Mobile Health programs in his hometown.

“I’m hopeful that, by being a committed sponsor, it will continue to raise awareness,” he said. “Maybe other folks in the community who have capacity will say, ‘Hey that’s a great program. Let’s do that in our parking lot.’”

NEW Locations, SAME Great Care

Susquehanna Valley Mall

191 Roosevelt Ave.

The new home for SUN Orthopaedics of Evangelical–Selinsgrove and Selinsgrove Imaging Center is designed for optimized coordination and care between imaging and orthopaedic services.



Specialty Clinic – Williamsport

457 River Ave.

The Specialty Clinic offers general surgery consultations for patients as well as some vascular services provided by the staff of the Heart and Vascular Center of Evangelical.



Specialty Clinic – Selinsgrove

21 Susquehanna Valley Mall Dr.

OB/GYN of Evangelical’s team of physicians, physician assistants, and midwives provides a full range of women’s health services for patients of all ages at the Specialty Clinic located near Sheetz along Routes 11 and 15. The facility also houses Physical Therapy of Evangelical–Selinsgrove and the Evangelical Regional Mobile Medical Services Training Center.



To learn more and see upcoming Mobile Health of Evangelical offerings and stops, visit

www.EvanHospital.com/MobileHealth

A diabetic friendly diet

Healthy swaps increase fiber and decrease added sugar or saturated fat.

INSTEAD OF:

TRY THIS:

White pasta	Whole grain, lentil, or chickpea pasta
White bread	Whole grain bread or wrap, wheat berries, kamut, or other intact whole grains
White rice	Brown or wild rice, quinoa
Fruit juice or dried fruit	Fresh or frozen fruit, skins on for fiber
Dessert foods with added sugar	Fruit salad, unsweetened applesauce, or light yogurt
High fat meat, dairy products	Fish and seafood, lean meats, reduced fat cheese and milk, fat free yogurt
Butter, half & half	Olive oil, nuts, seeds, avocado
Sour cream	Fat free plain greek yogurt



Red Lentil Soup

with Lemon

4 servings

Why this recipe is healthy:

- Olive oil is an unsaturated fat, which is healthier than solid, saturated fat
- Onions and carrots are non-starchy vegetables, which make a meal more filling while low in calories
- Lentils are a high-in-fiber and plant-based protein
- Herbs and spices are a concentrated source of vitamins and antioxidants
- Adding acid from lemon juice lowers the glycemic index of a meal

Ingredients:

- 1 tablespoon olive oil
- 1 onion, chopped
- 1 potato, cubed
- 1 carrot, chopped
- 2 cloves garlic, minced
- 1 teaspoon ground coriander
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- 2 cups red lentils*, rinsed
- 6 cups vegetable broth, no added salt or low sodium
- ½ teaspoon grated lemon zest
- 1 tablespoon lemon juice
- ½ cup fresh cilantro or parsley, chopped

Directions:

- 1** Over medium heat in a soup pot, sauté the onion in olive oil until translucent.
- 2** Add the potato and carrot; sauté another 2 minutes.
- 3** Add the garlic, coriander, and cumin; sauté another 30 seconds to toast the spices.
- 4** Add the salt, red lentils, and broth; simmer 15-20 minutes, stirring occasionally, until the lentils are soft and starting to fall apart.
- 5** Turn off the heat and add the lemon zest and juice.
- 6** Either blend the soup until creamy or leave it as is.
- 7** Serve topped with cilantro or parsley.

**Red lentils are much smaller and faster cooking than brown or green lentils; look for them with legumes, health foods, or international foods. Substituting brown or green lentils would require a longer cooking time and 1-2 cups more broth.*



Don't just work. Belong to a mission that's bigger than you.

You have skills, drive, and love helping people. There are lots of jobs out there. So why work here? You belong here. You'll be welcomed and appreciated. You'll be part of something bigger than yourself by helping to care for your fellow neighbors. Plus, we offer competitive compensation and advancement at one of the region's most stable, reputable employers. It's the one place where working feels like belonging.

www.EvanHospital.com/careers

