

# To Your Health

SUMMER 2006

A PUBLICATION OF JENNERVILLE REGIONAL HOSPITAL

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JENNERVILLE  
REGIONAL HOSPITAL



# You've found a breast lump: Now what?

If the thought of finding a lump in your breast scares you, you're not alone. After all, many of us know someone who has had breast cancer. But some of us are so frightened that we avoid getting mammograms—the very habit that could save our lives if breast cancer develops. If you're in that group, you'll be glad to hear that four in five breast lumps turn out to be noncancerous. Here's a description of some common breast conditions:

**Fibroadenoma:** a smooth, solid, round painless lump that moves easily and can feel like a marble. Occurs most often in African-American women and women under age 30.

**Fibrocystic breast changes:** solid or fluid-filled lumps that

increase in size and tenderness five to seven days before each menstrual period.

**Cyst:** a smooth, fluid-filled lump often sensitive to the touch before the menstrual period. Typically appears in women between ages 35 and 50.

**Lipoma:** a soft and slow-growing painless lump that moves freely.

**Intraductal papilloma:** a small, wartlike growth near the nipple that may cause bleeding from the nipple. Occurs most often in women in their 40s.

**Mammary duct ectasia:** a thick, sticky, gray to green discharge from the nipple.

**Mastitis:** a warm, tender, lumpy area on the breast that appears red. Most often affects breast-feeding women.

**Traumatic fat necrosis:** painless, round, firm lumps that can result from a bruise or a blow to the breast. Occurs in older women and women with large breasts.

## WHAT HAPPENS IF YOU FIND A LUMP?

If you find a lump, see your healthcare provider. He or she will do a clinical breast exam and may recommend one or more of the following tests and procedures:

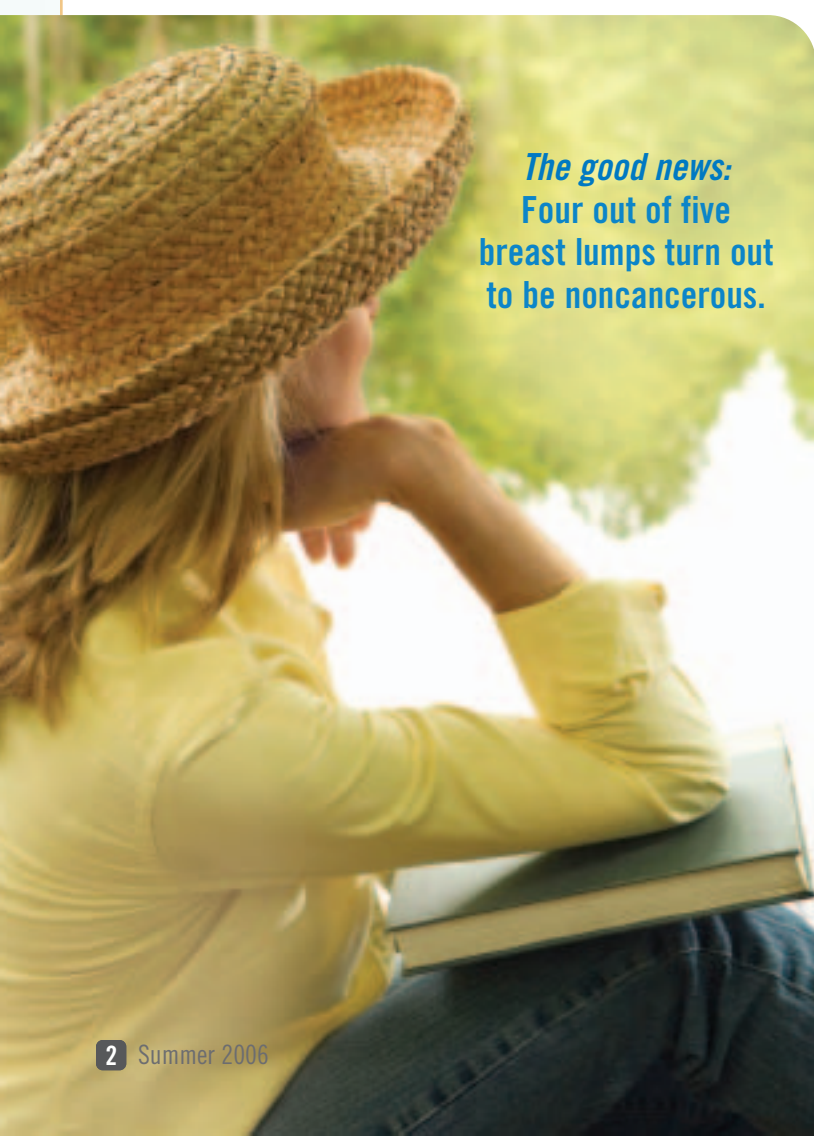
**Mammography,** or breast X-ray, may be recommended to determine the lump's size and location.

**Ultrasound** examination can determine whether the lump is a fluid-filled cyst or a solid mass.

**Fine-needle aspiration** is an in-office procedure. Fluid is drawn out of the lump with a thin needle. If the fluid is clear and the cyst disappears, you won't need a biopsy. If the fluid is bloody or the mass is solid, your doctor probably will recommend biopsy.

**Stereotactic biopsy** removes a small tissue sample with a thin needle for analysis. Computerized imaging guides the needle with pinpoint accuracy to the exact location to be sampled.

**Surgical biopsy** usually is performed on an outpatient basis. Normally, the surgeon removes the whole lump, but in certain cases he or she will remove only part of it. The tissue is sent to a lab where a pathologist will examine it for cancerous cells.



*The good news:*  
Four out of five  
breast lumps turn out  
to be noncancerous.



## IF PREVENTION DOESN'T WORK

Both a cold and the flu typically involve a runny nose, sneezing, sore throat, cough and fatigue, but only flu characteristically features headache, high fever and that all-over-achy feeling.

Some people are at higher risk for complications from the flu than others and should get prompt medical care instead of trying to self-treat. These include:

- people over age 65
- children and adults with a chronic health condition, such as asthma or diabetes, or a weakened immune system
- pregnant women
- infants and young children
- anyone who lives with children or others at high risk
- healthcare workers and caregivers who are in contact with children or others at high risk

Prescription antiviral medications such as oseltamivir (brand name: Tamiflu) can help shorten the duration of the flu and prevent you from getting sicker if taken within the first 48 hours of symptoms.

If symptoms suddenly worsen, linger more than a week and are accompanied by a dry, hacking cough, the flu might have developed into viral pneumonia. Thick, rust-colored mucus along with a cough may signal bacterial pneumonia. Both types of pneumonia require medical attention.

# Easing the sneezing

## Surviving cold and flu season

**A**utumn is almost upon us. Soon it will be time to rake the leaves, pull out the sweaters and pray the kids don't catch something at school that knocks the whole family out of commission for a week.

But with a few simple precautions, parents and children can keep colds and flu away—or at least from spreading. Here are some basic tips to avoid getting sick, whether you're 2 years old or 90:

- Wash your hands several times a day with soap and water—and even more frequently if you're around anyone with a cold.
- Keep your hands away from your eyes, nose and mouth.
- Cover your mouth and nose with a disposable tissue when you sneeze or cough. Then wash your hands.
- Protect and strengthen your immune system by getting enough rest, exercising regularly and eating a healthy diet that includes lots of fruits and vegetables.
- Don't share eating utensils or drinking glasses.
- Avoid crowds of people where germs may spread.
- Most important: Keep annual flu vaccinations up to date.

## Call your pediatrician or primary care provider if ...

Your sick child has any of these symptoms:

- labored breathing, often signaled by the abdomen rising and falling dramatically
- a fever of approximately 102° F that acetaminophen (brand name: Tylenol) can't control or that's present for more than three days
- inconsolable crying or irritability
- blood in vomit or stool
- recurring vomiting or loose stools
- greatly diminished food or fluid intake
- pulling or tugging at the ears, which may indicate an ear infection





# Become a nurse!

## Enroll in our new training program

**H**ave you always dreamed of being a nurse? Have you tried to enroll in nursing school only to find out the waiting list is too long? Are you a licensed practical nurse who would like to become a registered nurse? If you answered yes to any of these questions then you'll be pleased to know that Jennersville Regional Hospital (JRH) is now a clinical education site for a convenient nursing program that can help make your dream a reality.

In partnership with the Southside Regional Medical Center (SRMC) School of Nursing in Petersburg, Va., JRH offers aspiring nurses a nearby location to complete the clinical education component of the two-year program. Enrolled students work on the academic portion of the curriculum online at a time that's convenient for them.

"We're pleased to be part of such an innovative nursing program and a reputable school," says Sheila Bryson-Eckroade, R.N., JRH's chief nursing officer. "In addition to providing our community with an excellent educational opportunity close to home, the flexibility of this program is ideal for many of today's students who are often trying to balance school and a job or family responsibilities."

Founded in 1895, the SRMC School of Nursing is known for requiring 1,080 hours of hands-on clinical training that takes place at scheduled times, under the supervision of SRMC faculty. These extensive clinical hours result in well-educated graduates who are ready to practice.

"This program is another opportunity provided by JRH to encourage individuals to enter the nursing profession," says Bryson-Eckroade. "Well-trained nurses are in high demand because the average age of practicing nurses is increasing, as well as to meet the increasing needs of the aging baby boomer generation."

The SRMC School of Nursing is accredited by the National League for Nursing Accreditation Commission and approved by the Virginia Board of Nursing. Interested applicants must complete prerequisite coursework prior to entering the program. Applicants who haven't completed the prerequisites may do so at their local community college or through online instruction. Licensed practical nurses with at least one year of clinical practice may qualify for advanced placement.

### For more information

**C**lasses are now forming for January and May 2007 semesters! To learn more about the Southside Regional Medical Center School of Nursing, visit [www.srmcnursing.org](http://www.srmcnursing.org). For more information about the program and to inquire if financial aid and scholarships are available, call (610) 869-1121.



Daryll Ann Heisler, R.N.

## Meet our Patient Choice Award winner

**L**ong time employee Daryll Ann Heisler, R.N., was awarded the 2006 Patient Choice Award.

Daryll was nominated by several of her patients for the compassionate and skillful care she provides in the

Hospital's Outpatient Infusion Suite. Daryll's patients note her warm smile, sincerity and gentleness as some of her outstanding qualities. Daryll started her Jennersville Regional Hospital nursing career in the Emergency Department in 1984 and joined the Infusion Suite in 2002.

# JRH volunteers

## They're a work of heart!

**T**hey transport patients, help with clerical work, run errands ... you name it, Jennersville Regional Hospital volunteers are willing to do it. To express appreciation for all that they do, the hospital administration hosted a luncheon to honor these faithful individuals. More than 35 volunteers were honored for their hours of service to the hospital and two volunteers, Anya Bowden and Vince Pucher, received special awards for their significant contribution of time and service.



Volunteer Anya Bowden (seated) received the Walter Goss Award from Robin Brooks (standing), administration.



Volunteer Vince Pucher (left) was named Volunteer of the Year. He was given the baton from last year's recipient Jack Houston (right).

## MEET OUR NEW DOCTORS

The experienced, dedicated physicians of Jennersville Regional Hospital (JRH) can help with your family's medical needs. With a host of family practitioners and specialists to choose from—many of whom have offices on the hospital's campus in West Grove—a JRH physician is convenient to just about anywhere in southern Chester County.



**WILLIAM FETCHIK, D.O.**  
Family Practitioner

William Fetchik, D.O., graduated from the College of Osteopathic Medicine and Surgery in Des Moines, Iowa. He completed an internship/residency at Lancaster Osteopathic Hospital in Lancaster, Pa. A practitioner with more than 22 years of experience, Dr. Fetchik's office is located in Quarryville, Pa.



**NADEEM PAROYA, M.D.**  
Family Practitioner

Nadeem Paroya, M.D., received his medical degree from Ross University School of Medicine in Edison, N.J. He completed a surgical internship and family practice residency at Stamford Hospital in Stamford, Conn. Dr. Paroya's office is located in Parkesburg, Pa.



**SEBASTIAN POPESCU, M.D.**  
Family Practitioner

Sebastian Popescu, M.D., completed his medical degree and internship at University of Craiova School of Medicine in Romania. He completed a residency in family practice at St. Francis Hospital in Wilmington, Del., and has a practice in Avondale, Pa.



**SHERICE YOUNG, M.D.**  
Obstetrician/Gynecologist

Sherice Young, M.D., received her medical degree from Howard University College of Medicine in Washington, D.C. She completed her internship and residency in obstetrics and gynecology at Howard University Hospital. Dr. Young previously served as an Ob/Gyn at Sheppard Air Force Base in Texas. She is board eligible in obstetrics/gynecology and is part of the Women's Center Ob/Gyn, a private practice located in West Grove.

For a copy of our Physician Directory call  
(610) 869-1223 or e-mail [teresa\\_rougeaux@chs.net](mailto:teresa_rougeaux@chs.net).

## HEALTHWISE QUIZ

### How much do you know about Alzheimer's disease?

Take this quiz to find out.

**1** Which example of memory loss may be a sign of Alzheimer's disease?

- a. forgetting where your keys are
- b. forgetting what month and year it is
- c. forgetting the name of a person you just met
- d. forgetting to return a phone call

**2** British researchers have recently learned that drinking this beverage can inhibit enzymes associated with the development of Alzheimer's:

- a. orange juice
- b. coffee
- c. tea
- d. white wine

**3** All the following may be early warning signs of Alzheimer's *except*:

- a. speaking in jumbled sentences
- b. getting lost in familiar areas
- c. having rapid mood swings for no apparent reason
- d. losing sense of balance or experiencing vertigo

**4** Which health condition is suspected of increasing the risk of Alzheimer's?

- a. yo-yo dieting
- b. high blood pressure
- c. asthma
- d. low bone density

**5** Which is the most misdiagnosed mental disorder in older adults?

- a. Alzheimer's disease
- b. depression
- c. anxiety attacks
- d. insomnia

ANSWERS: 1. B, 2. C, 3. D, 4. B, 5. A

## NUMBER CRUNCHING

### Managing high cholesterol



**T**he bad news: High cholesterol plays a key role in whether you develop heart disease or suffer a heart attack or stroke. Excess cholesterol, a waxy, fatlike substance in your blood, builds up on artery walls, reducing blood flow. The good news: You can do something about it.

Many factors contribute to high cholesterol. While you can't change your genes, age or gender—which all affect cholesterol—you can take the following steps to improve your cholesterol levels and your health.

To lower your LDL, or bad, cholesterol and raise your HDL, or good, cholesterol:

- **Eat smart.** Saturated fat and trans fats raise LDL cholesterol levels. Instead, use polyunsaturated or mono-unsaturated fats like olive, safflower, sesame, soybean, canola and peanut oils. Eat no more than six ounces of lean meat, fish or skinless poultry a day. Choose plenty of fruits, vegetables and whole-grain foods. Switch to fat-free or low-fat dairy products and increase soluble fiber found in foods like oats, beans and citrus fruits.
- **Get regular exercise**—at least 30 to 60 minutes of physical activity a day.
- **If you smoke, quit.** Smoking lowers HDL cholesterol and increases the blood's tendency to clot.
- **Consider medication.** If lifestyle changes aren't enough, your healthcare provider may prescribe cholesterol-lowering drugs.

### Leveling off your numbers

**A**im for these desired cholesterol levels. If you already have heart disease or other risk factors, your doctor may set different goals for you.

Total cholesterol      less than 200 mg/dL

HDL cholesterol      greater than 50 mg/dL

LDL cholesterol      less than 100 mg/dL

Triglycerides      less than 150 mg/dL

# Bad breaks

## First aid for broken bones

If your child were to take a spill from a bike or your best friend turned an ankle while stepping off the curb and you suspected a bone is broken, would you know what to do? Try taking these actions:

- **Determine whether you need emergency help.** All fractures will need medical attention, but call for emergency help if the injury involves the head, neck, back, pelvis or upper leg; there's heavy bleeding; bone has pierced the skin; or a toe or finger on the injured arm or leg is numb or blue at the tip. Also, call for help if you can't transport the injured person by car because he or she can't sit upright or use safety or seat belts.
- **Remove clothing from the injured part.** Use scissors to cut clothing away; don't try to pull the limb out of clothes.
- **Stop any bleeding.** Use a sterile bandage or clean cloth



and apply constant pressure to the wound. Have the person lie down and don't wash the wound or poke the bone back into the skin.

- **Make a splint.** Keep the limb in the position you find it. Place soft padding around the injury with something firm (like a board or rolled-up newspaper) next to it, using first-aid tape. Make sure the splint extends past the joints above and below the injury.
- **Apply cold packs.** Wrap ice in a towel and place it on the injured area to control swelling and pain until help arrives.

### In case of emergency ... We're here for you

**T**here's no telling when an accident or a sudden illness will occur. But when it does happen, turn to us, the clear choice for emergency assistance. Our emergency department provides patients with fast, dedicated and compassionate care. What's more, our ER is backed and supported by an entire hospital dedicated to helping you get well.

**In an emergency, every second counts. Call us for emergency help anytime you suspect someone needs urgent care.**



# The whole-grain truth

## Think outside the breadbox to include more healthy foods in your diet

**G**rains like wheat, rice, oats and corn are a staple in the American diet and for much of the world. Whole grains

and foods made from whole grains are an important source of fiber, vitamins, minerals and other nutrients. When refined grains like white flour and white rice are processed, much of the fiber and nutrients are lost.

Eating more whole grains can help you lower cholesterol and control your weight, reducing risk of heart disease, stroke, diabetes, gastrointestinal problems and cancer. Aim to eat at least three servings of whole grains each day. The earthy, nutty flavors and chewy textures are a great way to add a new dimension to your menu. Whole-grain breads, cereals, tortillas and crackers are just the beginning. Explore a variety of whole grains like barley, groats, wheat berries, buckwheat, triticale, bulgur, millet and quinoa.

### HOP ABOARD THE GRAIN TRAIN

Upping your intake of whole grains is easier than you think. Try making some of these simple diet switches:

- Start your day with a bowl of bran flakes, shredded wheat or oatmeal.
- Buy whole-grain breads, bagels, rolls, tortillas, muffins, waffles and pancakes.
- Substitute rolled oats or crushed bran flakes for bread crumbs in recipes.
- Switch to whole-wheat pasta.
- Bypass the potatoes and try bulgur, barley, quinoa or brown or wild rice.
- Snack on un buttered popcorn or whole-wheat crackers or pretzels.
- Substitute barley or brown or wild rice for pasta or noodles in soups, stews, casseroles and salads.
- Use whole-wheat pastry flour in place of much of the all-purpose flour in recipes.



# Fall Happenings

JENNERVILLE REGIONAL HOSPITAL

## FREE CANCER SCREENINGS

Appointments are required and can be arranged by calling (610) 869-1396.

### Prostate cancer

Michael Chiusano, D.O., board-certified urologist, will offer free prostate cancer screenings.

**When:** Thursday, Sept. 21, 4 to 6 p.m.

### Oral cancer

Michael Ward, M.D., board-certified otolaryngologist, will offer painless, free oral cancer screenings of the mouth and neck.

**When:** Wednesday, Oct. 18, 4:30 to 6 p.m.

### Breast cancer

Along with the Linda Creed Breast Cancer Foundation, the Jennersville Regional Cancer Program offers free mammograms and clinical breast exams for women with inadequate or no health insurance.

**When:** Wednesday, Oct. 18, 4 to 6:30 p.m.

## 55 ALIVE DRIVER SAFETY COURSE

This two-part driver safety course for those ages 55 and older is sponsored by the hospital's Emergency Department.

Pre-registration is required. Course fee: \$10 per person.

**When:** Saturdays, Oct. 14 and 21, 9 a.m. to 1 p.m.

**Call:** (610) 869-1324

## PENN TOWNSHIP DAY

Jennersville Regional Hospital (JRH) will participate in Penn Township's Annual Community Day. The fair includes food, activities for children, musical entertainment and much more. JRH staff and health professionals will be on hand

providing a wealth of health information, free screenings and information about hospital programs and services.

**When:** Saturday, Sept. 30, 11 a.m. to 5 p.m.

**Rain date:** Sunday, Oct. 1

**Where:** Penn Township Park, next to the hospital

## SUPPORT GROUPS

### Adult Bereavement

**When:** Second and fourth Tuesdays of the month, 6:30 to 8 p.m.

**Call:** (610) 998-1700

### Breast Cancer

**When:** Fourth Tuesday of the month, 6:30 to 8 p.m.

**Call:** (610) 869-1396

### Cancer

**When:** Second Monday of the month, 6 to 8 p.m.

**Call:** (610) 869-1396

Unless otherwise noted, all programs are held at Jennersville Regional Hospital, 1015 West Baltimore Pike, West Grove, Pa.



70JRH



Jennersville Regional Hospital  
1015 W. Baltimore Pike  
West Grove, PA 19390

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# To Your Health

*To Your Health* is published as a community service of Jennersville Regional Hospital. There is no fee to subscribe.

The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your healthcare provider.

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