

To Your Health

WINTER 2007

A PUBLICATION OF JENNERVILLE
REGIONAL HOSPITAL

**Preparing for
outpatient surgery**

**7 steps to a
healthier you**

**Make your varicose
veins vanish**

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newest doctors**

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employees**

JENNERVILLE
REGIONAL HOSPITAL



Preparing for outpatient surgery

Thanks to the miracle of science, surgeries that once required a hospital stay can now be done on an outpatient basis. That's good news for those who recover better in the comfort of home, but it also means that any necessary arrangements must be made before the surgery date. If you or a loved one is facing outpatient surgery, try the suggestions below to help make the experience as smooth as possible.

PLAN AHEAD

As surgery day draws closer, you'll find it helpful to have certain things taken care of. Once you know your surgery date and time, ask yourself these questions:

- **Do I need to make any changes in my house's setup?** You may have to set up a temporary bedroom on the first floor if you think you'll have difficulty climbing stairs, for instance.
- **Do I have enough food in the house?** Stock up on meals in the freezer (either homemade or store-bought) so you

won't have to worry about food preparation. Ask your doctor about dietary restrictions or recommendations.

- **Will I need help in the house?** Plan to have a friend or a family member drive you home from the hospital. It's also a good idea to have someone stay with you during the first 24 hours. After that, schedule your visitors. They'll brighten your mood but may also cut into your resting time. Be sure to limit visits based on how you feel.
- **Is there anyone I'm responsible for?** If you have baby-sitting or caretaking responsibilities, remember to make other arrangements for your recovery period.

THE DAY BEFORE

Your doctor will probably instruct you not to eat or drink within eight hours of surgery. Ask your doctor whether you should abstain from taking medication or bring a day's dosage with you to the hospital.

If you're recovering from or coming down with a cold, tell your doctor. Your surgery may be postponed until you feel healthy.

Because skin-tone changes can sometimes be a sign of postsurgery problems, don't wear any makeup the day of surgery, including eye makeup and nail polish. Also, plan to wear loose clothing to the hospital.

AFTER SURGERY

Tell your healthcare team about any discomfort, irritation or pain you feel. How long you stay at the hospital will depend on your ability to drink fluids, walk and urinate. The amount of pain you're in will also affect your discharge. Before you leave, get a written list of postoperative instructions, symptoms to monitor and in-case-of-emergency phone numbers.





A strong, stable core helps reduce your risk of injury and prevent back pain.

At the core of fitness

postures that focus on building flexibility, balance and strength.

- **Tai chi.** This Chinese ritual involves precise, relaxed exercises to increase both agility and balance.

- **Pilates.** It's the latest craze, involving the use of certain exercises to create longer and stronger muscles without the bulk.

- **Weight training.** Focus on exercises that target your core muscles. Start light and increase the intensity of your workout over time. You may want to consult with a personal trainer to develop a program tailored to your needs.

- **Stability ball.** Sometimes

Head of core conditioning? It's the "apple-a-day" way for you to ensure that your body stays strong and steady. Simply put, core conditioning is a series of exercises that target your core—the body's center of power that starts just below your shoulders and ends just below your hips. You work out to gain strength in the muscles that control your trunk and spine while improving balance, agility and flexibility. Adding core strength helps you perform daily functions like lifting grocery bags, playing with your kids and getting in and out of your car. A strong, stable core also helps reduce your risk of injury and prevent back pain.

Try these exercises to build the back, abdominal, thigh and buttock muscles associated with a strong core. Check with your physician first to be sure you're starting at a fitness level that's right for you.

- **Yoga.** This ancient practice involves stretching and holding

called a Swiss ball or a resist-a-ball, this large, rubber exercise ball is one of the best ways to actively target and stabilize your core. Start with the ball slightly deflated or secure it against a wall until you're ready to add more challenge to your balance. Choose a ball that comes with a video of basic exercises.

- **BOSU ball.** Shaped like a stability ball cut in half—flat on one side, domed on the other—the BOSU ball is designed to activate and strengthen your core as you perform exercises on it. Many gyms offer BOSU ball classes, and you can also buy video and DVD workouts to use with the BOSU at home.

- **Stability equipment.** Other light equipment ranging from foam rollers, balance pads and discs and mini-trampolines (ideal for beginners) to balance and wobble boards (for the more advanced) can help you improve core strength and stability.

Celebrations, both big and small



Sheila Bryson-Eckroade, R.N.
Chief Nursing Officer

As most of us will attest, it's important to take time to celebrate successes, both big and small. From the achievements of a colleague's son or daughter to special anniversaries to miraculous advancements in medical science, it's all worth recognizing.

One significant achievement we've been celebrating is the recent designation bestowed on our Cancer Program. Like other community hospitals, Jennersville Regional Hospital undergoes an intense on-site inspection

of all aspects of our Cancer Program by the prestigious American College of Surgeons' Commission on Cancer. We opt to go through this time-intensive review as a way of letting our community know that the quality of care we provide in our Cancer Program is up to standard.

The review itself is not necessarily cause for celebration. What's worth noting is that the Cancer Program was granted Approval with Commendation, and is now eligible to receive the Commission's

Outstanding Achievement Award, the highest achievement a facility can receive! While I typically dislike quoting statistics, I need to share a few to help you understand the value of this feather in our cap. According to the Commission, only 25 percent of the country's approximately 5,000 general medical/surgical hospitals have cancer programs approved by the Commission. In Pennsylvania, only four* of the 74 approved programs have reached this pinnacle—and our Program is the only one to receive this honor in Chester County.

You may be wondering how this was achieved by one of the smallest hospitals in the region. The answer is hard work and the faithful dedication of a professional medical team united with one common goal—providing Jennersville Regional Hospital patients with quality cancer care. Congratulations to all members of our team!

SHEILA BRYSON-ECKROADE, R.N.
Chief Nursing Officer
Jennersville Regional Hospital

*During 2004 and 2005, the latest data available.

INTRODUCING OUR NEWEST DOCTORS

ELLIOTT H. LEITMAN, M.D. Orthopedic Surgeon

Dr. Leitman graduated from Boston University School of Medicine. He completed an internship and residency at Albert Einstein Medical Center in Philadelphia and a fellowship in sports medicine and joint replacement at Graduate Hospital in Philadelphia. Dr. Leitman is board certified in orthopedics and has been in private practice since 1998.

KATHIR SUPPIAH, M.D. Hematologist/Oncologist

Dr. Suppiah graduated from Ross University School of Medicine in Dominica, West Indies. He completed a residency in internal medicine and a fellowship in hematology/oncology at Maimonides Medical Center in Brooklyn, N.Y. He's board certified in internal medicine and has joined Drs. Martha Hosford, Jamil Khatria, Barbara Neilan and Timothy Wozniak in private practice.

For a copy of our Physician Directory, call (610) 869-1223.

The intricacies of our circulatory system aren't something most of us think about. But when the system malfunctions and varicose veins appear, the painful swelling, aching or throbbing can command our attention. Under normal circumstances, valves in the veins open to allow blood to flow toward the heart and close to keep blood from flowing back down. Sometimes, though, valves in the legs fail to seal properly, and blood leaks down into the vein and pools behind the valves, causing varicose veins. Patients who experience severe symptoms as a result of varicose veins are finding relief in a procedure called Closure[®], a less-invasive technique than vein-stripping surgery, the former standard of care.

"Vein stripping is not a pleasant experience," says general and vascular surgeon Michael Stewart, M.D. "It's uncomfortable and often requires weeks of recovery." In vein-stripping surgery, a thin, wirelike instrument is inserted into an incision and the problematic vein is "stripped" from the inside, forcing blood into healthy veins. Following the procedure, patients often experience bruising and swelling and sometimes suffer injury to nearby nerves.

CLOSURE: WHERE LESS IS MORE

As with much of today's medicine, newer techniques offer treatments that require less recovery, less risk and less pain. The Closure procedure, introduced about five years ago, is no different. The procedure is performed with novocaine and sedation on an outpatient basis. Most patients report minimal pain and go back to work quickly.

"With the use of ultrasound, I insert a wire into the vein and essentially destroy it with heat," explains Dr. Stewart. "There are no wounds to heal, there is less bruising than with stripping and there is a short recovery period—patients are up and about the next day."



Make your varicose veins vanish

Larger veins that are deeper in the leg are left behind and easily manage the job of returning the blood to the heart. Following the procedure, patients are typically encouraged to walk but must refrain from extended standing or strenuous activities for a short period of time.

Help for painful veins



Michael Stewart, M.D.
General and Vascular
Surgeon

Are your legs swollen, heavy or fatigued? Do you avoid wearing shorts or a swimsuit? Then join us for Dinner with the Doctor on Wednesday, March 14 at 6 p.m., featuring an informative lecture by general/vascular surgeon Michael Stewart, M.D.,

about the Closure treatment for varicose veins. The dinner takes place at the Learning Center at Jennersville Regional Hospital. Registration is required by Friday, March 9. To register, call (610) 869-1223.

HEALTHWISE QUIZ

How much do you know about **menopause**?

Take this quiz to find out.

1 The average age when women in the United States reach menopause is:

- a. 51
- b. 55
- c. 48
- d. 64

2 The single biggest risk factor for osteoporosis, or brittle bone disease, is menopause. All of the following are signs that you may have osteoporosis except which one?

- a. height loss
- b. tooth loss
- c. joint pain
- d. backaches

3 One of the few reasons you should consider using hormone therapy is to:

- a. prevent ovarian cancer
- b. relieve severe menopausal symptoms such as hot flashes
- c. protect against heart disease
- d. lower your risk of breast cancer

4 The transitional period of two to 10 years before menopause, characterized by hormone fluctuations that can cause menopausal symptoms, is called:

- a. premature menopause
- b. premenopause
- c. perimenopause
- d. postmenopause

5 Of the following remedies, which is the only one approved by the U.S. Food and Drug Administration to relieve hot flashes?

- a. soy
- b. black cohosh
- c. phytoestrogens
- d. hormone therapy

Take control!

7 steps to healthy blood pressure and cholesterol

Heat disease and stroke kill millions of Americans each year. Unless you take steps to control your blood pressure and cholesterol levels, you may be at risk for these diseases. Get on the road to better health today with these seven simple steps:

- 1 Take a walk.** Exercise helps control your blood pressure and improves your cholesterol. Choose activities you enjoy and strive for at least 30 minutes of moderate-intensity physical activity on most days of the week.
- 2 Manage your weight.** Reducing your weight by just 10 pounds may help lower your blood pressure and reduce bad cholesterol. Since dropping pounds may be easier when working with a group, ask your healthcare provider to refer you to experts, groups or classes that can help.
- 3 Toss the cigarettes.** Smoking causes blood vessels to narrow and blood pressure to rise. It also makes it easier for cholesterol-rich plaque to stick to artery walls. A smoking cessation class can offer extra support.
- 4 Eat well.** Enjoy vegetables, fruits, whole grains, beans and legumes, along with moderate amounts of lean protein and healthy fats like those in salmon and olive oil. Avoid foods high in saturated fat, cholesterol, sodium, sugar and trans fatty acids.
- 5 Try soy.** A recent study shows that two servings a day of uncooked soy protein—found in tofu, soy milk or soy powder—lowers cholesterol levels by as much as 9 percent.
- 6 Limit your liquor.** Women should consume no more than one drink a day and men no more than two drinks a day.
- 7 Get screened.** Routinely checking your blood pressure and cholesterol levels keeps you on top of your cardiovascular disease risks. If your blood pressure's high, ask your doctor about buying a blood pressure monitor for home use.





First-aid foresight

Would you know what to do?

Sooner or later, we all face a medical problem that calls for immediate first aid and clear thinking. Knowing what to do next is a health skill everyone needs.

Bleeding. Apply pressure to the wound with a thick, clean cloth and raise the wound above the heart. If bleeding is severe or isn't controlled in five minutes or if the wound is very dirty, longer than an inch or gaping, get immediate medical care.

Puncture wounds. Don't self-treat deep puncture wounds since they can result in deep-tissue injury or infection.

Burns. Run cool water over minor burns, immerse in cold water or wrap the burned area in a cold, wet cloth for about 10 minutes or until pain subsides. Apply an antibiotic ointment and cover with a bandage. Call your doctor if blisters form.

Poisoning. Before doing anything, call the National Poison Control Hotline at 1-800-222-1222. Induce vomiting only if instructed.

Shock. Shock may cause cold, clammy skin; weakness; confusion; a rapid heartbeat; or deep, shallow or irregular breathing. Keep the victim warm and lying down on his or her back until help arrives. Don't give the victim anything to drink.

Electrical injuries. Do not touch someone who has just been electrocuted—the current may pass through you. While waiting for help to arrive, try to turn off the source of electricity.

Sprains and strains. To treat sprains and strains, follow the RICE method: rest, ice, compression and elevation. Apply ice packs or cold-water compresses to relieve swelling. Wrap the injury in an elastic bandage and keep it elevated above the heart.

Broken bones. Quickly call for emergency assistance. It's best not to move the person or attempt to straighten a broken bone.

Dine the Greek way

Although many of their meals consist of 40 percent fat, residents of the Greek isle of Crete who eat a traditional diet live longer than most other ethnic groups. In fact, Greeks who haven't succumbed to Western-style meals are 20 percent less likely to die of coronary artery disease and about 30 percent less likely to die of cancer than Americans are.

These stats make nutritionists take note, and what they've found is that the traditional Greek diet is one of the healthiest eating styles you can choose. The diet focuses on:

- vegetables, fruits, fish, grains, beans, nuts and legumes like chickpeas
- olive oil as the sole source of added fat
- only a few weekly servings of poultry, eggs and sweets
- daily, small to moderate amounts of cheese and yogurt
- red meats saved for special occasions only

What's more, the Greek diet is tasty—a sign that you don't have to give up good food to stay healthy.

BEWARE OF TROJAN HORSES

But be cautious: Some Greek foods found in the United States don't fit the heart-healthy profile of traditional



Greek cuisine. The nonprofit Center for Science in the Public Interest analyzed typical restaurant-size portions of some popular Greek meals. What they found could stop your heart. For example, spanakopita (spinach pie in phyllo dough) has 410 calories and 24 grams of fat, beef or lamb gyro (sandwich) has 760 calories and 20 grams of fat and moussaka (a meat and eggplant casserole) has 830 calories and 48 grams of fat!

MEET OUR HONORED EMPLOYEES

DIANNE RYAN, R.N., B.S.N., C.E.N.
Director of Emergency Services
2006 Clinical Manager of the Year

An employee for more than 20 years, Dianne is responsible for the daily operations of the Emergency Room. She was selected due to her strong leadership skills, dedication to staff and commitment to patients.



Clinical Manager of the Year Dianne Ryan, R.N., B.S.N., C.E.N. (left), accepts a bouquet from Sheila Bryson-Eckroade, Chief Nursing Officer.

PAULA BOURBONNAIS, RHIT, C.C.S.
Director of Health Information Management
2006 Non-Clinical Manager of the Year

Paula, a long-time employee, oversees all aspects of our patients' medical records and also serves as the Assistant Privacy Officer. Paula has proven to be a successful manager and a faithful employee fully focused on patient needs.



Non-Clinical Manager of the Year Paula Bourbonnais, RHIT, C.C.S. (center), with Barry Michael, Interim Chief Executive Officer (left), and Sheila Bryson-Eckroade, Chief Nursing Officer.

BRENDA COX, R.N.
Home Services
2006 Employee of the Year

An employee since 2001, Brenda was named Employee of the Year for the exemplary care she provides to her patients. She's known for her technical skills and the compassionate way she nurtures those in her care.



Employee of the Year Brenda Cox, R.N. (center), with Terry Powell, Home Services Operations Manager (left), and Beth Shainline, Director of Home Services.

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