

To Your Health

A PUBLICATION OF JENNERVILLE REGIONAL HOSPITAL

Is it
appendicitis?

Better your
blood pressure

Easing
pelvic pain

6 ways to raise
a healthy eater

Diabetes education
helps you
take control

JENNERVILLE
REGIONAL HOSPITAL

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Taking control of diabetes

Award-winning help is available

Diabetes remains a major national health problem, affecting about 23 million citizens and contributing to about 234,000 deaths each year, according to the American Diabetes Association (ADA). Diabetes develops due to chronic shortages of insulin that are either genetic or due to the body's inability to produce or process insulin normally. To help defend against the serious complications of this complex disease, the Diabetes Education Program at Jennersville Regional Hospital (JRH) is proud to offer a comprehensive program dedicated solely to diabetes education and management.

ON A MISSION

Diabetes is a major risk factor for cardiovascular disease (CVD), heart attack and stroke. Experts say nearly 65 percent of people who have diabetes eventually die of CVD. Learning how to manage diabetes helps keep the condition in check and reduces risk factors for patients whether they're newly diagnosed or have been coping with the disease for several years.

That's why JRH is serious about diabetes education. "We want to get our patients on the right track when

it comes to managing diabetes," says Sheila Bryson-Eckroade, R.N., chief nursing officer at JRH who oversees the facility's award-winning program. "Research shows that patients who don't receive diabetes education have a four-fold increased risk of major complications."

A CERTIFIED PROGRAM

Not satisfied with just knowing the hospital offered a solid program, JRH officials applied for ADA certification in 1999. "We wanted to validate our program's quality and confirm that we're offering education that complies with national standards," says Bryson-Eckroade. Recognition by the ADA also indicates that the organization's professional staff is knowledgeable and that the program meets criteria set by the National Diabetes Advisory Board.

At the core of the program is a three-session class that gives patients the tools they need to help manage diabetes. "We start with the basics because it's important for participants to fully understand what diabetes is and how it affects their bodies," says Lois Ferreri, R.N., M.Ed., a certified diabetes educator and insulin pump trainer who coordinates the service.

In addition to the classroom-style program, individual instruction is provided for patients with gestational diabetes as an introduction to insulin pump therapy, intensive diabetes management and glucose monitoring. The class also covers essentials such as exercise, blood glucose monitoring, stress management, medications, foot care, how to avoid complications and meal planning and nutrition.

! Now is the time!

To learn more about the Diabetes Education Program at JRH or for a schedule of classes, call (610) 869-1379.



JRH and the community

FREE HEALTH SCREENINGS

Skin cancer screening

Screenings are conducted by a board-certified dermatologist. Appointments are required.

Date: Wednesday, May 20, 5–7 p.m.

Where: 1011 West Baltimore Pike, Suite 205, West Grove

Call: (610) 869-1396



Free anemia, blood sugar and blood pressure screenings

Screenings are offered with the Chester County Health Department. An optional total and HDL cholesterol screen is offered for \$15 per person.

Appointments are required.

When: Thursday, May 28, 11:30 a.m.–3:30 p.m.

Where: JRH Learning Center, 1015 West Baltimore Pike, West Grove

Call: (610) 869-1223



CALLING ALL VOLUNTEERS!

A rewarding summer experience for teens

Is your teenager interested in a medical career or looking for a way to give back to the community? If so, you'll want to consider Jennersville Regional Hospital's (JRH) teen volunteer program that runs from late June through August.

Teens ages 14 and older have the opportunity to volunteer in different areas of the hospital including patient transport, the emergency department, food services, the surgery center and radiology. Teens are required to complete an application and interview, provide a letter of recommendation and pass a drug and tuberculosis test. Participants must attend the orientation session and commit to volunteering one shift per week. For an application, visit www.jennersville.com/teenvolunteer.

Orientation session

When: Thursday, June 4, 5–8 p.m.

Where: JRH cafeteria, first floor

Call: (610) 869-1227 by Monday, June 1, to register

INTRODUCING OUR NEWEST PHYSICIAN

The experienced, dedicated medical staff members of Jennersville Regional Hospital (JRH) can help with your family's medical needs. We'd like to introduce one of our newest members to you.



**FADI SHAMSHAM, M.D.,
FSCAI, FACC, CCDS
Cardiology/Vascular Medicine**

**1011 West Baltimore Pike,
Suite 101
West Grove
(610) 869-3564**

! Find a physician!

For a copy of our 2009 Hospital and Physician Directory, visit www.jennersville.com/requestdirectory or call (610) 869-1223.

Fadi Shamsham, M.D., FSCAI, FACC, CCDS, received his medical degree from the American University of Beirut in Ras Beirut, Lebanon, and completed his residency in internal medicine at Staten Island University Hospital in Staten Island, N.Y. He completed fellowships in cardiovascular medicine at the State University of New York Health Science Center in Brooklyn, N.Y.; interventional cardiology at Kaiser Permanente Medical Center in Los Angeles, Calif.; and in endovascular interventions-vascular medicine at Charleston Area Medical Center in Charleston, W.Va.

Dr. Shamsham is board certified in internal medicine, cardiovascular disease, interventional cardiology, vascular and endovascular medicine and nuclear cardiology. He's also certified as a cardiac device specialist by the International Board of Heart Rhythm Examiners. Dr. Shamsham has previously practiced in Tallahassee and Venice, Fla., and recently relocated to Chester County, opening Chester County Heart and Vascular Center on the campus of Jennersville Regional Hospital.

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

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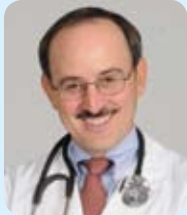
70JRH

YOU'RE INVITED!

DINNER WITH THE DOCTORS LECTURE SERIES

May 20

Feeling 50: How to Feel (Relatively) Young Forever



FEATURING

Robert P. Denitzio, M.D.

Wednesday, May 20, 6 p.m.

Jennersville Regional Hospital
Learning Center

You need only turn on the TV or surf the Internet to find a whole host of “solutions” to keep you looking and feeling younger. Is there really a solution for this age-old question, or is the public being sold a “bill-of-goods?”

Come learn from an experienced family physician what valid medical research indicates are the real answers.

Discussion will explore current research to answer several common questions, such as:

- Is exercise *really* necessary?
- How important is my diet?
- So, I'm a little overweight—does it matter?
- Am I wasting money on supplements?
- Is there really a mind-body connection?

! Turn back the clock

Don't miss this information-packed lecture!

The program is free and open to the community. To register, call (610) 869-1223 by Monday, May 18.

June 1

Peripheral Vascular Disease: What You Should Know



FEATURING

**Fadi Shamsham, M.D.,
FSCAI, FACC, CCDS**

Monday, June 1, 6 p.m.

Jennersville Regional Hospital
Learning Center

Diseases that affect the blood vessels outside the heart and brain are known as peripheral vascular disease, or PVD. PVD is the leading cause of disability among people ages 50 and older and in people who have diabetes. Complicating matters is the fact that nearly half of people who have PVD don't experience any symptoms or often confuse the signs of PVD with those of normal aging.

Learning to correctly identify the symptoms of PVD is key to early diagnosis, and knowing about the condition helps people who have PVD understand causes and treatment options.

! Get the PVD facts

Learn more about this subtle condition by attending a special Dinner with the Doctor.

The program is free and open to the community. To register, call (610) 869-1223 by Friday, May 29.