

“A Heat Stroke Saved My Life”

One man's story and how Carlisle Regional Medical Center was there every step of the way.

When Billy Porter's wife found him unresponsive last summer, he was immediately rushed to Carlisle Regional Medical Center's Emergency Department. There, expert physicians and nurses diagnosed him with heat stroke and quickly administered treatment. They also performed diagnostic tests including a chest x-ray where they found spots on his lungs.

Mr. Porter, 68, received further testing and a biopsy revealed he had lung cancer. Never having experienced any symptoms, Porter says, “I remember thinking, that heat stroke might have saved my life!”

Adam Braze, DO, a fellowship trained cardiothoracic surgeon with Carlisle Surgical Institute, performed the surgery to remove Porter's cancer. “Lung surgery is a serious undertaking. We had to remove Mr. Porter's lung so that he could be cancer free,” explains Dr. Braze. After Porter's hospital recovery, he moved to Carlisle Regional Medical Center's Acute Rehab facility.

“I was so happy to be cancer free,” shares Porter. “Everyone was so nice and Dr. Braze explained everything to me and came to check on me during my recovery.

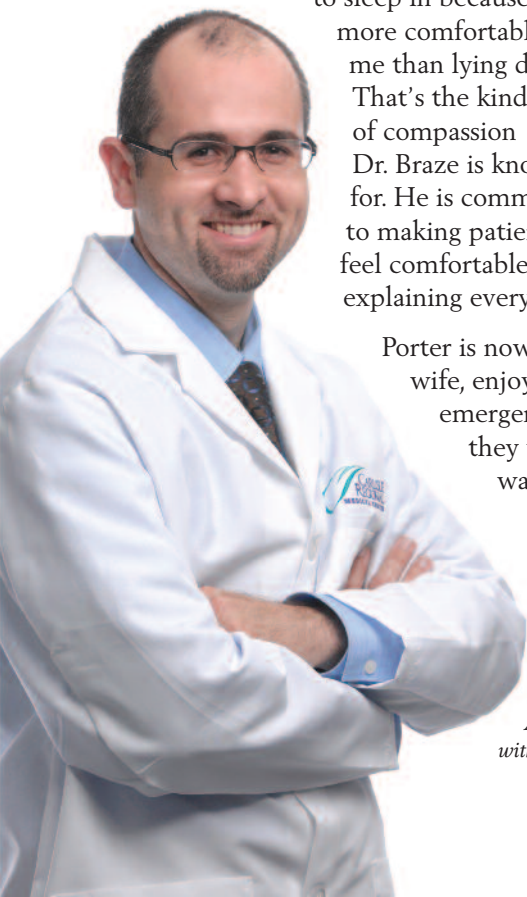
He even found a chair for me to sleep in because it was more comfortable for me than lying down.”

That's the kind of compassion Dr. Braze is known for. He is committed to making patients feel comfortable and explaining every aspect of their care.

Porter is now happy to be back at home with his wife, enjoying the everyday things in life. “From emergency care through surgery and rehab, they were there for me every step of the way,” says a thankful Porter.

Providing a full spectrum of care right in the communities it serves is all part of Carlisle Regional Medical Center's commitment to giving patients access to the latest care close to home.

Adam Braze, DO is a board-certified surgeon with Carlisle Surgical Institute.



Catching Lung Cancer Early is Key

“One of the reasons I came to this community was to help people detect lung cancer early, when it is most treatable,” says Dr. Braze. If you are in a group at risk for lung cancer, Dr. Braze advises being proactive about monitoring your health.

You might be at risk for lung cancer if:

- You have smoked
- You were exposed to second-hand smoke
- You have been exposed to radon or asbestos
- You have a family history of lung cancer

If you are concerned about lung cancer, talk to your family physician about developing a plan to monitor your lung health.



Screening Saves Lives

The Carlisle Regional Medical Center Laboratory is offering The **Live Well Health Screen** on **Tuesday, April 26, 2011** from **7 to 9:30 a.m.** This screen is an easy, cost-effective way to find out if you may have current or potential health problems, allowing you to take action with your physician to improve your health. These health screenings include blood tests that may detect heart disease, diabetes, anemia, gout, leukemia, liver and kidney diseases. You must fast for 10 hours before the test. You may have water and medication. Results will be mailed to you within 3 weeks after the test.

The Live Well Health Screen costs \$35 and includes blood tests for:

Glucose, BUN, Creatinine, Estimated Glomerular Filtration Rate, Sodium, Potassium, Chloride, Calcium, ALT, AST, Alkaline Phosphatase, Total Bilirubin, Total Protein, Albumin, Uric Acid, Cholesterol, Triglyceride, LDL, HDL, Iron, Ferritin and a CBC (Complete Blood Count).

Additional screenings cost \$15 each and include:

PSA (Prostate-Men Only), TSH (Thyroid), Vitamin B12 and HbA1C. Cash or check, payable to CRMC, is due the day of event. A blood pressure check will also be provided by Capital Region Sleep Disorders Center.

The screening is held in the Hospital Education Center (please enter the Hospital via the Visitor's Entrance). Snacks will be available in the Private Dining Room thanks to the Carlisle Area Healthcare Auxiliary.

Pre-Registration Required:

Please Call One-Call Scheduling at (717) 245-5244.

When Wounds Won't Heal, WE CAN HELP

Advanced Wound Healing Center of Shippensburg Now Open!

The causes of hard-to-heal wounds are as unique as the people who suffer them. The brand new Advanced Wound Healing Center of Shippensburg offers sophisticated therapies and procedures that speed healing and give patients a chance to enjoy life again.

"Our approach is to look at each individual and the conditions that affect their healing. We implement an aggressive, customized treatment plan to heal the wound. In addition, we look at underlying issues that may be causing wounds and address them to prevent future wound problems," explains Anthony J. Guarracino, DO, a physician with the Advanced Wound Healing Center of Shippensburg.

Multiple wound-healing options are available at the Center, including hyperbaric oxygen therapy, which uses pure oxygen to help the body heal. "What is important about our therapies is that they are tried and true," explains Dr. Guarracino. "Our success rate is 90% of wounds are healed in 14 weeks or less."

Anthony J. Guarracino, DO

The Center is backed by the power of more than 300 wound healing centers in the U.S. conducting research on the best healing methods available. To learn more about healing for difficult wounds, call (717) 530-1145.



Progress Professional Center
97 Progress Blvd., Suite 5
Shippensburg, PA 17257

Medical Specialists of Shippensburg Now Available!

Services in Shippensburg are expanding! These physicians are now offering hours at the Progress Professional Center, bringing the community access to a full range of specialties.

- **Adam Braze, DO**
Thoracic Surgery
- **Christopher Sneider, MD**
General Surgery
- **Virgilio Centenera, MD**
Urology
- **Mark Perlmutter, MD**
Hand & Upper Extremity Surgery
- **David Chernicoff, DO**
Oncology
- **David Williams, DO**
Obstetrics & Gynecology
- **Deborah Sims, MD**
Breast Surgery

To schedule an appointment with any one of these specialists call (717) 530-1682.

join today!

As you age, it's important to focus on your good health and well-being. Senior Extra can help you stay active, be involved and keep up with health trends and medical information. The program offers newsletters, educational and screening events, social activities and online resources dedicated to helping those 65 and older. Join today to get the best of the good life with Senior Extra.

UPCOMING

EVENTS

Bone Density Screening

Date: May 10, 2011
Time: 7:00 a.m. – 1:00 p.m.
Location: CRMC Outpatient Lobby
Cost: \$10

Lipid Profile, Total Cholesterol and Glucose Screening

Date: May 10, 2011
Time: 7:00 a.m. – 1:00 p.m.
Location: CRMC Outpatient Lobby
Participants for any Glucose screenings should be fasting for 8 hours (no food or sugary drinks).
Cost: Lipid Profile (includes Cholesterol, HDL, LDL and Triglyceride) and Glucose Screening = \$20; Total Cholesterol and Glucose Screen = \$13

Informational Seminar on Skin Cancer/Facial Resurfacing for Skin

Date: May 17, 2011
Time: 1:00 p.m. – 2:30 p.m.
Guest Speaker: Peter Giesswein, MD; Plastic Surgeon
Location: CRMC Education Center
Cost: Free

For a complete list of events and support groups visit www.CarlisleRMC.com, click on "Senior Extra." Register for events online or call (717) 960-3509.

Before You Pack Your Bags, Call the Carlisle Travel Clinic

Whether you are traveling on business, vacation or as part of a volunteer services trip, it is important to plan for your health needs.

The Carlisle Travel Clinic is your one-stop resource for travel health.

- Vaccinations, including Yellow Fever Immunization with required certificate
- Preventative health counseling
- Disease risk/prevention
- Current information for every country on your itinerary
- Consulate locations and phone numbers
- Medication advice

“Our clinic administers required vaccines, but also gives travelers advice about specific health concerns for each country or region they are visiting. This may include details on required documentation or even where to seek emergency medical care when abroad,” explains Paul Varahrami, MD.

To receive timely treatment, appointments are recommended at least 6 weeks prior to departure date.” Services are available to those 13 years old and up.

The Carlisle Travel Clinic is located at Carlisle Internal Medicine, 11 Sprint Drive, Suite C. You can schedule your appointment by calling (717) 245-9264.

To learn more about what vaccinations you may need and important travelers’ health information, visit the Centers for Disease Control’s web site at www.CDC.gov and click on the “Destinations” page.

Vaccinations may be recommended or required for travel to:

- Eastern Europe, Asia, Mexico
- Parts of the Caribbean
- Central America, South America
- Middle East, African Continent
- India and Nepal

Boiling Springs Family Medicine



New Saturday Access

Sickness doesn’t know the days of the week. That’s why Boiling Springs Family Medicine now offers Saturday hours for sick calls from 9 a.m. to Noon. Boiling Springs Family Medicine is located at 210 Forge Road, just minutes from Carlisle.

You can reach the caring providers at (717) 249-8300.

Convenient Hours to Fit Your Schedule

Monday & Friday: 8 a.m. – 5 p.m.
 Tuesday–Thursday: 8 a.m. – 7 p.m.
 Saturday: 9 a.m. – Noon
 (Sick calls only)



BOILING SPRINGS FAMILY MEDICINE

IS YOUR HOME HEALTHY?

Healthy living begins at home. The Carlisle Family YMCA highlights the following signs of a healthy home and encourages you to fit these practices into your lifestyle.

- Water is the beverage of choice, supplemented by 100% fruit juices and low-fat milk.
- Fruits or vegetables are served at every meal.
- Snack time includes foods that contain whole grains and protein.
- Kids and adults are breaking a sweat at least 3 times per week for 20 minutes or more.
- Family members are moving and playful for at least an hour per day.
- The family dines together at least once daily, with kids involved in meal preparation and clean-up.
- Kids all receive daily one-on-one time with an adult.
- Kids get 10 to 12 hours of sleep and adults get 7 to 8 hours of sleep a night.

Low family rates at the Carlisle Family YMCA make it possible for everyone in your family to get fit. For detailed information on rates, visit www.CarlisleFamilyYMCA.org or call (717) 243-2525.



Examples of our Custom Rates:

Household Income	# of People in Household	Monthly Membership Rate
\$20,000	2	\$27.75
	4	\$22.00
\$30,000	2	\$48.75
	4	\$45.00
\$50,000	2	\$75.00
	4	\$56.25
\$80,000	2	\$75.00
	6	\$60.00



MEET OUR
**SPECIAL
GUESTS**
ALL DAY!



A Dozen Years of
Family Fun
+ SAFETY DAY
and more!

**RAIN
-OR-
SHINE**

Gather the kids and join us on Saturday, May 7, 2011

A sure sign of spring is Carlisle Regional Medical Center's Family Fun & Safety Day. This year we are celebrating 12 years of helping families improve their safety and their health. There are fun activities for children of all ages, as well as helpful safety checks.

Photo Identification & Fingerprint Cards

Bike Helmet Fitting

For children and adults. Have your current helmet fitted or buy a new one. Children and adults \$15 while supplies last.

Child Safety Seat Evaluation

Provided until 1:30 p.m.

Baby Races

Crawling ages 6 months to 1 year at 11 a.m.
Walking ages 9 to 18 months at 11:45 a.m.

Food Vendors

CRMC Physician Buddy Check-Up

Bring your favorite stuffed animal, action figure, or doll. Make sure your Buddy's heart, nose, and ears are in working order!

Penn State Hershey Lifelion

Onsite from 12 Noon to 1 p.m.

NEW! Wii Physician Challenge

CRMC Physicians' would like to invite children young and old to challenge them in a friendly game of Wii! Test your fitness skills against those of our Doctor's and see who wins! In the process participants will learn about BMI and how many calories they've burned while playing.

Carlisle Regional Medical Center provides this newsletter to help keep the communities we serve healthy. This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

www.CarlisleRMC.com

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Carlisle, PA 17015

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REGIONAL
MEDICAL CENTER**



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