

Live + Well

Healthcare in a Whole New Light

Fall 2010

**An Ally
Against Cancer:**
How Carlisle Regional Cancer
Center Affected
One Patient's Life

Get Screened?

Attend the Live Well
Health Screen on
October 26

ER Extra:

Helping Ease
the ER Experience

Sally Cree of the Cumberland
Valley enjoys cooking
again thanks to the team at
Carlisle Regional Cancer Center.

 **CARLISLE
REGIONAL
MEDICAL CENTER**

www.CarlisleRMC.com

Breast Care Services

Now Available to Women in Shippensburg

If you are a woman looking for more convenient, specialized breast care options, Carlisle Regional Medical Center can help.

To better serve patients in Central Pennsylvania, Deborah W. Sims, MD, FACS, board-certified general surgeon with more than 20 years of experience and on staff at Carlisle Regional, is now offering a variety of specialized services in Shippensburg.

These services include diagnosis of and surgical treatment for:

- abnormal mammograms

- breast cancer
- breast problems, such as lumps, pain and discharge

While Dr. Sims has specialized experience in breast surgery, she also can perform general surgery, such as gallbladder removal and hernia repairs. **Dr. Sims will be available for appointments in Shippensburg the first and third Thursday of each month from 2 to 6 p.m. at the Progress Professional Center on 97 Progress Avenue in Dr. B. Drew Wellmon's office.**



Deborah W. Sims, MD, FACS, is a general surgeon at Carlisle Surgical Institute, located at 19 Sprint Drive, Suite 1, Carlisle, (717) 713-2092.

To make an appointment with Dr. Sims, please call (717) 713-2092, or for more information, visit www.drdsims.com.



Paul G. Varahrami, MD, is an internist at Carlisle Internal Medicine, located at 11 Sprint Drive, Suite B, Carlisle, (717) 245-9264.

Take a Walk with the Doc

WHEN IT COMES TO GETTING INTO SHAPE, picking an enjoyable activity is crucial to maintaining an efficient routine. Walking is one of the easiest ways to accomplish this goal.

JOIN IN WALKS WITH DR. VARAHRAMI!

The “Walk with the Doc” program, implemented over two months ago by Paul G. Varahrami, MD, internist at Carlisle Internal Medicine and on staff at Carlisle Regional Medical Center, began for personal reasons and led to motivating his own patients to exercise.

“Walking increases longevity in a variety of ways, including lowering the risk of heart disease, stroke and diabetes,” says Dr. Varahrami. “This is one of the simplest forms of exercise that often goes overlooked.”

“Walk with the Doc” is held every first and third Wednesday of the month from 7 to 7:45 p.m. on the Walking Trail at Carlisle Regional. Participants should meet in the parking lot at Carlisle Internal Medicine.

To register for the “Walk with the Doc” program, please call (717) 245-9264.



Help Is Here to Alleviate Knee Aches and Pains

IS JOINT PAIN PUTTING A DAMPER ON YOUR work life or weekend plans? Are you having trouble taking a single step without a twinge of pain? If you're experiencing either of these situations, it may be time to attend a Knee Pain Seminar offered by Carlisle Regional Medical Center.

Knee Pain Seminars are special tutorials held for individuals suffering from chronic knee pain. During these events, skilled physicians and rehab specialists discuss various options

for treatment, provide in-depth explanations of how to end your pain and explain the advantages of focused care and management offered at Carlisle Regional.

Led by Carlisle Regional orthopedic surgeons, the next free Knee Pain Seminars will be held on Tuesday, November 2, and Thursday, December 2, from 6 to 8 p.m. in the Education Center.

Please call (717) 960-1696 to register. Seating is limited.

Standing Strong Against Cancer

According to the American Cancer Society, more than 2.5 million breast cancer survivors are living in the United States. Sally Cree, 76, of the Cumberland Valley, is one of them.

AS A FORMER EMPLOYEE OF CARLISLE Regional Medical Center, Sally trusted in the hospital's services, which led her to the Women's Imaging Center for her annual mammograms. When a routine exam revealed a suspicious lump in her breast last March, Deborah W. Sims, MD, general surgeon at Carlisle Regional, acted quickly to confirm Sally's diagnosis of cancer and refer her to Carlisle Regional Cancer Center for radiation.

"A cancer diagnosis is scary," says Sally. "Fortunately, I had the Carlisle Regional Cancer Center team with me every step of the way. The dignity and respect each staff member treated me with made me feel comfortable and secure, helping me stay positive through treatment."

Today, Sally feels healthier than ever before and is quickly regaining the strength she needs to return to the activities she enjoys, especially cooking.

PROVIDING TOP-TIER SERVICE

As a full-service, state-of-the-art facility, Carlisle Regional Cancer Center houses some of the area's most sophisticated cancer detection and treatment technologies, such as the 21 EX Linear Accelerator (see page 3, "Coming Soon! Trilogy with RapidArc: Improving Radiation Therapy" for details). With its integrated staff of highly trained medical specialists, Carlisle Regional Cancer Center offers

the optimal care experience to each of its patients.

"The services we provide are truly comprehensive," says Carolyn Moore, director of Carlisle Regional Cancer Center. "Our team of medical specialists works closely with each patient and his or her family, putting a personal touch on high-quality, individualized care."

For more information about the Carlisle Regional Cancer Center, please visit www.CarlisleRMC.com and click on "Services."



Sally is back to the activities she loves, particularly cooking.



Carlisle Regional Cancer Center physicians (from left to right): Ronald Malcom, MD, radiation oncologist; Wallace Longton, MD, radiation oncologist; David Chernicoff, DO, oncologist; and Harvey Hotchner, MD, oncologist.

Coming Soon! Trilogy with RapidArc: Improving Radiation Therapy

Carlisle Regional Cancer Center strives to offer the most advanced technology to patients in Central Pennsylvania. One way we are doing so is through the Trilogy™ treatment delivery system with RapidArc™.

The new linear accelerator, scheduled to arrive at the end of October, is the first of its kind in the area. Creating radiation targets smaller than .5mm, this technology allows specially trained radiation oncology physicians to pinpoint cancerous cells while also tracking tumor movement associated with patient movement and shifts caused by breathing.

WITH PATIENTS IN MIND

"The Trilogy system enhances the patient's experience while allowing for greater precision with less radiation exposure to healthy, surrounding tissues," says Ronald Malcom, MD, radiation oncologist at Carlisle Regional Cancer Center. "Patients also benefit from a quicker treatment session in a more comfortable atmosphere, close to home."

Want to check out the NEW Trilogy system? Attend the upcoming open house at Carlisle Regional to learn more about this new technology, the facility, and new physicians and staff. Open House date and time will be announced soon.

"Carlisle Regional Cancer Center provides high-quality, comprehensive care with a personal touch. Patients receive the same care as they would at a larger healthcare facility without getting lost in the system."

—Carolyn Moore, director of Carlisle Regional Cancer Center

Maintain Your Health, Get Screened

Did you know that in about 15 minutes, you could obtain a wide range of health screenings at the Live Well Health Screen at Carlisle Regional Medical Center?

PREVENTIVE SCREENINGS CAN HELP

Diagnose conditions in the earliest stages possible, before they become major problems. The Live Well Health Screen is an easy, low-cost tool to help you do just that.

“Undiagnosed diseases such as diabetes can cause devastating health problems, including kidney disease and blindness,” says Kathy Hoffman, assistant administrative director at the Carlisle Regional Laboratory. “During past Live Well Health Screen events, we have encountered unexpected lab results in people who otherwise appeared very healthy. I cannot stress enough how important screenings are to a person’s health.”

BE PROACTIVE

The Live Well Health Screen requires about 15 minutes of a person’s time and includes a quick blood draw from the arm.

“It is a relatively easy and inexpensive way to screen for potential health concerns, such as heart disease, diabetes, anemia, gout, leukemia, and liver and kidney diseases,” says Hoffman. “I encourage everyone to participate while also continuing to obtain yearly physicals with their physician, as this event does not take the place of an evaluation by your physician.”

For more information or to register for the October 26 Live Well Health Screen, call (717) 245-5244.

Mark Your Calendars

The next Live Well Health Screen will be held on October 26 from 7 to 10 a.m. in Carlisle Regional Medical Center’s Education Center.

**This service also is available to employers to offer at their sites to their employees.*



New Faces, Quality Care

Specialty services at Carlisle Regional Medical Center are reaching new levels of excellence thanks to the addition of several talented and experienced physicians.

CARLISLE REGIONAL IS EXCITED TO WELCOME several new physicians to the Cumberland Valley.

Regina Smith, DO—An internal medicine specialist, Dr. Smith has established Bent Creek Internal Medicine in Mechanicsburg.

M. Azim Qureshi, MD—A pediatric gastroenterologist, Dr. Qureshi will provide specialized services for our region’s youngest patients at his Pediatric Gastroenterology Associates practice.

Adam Braze, DO—Assuming a role as a thoracic surgeon at Carlisle Surgical Institute, Dr. Braze will help further establish Carlisle Regional’s reputation for surgical excellence.

Ryan Crim, MD, and Lara Kauffman, MD—The newest family medicine practitioners at Carlisle Regional, will work alongside Mary Catherine Sneider, MD, at Carlisle Family Care, to provide families with comprehensive treatment and preventive care.

Savita Sood, MD—Dr. Sood, an OB/GYN, is scheduled to join Carlisle OB/GYN in October and will help Carlisle Regional lead the way in women’s health.

COMMITTED TO EXCELLENCE

“Offering specialized services in this community is a vital aspect of Carlisle Regional’s continuing mission,” explains Iván Solá, MD, Carlisle Regional anesthesiologist and medical staff president. “Recruiting physicians helps us enhance the care we already provide and allows us to bring new services to our community, making care more convenient for the people we serve.”

To find a physician, call Carlisle Regional’s Physician Referral Service Line at (717) 960-3502. You may also search by name or specialty at www.CarlisleRMC.com by clicking “Physicians” and then the “Find a Physician” tab.



Iván Solá, MD, Carlisle Regional anesthesiologist and medical staff president.



ER Extra: Making the Emergency Room Experience Easier for Patients

At Carlisle Regional Medical Center, our main focus is on improving the efficiency and effectiveness of our Emergency Room (ER) operations and understanding that no one wants to wait for care in an emergency situation. Through the implementation of ER Extra, Carlisle Regional is striving to make interactions between patients and physicians easy, prompt and courteous.

The ER Extra program helps streamline the process of patient diagnosis and treatment in the ER and also keeps a constant flow of



Michael Reyka, MBA, RN, executive director of Nursing at Carlisle Regional

information available to friends and families of patients in the ER. A revolutionary ER experience, ER Extra is aimed at making sure every patient receives the proper care

in the most timely, comfortable and efficient manner. Not only are patients a high priority, but loved ones of patients are treated with the utmost care.

“We’ve always prided ourselves on excellent patient care and customer service,” states Michael Reyka, MBA, RN, executive director of Nursing at Carlisle Regional. “As new techniques are designed and implemented, we predict we will exceed our visitors’ expectations through ER Extra.”

WHAT TO EXPECT

Carlisle Regional provides care to more than 30,000 adult and pediatric



patients a year, and our staff aims to treat every patient and visitor with respect, equality and urgency. Our 23-bed emergency unit and two trauma rooms are both equipped for multi-functional treatment. In addition, the design of our ER is focused on enhancing each patient’s care.

STEP-BY-STEP CARE

Carlisle Regional is more than prepared for any sort of emergency situation. Upon arrival, a patient receives a copy of the “ER Extra Emergency Room Experience Guide,” which explains the entire process to the patient and family in a step-by-step manner, helping calm nerves by letting patients know what happens next in the ER process. The guide is very simple to navigate, which is vital during an emergency situation, and walks the patient through the entire experience from the initial triage, to the medical analysis and assessment, to discharge from the hospital.

The greatest and most important aspect of ER Extra is that it allows for staff to provide extra fast, extra easy and extra great care to all patients at Carlisle Regional.

For more information about Carlisle Regional’s ER, please visit www.CarlisleRMC.com and click on “ER Extra” under “Quick Links.”

Are You Prepared for an Emergency?

An emergency can happen anytime—day or night. Help the process run smoothly by being prepared. One way to do so is to carry an emergency notification wallet card, which includes important information such as a number of a loved one to contact in case of an emergency and a list of medications currently being taken.

Fill out the information below and cut out this card to place in your wallet in case of an emergency.

Name: _____

Address: _____

D.O.B.: _____

Emergency Contact Name: _____

Emergency Contact Number: _____

Physician Name: _____

Physician Number: _____

Insurance Provider: _____

Primary Medical Conditions: _____

Current Medications: _____

Allergies/Other: _____

To learn more about Carlisle Regional’s Emergency Room, please visit www.CarlisleRMC.com.



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.

A Wellness Program Just for Seniors



At Carlisle Regional Medical Center, it's our mission to be a partner in your health and wellness. Central Pennsylvania residents ages 65 and older can now take part in an initiative designed just for them to help improve their lives: Senior Extra.

SENIOR EXTRA'S GOAL IS TO enhance seniors' quality of life by helping them take ownership of their health and connect with one another. The program will sponsor monthly health seminars on a range of topics relevant to seniors, with each one hosted by one of our experienced physicians or healthcare professionals. Healthy lifestyle social activities help program participants get out and get active while making new friends. Periodic

screenings and access to the Senior Extra online information resource also enables seniors to stay abreast of the latest news from the medical world and keep informed about their own well-being.

If you're looking for a program that combines useful information to help you live a better life with a healthy dose of fun, sign up for Senior Extra today.

For more information about Senior Extra, visit www.CarlisleRMC.com.

