

Live+Well

Healthcare in a Whole New Light

Winter 2010

Rehab Options

Helping Three Generations
in One Family

You Are Not Alone
Postpartum Adjustment
Support Group Now Available

**Healthy Tests?
Check!**
Come to Carlisle Regional for
Your Preventive Health Screenings

Susan Hughes, Donna Rotz,
Alyssa Fraley, three generations
of Carlisle Regional Rehab
patients in one family.

 **CARLISLE
REGIONAL**
MEDICAL CENTER

www.CarlisleRMC.com

The Healing Touch

PERSISTENT HIGH BLOOD SUGAR can affect the vascular system, which may make it difficult for the oxygen and nutrients necessary for healing to circulate through the body. As a result, people living with diabetes often struggle with hard-to-heal wounds.

Physicians and staff at Carlisle Regional Medical Center's Advanced Wound Healing Center provide a comprehensive care plan that addresses common diabetes issues, including blood sugar control, nutrition and blood flow.

Additionally, Carlisle Regional offers the latest modalities in wound care, including hyperbaric oxygen therapy and negative pressure wound therapy.

"It is essential that anyone suffering from diabetes who develops a chronic wound receive appropriate care early on," says Deborah Smith, RN, certified wound nurse, clinical coordinator for the Advanced Wound Healing Center at Carlisle Regional. "Our knowledgeable team can save limbs, improve function and enhance quality of life."



Deborah Smith, RN, provides help every day to wound center patients with wounds that wouldn't heal otherwise. The physicians and specialized staff of the Advanced Wound Healing Center specialize in treatments that radically speed the healing process of hard-to-heal wounds.

For more information, visit www.CarlisleRMC.com.



NEW SUPPORT for Moms

AFTER DELIVERY OF THEIR NEWBORNS, mothers often experience difficulty with postpartum adjustment. They may experience feelings of being overwhelmed, anxious or unprepared for the role as a new parent. They all suffer from lack of sleep and many also experience a loss of identity. This new baby has turned their world upside down. The support of other new mothers can help with this transition period.

"One in eight moms, many of whom suffer in silence, endure postpartum adjustment issues," says Tammy Rohm, RN, lactation consultant and parent educator for Carlisle Regional Medical Center. "Their struggles can affect the whole family. CRMC in cooperation with the Carlisle Area Health and Wellness Foundation is happy to be able to facilitate this group support."

The postpartum adjustment support group is free and meets every other Monday from 6 to 7:30 p.m. in the Women's Center conference room. No registration is necessary. We want this to be a special time for mothers to receive exceptional attention. Realizing that sometimes babies can be a distraction, we ask that only "babies in arms" attend.

To learn more about this support group, visit www.CarlisleRMC.com.

Help for Growing Families

CARLISLE REGIONAL OFFERS a number of programs to help ease couples into parenting.

- **Baby Basics:** Learn about the newest methods to care for your baby. Topics include bathing; feeding and diapering; crying; baby safety and health; returning to work; and finding child care.
- **Back-to-Work Support Group:** Bring your baby, aged newborn to crawling, to this group for information on growth and development; play and learning; feeding; and much more! A Parent Educator will lead the group sessions.

- **Mom and Newborn Group:** Bring your baby, aged newborn to 5 months, to this group for more information on growth and development; play and learning; feeding; and much more! A Parent Educator will lead the group sessions.
- **Breastfeeding Discussion Group:** Discuss the benefits of breastfeeding, establishing a milk supply, common concerns, going back to work, and many more topics!



Carlisle Regional's Lactation Consultant and Parent Educator Tammy Rohm, RN, second from left, leads one of the many Mom & Baby Support Groups offered at CRMC.

To learn more about these support groups, visit www.CarlisleRMC.com.

Time for Joint Camp?

Joint Camp is a comprehensive therapy experience that allows both physical and occupational therapies to begin immediately following orthopedic surgery.

“WE HAVE FOUND PATIENTS WHO participate in Joint Camp improve their range of motion and muscle performance,” says Katherine Hostetler, RN, nurse manager with Joint Camp at Carlisle Regional Medical Center. “The program also helps motivate them to progress to therapy in an outpatient environment.”



Michael Oplinger, MD,
orthopedic surgeon

TEAM EFFORT

Joint replacement can be a scary process for patients, and it eases their minds to know they will be cared for by a staff of nurses and therapists dedicated to making their stay as comfortable and productive as possible.

“Joint Camp has been a great asset to the orthopedic surgeons who perform joint replacements at Carlisle Regional,” says Michael Oplinger, MD, orthopedic surgeon with Appalachian Orthopedic Center, Ltd. in Carlisle. “Patients become much more comfortable with the surgical experience when they have the opportunity to tour the Joint Camp unit before their surgery



Joint Camp Patients participate in individual therapy tailored to their specific needs, as well as group therapy where they can encourage fellow patients and benefit from the camaraderie of others recovering from joint replacement surgery.

and meet others going through the same process. We have seen the benefits of this team approach with a lower infection risk due to private rooms, decreased discomfort with cutting edge pain management protocols and quicker return to regular activities by starting physical therapy exercises prior to surgery.”

To learn more about Joint Camp, visit www.CarlisleRMC.com.

Three Generations of Care *in One Place*

Susan Hughes entered Carlisle Regional's Rehab Options not knowing how it would change her and her family's lives for the better.

“I HAVE USED REHAB OPTIONS FOR SIX YEARS and think very highly of the care I've received from Tara Brenner and the staff,” says Susan. “She could tell what I was feeling without me having to tell her.”

Susan's daughter, Alyssa Fraley, used Rehab Options after experiencing knee problems, scoliosis and shin splints due to playing soccer and basketball.

“Thanks to Rehab Options, I rarely have pain now,” says Alyssa. “My favorite exercise uses the BOSU ball.”

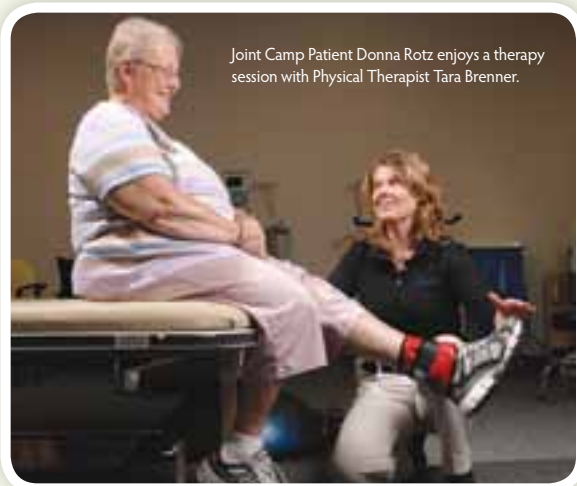
When Susan's mother, Donna Rotz, was considering joint replacement surgery and physical therapy, Susan recommended Carlisle Regional's rehabilitation services, which includes Joint Camp.

“This special program showed me how to care for my new joint through group and individual therapy sessions,” says Donna. “Everyone, from the nurses and therapists to other patients, were so friendly.”

COMMITTED TO YOU

Rehab Options therapists strive to meet every patient's individual needs. “Rehab Options receives a tremendous amount of loyalty from patients,” says Tara Brenner, MPT, outpatient-based physical therapist with Rehab Options at Carlisle Regional. “We routinely enjoy the privilege of seeing individuals return with different treatment needs when they are in need of therapy services and feel quite honored to be entrusted with the care of three generations of women.”

For more information on Rehab Options, including physical, occupational, speech and aquatic therapies, visit www.CarlisleRMC.com.



Joint Camp Patient Donna Rotz enjoys a therapy session with Physical Therapist Tara Brenner.



Anthony J. Guarracino,
DO, FACEP

Winter Safety 101

While snowball fights and freshly powdered ski slopes are exciting aspects of winter, fun and games can quickly turn into an emergency situation if safety precautions are forgotten.

WINTER-RELATED ILLNESSES and injuries are the cause of many visits to the emergency department (ED) during frosty weather.

“We see many patients who have upper respiratory infections, the most common being colds, pneumonia and the influenza (flu) virus,” explains Anthony J. Guarracino, DO, FACEP, medical director of the ED at Carlisle Regional Medical Center. “Along with washing hands frequently and covering coughs and sneezes, there are additional winter-related factors to be aware of that might cause an injury or a trip to the ED.”

LEARN THE TIPS, SAVE AN ED TRIP

Help protect you and your loved ones this winter by guarding against:

- **Icy pavements**—Slips and falls can easily occur when a pavement is slick. Wear weather-appropriate shoes and change into desired shoes when you’ve reached your destination.
- **Hyperthermia**—Refrain from wearing cotton, which retains moisture, next to your skin. Instead, layer synthetic,

polypropylene or wool fabrics to keep warm.

- **Shoveling snow**—While clearing the driveway, use the same technique as when lifting a heavy box—bend at the knees, not the waist.
- **Sports-related injuries**—Wear appropriate protective gear when participating in winter sports, and stretch before and after activities to avoid muscle injury.



For more information about all the services available in Carlisle Regional’s ED, visit www.CarlisleRMC.com and click on “Services,” and then “Outpatient & Diagnostic.”

Healthy Tests? Check!

We all commemorate milestones throughout our lives, whether it’s a new addition to the family or a birthday. Why not make routine, preventive health screenings part of your annual check-ups to celebrate good health?



Chad Jumper, MD,
Boiling Springs
Family Medicine

DURING PREVENTIVE HEALTH SCREENINGS, men and women can tune in to their health and discuss their risks for illness and disease with their primary care provider.

“A variety of conditions, such as cancer, can be treated earlier and more efficiently if detected during a routine screening,” says Chad Jumper, MD, family practitioner at Carlisle Regional Medical Center. “Exams go beyond a yearly physical and can detect a range of potential health problems, including diabetes and high cholesterol.”

SCREENING FOR YOUR HEALTH

The following are screening guidelines recommended by the American Cancer Society:

- Patients should have a colonoscopy every 10 years beginning at age 50.
- The American Urological Association and the American College of Radiology recommend yearly prostate screenings for men over the age of 50. Men with risk factors such as a family history of prostate cancer should begin screenings at 40.

It’s important to maintain a strong relationship with your physician to ensure you take the necessary measures to follow up with any abnormal results or treatments.

To find the physician who is best for you and your family’s healthcare needs, request a free Physician Directory via livelifewell@hma.com, call (717) 960-3502 or visit www.CarlisleRMC.com.



Ronald Malcom, MD,
Board Certified
Radiation Oncologist

The high-quality, personalized care we provide begins at the front desk and continues throughout the patient experience at Carlisle Regional Cancer Center. We

strive to make our patients feel comforted and relaxed during their treatments and pride ourselves on being compassionate providers of cancer treatment.”

—Ronald Malcom, MD, radiation oncologist at Carlisle Regional Cancer Center.



Carlisle Regional's Radiation Oncology Staff treat each patient like they would a member of their own family. Isn't this the kind of team you want by your side as you face the toughest battle of your life?

«A Friend Is Near»

Carlisle Regional Medical Center, in partnership with the Carlisle Hearts-n-Hands Sertoma Club, offers two new cancer support groups.

MEN'S CANCER SUPPORT GROUP

- » **Time:** Second Tuesday of the month from 6:30 to 8:00 p.m.
- » **Location:** The Live Well Center, 3 Alexandra Court (across from the hospital)

This monthly meeting features guest speakers and discussion with cancer patients and their families as well as caregivers.

For more information on upcoming meetings, e-mail info@carlisleheartshands.org or call Dick at (717) 486-7360 or John at (717) 249-2094.

WOMEN'S CANCER SUPPORT GROUP

- » **Time:** Third Tuesday of the month from 6:30 to 8:00 p.m.
- » **Location:** The Live Well Center, 3 Alexandra Court (across from the hospital)

Come join this new group for women in the Carlisle area who are living with cancer. Quality-of-life issues, as well as activities developed for patients and loved ones, are discussed.

For more information on upcoming meetings, e-mail info@carlisleheartshands.org or call Shelly at (717) 258-8998 or Nancy at (717) 254-9159.

Cancer Care That Goes the Extra Mile

At Carlisle Regional's Cancer Center, our expert staff treats each cancer patient as a person, not a disease.

A **CANCER DIAGNOSIS** is life-changing news few ever want or expect to hear. The two best tools in any cancer patient's life are a positive attitude and a superior cancer care team.

“Patients can expect personal care that helps lessen their worries so they can focus on fighting cancer,” says Carolyn Moore, director of Radiation Oncology at Carlisle Regional. “We arrange appointments and imaging studies, walk patients through the billing process and monitor prescriptions taken.”

Carlisle Regional Cancer Center's staff strives to help patients feel they are never alone, confused or overwhelmed by the cancer treatment process. The staff takes time with each patient to discuss upcoming appointments, progress in treatments, fears or concerns the patient may be experiencing in everyday life and how the patient feels physically and mentally.

“By alleviating a lot of the more technical tasks, we can help patients concentrate on themselves and the healing process,” Moore says.

A WINNING TEAM

Carlisle Regional Cancer Center is an illustration of how two sides of cancer care—the technology and the human caregiver element—can come together to enhance outcomes. With radiation oncologist Ronald Malcom, MD, on staff as well as two specially trained oncology nurses, Carlisle Regional Cancer Center's staff works closely together to keep patients and their families informed.

“We want to take the patient experience from feeling like their questions are answered to knowing exactly what treatments they are undergoing and how that can ultimately result in a cancer-free life,” says Moore. “Also, patients can rest assured that everyone on the medical staff is on board with your treatment, and we never forget the importance of informing and reaching out to loved ones supporting patients through this process.”

For more information about cancer services provided at the Carlisle Regional Cancer Center, 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.

Revolutionary Surgical Technique Gets You Back to Your Life **Faster**

Few people have time to schedule weeks out of their busy lives to recuperate from surgery. The great news is—you don't have to. The da Vinci® Surgical System gives you a precise, non-invasive surgical option that effectively addresses surgical concerns and gets you back to life—quickly.

CARLISLE REGIONAL MEDICAL CENTER surgeons are performing several da Vinci procedures. Gynecological procedures include laparoscopic hysterectomy for patients diagnosed with cancer, fibroids, uterine prolapse, ovarian masses and cysts. Urological procedures include prostatectomy and renal surgeries.

Dina Schweitzer, MD, FACOG, a gynecological surgeon with Women's Health Specialists of Carlisle, states, "Conventional laparoscopy changed the way we did surgery, and da Vinci is the next step. Now patients can undergo complex surgical procedures and be back to work in two to three weeks."

In addition to a quick return to daily

living and reduced blood loss, other patient benefits include small incisions to reduce scarring, a shorter hospital stay and minimal postoperative pain.

Dr. Schweitzer adds, "Patients are pleasantly surprised by the benefits offered by the da Vinci System."

The surgeons at Women's Health Specialists of Carlisle were some of the first gynecologists in central Pennsylvania to be trained on the da Vinci Surgical System. These surgeons perform more than 80 percent of gynecologic and urogynecologic surgeries in a minimally invasive fashion, providing patients with good outcomes and a quicker return to their busy lives.



Dina Schweitzer, MD, FACOG, is one of the first gynecologists in central Pennsylvania to be trained on the da Vinci® Surgical System.

For more information about the da Vinci Surgical System at Carlisle Regional Medical Center, visit www.CarlisleRMC.com and click on "Services" or "Quick Links."