

LiveWell

Healthcare in a Whole New Light

SUMMER 2011

On the cover...

How the
Women's Center
Helped this
Mom of Two

Inside...

Radiology:
Your Ounce
of Prevention

New Treatment for
Hand Contractures

5K Run & 2 Mile
Walk August 19!

 CARLISLE
REGIONAL
MEDICAL CENTER

www.CarlisleRMC.com



New mom Cortney Redding with her son Andrew and daughter Avery visit Tammy Rohm, certified lactation consultant.

With New Moms Every Step of the Way

Cortney Redding's interaction with Carlisle Regional Medical Center began when she had her daughter, Avery, in September of 2008. Just last October, she and her husband, Laring, welcomed Andrew to their family. Cortney's story exemplifies how Carlisle Regional supports moms at every stage of their journey. "The nurses were wonderful—every single one of them," recalls Cortney. "The facility is just beautiful and so comfortable. It felt more like we were at a home than a hospital."

In addition to having her children at Carlisle Regional, Cortney has also taken advantage of the resources that help new moms adjust. "My mom wasn't able to breastfeed, so having access to Tammy Rohm, a certified lactation consultant, was invaluable," says Cortney. Tammy calls new moms once a week for the first six weeks to check in on how breastfeeding is going. Moms also receive unlimited outpatient visits and access to a Breastfeeding Support Group, demonstrating Carlisle Regional's commitment to helping new moms and babies. "At the support group, we weigh babies, talk about sleep and feeding patterns and have open discussion on a variety of topics," says Tammy.

After the birth of her daughter, Cortney experienced postpartum issues. At the time, there was not a group specifically focused on this topic. So, Carlisle Regional started one. "This group is raw. We talk about everything. We share what we are going through and are a huge security blanket for each other," explains Cortney. Like Cortney, many moms who have been through postpartum remain part of the group to support and encourage those still in the midst of it. "They see there is a light at the end of the tunnel," says Tammy, one of the group's facilitators.

To find out more about the many support groups available, visit www.CarlisleRMC.com. Knowing that it's often difficult to get out the door with a newborn to go to a support group, Tammy says, "We tell moms, 'Come late. It's okay. Just come!'"

On the cover – *The Redding family: Cortney, Laring, Avery (3), and Andrew (10 months). The photo was taken by taken by Cortney, who has a photography business in Carlisle.*

The Many Benefits of Delivering at Carlisle Regional Medical Center

The birth of your baby is a very special occasion for you and your family. That's why the Women's Center of Carlisle Regional Medical Center offers a family oriented maternity program. In addition to being the newest facility in the area, the Women's Center offers many advantages.

Quality Medical Care

- Special Care Nursery (Level II NICU)
- Guaranteed 24-hour coverage by board-certified obstetricians and certified nurse midwives
- Consulting board-certified neonatologists
- Experienced nurses who are dedicated to maternity nursing—they know how to care for you and your baby
- State-of-the-art equipment and technology
- Pediatricians who check on your baby twice a day and report back to you
- Newborn hearing screening
- Infant security system

"Five-Star" Treatment

- A homelike setting—spacious, beautifully decorated birthing rooms with large Jacuzzi tubs
- Following delivery, you'll be moved to another private, beautiful and quiet room with accommodations for your support person to stay
- Room service from 6 a.m. to 6 p.m. because you deserve it
- A celebratory gourmet dinner for two (with babysitting!) before leaving the Women's Center
- Easy parking

Personalized Care and Support

- Family-centered care philosophy
- One-on-one newborn teaching with an RN trained in obstetric and newborn care
- One-on-one instruction and free out-patient visits with a board-certified lactation consultant and postpartum follow-up phone calls for three months or longer as needed
- Small community hospital that delivers expert care in a personalized setting
- Extensive support group offerings

CARLISLE REGIONAL MEDICAL CENTER + QUANTUM IMAGING:

A Partnership to Serve You Better

You've heard the expression; "An ounce of prevention is worth a pound of cure." The goal of radiology is to anticipate, detect and address health problems before they reach a crisis stage. One overlooked calcification on a routine mammogram screening can spell the difference between early detection and an untreatable outcome. The stakes are that high which is precisely why Carlisle Regional Medical Center and Quantum Imaging use advanced technology to catch breast, lung, colon and prostate cancer, as well as osteoporosis early.

Our trained specialists take their commitment to remaining both current and compassionate seriously. From providing the latest imaging technology to staffing only board certified radiologists, we are committed to providing you with the best imaging options available. And, you can access them in four convenient locations.

➤ Carlisle Regional Medical Center Imaging Center

361 Alexander Spring Road, Carlisle

➤ Carlisle Imaging Services

2 Jennifer Court, Suite A, Carlisle

➤ Medical Arts Building Imaging Services

220 Wilson Street, Suite 102, Carlisle

➤ Perry Health Center Imaging Services

1100 Montour Road, Loysville

The idea of proactive healthcare is to identify and control previously undetectable conditions before they become major threats. These days you can do so more comfortably and confidently than ever. The following tips will help you make important decisions to protect your health.

KNOW YOUR FAMILY HISTORY. Is there a clear pattern of heart disease or diabetes? Is there a disturbing recurrence of breast cancer? Or maybe your family is prone to the early onset of osteoporosis. When speaking with your family physician and scheduling screenings, it is very important to provide your current symptoms along with an accurate family history. Your family and personal history along with your symptoms is valuable to your provider of care and the radiologist reading your imaging study. In the hands of the right physicians, this information is key to diagnosing, predicting and controlling your predispositions.

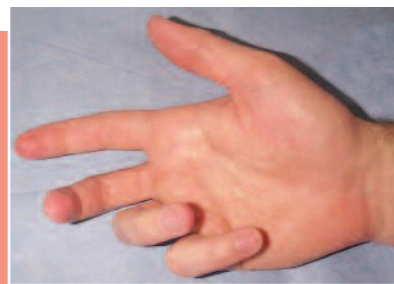
GET THE PROPER TESTS. When's the last time you had a mammogram or even a chest x-ray? Perhaps a thorough check-up is in order. When preventive screenings or required imaging studies are ordered by your healthcare professional, the imaging team at Carlisle Regional Medical Center is here for you!

INSIST ON THE BEST. Make sure you have access to the latest technology and board-certified experts to interpret your imaging studies. Results from a caring and compassionate team of more than 38 specialty trained radiologists can make all the difference. Together Carlisle Regional Medical Center and Quantum Imaging strive to provide you and your care provider the best in imaging services.

With the new Carlisle Regional Medical Center/Quantum Imaging partnership, you have access to the most current technology, respected experts and recognized providers in the area. In fact, Quantum has been selected to be the exclusive provider of radiological services at every major hospital from Lewisburg to Hanover. With this partnership, Carlisle Regional Medical Center now has immediate access to your prior imaging studies and results as part of the Quantum network.

In addition, all of the physicians are American College of Radiology board certified and have specialty training in complex cases. They offer around the clock coverage and technical support. Advanced imaging services are available including mammography, open MRI, CT scan, interventional radiology, vascular sonography and more.

To schedule an appointment with Carlisle Regional Medical Center's Imaging Services please call **ONE-CALL SCHEDULING** at **(717) 245-5244**.



New Medical Treatment for Hand Contractures

If you have the inability to open your fingers and flatten out your hand, you may have an often progressive disease called Dupuytren's Contracture. Although surgery is the most common treatment for this disabling condition, there is a new FDA approved treatment that usually involves only a simple injection and a manipulation procedure.

Dr. Mark Perlmutter, a hand surgery specialist practicing in



Mechanicsburg, Carlisle, Loysville, and Shippensburg, reports that, "The injection helps break down the cord that is causing the bending and often provides

excellent relief from Dupuytren's contracture."

For more information, contact Dr. Perlmutter's office at 855-MSI-HAND.

Welcome New Physicians

PATRICK McDEVITT, DO is a gastroenterologist who will provide services at CRMC. He is board certified in internal medicine.

MARIA ELAINA SUMAS, MD is a board certified neurosurgeon who has started a spine surgery practice in Carlisle and will be providing services at CRMC.

For help finding a physician, call our Physician Referral Service at (717) 960-3502.



The experts at Rehab Options provide superior care for a full spectrum of medical issues.

Rehab Options Now Offers Even More Options

Carlisle Regional Medical Center's outpatient therapy facility, Rehab Options, has recently expanded its services through the addition of several experienced clinicians.

The comprehensive therapy services available at Rehab Options include:

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Aquatic Therapy

The specialized services and programs available address:

- Orthopedic and musculoskeletal conditions
- Neurologic issues including Parkinson's disease, dizziness, stroke
- Women's health issues including incontinence, pelvic pain, low back pain, pre and post natal conditions **NEW SERVICE!**
- Pediatrics
- Hand therapy
- Lymphedema, a condition of abnormal swelling typically in an arm or leg **NEW SERVICE!**

All of the therapies available at Rehab Options are provided in an individualized, one-on-one setting to address each individual's specific issues, needs and goals. The addition of these therapists to the Rehab Options staff, not only allows for an expansion in services, but it also brings more than 25 years of experience and service in the Carlisle area to Carlisle Regional Medical Center continuing our commitment to provide state-of-the-art care.

Rehab Options is located at 417 Village Drive, Suite 4, Carlisle, PA (near Nell's Market on Walnut Bottom Road). Referrals for therapy services can be made by calling 717-245-0610.

Most insurance plans, including Gateway, are accepted.

SENIORextra 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. For upcoming event information or to join, visit

www.seniorextra.com.

NOW OPEN!

Perry County Surgical & Medical Specialists

We're growing to serve you better! Perry County Surgical & Medical Specialists is now open at 1100 Montour Road, Loysville. The following physicians are now offering hours at the Perry County office, bringing the community access to a full range of specialties:

- **David Chernicoff, DO**
Oncology
- **Andrew Dussinger, MD**
Urology & da Vinci Robotic Surgery
- **Christopher Sneider, MD**
General Surgery
- **Mark Perlmutter, MS, MD, FICS**
Hand & Upper Extremity Surgery
- **David Williams, DO, FACOG, FACS**
Urogynecology & da Vinci Robotic Surgery

To schedule an appointment with any one of these specialists at our Perry County location call **866-226-9813**.

HEALTH TIPS TO GO



For this issue, we asked area physicians to give us answers to common questions or information on frequent patient concerns. Here are some quick tips that can help you stay healthy.

UNDERSTAND THE SYMPTOMS OF CONCUSSIONS.

In summer, traumatic injuries increase. A current hot topic is concussions. It is important to remember that you do not need to be rendered unconscious to have a concussion. Some common symptoms of a concussion can include dizziness, nausea and persistent headaches. If you experience any worrisome symptoms following a head injury, it is important to make an appointment with a physician knowledgeable in the treatment of traumatic head injuries.



TIP COURTESY OF: Ryan C. Crim, MD, Carlisle Regional Medical Center Family Physician



THE 30 MINUTES/ 6 DAYS A WEEK RULE.

I would like my patients to be a little bit short of breath for 30 minutes a day, six days a week. For some this is a brisk walk, for others a jog.

TIP COURTESY OF: David Kann, MD, Carlisle Regional Medical Center Cardiologist

SAVE A LEG. SAVE A LIFE.

Diabetics should check their feet daily for signs of infection or injury. Diabetics who end up with an amputation, as a result of a complication from a neglected foot wound, have a higher chance of death within five years than those diagnosed with breast and prostate cancer combined.



TIP COURTESY OF: Anthony J. Guarracino, DO, Carlisle Regional Medical Center Hyperbaric Medicine & Wound Care Specialist



BREATHE EASY.

Lung cancer takes more lives than any other cancer combined. Early detection is the key to beating this disease. Yearly visits with your primary care physician are the best way to find cancer early when it is the easiest to treat.

TIP COURTESY OF: Adam Braze, DO, Carlisle Regional Medical Center Thoracic Surgeon

PREVENT SENIOR FALLS.

Falls are a severe risk for older adults. If you have an aging parent, make changes to their living space to prevent falls. Remove cords and throw rugs in walkways, install hand bars and anti-slip material in the shower, check stair railing, replace burned out light bulbs, and make sure paths from bed to bathroom are lighted at night.



TIP COURTESY OF: Thomas Green, MD, Carlisle Regional Medical Center Orthopedic Surgeon



KNOCK. KNOCK. WHO'S THERE? ARTHRITIS.

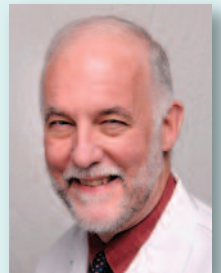
About one in five patients with knee arthritis has "knock-knees." The knees rub or "knock" as they pass each other. As we age with this, we can develop arthritis in the knee that actually gradually worsens the crookedness and knocking.

People experience troubles with knock-knees and arthritis, including: stiffness, weakness, shifting, grating, balance problems, difficulty walking and falling. There are difficulties with stairs and getting out of chairs. An evaluation, starting with exam and x-rays, can shed light on the problem when one has walking difficulties with "knock-knees."

TIP COURTESY OF: Allan Mira, MD, Carlisle Regional Medical Center Orthopedic Surgeon

OH BABY!

Sunscreen may be used on babies six months and older over all exposed areas of the body. If your baby is under six months, apply to small areas of the body, such as face and backs of the hands if protective clothing or shade are not available. SPF 30 or higher is recommended.



TIP COURTESY OF: Stephen Krebs, MD, Carlisle Regional Medical Center Pediatrician

6th Annual
CARLISLE REGIONAL MEDICAL CENTER



Friday, August 19, 2011

Race Start Time 6:00 p.m. at
Carlisle Regional Medical Center

Register at www.CarlisleFamilyYMCA.org through Monday, August 15 or pick up a registration brochure at the Carlisle Family YMCA (311 S. West Street) or Carlisle Regional Medical Center (361 Alexander Spring Road) through Tuesday, August 16.

Pre-registration fee is \$18 for YMCA members and \$23 for non-members through August 16; Race day registration fee is \$30 between 5:00 and 5:45 p.m. at Carlisle Regional Medical Center.

To guarantee race t-shirt, you must register by Monday, August 8.

Proceeds benefit the mission of the Carlisle Family YMCA.

CANCER WELLNESS

WIND, Body + Soul

Saturday, November 5, 2011

8 a.m. – 12 p.m.

CRMC Education Center

Are you looking for positive ways to get through your cancer journey? If you are in treatment or post treatment, this event is for you! Mark your calendars to attend this one-time event. Come learn how to be your own best health coach as well as techniques to help you tap into your inner-healer and find your “new normal” as a cancer survivor. The cost is \$10 and will include a continental breakfast. For more information, contact YWCA Carlisle at (717) 243-3818 or send an e-mail to bonnieberk@comcast.net.

Provided by Partners in Wellness, a cancer wellness program administered through the YWCA Carlisle and partially funded by the Carlisle Area Health and Wellness Foundation. Sponsored by Carlisle Regional Medical Center.

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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