

Staying

Summer, 1992

Healthy

Presented by Hazleton-Saint Joseph Medical Center

Lecture series focuses on cancer

Experts from a variety of medical fields will talk about treatment and prevention of cancer in a series of lectures sponsored by Hazleton-Saint Joseph Medical Center and the American Cancer Society.

With the summer sun at its height, Dr. Kathleen Veglia, a Hazleton area dermatologist, opened the six-month long series July 9 with a discussion of skin cancer and the use of sun screens.

On Aug. 13, cosmetic suregon Dr. Richard Lung will lecture on the timely topic of breast reconstruction.

The series will continue Sept. 10 with Dr. Philip Benyo, who will discuss the principles of cancer screenings.

Cancer prevention and wellness checks is on the

agenda for the Oct. 15 session headed by Dr. Anthony Valente.

Dr. Lung returns Nov. 12 for a talk on surgical management of skin cancer.

The series will end Dec. 10 with a lecture by Dr. Robert Yamulla on colon cancer.

Lecture Series

July 9
Skin Cancer and Sunscreens

Aug. 13
Breast reconstruction

Sept. 10
Cancer screening

Oct. 15
Prevention and Wellness

Nov. 12
Surgical management of skin cancer

Dec. 10
Colon cancer



Each lecture will begin at 7 p.m. in the board room on the second floor of Hazleton-Saint Joseph Medical Center. There are no charges for attending the lectures and refreshments will be served.

To make reservations to attend the lectures, contact Paula Triano, R.N., at 459-4422.

Summer Cooking:

It's easy to cut fat and enjoy summer grilling and baking

When buying food for the grille, look for meat that is at least 85 percent lean. Instead of grilling only steaks and burgers, try using more fish and poultry. And before you place the meat on the grille, trim off excess fat.

Some other tips for a low fat summer diet:

Cut back on consumption of dairy products by cooking with powdered or evaporated skim milk instead of milk or cream. When the temperature goes up, try non-fat frozen yogurt in place of ice cream.

When baking, use applesauce as a substitute for sugar. Fruits are

a healthy way to satisfy your sweet tooth.

Eat a good breakfast based around cereal in low-fat milk. If you want to sweeten it, use fruit rather than sugar.

And remember, top your toast with a low-fat spread.

Keeping fit with EXERCISE



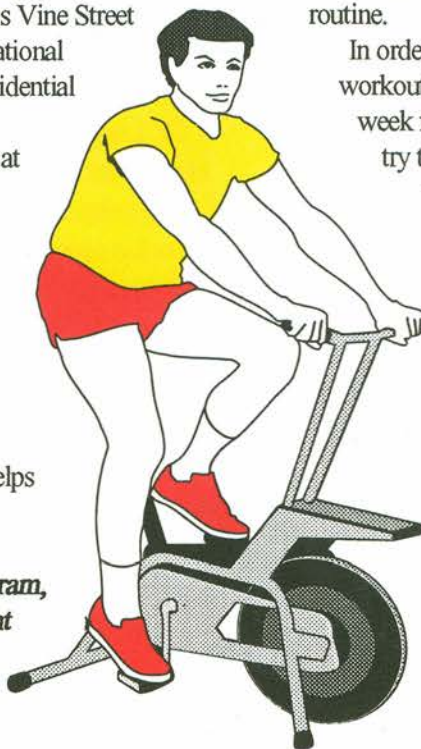
The day when retirement meant pulling up a rocker or sitting in front of the television is long gone.

Millions of Americans are finding that exercise can keep them mentally and physically fit, regardless of their age. You can see them walking or jogging around Hazleton's Vine Street Cemetery, strolling by the Maple Manor educational complex or hustling along the sidewalks in residential neighborhoods all around the Hazleton area.

Many get their exercise at the YM-YWCA, at private health clubs or at the Hazleton-Saint Joseph Rehabilitation Center. The benefits of regular exercise are many: better cardiovascular fitness, weight control, thinner blood vessels, greater muscle strength, increased flexibility, greater endurance, and a better state of mind.

The last of these is by no means the least important. Studies have shown that exercise helps fight depression, which can make you more susceptible to disease.

It's never too late to begin an exercise program, but you should consider your age and current physical condition before trying to go out and run a mile. It's a good idea to check with a physician before starting an exercise regimen.



Start out slowly and increase your exercise as you build endurance. Trying to do too much too soon can be disastrous. Before working out, go through a warm-up routine. After exercising, you should carry out a "cooling down" routine.

In order to get the most out of cardiovascular workouts, you should exercise at least three times a week for a half hour or so. Senior citizens should try to get some exercise every day.

Try following these tips and cautionary measures: If you're walking for exercise, wear comfortable shoes and maintain good posture. Keep your head erect and pull your stomach in. Swing your arms loosely and look straight ahead. Try to walk a mile in 20 minutes or less.

Don't exercise outdoors when the weather is too hot or too cold. When doing resistance exercises, use light weights or stretch bands to develop muscle tone. Avoid deep knee bends. They can damage joints.

On Guard!

Act now to guard against accidental poisoning

Parents need to be constantly on guard to keep potentially deadly poisons out of their youngsters' hands.

The most important step is storing the poisons properly. Here are some tips that could save young lives:

Keep all medicines, as well as caustic cleaning products and other chemicals, in their original containers. Place them where children can't reach them.

Older people often keep medicines uncapped and within easy reach all around the house. If you take the kids to grandma's house, keep an eye on them.

Keep the phone number of Hazleton-Saint Joseph Medical

Center's poison control center handy and call right away if you think a child has swallowed a dangerous substance.

Here's the number: 459-4504.

Be careful about what vitamins you give your children. Iron, which many adults take as a supplement, is toxic to children and it killed 11 youngsters in 1991.

The chances of a child being poisoned are not as remote as many parents think. According to U.S. Surgeon General Antonia Novello, more than a million cases of child poisoning were reported in 1991 because medicine and household chemicals were not properly stored.

Medicare:

Know what's covered, what's not

Senior citizens need to be concerned about health care and they should be aware that they don't automatically qualify for Medicare, the government program that covers most physician and hospital costs.

If you've reached your 65th birthday, you're eligible for Medicare. In order to enroll in the program, you'll have to call or visit the local Social Security Administration office. You should take care of the necessary paperwork at least three months before your 65th birthday.

Actually, Medicare is available to anyone who has reached the age of 62 and has worked at least 10 years, the criteria for qualifying for Social Security benefits. Disabled widows and widowers between the ages of 50 and 65 and disabled children over the age of 18 also are eligible for Medicare.

Coverage is broken down into two sections: Medicare Part A, which provides hospital insurance; and Medicare Part B, which helps pay doctor bills. Here's what the two plans cover:

Medicare Part A Hospital Insurance:

Inpatient hospital care.

Care in a skilled nursing facility following a hospital stay.

Home health care.

Hospice care.

Medicare Part B Medical Insurance:

Physicians' and surgeons' services.

Outpatient diagnosis and treatment.

Radiology and pathology services.

Minor surgeries.

Don't expect Medicare to pay for everything. Part B covers only the costs of services that physicians certify as medically necessary.

Medicare generally pays for 80 percent of charges that it approves. That does not necessarily

mean that it will cover 80 percent of what a doctor charges you.

It's a good idea to find a doctor who will accept Medicare's assignment, meaning that he will bill you at Medicare's approved charges. Otherwise, you could be left with a sizable bill.

If, for example, a physician says a procedure will cost \$1,000, Medicare may approve a charge of only \$750, meaning it will cover 80 percent of \$750, or \$600. That would require you to pay the \$400 difference between Medicare's payment and your doctor's charge.

Medicare does not cover all health care needs. It won't pay for elective or cosmetic surgery, chiropractic care, custodial nursing home care, outpatient and prescription drugs, routine physical exams or routine exams of the eyes, ears, feet or teeth.

You can make sure you're completely covered by purchasing a "Medigap" insurance policy that will cover the 20 percent deductible that Medicare does not provide. One place to look for guidance on these policies is "The Consumer's Guide to Medicare Supplement Insurance," published by the Health Insurance Association of America.

The guide notes that some Medigap plans cover pre-existing medical conditions and provide a no-obligation return policy. It also cautions against "overinsuring," or buying a plan that duplicates Medicare coverage.



Dear Friends:

It is with great pride that Hazleton-St. Joseph Medical Center introduces "Staying Healthy," our new community newsletter.

Four times a year you'll be reading this timely and attractive compendium of tips to help you keep healthy and happy. At Hazleton-Saint Joseph, we are constantly striving to keep up with the latest in medical care and health services.

"Staying Healthy" is just another in a series of steps we've taken to demonstrate our involvement in the community where we all live and work.

We hope you're as excited as we are about this project and we welcome your comments and suggestions.

Bernard C. Rudegeair
President and CEO

Bernard C. Rudegeair

*President and
Chief Executive Officer*



David S. Wagner, D.D.S.

*Chairman,
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Staying Healthy

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667 N. Church St., Hazleton, Pa. 18201

Patrick J. Ward

*Director of Marketing
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**Hazleton-Saint Joseph
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Hazleton, PA 18201

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