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HAZLETON

Healthy **YOU**



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A PASSION FOR BETTER MEDICINE

 Lehigh Valley
Health Network

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VISIT US ONLINE



WATCH VIDEOS of the health care providers from Lehigh Valley Physician Group in northeast Pennsylvania. Visit LVHN.org/hazleton/findadoc.

READ THIS ISSUE of Healthy You Hazleton online at LVHN.org/hazleton/healthyyou.

Get Health Insurance

If you are uninsured or under-insured – or know someone who is – Lehigh Valley Health Network (LVHN) can help you get the quality, affordable health care coverage you deserve through **Healthy PA**. Healthy PA is a new state plan that reforms Medicaid and creates a new private coverage option (PCO) for more than 600,000 eligible Pennsylvanians between the ages of 21 and 64. Many people who previously did not qualify for Medicaid may now qualify for Healthy PA.

LVHN is educating people about Healthy PA and helping them sign up. To learn more about Healthy PA:

- ▶ Visit healthypa.com.
- ▶ Call Lehigh Valley Hospital–Hazleton's patient financial counseling department at **570-501-4789**.



Health Care Providers Join Lehigh Valley Physician Group

To help provide the best care for you and your family close to home, Lehigh Valley Physician Group is proud to welcome the following health care providers to northeast Pennsylvania.

Next Step

LEARN MORE about Lehigh Valley Physician Group in northeast Pennsylvania. Visit LVHN.org/hazleton/lvpg or call **570-501-4LVH (4854)**.

ONCOLOGY

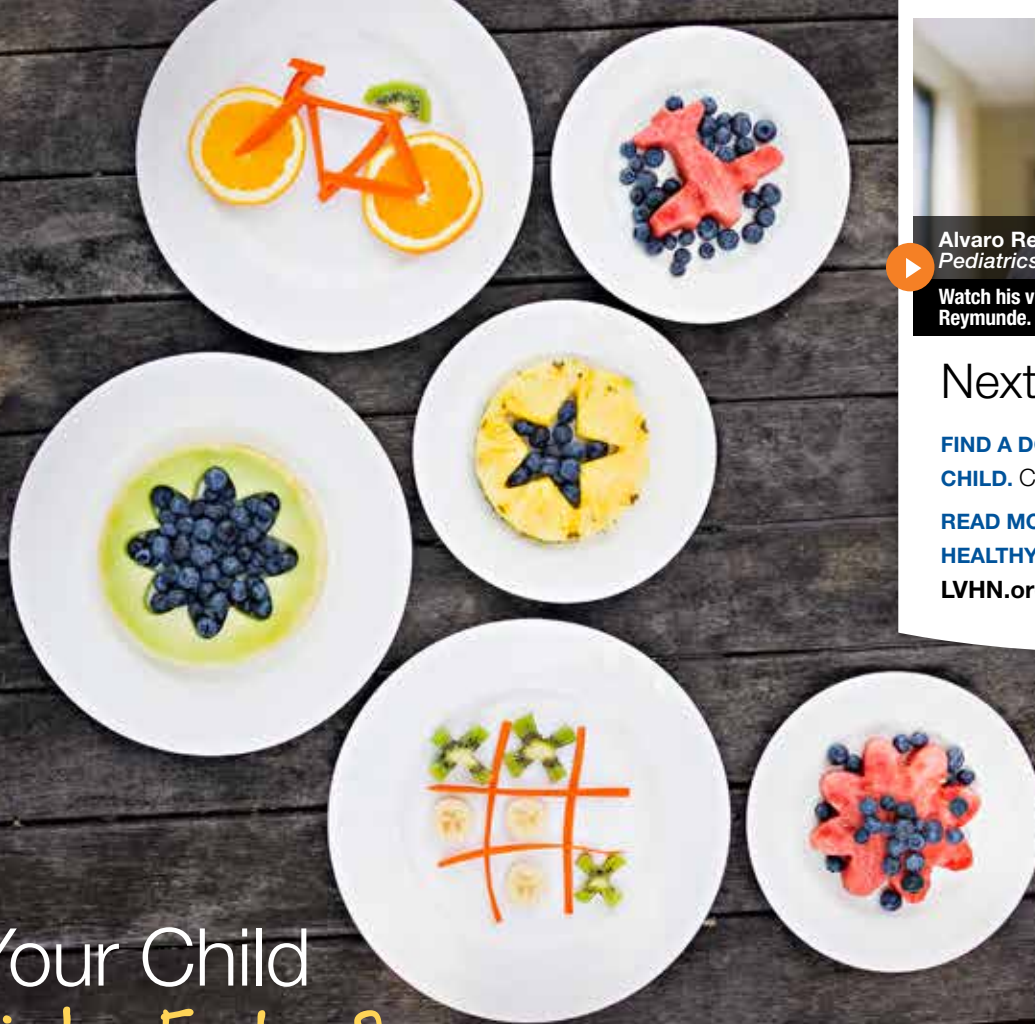
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1000 Alliance Drive
Hazleton
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ORTHOPEDICS

Don Miller, PA-C
Health & Wellness Center at Hazleton
50 Moisey Drive, Hazleton
570-501-6730





Alvaro Reymunde, MD
Pediatrics

▶ Watch his video at LVHN.org/hazleton/Reymunde.

Next Steps

FIND A DOCTOR FOR YOUR CHILD. Call 570-501-4LVH.

READ MORE STORIES ABOUT HEALTHY EATING. Visit LVHN.org/healthy_eating.

Is Your Child a Picky Eater?

7 TIPS FOR PARENTS

Your toddler refuses to eat anything but chicken nuggets. Your tween has sworn off meat. If your child is picky about what he or she eats, you're not alone.

How can you get your child to eat more nutritiously? "Most children will get adequate nutrients over the course of a week, so missing a meal or two will not harm them," says pediatrician Alvaro Reymunde, MD, with Lehigh Valley Physician Group Pediatrics–Hazleton Shopping Center. However, make sure no food group is left completely out for a long period of time. Here, Reymunde offers seven tips to handle that picky eater:

1 Respect your child's appetite. Never force or bribe a child to eat; it will only create a power struggle. A child-sized portion is one-fourth to one-third the size of an adult portion, so serve small portions. Allow children to ask for more on their own. If your child says he or she is a vegetarian, offer protein alternatives such as green peas, nuts, tofu and Greek yogurt.

2 Make it fun. Get children involved. Let them select healthy foods at the store, help in food prep or set the table. Serve fun and brightly colored foods. Try cutting foods into various shapes with cookie cutters.

3 Try, try again. It may take more than a few tries (in fact up to 15) before your child takes the first bite of an unfamiliar food.

4 Don't be a short-order cook. Do not prepare a separate meal for your child if he or she rejects the original meal. Make sure children know only one meal will be served.

5 Set a good example. Sit down to dinner together as a family. Make sure the meals you eat and serve are nutritious. Turn off all electronics during mealtime.

6 No sweet rewards. Don't reward a child for eating dinner with dessert; it sends the message that dessert is the best food.

7 Be realistic. Young children often do not like strong flavors or spices. Most prefer bland food; that's why foods like grilled cheese, and peanut butter and jelly are so popular.

Children's palates mature as they grow. If you're concerned that picky eating is compromising your child's development, talk to his or her health care provider. "We can plot your child's growth on a chart to make sure there are no issues," Reymunde says. He also suggests recording your child's diet for three days. "The big picture might help ease your worries."

—Tami Ambosie

Prevent Colon Cancer

THESE ANSWERS MAY SAVE YOUR LIFE

One in 20 people will develop cancer of the colon or rectum. Cancers affecting either of these organs are called colon-rectal cancer.

Such cancers are the fourth most common, yet death rates are dropping. Why? “Because people are getting regular screenings to either prevent it or find it when it’s most curable,” says physician assistant Tom Lyons, PA-C, with Lehigh Valley Physician Group Hematology Oncology–Alliance Drive.



PROTECT YOUR HEALTH BY KNOWING ANSWERS TO THE FIVE W'S ABOUT COLON-RECTAL CANCER SCREENINGS.

WHO should be screened for colon-rectal cancer?

Everyone starting at age 50. However, if you have any of the following, you are at greater risk for developing colon-rectal cancer and should talk to your doctor about getting screened earlier and more frequently:

- ▶ Personal or family history of colon-rectal cancer or polyps
- ▶ Inflammatory bowel disease (ulcerative colitis or Crohn’s disease)

WHAT screening tests are performed? A hemocult screening kit can look for presence of blood in the stool, one of the key symptoms. You can perform this test yourself. Your doctor may perform a digital rectal exam (DRE), examining your rectum with a gloved finger. “A DRE can detect masses in the rectum and check your stool for bleeding,” Lyons says. The best screening is a colonoscopy, which allows the entire length of the large intestine to be examined. During this test, the physician may remove polyps for further examination and possibly treat any problems that are discovered.

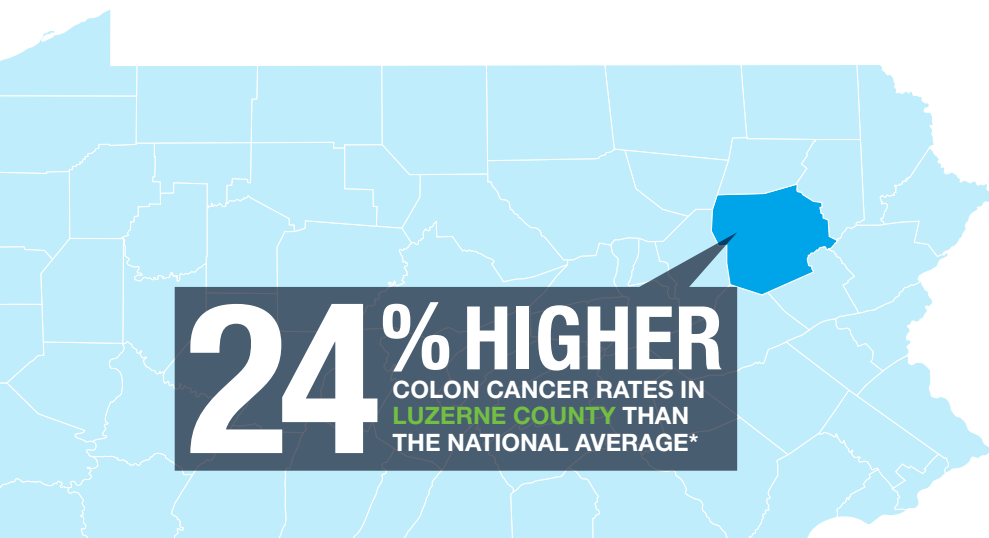
WHY is it important to have a colonoscopy?

“Many polyps discovered during a colonoscopy are pre-cancerous and removing them can help prevent cancer from starting,” Lyons says. Any cancer found in an early stage is more easily treated. Furthermore, many people do not experience colon-rectal cancer symptoms. When they do, the cancer may have spread and be difficult to treat.

WHEN do I need to be screened again? You should have a colonoscopy every 10 years if the results are normal. If you are at greater risk for colon-rectal cancer, you should be screened more frequently. Your doctor will decide.

WHERE are screenings performed? Colonoscopies are performed in the endoscopy department at Lehigh Valley Hospital–Hazleton.

–Rick Martuscelli



*BlueCross of Northeastern Pennsylvania

Next Step

IN MARCH, PICK UP A FREE HEMOCULT SCREENING KIT AT:

- Lehigh Valley Hospital–Hazleton front desk
- Health & Wellness Center at Hazleton front desk
- Lehigh Valley Physician Group Internal Medicine and Gastroenterology–14th Street

For questions about obtaining a kit, call **570-501-4249**.

Laughter /s the Best Medicine

HOW HUMOR RELIEVES STRESS AND BUILDS LASTING BONDS

Laughter has been called a keystone to happiness, while humor has been called the most significant activity of the human brain. But is tickling your funny bone good medicine?

“Evidence suggests laughter relieves stress,” says internal medicine physician Philip J. Benyo, MD, with Lehigh Valley Physician Group (LVPG) Geriatric and Internal Medicine–Drums. “That in turn can boost immune function and improve psychological health.”

Research has found laughing also can help lower blood sugar. “And an upbeat outlook often translates to better patient outcomes,” says internal medicine physician Jodi Lenko, MD, with LVPG Family and Internal Medicine–Alliance Drive.

Chuckling may work medical magic partly by releasing

endorphins – feel-good chemicals that help take the edge off pain – and reducing inflammation. Laughter also improves well-being by building trust and fostering communication between people. That’s especially helpful for doctor-patient relationships, which have their own impact on health.

While enjoying his humor, one woman told Benyo, “Don’t make me laugh – I’ll pee my pants.” That led to a conversation about female incontinence, a common problem that she eventually had Benyo treat. “She was thrilled,” he says. “But if we hadn’t been joking around, she would have been too embarrassed to mention it.”

Benefits accrue no matter if you’re laughing or if you’re making someone else laugh, and people who live long lives (age 85 and older) tend to be jokesters.

–Richard Laliberte

HERE ARE FOUR WAYS YOU CAN LIVE A LIFE OF LEVITY:

- 1 Be social.** Humor is contagious and spreads in groups. “You’re much more likely to laugh when you’re with other people than you are by yourself,” Lenko says.
- 2 Seek fun.** Prioritize cheery entertainment like TV comedies. Minimize depressing or anxiety-provoking crime dramas and news programming.
- 3 Make fun of yourself.** Self-deprecating laughter goes a long way toward lowering perceived barriers.
- 4 See humor even in difficulty.** People with serious illnesses still crave laughter. Humor decreases the isolation patients sometimes feel when they have a medical condition and makes it easier to talk about even difficult subjects.



Philip J. Benyo, MD
Geriatric and internal medicine

▶ Watch his video at LVHN.org/hazleton/PJBenyo.



Jodi Lenko, MD
Internal medicine

▶ Watch her video at LVHN.org/hazleton/Lenko.

Introducing *Zosia*

MIDWIFE JENNIFER RUCH, CRNP, CNM, BRINGS CHERISHED NEW LIFE INTO THE WORLD

On the morning of Dec. 2, 2014, at 8:29 a.m., Zosia Angeline Ronco met the world. It couldn't have been a more perfect moment for her parents, Amanda and Todd, of Hazle Township.

Inspired by the natural (holistic) birth experience of their son, Caleb, in Dallas, Texas, three years earlier, the Roncos knew from the start they wanted a similar experience with Zosia. So when Amanda was first expecting and the couple moved back to northeast Pennsylvania, they searched far and wide to find a health care provider who could help.

HELP FROM A MIDWIFE

At 16 weeks into the pregnancy, the Roncos met the person they call “their rock star,” nurse practitioner and certified nurse midwife Jennifer Ruch, CRNP, CNM, with Lehigh Valley Physician Group Obstetrics and Gynecology–Alliance Drive. “I wanted to have my baby in the most natural way possible,” Amanda Ronco, 28, says. “And when we met Jennifer, we could feel her passion. We just clicked.”

Ruch, the first certified nurse midwife in the Greater Hazleton area, has assisted in more than 1,000 births. She brings both 15 years of ob/gyn nursing experience and specialized education to families. A midwife (the name means “with woman”) is an option if you have a low-risk pregnancy and want to be in charge of your labor and delivery.

Midwives provide prenatal and post-pregnancy care, attend births and can provide medical care throughout a woman's life, including comprehensive gynecologic care, well-woman visits and menopause management. “I like my patients to view me as a friend,” Ruch says. Midwives are not trained to perform surgeries, such as C-sections. They do not provide primary care for high-risk pregnancies, such as those involving diabetes, advanced maternal age or multiple births, but can co-manage these with a physician.

CREATING ZOSIA'S PLAN

From the start, Ruch worked with the Roncos to make Zosia's delivery unique. The couple discussed important needs, such as skin-to-skin contact between mom and baby immediately after delivery, and the availability of facilities such as a whirlpool bath. (While midwives can help administer pain medication, most favor natural pain-relief methods such as a deep massage or a Jacuzzi bath.)

“During every single visit we felt empowered and knowledgeable,” Todd Ronco, 30, says. The entire family came to appointments. Even 3-year-old Caleb became involved, listening to his sister's heartbeat with a fetal Doppler and helping to take measurements. “He had questions too, and everyone made him feel comfortable,” Amanda says.

A NATURAL DELIVERY

When the big day arrived on Dec. 2, the Roncos came to Lehigh Valley Hospital–Hazleton's Family Birthing Center. Ruch wasn't to be on-call that day. In fact, she had injured her back. Yet when she learned the Roncos were en route, she was there.

Zosia's birth went quicker than expected. Still, the Roncos got the natural, fulfilling birth experience they expected. Todd and Amanda held hands during labor. They requested delayed cord clamping – waiting at least a minute after birth – which some studies show improves iron and hemoglobin levels in newborns. And as a healthy Zosia weighed in at 7 pounds, 7 ounces, measuring 19.5 inches, Ruch stayed in the room with the Roncos to provide calm and reassurance.

“She's so humble,” Todd says of the family's midwife. “But her help meant everything to us.”



Jennifer Ruch, CRNP, CNM
Obstetrics and gynecology

Watch her video at LVHN.org/hazleton/Ruch.

–Tami Ambosie

Next Step

LEARN MORE ABOUT LEHIGH VALLEY HOSPITAL-HAZLETON'S FAMILY BIRTHING CENTER or register for prenatal classes. Call **570-501-4200** or visit **LVHN.org/hazleton/birth**.

ABOUT THE FAMILY BIRTHING CENTER

Located inside Lehigh Valley Hospital-Hazleton, the Family Birthing Center includes private labor and delivery rooms, postpartum suites, two prenatal testing rooms, a large nursery and a hydrotherapy room with a whirlpool bath. Modern and secure, the center also includes a cesarean birth suite with separate operating and recovery rooms. Families also benefit from the center's prenatal education classes, free car seat checks, infant/child CPR classes, and education on breast-feeding, parenting and siblings.

Caleb, Todd and Amanda Ronco celebrate Zosia's arrival.

Help for a Failing Heart

LVAD HELPS LENNY KASABA
TAKE CONTROL OF HIS LIFE



Nauman Islam, MD
Cardiology

▶ Watch his video at LVHN.org/Islam.



Timothy Misselbeck, MD
Cardiothoracic surgery

▶ Watch his video at LVHN.org/Misselbeck.

During his 40-year career driving tractor trailers, Lenny Kasaba logged more than 3 million miles. But at age 70, he could only take three steps before becoming short of breath. It was frustrating for Kasaba, who enjoyed using heavy equipment to care for his large property in Plains Township, Luzerne County. “I used to be able to push a loaded wheelbarrow 400 feet, but it got to the point where I couldn’t push it at all,” he says.

The cause of Kasaba’s fatigue: heart failure. It’s a condition in which the heart muscle becomes weak, inhibiting its ability to pump oxygen-rich blood throughout the body. High blood pressure, heart valve or artery disease, or a previous heart attack can lead to heart failure. The cause of Kasaba’s condition was a viral infection that attacked his heart muscle and caused it to weaken over many years.

To determine how well a heart is pumping, physicians monitor ejection fraction, a measurement of how much blood is ejected out of the heart’s pumping chamber (left ventricle) with each contraction. “A normal ejection fraction is at least 55, which means 55 percent of the blood in the left ventricle is ejected out with each heartbeat,” says Lehigh Valley Health Network (LVHN) cardiologist Nauman Islam, MD, with LVPG Cardiology–1250 Cedar Crest. “Lenny’s ejection fraction was less than 20, which is very severely reduced.”

LIFESAVING TREATMENT

Kasaba had two options. He could undergo a heart transplant, but didn’t want to face the risks. At the recommendation of his electrophysiologist Gregory Altemose, MD, he instead chose to get a left ventricular assist device (LVAD). “It’s a mechanical pump that is implanted to help a failing heart effectively pump blood throughout the body,” says Kasaba’s cardiothoracic surgeon, Timothy Misselbeck, MD, with LVPG Cardiac and Thoracic Surgery–1250 Cedar Crest. LVHN is the first in the region to provide this innovative treatment.

During an open-heart surgical procedure, surgeons connect one end of a tube to the bottom of the left ventricle and the other end to the aorta, the artery that delivers blood throughout the body. The LVAD pump, which sits in the middle of the tube, is placed beneath the patient’s skin. A battery and controller are contained in a pouch that the patient wears. Patients who receive LVAD must have it for the rest of their lives.

LIVING LONGER WITH LVAD

For many people with advanced heart failure who once had few treatment options, LVAD prolongs life and improves quality of life. “Nearly 70 percent of patients who receive LVAD are surviving two years or more,” Islam says. “The longest-surviving LVAD recipient is currently at nine years.”

Next Steps

LEARN MORE ABOUT CARDIAC SERVICES IN HAZLETON. Visit LVHN.org/hazleton/cardiac.

WATCH A VIDEO about a woman given a second chance with LVAD. Visit LVHN.org/lvad.

Heart failure symptoms

- ▶ Shortness of breath during rest, exercise or while lying flat
- ▶ Weight gain
- ▶ Visible swelling of the legs and ankles due to a buildup of fluid
- ▶ Occasional swelling of the abdomen
- ▶ Fatigue and weakness
- ▶ Loss of appetite
- ▶ Nausea
- ▶ Abdominal pain
- ▶ Persistent cough

BACK ON THE BACKHOE

Less than a year after receiving LVAD, Kasaba is able to operate his machinery and do everything he used to do. His energy and enthusiasm, as well as his overall medical condition, made him a good candidate for LVAD. “It’s an excellent treatment for people who want to do more, but can’t,” Islam says.

Two times daily, Kasaba monitors his vital signs and the LVAD equipment in his pouch, logging the data on its displays and ensuring its batteries are charged. “It’s instinct; I don’t even think about it,” he says. Kasaba, now 71, also voluntarily shares his experience with other people considering LVAD. “They’re worried,” he says. “I can show them I’ve been given a new life.”

–Rick Martuscelli

5 Things You Should Know About Chiropractic Medicine

TIPS FROM DANIEL GAVIO, DC



1 ADJUSTMENTS ARE PAINLESS AND SAFE. Chiropractic medicine is considered one of the safest nonsurgical therapies available for the treatment of back pain, neck pain, joint pain in the arms or legs, headaches and other conditions. Most people feel immediate relief following chiropractic treatment, but some people experience mild soreness for about one day. Adjustment (or manipulation) of a joint may result in the release of a gas bubble between the joints, which makes a popping sound. “Our primary treatment methods include various forms of manual therapy,” says Daniel Gavio, DC, with Lehigh Valley Physician Group Chiropractic Medicine–Health & Wellness Center. “With proper chiropractic treatment the risk for injury is extremely small and should cause minimal, if any, discomfort.”

2 TREATMENT PLANS ARE TAILORED TO YOUR NEEDS. During your first visit, a chiropractor will discuss your medical history and perform a physical examination. He or she may use lab or imaging tests to see if treatment is right for you, and then create a custom treatment plan to help you enjoy your favorite activities again. “For example, if lower back pain keeps you from playing golf, a chiropractor can help improve the range and quality of motion in the affected part of your body so you can get back to the course.” Gavio says.

3 CHIROPRACTORS ARE WELL-EDUCATED. A chiropractor is identified by the initials DC – doctor of chiropractic. This means he or she has an undergraduate degree plus four years of chiropractic college, where the focus is on the diagnosis and treatment of conditions related to the body’s structure.

4 MOST INSURANCES COVER CHIROPRACTIC CARE. It’s included in most health insurance plans, including major medical, workers’ compensation, Medicare, some Medicaid plans, and most insurance plans for federal and state employees. To be sure, call your insurer before your first office visit. You may need a referral from your primary care provider.

5 CHIROPRACTORS CAN HELP A VARIETY OF CONDITIONS. If you have back or neck pain, bursitis or tendonitis, degenerative disk disease, whiplash, fibromyalgia, or if you’re recovering from a sports, work or motor vehicle injury, chiropractic care may help. “We communicate with your referring doctor and help you go through life with less pain,” Gavio says.

–Tami Ambosie

With help from his chiropractor,
Mike Kelchak
of West Hazleton (shown here at
Sleepy Hollow Golf Center in
Drums) is back
on the links.



Next Step

**LEARN MORE ABOUT LVPG
PHYSICIANS IN NORTHEAST
PENNSYLVANIA.** Visit
LVHN.org/hazleton/lvpg.

Advances in Children's Surgery

MINIMALLY INVASIVE TECHNIQUES OFFER NEW OPTIONS

You've heard about minimally invasive (smaller-scar) surgery in adults for years. Such procedures are proven to reduce scarring, decrease infection rates, quicken recovery time and lessen post-surgery pain. Yet for children, such surgical options weren't available until recently.

"Adapting minimally invasive techniques to children – particularly infants and smaller children – has been a challenge," says pediatric surgeon Marybeth Browne, MD, with LVPG–Pediatric Surgery, affiliated with Children's Hospital at Lehigh Valley Hospital.

The reason? Because children are much smaller in size, specialized instruments for adult minimally invasive surgery – such as the ports used in robotic surgery – leave a scar that is small in an adult but large in a child, eliminating the advantage of minimally invasive surgery.

RECENT ADVANCES

Now, however, the available instruments used in minimally invasive surgery have become even smaller. This means children now may benefit from smaller-scar procedures. Such surgeries are available if your child has:

- ▶ A variety of conditions of the chest (lung and esophageal problems or chest wall abnormalities)
- ▶ A variety of conditions of the abdomen (stomach, intestine, spleen, kidney or liver)

"Minimally invasive surgery represents an advancement in pediatric care that minimizes scarring and postoperative pain," says Browne, an Allentown native and Salisbury High School graduate. "This is an evolving specialty. More pediatric surgeons are being trained in and becoming more comfortable with laparoscopic techniques."

Browne recently returned to the Lehigh Valley after spending 14 years practicing and teaching pediatric surgery – including minimally invasive procedures – in the Chicago area.

"Having minimally invasive techniques available at Children's Hospital at Lehigh Valley Hospital means parents and children don't have to travel to Philadelphia or another part of the state for advanced pediatric care," Browne says. "We can now perform many pediatric procedures minimally invasively. Our ultimate focus is doing what's safest for your child while producing the best results."

–Ted Williams



Smaller scars in surgery mean quicker recovery for children. LVHN surgeons have performed more than **26,000** pediatric surgeries over the past decade.

Lehigh Valley Hospital–Hazleton

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A PASSION FOR BETTER MEDICINE



Get to know us, before you even meet us.

Our Find a Doctor videos will introduce you
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Go to LVHN.org/hazleton.

*Lehigh Valley Physician Group–Hazleton, formerly Alliance Medical Group, is a
subsidiary of Lehigh Valley Health Network. Our medical and surgical service network
provides a full spectrum of health care services for patients from infants to seniors.*