



Here are the latest encouraging stories, health tips and news items.

**COVID-19 stories highlighted in blue*

JUST FOR COLLEAGUES

COLLEAGUE FLU SHOT CLINIC

Colleague Flu Shot Clinics are Underway

See the clinic schedule for your area.



Vote for LVHN in The Morning Call Readers' Choice Awards

Let everyone know LVHN provides exceptional care.



Set Goals in 5 Easy Steps

All colleagues must set performance and development goals.

COMPASSION
INTEGRITY
COLLABORATION
EXCELLENCE

Celebrate Colleagues With Partner Points

The portal to reward and recognize colleagues has a new name and look.

COVID-19 Testing Drive-Thru Update



Drive-thru Pre-Procedure COVID-19 Testing and Colleague Clearance Testing

This service is available at Coordinated Health Bethlehem—Emrick Boulevard.

Free Transportation for Cancer Institute Patients in Carbon County

Service makes access to world-class cancer care convenient.

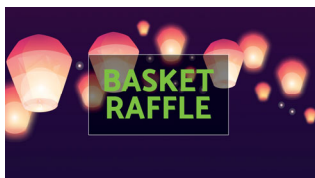


CareCredit Available
at Select LVPG Practices



CareCredit Available at Select LVPG Practices

It provides a low- or no-interest finance option for patients.



Support the Leukemia & Lymphoma Society

Help the Light the Night team and enter to win a gift basket.



Calling All Volunteers: LVH–Hazleton Community Flu Shot Drive-Thru

Join us on Sunday, Oct. 25.

STORIES



Ross Born Finds Relief From Prostate Pain

It's all thanks to the HoLEP procedure.

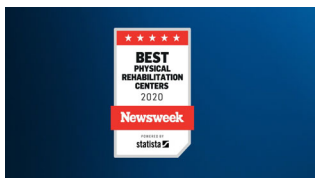
HEALTH TIPS



DYK: High Cholesterol Might Run in Your Family?

LVHN has a program that can help.

NEWS



LVH–Cedar Crest Recognized as One of Newsweek's Best Inpatient Rehabilitation Centers

Congrats to a dedicated team.

IN THE NEWS

Lehigh Valley Hospitals on Standby for COVID-19 Vaccine

September 29, 2020 | wlv.com

Lehigh Valley Health Network mobile mammograms return to Kutztown University Oct. 8

September 29, 2020 | readingeagle.com

Annual car seat check aims to educate parents

September 28, 2020 | [tnonline.com](#)

Emergency responders recognized for flawless field delivery

September 24, 2020 | [tnonline.com](#)

WYLN News Wellness Wednesday, Sept. 23, 2020

September 23, 2020 | [youtube.com](#)

Share your story at [LVHN.org/stories](https://www.lvhn.org/stories).

Get Your Flu Shot at an LVHN Colleague Flu Shot Clinic



September 09, 2020

Along with pumpkins and changing leaves, fall brings flu season. It's more important than ever to get your flu shot this year. In addition to social distancing, hand washing and wearing a mask, taking proper precautions for the seasonal flu is the best thing we can do to handle the ongoing pandemic.

Prevent the spread to conserve vital resources

While getting a flu vaccine will not protect against COVID-19, there are many important

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Get Your Flu Shot at an LVHN Colleague
Flu Shot Clinic

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benefits, including acting as a preventative tool for people who have chronic illnesses and minimizing the risk of becoming infected with both the flu and COVID-19.

Since 2010, CDC estimates that flu has resulted in between 140,000 and 960,000 hospitalizations each year. Flu vaccine prevents tens of thousands of hospitalizations each year. Just like COVID-19, influenza is a virus spread from person to person. While our community is experiencing a pandemic, it's more important than ever to do what you can to prevent the spread of infectious diseases. Health networks across the country already have limited resources due to COVID-19. A large flu outbreak could result in added strain on health systems. Health care workers have a [special obligation to be vaccinated](#) because people who remain unvaccinated and spread the flu can cause serious harm to vulnerable patients.

Whether you provide direct patient care, continue to work on site at an LVHN facility or are working remotely, all colleagues must follow the LVHN influenza vaccination policy and all colleagues are expected to receive a flu vaccination.

LVHN makes getting vaccinated easy

Colleague flu shot clinics will begin Oct. 1 and continue until Nov. 13. Click below to get the schedule for your location. Print the schedule, post it in your area, get vaccinated and remind others to do the same.

- [Lehigh Valley schedule](#)
- [Hazleton schedule](#)
- [Schuylkill schedule](#)
- [Pocono schedule](#)
- Coordinated Health colleagues: Visit any Care on Demand office during open hours. Colleagues working at Winchester can be vaccinated at Winchester on Thursday, Oct. 1, and Tuesday, Oct. 6, by appointment. Schedule through your manager.

What you need to know about this year's safety precautions

LVHN is taking extra measures to make sure our flu clinics are as safe as possible.

- **Everyone must complete the Conversa COVID-19 screening the day of vaccination** – This is a requirement even if you work from home or do not have a shift scheduled for that day. [Click here to complete screening](#) or text **lehigh** to 83973. To learn more about these screenings, [read our internal communication to all colleagues](#).
- **Fill out your consent form before arriving** – Prior to attending a flu shot clinic, complete the electronic consent form, which is part of your first-quarter education bundle. This will help us keep the process as “hands-free” as possible. You also can access the [electronic consent form](#) and additional information about influenza vaccination on [the intranet home page](#) by clicking “Influenza Information” under “Colleague Resources.”
- **Additional cleaning measures will be used** – The LVHN team is taking additional cleaning steps this year to ensure commonly touched surfaces are continually disinfected.
- **Distancing while you wait** – LVHN has new protocols in place to ensure lines flow smoothly while allowing people to be socially distant.

Have a flu shot question?

Visit our [frequently asked questions page](#).

Vaccinations received outside of an LVHN flu shot clinic

If you receive a flu vaccination at an LVPG practice or LVHN ExpressCARE, your proof of vaccination will automatically transfer to your Employee Health medical record. If you receive a flu vaccination outside of an LVHN flu shot clinic, an LVPG ExpressCARE or your LVPG provider, you will need to submit proof to Employee Health. There are several ways to do this:

- **Upload to the intranet** – This is the preferred method to submit proof of vaccination. On the LVHN intranet go to Resources>>Employee>>Influenza

information. Scroll to the forms section and click "Submit Your Flu Proof Here."

- **Send an email** – You may also send proof via email it to Jean.Reinhart@lvhn.org.
- **Send a hard copy** – Printed proof can be sent to Employee Health through interoffice mail or faxed to 610-402-1203. Make sure your name is clearly written on the document along with another unique identifier such as your LVHN computer user ID.

Early vaccination is key

It takes two weeks for protection from a flu vaccine to develop in the body, so you should get vaccinated soon after the vaccine becomes available. The CDC and Prevention recommends getting vaccinated in September or October.

Colleagues who join the health network after the colleague flu clinics have completed will still follow the LVHN vaccination policy and will be expected to receive a flu shot.

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Voting is Now Open for 2020 Readers'
Choice Awards: The Morning Call

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Voting is Now Open for 2020 Readers' Choice Awards: The Morning Call

September 22, 2020

No matter what is happening around us, we are ambassadors for the exceptional care we provide to our community. We are #LVHNProud. Together, let's celebrate everything our health network has done in 2020, especially during this pandemic, and vote in the The Morning Call Readers' Choice Awards contest.

Voting is now open. By voting LVHN services and colleagues as “the best,” you can help our health network win in multiple categories so that everyone in our region knows LVHN provides exceptional care and is a great place to work and grow. Please take a moment to cast your ballot for **Best Hospital**, a regional honor that is very meaningful to all of us.

Vote now in the following categories (all categories are multiple choice):

- Cancer Center
- Emergency Services
- Family Doctor
- Hospital/Health Network
- Nursing Services
- Obstetrician
- Orthopedic Services
- Patient Care
- Pediatrician
- Physical Rehab Center/Services
- Place to Have a Baby
- Sports Medicine
- Surgeon
- Urgent Care
- Best Place to Work

You can vote one time now through Oct. 8. You must use Google Chrome as your web browser. If your default browser is Internet Explorer, copy and paste this link into Google Chrome: <https://mcall.secondstreetapp.com/Readers-Choice-2020/>

Let's celebrate our very own health care heroes and put LVHN in the top spot for health care services in the region! Thank you for your support!


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Set Goals in 5 Easy Steps

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Set Goals in 5 Easy Steps

September 18, 2020

New this year – In addition to managers setting goals, ALL colleagues must set development and performance goals.

COLLEAGUES: How to set goals in 5 easy steps:

1. On the SSO tool bar, click on PeopleFluent.
2. In My Tasks, click on “Set your FY2021 Goals.”
3. Enter your Performance and Development Goals.
4. Don't forget to hit SAVE before logging off.
5. To forward your goals to your manager, click “SUBMIT.”

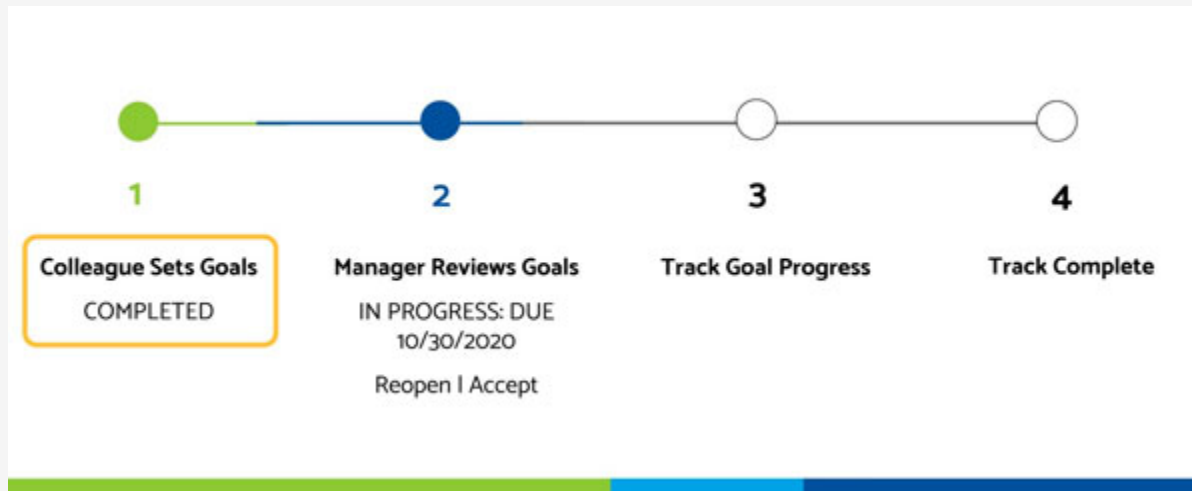
MANAGERS: How to review and approve goals in 5 easy steps:

1. On the SSO tool bar, click on PeopleFluent.
2. Once your colleague has submitted their goals, in My Tasks, click on “Review goals for the FY2021 Performance Plan.”
3. You can add or modify goals for your colleague.
4. To finalize and approve your colleague’s goals, click “ACCEPT.”
5. To have your colleague modify or add new goals, click “REOPEN” and repeat steps 2-4.

WHEN

- Due date for colleagues and managers to set goals: Oct. 2
- Due date for all managers to approve their colleagues’ goals: Oct. 30

All colleagues are to submit their FY21 goals in PeopleFluent by **Friday, Oct. 2**. Any colleague who does not submit goals **by Oct. 2** will have their goals automatically moved to their manager (step 2) for review and approval. **You will no longer be able to enter or edit goals after this date.**

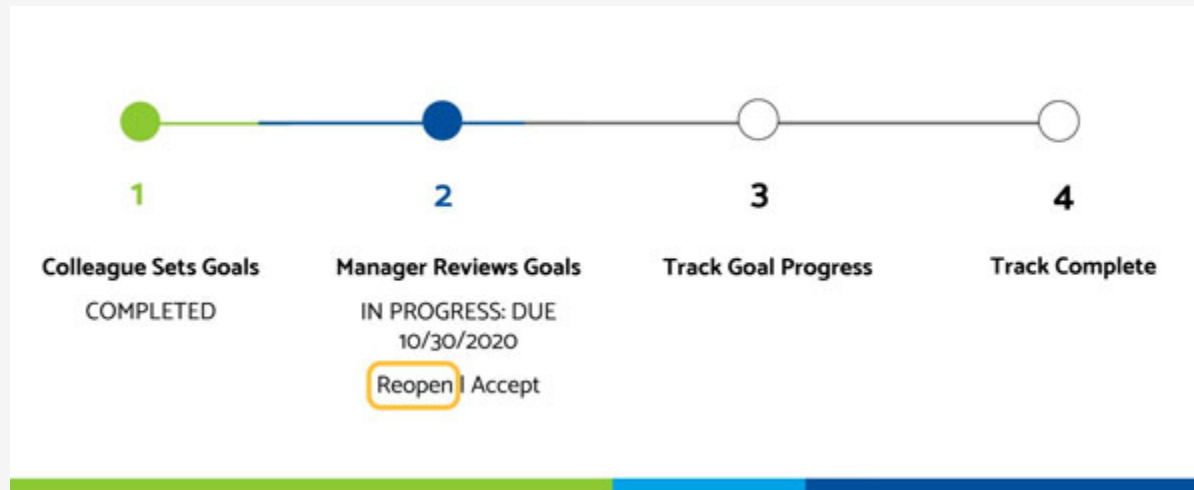


Managers:

Any colleague goals not started or in-progress will be moved ahead **as-is** to Manager Review (step 2) on Oct. 2. Managers have until Oct. 30 to complete or review

and submit their colleagues' goals.

- **After Oct. 2:** If a **goal needs to be sent back to the colleague (step 1)**, **the manager** must complete this by clicking the **Reopen** button. Once the colleague's modifications are made, they must re-submit their goals to their manager for approval.



About PeopleFluent:

- Access PeopleFluent on your **SSO toolbar**. Coordinated Health colleagues will use remote.lvh.com and Citrix to access the PeopleFluent icon.
- To set or review goals, click “**My Tasks**” or the “**Goal Management**” quick link on the performance management dashboard.
- **Training resources for the goal-setting process** are available on the dashboard in the upper right corner under “**Performance Management Resources.**”
- If you have an issue with the automated login process, please contact the Technology Support Center at 610-402-8303, in Hazleton at 570-501-4889, in Schuylkill at 570-621-4106, or in Pocono at 570-420-4993. Coordinated Health colleagues should call 610-402-8303 as well.

If you have questions regarding the performance management process or using the performance management system, please contact colleagues in the compensation department at HRCompensation@lvhn.org or your human resources consultant/representative.



Celebrate Colleagues With Partner Points Starting Sept. 28

October 01, 2020

Since 2016, you have used PRIDEpoints to get recognized, redeem reward points and send eCards. In fact, colleagues have sent 143,000 eCards since they were introduced four years ago. Now, exciting changes are coming.

New recognition portal

To help you celebrate your colleagues for demonstrating [LVHN's core values](#),

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Celebrate Colleagues With Partner Points
Starting Sept. 28

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PRIDEpoints will soon have a new name: Partner Points. Along with the name change, the portal itself is getting a refresh.

The portal, which is accessible to all colleagues in your single sign-on (SSO) toolbar, will be unavailable Sept. 25-28 while the system updates. When you log in Sept. 28, you'll notice a new look and feel to Partner Points.

What can I do in the portal?

The way you use the portal doesn't change. The Partner Points portal still allows you to:

- ***Get recognized*** – Did you go above and beyond on a project or assignment? Did you help to create “Moments that Matter” for our patients and their loved ones, and for one another? Partner Points allows your department director to recognize your efforts and reward you with points.
- ***Redeem reward points*** – If your director awards you points for exceptional effort, Partner Points is the place to redeem them for great gifts. You can redeem your points right away or save them up for an even bigger gift.
- ***Send eCards*** – Is a colleague celebrating a birthday or other special occasion? Or maybe you want to say thanks, welcome a new team member or send someone condolences. With Partner Points, you can send them an eCard and make their day.
- ***Nominate a colleague for an award*** – LVHN Partner of the Month and Proud Partner Awards recognize a colleague or team of colleagues who demonstrate LVHN core values, and go above and beyond to create “Moments that Matter” for our patients, their loved ones and for one another. Nominate your colleague using Partner Points.

What kinds of eCards can I send?

You can choose from eCards in these categories: Thank You, Congratulations, Service Anniversary, Birthday or Sympathy. Other categories may be added in the future.

How are points earned?

The distribution of points will vary by department. Some directors may opt for group recognition like team lunches, while others will award points on an individual basis, and some may do both. Your director can explain how the program works in your area.

Will my reward points expire?

As long as you are employed by LVHN, your Partner Points will not expire. You may save your points to be combined with any future awards that you may receive. Any Partner Points not redeemed before termination or separation from employment will expire.

What kind of gifts are available?

The extensive online gift store is packed with choices, including a large selection of gift cards for local establishments and retailers.

Note: If you have purchased a gift card with PRIDEpoints, you have 30 days from Sept. 25 to access or print off information regarding your gift card purchase. After 30 days, you will no longer have access to that information.

How do I nominate a colleague for LVHN Partner of the Month and Proud Partner Awards?

From your SSO toolbar, click on **Partner Points**. Hover over **Recognition** in the upper right corner of the screen. Click **Nominate an LVHN Partner of the Month** then click **Get Started** to nominate a colleague. For assistance with this process, please contact Lorraine Pirino at Lorraine_T.Pirino@lvhn.org.

Who can use the system?

Partner Points is accessible by all colleagues.

Be sure to visit Partner Points often and share in the celebration – because the little things make a big difference.

COVID-19 Testing Drive-Thru Update



Now Available: Drive-Thru Pre-Procedure COVID-19 Testing and Colleague Clearance Testing

September 29, 2020

There's nothing more convenient than a drive-thru. Now in addition to COVID-19 testing for symptomatic patients, [Coordinated Health Bethlehem–Emrick Boulevard](#) will offer pre-procedure and LVHN colleague clearance COVID-19 testing in a drive-thru format,

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Now Available: Drive-Thru Pre-Procedure
COVID-19 Testing and Colleague
Clearance Testing

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located in the parking area to the rear of the building. Get your test– without ever leaving your car – and be on your way.

Colleague clearance testing

LVHN and Coordinated Health colleagues who require clearance testing can now receive COVID-19 testing at this location. Just bring your colleague ID and testing paperwork.**COVID-19 pre-procedure testing**

To promote patient safety, Lehigh Valley Health Network and Coordinated Health may require people who have an upcoming scheduled procedure to receive a COVID-19 test. Patients can now receive this test without an appointment at the Coordinated Health Bethlehem–Emrick Boulevard drive-thru. A doctor’s order is required for this type of test.

Other non-COVID-19 pre-procedure tests will not be provided at the Coordinated Health Bethlehem–Emrick Boulevard drive-thru. Patients can visit HNL Lab Medicine locations listed on the [pre-procedure testing page](#) to receive other pre-procedure tests and a COVID-19 test in one visit.

COVID-19 testing for people with symptoms

A doctor’s order is not required for patients experiencing [COVID-19 symptoms](#). They should bring a photo ID to the testing site.

At this location, Northampton County residents with COVID-19 symptoms will have the cost of testing covered if they do not have health coverage. Tests are processed through [HNL Lab Medicine](#), unless the patients’ insurance requires another lab.

Drive-thru COVID-19 testing hours

Monday, Wednesday, Friday: 10 a.m.–4 p.m.
Tuesday, Thursday: 12 p.m.–6 p.m.
Saturday: 9 a.m.–12 p.m.

COVID-19 test results

After a COVID-19 test, test results and quarantine instructions can be viewed on

the [MyLVHN patient portal](#). People who receive positive test results will receive a call with guidance. Should you have questions about your results, please call 484-273-4368.



Free Transportation Available for Lehigh Valley Cancer Institute Patients in Carbon County

October 01, 2020

As Lehigh Valley Cancer Institute expands its services in the region, it becomes evident that some patients need help accessing the care they need if it is not available in their local community. For patients in Carbon County who need oncology treatments and

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Free Transportation Available for Lehigh Valley Cancer Institute Patients in Carbon County

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related physician visits, a transportation program developed by the Cancer Institute and Lehigh and Northampton Transit Authority (LANTA), will help.

Lehigh Valley Cancer Institute and LANTA will provide free transportation from oncology patients' homes in Carbon County to John and Dorothy Morgan Cancer Center, 1240 S. Cedar Crest Blvd., at Lehigh Valley Hospital–Cedar Crest. Each oncology patient also can have a family member or friend accompany them on the shuttle at no charge.

Shuttle schedule for oncology patients:

- **How often:** One round trip per weekday (Monday–Friday) from the patient's home to John and Dorothy Morgan Cancer Center, 1240 S. Cedar Crest Blvd., Allentown. This service is offered five days per week
- **Departure time:** Carbon County oncology patients will be picked up at home based on appointment time and LANTA's shared ride schedule.
- **Departure time from John and Dorothy Morgan Cancer Center:** Departure time is based on the appointment end time and LANTA's shared ride schedule. Latest departure is 3:30 p.m.
- **Cost:** Free to Lehigh Valley Cancer Institute oncology patients who live in Carbon County.

Share this

As a colleague of LVHN, we encourage you to share this information with family and friends who may live in Carbon County and who may have transportation difficulties getting to oncology treatments. Patients will learn about the program at appointments and also will receive a flyer with details.

For additional information, you can suggest that they [visit](#) or call 888-402-LVHN



Call:
888-
402-
LVH
N
(5846).

CareCredit Available at Select LVPG Practices



CareCredit Pilot Program at Select LVPG Practices

October 01, 2020

To help patients afford the care they need more quickly, LVPG is piloting a program with CareCredit at nine LVPG locations and two associated services in the Lehigh Valley beginning Oct. 1. CareCredit is a health care credit card that has been a leader in patient financing for more than 30 years. CareCredit offers promotional financing for eligible services, including no interest, if monthly payments are made and the total is paid in full within the promotional time period.

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CareCredit Pilot Program at Select LVPG Practices

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By piloting CareCredit at specific LVPG practices that offer specialty care – such as bariatric medicine, cosmetic surgery and more – we will measure how receptive patients are to an additional way to afford their care using CareCredit financing. Among the costs that patients can use CareCredit for include eye glasses at Optical Effects, hearing aids from LVPG Ear, Nose and Throat, and out-of-pocket costs at LVPG Plastic and Reconstructive Surgery.

Patients will learn about the availability of CareCredit at their care provider's office, as well as through CareCredit information placed on LVHN.org location pages for the pilot practice sites. CareCredit offerings will differ from practice to practice, so patients will be encouraged to learn more about the service and application process through any of the following resources:

Visit: [CareCredit.com/LVPG](https://www.CareCredit.com/LVPG)

Call: 844-365-3321



Call:
844-
365-
332
1

Text: LVPG to 24553

Pilot site locations

CareCredit will be accepted at these LVPG specialty locations:

Bariatric Medicine

[LVPG Bariatric Medicine—1243 Cedar Crest](#)

[LVPG Bariatric Medicine—Palmer Township](#)

Bariatric Surgery

[LVPG General, Bariatric and Trauma Surgery–1240 Cedar Crest](#) (bariatric surgery only)

[LVPG General and Bariatric Surgery–Muhlenberg](#) (bariatric surgery only)

[LVPG General Surgery–Palmer Township](#) (bariatric surgery only)

Plastic Surgery

[LVPG Plastic and Reconstructive Surgery–1243 Cedar Crest](#)

Ophthalmology

[LVPG Ophthalmology–Fogelsville](#)

[LVPG Optical Effects–Fogelsville](#)

Ear, Nose and Throat (ENT) (including audiology)

[LVPG Ear, Nose and Throat–Muhlenberg](#)

[LVPG Ear, Nose and Throat–Pond Road](#)

What's next

A steering team from LVPG is leading this effort and will measure patient interest in CareCredit during the pilot program. Depending on patient response, the team and LVPG leadership will decide if CareCredit will be rolled out to additional LVPG practices in the Lehigh Valley and our other regions. As a side note, Coordinated Health accepts CareCredit at select practices. While Coordinated Health is not part of the pilot program, practices which accept CareCredit will continue to do so.



Support the Leukemia & Lymphoma Society and Enter to Win a Gift Basket

September 29, 2020

Team LVHN is back for this year's Light the Night Walk and so is the basket raffle fundraiser. Due to COVID-19 restrictions, this year's raffle has gone virtual.

Raffle ticket prices

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Support the Leukemia & Lymphoma Society and Enter to Win a Gift Basket

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- 1 ticket for \$1
- 5 tickets for \$3
- 10 tickets for \$5
- 20 tickets for \$10

All proceeds will go to Leukemia & Lymphoma Society on behalf of Team LVHN.

How to participate

1. Make cash payment by drop off or interoffice mail OR by making a donation using a credit card on our [team's website](#). Look for the “Donate now” option on the right-hand side and enter in the dollar amount of raffle tickets you are purchasing. You will then be asked to enter your card information. **All raffle ticket orders are due by Oct. 8.**
2. Choose your favorite basket(s) from the images below and email Kathryn.Baglini@lvhn.org. Include your chosen baskets' numbers in your email.
3. Keep an eye out for an email on Oct. 9. We will hold the drawing on that day and notify all winners to coordinate basket pick up.

A special thanks The LVHN team extends a special thanks to the many departments that generously donated baskets. Each and every one looks amazing; the pictures don't do them justice!

It's not too late to join the LVHN team There is still time to [join the LVHN Light the Night team](#).

Thank you for your support in raising donations to support our community partner that does so much for our patients. Good luck to all on the basket raffles!



#1 Pandemic basket – Candy, Clorox wipes, disposable and



#2 Christmas basket – Blanket, candle, ornaments and



#3 Pet basket – Serta memory foam dog bed, treats, toys and

cloth masks, soap, wine and more.



#4 Instant Pot basket – 6-quart Instant Pot with accessories.

decorations.



#5 Cozy themed basket – White blanket shaped as an angel, wine, soaps, candle and oil diffuser.

bowls.



#6 LVHN swag basket – Shirt, shoelaces, blanket, hat and more.



#7 Salon and spa basket – Shampoo and conditioner, skin care items and makeup brushes.



#8 Game and movie night basket – Games, candy, Amazon Prime gift card, chips and salsa.



#9 All things cleaning basket – paper towels, bleach, sponges, hand soap, dish detergent, \$10 Giant gift card.



#10 Baking themed basket – baking sheets, mixing bowl, baking mixes, measuring cups,

pot holders, \$10 Giant gift card
and kitchen towel.



Calling All Volunteers: LVH–Hazleton Community Drive-Thru Flu Vaccine Event

October 01, 2020

LVHN–Hazleton is holding its first annual drive-thru community influenza vaccination event, and we need your help to make it a success.

Please consider volunteering to help our community stay healthy during flu season. Approximately 75 clinical and nonclinical volunteers are needed. All volunteers will

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Calling All Volunteers: LVH–Hazleton
Community Drive-Thru Flu Vaccine Event

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receive a free “Flu Crew” long-sleeved T-shirt.

If you are interested in volunteering, please complete the [Volunteer Registration Form](#) indicating your availability and return it to Jane Danish, Community Relations, at your earliest convenience. You may email the form to Jane.Danish@LVHN.org, fax it to (570) 501-4985 or send through interoffice mail to Community Relations, Business and Education Center (third floor).

Here are the event details:

Event date and time: Sunday, Oct. 25, 2020, 9 a.m.-1 p.m.

Volunteer hours: 8 a.m.- 2 p.m.

Where: Health & Wellness Center at Hazleton, 50 Moisey Dr., Hazle Township

Sign up to help: Complete and return the [Volunteer Registration Form](#)

Questions: Contact Jane.Danish@LVHN.org or Lisamarie_e.Halecky@LVHN.org



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[Services](#)



Ross Born Finds Relief From Prostate Pain Thanks to New

Procedure at Lehigh Valley Health Network

New procedure makes life sweet again for area candy entrepreneur

Ross Born knew he had prostate issues. The chief executive officer of Bethlehem-based candy manufacturer Just Born Inc., lived with [benign prostatic hyperplasia \(BPH\)](#) for almost 10 years. The common condition often occurs in men as they age and can cause uncomfortable urinary symptoms and even bladder and kidney stones.

Even though the symptoms sometimes hampered his active lifestyle, Born remained positive. “I just made adjustments to my life as needed,” he says.

When lifestyle modifications aren’t enough

In April, Born began to experience worsening symptoms associated with his BPH, including difficulty urinating. Unfortunately, medication wasn’t enough to resolve his issues so he went to the emergency room.

At the Lehigh Valley Hospital–Cedar Crest emergency room, doctors performed an assessment and determined that he would need to be catheterized in order to ensure he could empty his bladder and prevent infection. While the catheterization offered a short-term solution, it wasn’t going to be a permanent solution.

“The catheterization was really uncomfortable. That’s what made me realize that I needed to do something and take action,” he says.

Born’s urologist, [Joseph Feliciano, MD](#), with LVPG Urology, suggested that he would be a good candidate for a new surgical procedure being offered at Lehigh Valley Institute for Surgical Excellence called

[holmium laser enucleation of the prostate \(HoLEP\)](#) and referred him to the only surgeon in the region performing the surgery, Lehigh Valley Health Network (LVHN) urologic surgeon [James Johannes, MD](#), with LVPG Urology.

New procedure offers hope

Johannes assured him that HoLEP was a minimally invasive procedure that would remove more prostate tissue with fewer risks and less blood loss than a more invasive procedure.

“You get the same results as with open prostatectomy but go home after about two to three hours postop instead of staying overnight in the hospital,” says Johannes. “Many urologists believe this approach will become the new standard of care for BPH, but it requires specialized training and equipment.” Currently, LVHN is the only provider in the region that offers HoLEP.

Surgery during a pandemic

“I was in and out in a matter of hours, and the staff couldn’t have been more helpful and attentive,” he says.

Although Born was more than ready to have the procedure, elective surgeries were not being scheduled at the time due to the pandemic, which meant he needed to remain catheterized for an additional three weeks while waiting to have the surgery.

Born was among the first patients to undergo elective surgery in May at Lehigh Valley Hospital—17th Street. He says the experience was seamless. “I was actually looking forward to the surgery! I was in and out in a matter of hours, and the staff couldn’t have been more helpful and attentive,” he says.

Moving forward

Following HoLEP, Born says his recovery went well and he hasn't had any issues. "A perfect outcome! I can't thank Drs. Johannes and Feliciano and their entire team enough," he says.

Related Conditions: **Enlarged Prostate (BPH)**

Related Services: **HoLEP, Urology Services for Men's Health**

Joseph R. Feliciano, MD



650 Ratings

Video Available

Accepting New Patients

Make an Appointment

Need help scheduling? **Contact Us**

SPECIALTIES

Urology

AREA OF FOCUS

Urology

Kidney Cancer

Bladder Cancer

Testicular Cancer

Advanced Robotic Surgery

LVHN AFFILIATES

Lehigh Valley Cancer Institute

Lehigh Valley Institute for Surgical Excellence

LOCATIONS

LVPG Urology-1250 Cedar Crest

1250 S Cedar Crest Blvd

Suite 215
Allentown, PA 18103-6271
610-402-6986

LVPG Urology-Muhlenberg
2649 Schoenersville Road
Suite 101
Bethlehem, PA 18017-7325
484-884-3600

James R. Johannes, MD



501 Ratings

Video Available

Accepting New Patients

Make an Appointment

Need help scheduling? **Contact Us**

SPECIALTIES

Urology

AREA OF FOCUS

Center for Endourology
Stone Disease

LVHN AFFILIATES

Lehigh Valley Institute for Surgical Excellence

LOCATIONS

LVPG Urology-1250 Cedar Crest
1250 S Cedar Crest Blvd
Suite 215
Allentown, PA 18103-6271
610-402-6986

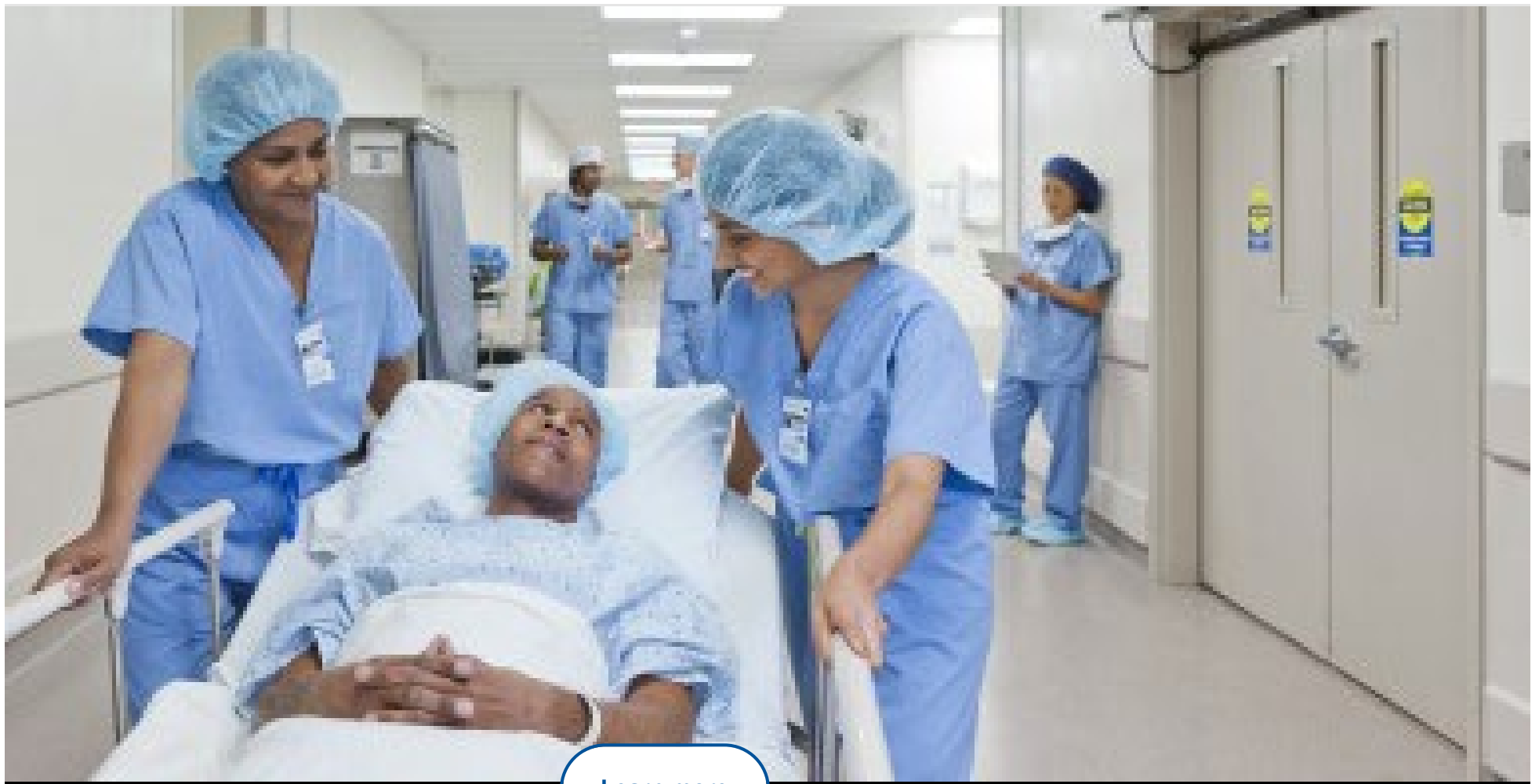
Take the next step

If you've experienced urination issues related to an enlarged prostate, you're not alone. Many men are diagnosed with BPH as they age, but, you don't have to live with the symptoms. The sooner you see a urologist for care, the more effective the treatment.

[Request an appointment](#)

Innovations at Lehigh Valley Institute for Surgical Excellence

The Institute for Surgical Excellence sets the bar for surgical excellence. If you or a loved one needs surgery, learn how you will benefit from our institute approach to surgical care.



[Learn more](#)



DYK: High Cholesterol Might Run in Your Family?

Know your numbers, know your risk.

September 24, 2020

BY KATIE CAVENDER

Did you know that cholesterol is not inherently bad? Your body actually needs this waxy substance to help digest food and build cells. However, too much of the wrong kind of cholesterol – low-density lipoprotein (LDL) – is unhealthy and can increase your risk for heart attack. For some people, LDL cholesterol can be managed by diet and exercise

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alone, while others may require medication and may have a genetic condition called familial hypercholesterolemia.

What is familial hypercholesterolemia?

Familial hypercholesterolemia is a really big phrase that means you have a genetic disorder that causes your body to not process LDL cholesterol as it should. If left untreated, LDL cholesterol levels remain high throughout your lifetime. This sustained elevation of LDL levels increases your risk for heart disease and [heart attacks](#).

What are the symptoms of familial hypercholesterolemia?

[High cholesterol](#) often has little to no symptoms, but there are two main indicators that a person should be tested for familial hypercholesterolemia: High cholesterol (LDL \geq 190 mg/dl) and family history of heart disease and/or high cholesterol.

“About 85 percent of people who have familial hypercholesterolemia have not been identified,” says [Andrew Sumner, MD, cardiologist with Lehigh Valley Heart Institute](#). “If someone has cholesterol greater than 190 mg/dl, it’s worth getting evaluated.”

If I have familial hypercholesterolemia, will my kids have it as well?

Children who have one parent with familial hypercholesterolemia have a 50 percent chance of inheriting the genetic abnormality. Any child who has a close relative (parent or sibling) with familial hypercholesterolemia or a close relative who has had an early heart attack should also be tested. Early detection allows children to begin treatment earlier and decrease their risk for heart disease.

How can I be evaluated for familial hypercholesterolemia?

[Lehigh Valley Heart Institute](#) created a familial hypercholesterolemia program to help identify people who need treatment. “The goal of our program is to screen and identify patients. If we find that someone has familial hypercholesterolemia, we offer testing and screening for their family members,” Sumner says. “We can then treat everyone in the family who is affected, and hopefully change the course of natural history.”

The first step is to know your cholesterol levels. Ask your primary care provider how

often your cholesterol should be evaluated. The frequency will vary depending on your past cholesterol levels, family history and age.

If you have high cholesterol (LDL \geq 190 mg/dl) and a family history of high cholesterol or heart disease, call 888-402-LVHN to be evaluated for familial hypercholesterolemia.



Lehigh Valley Hospital–Cedar Crest Recognized as One of Newsweek’s Best Inpatient Rehabilitation Centers 2020

October 06, 2020

BY HANNAH ROPP

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Lehigh Valley Hospital–Cedar Crest
Recognized as One of Newsweek’s Best
Inpatient Rehabilitation Centers 2020

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[Lehigh Valley Health Network](#) continues to offer award winning inpatient rehabilitation. [Lehigh Valley Hospital \(LVH\)–Cedar Crest](#) has been recognized on [Newsweek's](#) inaugural list of Best Physical Rehabilitation Centers 2020. Newsweek and [Statista Inc.](#), the world-leading statistics portal and industry-ranking provider, present this prestigious award. The awards list, announced in August, can currently be [viewed here](#).

The Best Physical Rehabilitation Centers 2020 ranking lists the best facilities in 20 states with the most physical rehabilitation facilities according to the [Centers for Medicare & Medicaid Services \(CMS\)](#). Criteria for the award included quality of care, quality of service, quality of follow-up care and accommodations and amenities compared to other physical rehabilitation facilities in the state.

Only inpatient physical rehabilitation facilities were included on Newsweek's rankings. Facilities that only offer outpatient physical rehabilitation services were excluded.

“There are times when the journey back to health from a serious illness or injury requires a more extensive and intense level of care,” said [Beth Stepanczuk, MD, LVHN Physical Medicine and Rehabilitation](#). “That’s why inpatient rehabilitation is so important. It can help patients regain functionality and achieve their best health. This recognition by Newsweek is a credit to our entire program and especially the dedicated care providers who spend this critical time with our patients to help them return to the life they want to live.”

The [Inpatient Rehabilitation Center at LVH–Cedar Crest](#) see those who have conditions such as:

- Stroke
- Orthopedic injuries, including fractures
- Neurological diseases, conditions and injuries
- Burns
- Amputations

- Spinal cord injuries
- Post-surgical complications

For more information on the physical rehabilitation services offered at LVH–Cedar Crest and other locations, visit [LVHN.org/inpatient](https://www.lvhn.org/inpatient).