



Celebrate Lehigh Valley Reilly Children's Hospital's 10th Birthday

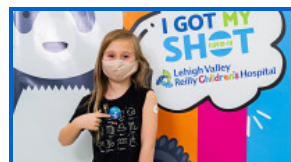
Fun events scheduled for you and the kids in your life.

[Read more →](#)

LVHN is Offering Pfizer-BioNTech Booster Shots for Children Age 5-11

Preliminary research has shown the booster provides this age group renewed protection against COVID-19.

[Read more →](#)



Gas Prices Still Climbing? You Don't Have to Drive Alone

Check marketplace for a colleague who wants to carpool with you.

[Read more →](#)



Watch Leadership Partners Meeting, May

2022

Hear from hospital presidents, learn about network performance, Nurses Week, Colleague Survey results, and recruitment.

[Read more →](#)



Jan Wilson to Retire

Read about her many accomplishments during her 44-year LVHN career.

[Read more →](#)



William Matthews to Retire

Read about his many accomplishments during his career at LVHN.

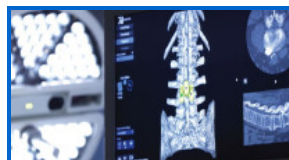
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LVHN First in PA to Use SeaSpine's FLASH™ Navigation System with 7D Technology

New equipment reduces radiation, enhances patient safety in spinal procedures.

[Read more →](#)



LVHN MedEvac Services Fully Accredited for Fourth Time

It's the only program in the Lehigh Valley to hold independent accreditation.

[Read more →](#)



Volunteers Needed for NASCAR Race Weekend

Help sell raffle tickets to benefit Lehigh Valley Reilly Children's Hospital at Pocono Raceway July 22-24.

[Read more →](#)



Celebrating 10 Years of Lehigh Valley Reilly Children's Hospital

Make a gift to celebrate the hospital's 10th birthday.

[Read more →](#)



Meet the Lehigh Valley Orthopedic Institute Athlete of the Year Awardees

They were recognized during a live broadcast on PBS39 May 24.

[Read more →](#)



Project ECHO: Principles of Concussion Management

Attend a presentation on Wednesday, June 8, at noon.

[Read more →](#)



Support for Parents and Guardians During the Baby Formula Shortage

Get important tips to help you provide the right nutrition for your baby.

[Read more →](#)



Stroke Recovery in the Cards for Schnecksville Man

LVHN's Mobile Stroke Unit helps save the day, delivering key clot-busting medication.

[Read more →](#)



5 Things You Should Know About Lyme Disease

Wooded areas aren't the only places you can pick up a tick.

[Read more →](#)





Celebrate Lehigh Valley Reilly Children's Hospital's 10th Birthday

Fun events scheduled for you and the kids in your life.

LVHN Insider

Wednesday, May 25, 2022

Lehigh Valley Reilly Children's Hospital is celebrating its 10th birthday as the only hospital in the region built just for kids. To recognize this amazing milestone, we are inviting all families in our community to join our festivities this spring and summer:

Iced Coffee Day

On May 25, local Dunkin' donuts locations will be donating \$1 to area children's hospitals (including Lehigh Valley Reilly Children's Hospital) for every iced coffee sold.

If you or your family members are craving an icy caffeine fix, don't forget to stop by your closest location that day to support our Children's Hospital.

Lehigh Valley Zoo Partnership

Lehigh Valley Reilly Children's Hospital has teamed up with the Lehigh Valley Zoo to bring our 10th birthday celebration into the community. Every Saturday, from now until Sept. 3, the first 100 children (age 2-11) at the zoo will get a voucher for a free cup of Dippin' Dots.

U.S. Senior Open Junior Experience Tent

If you and your family are attending the U.S. Senior Open at Saucon Valley Country Club from June 21-26, be sure to join us for some fun. Lehigh Valley Reilly Children's Hospital is the presenting sponsor of the event's Junior Experience Tent this year, which will include free golf-related activities, arts and crafts, and kid-friendly entertainment for children and young teens.

Lots to Celebrate

Over the last 10 years, Lehigh Valley Reilly Children's Hospital has grown significantly.

Today, we have the most pediatric specialists in the region and offer more than 30 specialties, just for kids. We also have the region's only [Children's ER](#), [Children's ExpressCAREs](#), [Children's Surgery Center](#), [Children's Cancer Center](#) and [Level IV NICU](#).



LVHN is Offering Pfizer-BioNTech Booster Shots for Children Age 5-11

Preliminary research has shown the booster provides this age group renewed protection against COVID-19.

LVHN Insider

Friday, May 20, 2022

Families can now schedule Pfizer-BioNTech booster shots for children age 5-11 years at least five months after their initial vaccine series. This is in response to the Food and Drug Administration authorizing the booster shot for this age group on Tuesday, May 17, and the Centers for Disease Control and Prevention endorsing it on Thursday, May 19. The initial Pfizer-BioNTech vaccine series was previously authorized for children in this age range in November 2021.

Booster shots are known to provide renewed protection against COVID-19, as research has shown that like vaccines for other illnesses, the protection from the primary COVID-19 vaccine series wanes over time (especially as new variants emerge).

While children are less likely to be severely affected by COVID-19 than individuals in other age groups, they can still become infected, experience symptoms from the disease, lose days from school and other activities, and, in some cases, need to be hospitalized.

“Data suggest that levels of protection from the initial series can decrease with time, even in children age 5-11,” says [J. Nathan Hagstrom, MD](#), Chair, Department of Pediatrics at [Lehigh Valley Reilly Children’s Hospital](#). “Preliminary research by Pfizer-BioNTech showed that the booster shot significantly increased the level of neutralizing antibodies against both the original version of the virus and the omicron variant in this age group.”

Possible side effects of booster shots

The booster shot is the same strength as the first two shots in the initial vaccine series. The most common side effects of the booster vaccine are mild and resolve within a few days. They include:

- Pain, redness and swelling at the injection site
- Fatigue

- Headache
- Muscle or joint pain
- Chills
- Swollen lymph nodes in the underarm

How to schedule

Boosters for children in this age group are available by appointment only at Lehigh Valley Health Network (LVHN)'s five vaccination clinics in Hazleton, Pottsville, East Stroudsburg, Easton and Whitehall.

Some Lehigh Valley Physician Group (LVPG) Pediatrics practices also offer COVID-19 vaccinations and boosters. Check with your child's health care provider's office for COVID-19 vaccine availability.

There are two easy ways to schedule booster appointments for children in this age range at either the vaccine clinics or participating practices:

1. Go to MyLVHN, the health network's patient portal:
[Sign In](#) or [Sign Up](#)
You will need proxy access to your child's MyLVHN account to schedule through the patient portal. If you do not have proxy access, please contact your child's health care provider. If your child does not have an LVHN provider, please call 888-402-LVHN (5846).
2. Call our COVID-19 Vaccine Hotline at 833-584-6283 (833-LVHN-CVD). We're open Monday-Friday, 8:30 a.m.-5:30 p.m.

For more vaccination information, visit [LVHN.org/vaccines](https://www.lvhn.org/vaccines).



Gas Prices Still Climbing? You Don't Have to Drive Alone

Check marketplace for a colleague who wants to carpool with you.

LVHN Insider

Friday, May 20, 2022

One way to save money on driving costs is to ride with a colleague to work. In light of recent significant increases in gas prices, LVHN is permitting colleagues to post ridesharing opportunities on [LVHN Marketplace](#).

LVHN is not reviewing these postings prior to publishing. If you are interested in participating in a rideshare with a colleague, assess any opportunity carefully. Make sure you are comfortable with participating in the ridesharing opportunity, particularly if you don't already know the colleague(s). In the event you have any negative experiences with ridesharing or a colleague who is not meeting core LVHN behavior standards, please contact your human resources consultant.



Watch Leadership Partners Meeting, May 2022

Hear from hospital presidents, learn about network performance, Nurses Week, Colleague Survey results, and recruitment.

LVHN Insider

Thursday, May 26, 2022

Click below to watch presentations from May's Leadership Partners Meeting.

[Network Goals and Financial Performance](#)

Lynn Turner, Senior Vice President and Chief Human Resources Officer

Leigh Ehrlich, Senior Vice President and Chief Financial Officer–Hospital Operations

[Updated From Hospital Presidents](#)

Michael Rossi, MD, Executive Vice President and Chief Clinical Officer

Bob Begliomini, Senior Vice President and President, LVH–Muhlenberg

Cor Catena, Senior Vice President and President, LVH–Pocono

Kim Jordan, Senior Vice President and President, LVH–Dickson City

Lou Puentes, President, LVH–Hecktown Oaks

Terry Purcell, Senior Vice President and President, Northwest Region and LVH–Hazleton

Steve Zieniewicz, Senior Vice President and President, LVH–Cedar Crest

Anne Baum, President, Lehigh Valley Reilly Children's Hospital

[Nurses Week Recap](#)

Kim Jordan, Chief Nursing Officer

Colleague Engagement Survey Results

Trisha Basile, Director, Colleague Relations

Recruitment and Retention Update

Megan Morris, Administrator, Talent Acquisition
Kirstin Reed, Manager, Internal Communications and Engagement

Proud Partner and Partner of the Month Awards

Lorraine Pirino, Human Resources Consultant

Use these resources to share information from the meeting with colleagues on your team:

Talking points



Jan Wilson to Retire

Read about her many accomplishments during her 44-year LVHN career.

LVHN Insider

Thursday, May 26, 2022

**This message is from Kim Jordan, DNP, RN,
Senior Vice President, Patient Care Services, and Chief Nursing Officer, LVHN; and
Mike Minear, Senior Vice President and Chief Information Officer, LVHN.**

After a successful 44-year career with LVHN, Jan Wilson, DNP, RN, CPHIMS, Vice President, Patient Care Services, and Chief Nursing Information Officer, will retire at the beginning of July.

Jan has served in informatics roles since 1990 and has been involved in selecting and implementing many electronic medical record systems at LVHN. Prior to becoming an informaticist, Jan was a nurse on medical-surgical and critical care units caring for patients after vascular and cardiac surgery. Jan then transitioned to a patient and nursing education role where

she participated in the development of the critical care internship. As it became clear that the existing computer system needed to be replaced, Jan created what is now the Clinical Informatics team. Throughout her career as an informaticist, Jan has supported numerous electronic medical record upgrades and replacements as well as projects to improve patient safety and enhance the nurse and patient experience.

Jan has presented and published extensively at professional conferences and has received several awards for patient safety improvements using technology, including the George Guldin Process Improvement Award and the network HIMSS Davies Award of Excellence.

In 2018, Jan completed her Doctorate in Nursing Practice from DeSales University and received a Certificate of Excellence in recognition of her research during Nursing Research Day.

Jan is looking forward to spending time with family and friends at the shore in the summer and traveling to warm places in the winter.

As we wish Jan all the best in her retirement, we announce that Marjorie “Margie” Lavin, MHA, RN-BC, will serve as Interim Chief Nursing Information Officer.



Margie currently serves as Director of Clinical Informatics at LVHN and has more than 20 years of experience in health care informatics. Margie obtained her Bachelor of Science in Nursing from West Chester University and Master of Health Administration from St. Joseph’s University in Philadelphia. Margie started her career at LVHN as a critical care nurse in the neuroscience intensive care unit. She became the unit director for the neuroscience and traditional trauma units at LVH–Cedar Crest. Margie was the recipient of a Friends of Nursing Franges Excellence in Neuroscience Nursing Award and QualityValleyUSA Award.

In 2001, Margie transitioned from patient care services to nursing informatics. In her current role, she provides leadership and oversight across the numerous technology projects to transform patient care.

Over the years, Margie has been integral to the success of several key projects, including barcode medication charting and barcode lab specimen collection, computerized provider order entry, deployment of mobile devices, COVID-19 surge planning, device integration and transitioning from a legacy system to the Epic electronic health record across the enterprise. In her various roles, Margie has shared her expertise through publications and presentations, both regionally and nationally. She was previously board certified in neuroscience nursing, and now ANCC-certified in nursing informatics.

Outside of work, Margie enjoys spending time with her two grown children, Colin and Alyson, as well as other family. She enjoys walking, hiking and gardening in her free time.

As Kim Jordan transitions to her new role as President of LVH–Dickson City and Chief Operating Officer of LVH–Pocono, the clinical informatics team will temporarily report to Mike Minear until the new Chief Nursing Officer joins LVHN.



William Matthews to Retire

Read about his many accomplishments during his career at LVHN.

LVHN Insider

Thursday, May 19, 2022

This message is from Robert Thomas, Senior Vice President, Finance.

After more than 25 years of service at LVHN, William (Bill) Matthews, Vice President of Supply Chain Management, will retire on June 1.

Bill has served in his current role since 2008. In this role, he is responsible for contracting, procurement, distribution, logistics, warehousing, capital budget, strategy, Materials Management Information System (MMIS) analytics and all supply chain support functions. During his tenure, supply chain has seen significant growth and change.

Bill started working with LVHN's supply chain in 1995 as a consultant. His role was to introduce new concepts and processes for supply chain and help build the organization for the future. During this time, he was responsible for selecting a new capital budget planning system as well as developing a strategic plan for LVHN's durable medical equipment business.

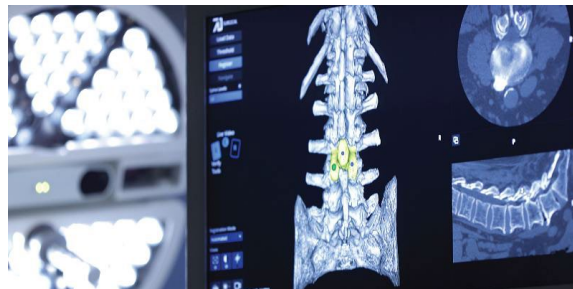
Bill started his career in information technology, designing inventory and replenishment models for automated warehouses. Bill served as President and Chief Operating Officer for a venture capital-backed corporation focused on supply chain. Prior to joining LVHN, Bill spent 15 years doing extensive work in marketing, sales, business development, acquisitions and divestitures for start-up technology firms and health care organizations as the owner and manager of his independent consulting firm.

Bill is a graduate of Northampton Community College with an associate's degree, Pennsylvania State University with a bachelor's degree and Holy Family University with a master's degree. Bill is an active member of AHRMM, the supply chain organization for health care, and once served

as its president. He has served on the Board of Directors for several corporations and continues to do so. Bill is a Marine Corps veteran. He also serves as an adjunct faculty member for supply chain at DeSales University within its MBA program. Bill resides with his wife and family in Bethlehem.

Bill is most proud of the ideas, endeavors and projects he and his team have developed during his tenure. He is thankful for the collaboration and support of his colleagues.

Join me as I wish Bill and his family all the best in retirement.



LVHN First in PA to Use SeaSpine's FLASH™ Navigation System with 7D Technology

New equipment reduces radiation, enhances patient safety in spinal procedures.

LVHN Insider

Wednesday, May 25, 2022

Lehigh Valley Health Network is the first in Pennsylvania to use a new operating-room navigation system that provides a radiation-free tool for placing spinal implants.

SeaSpine's FLASH™ navigation system, featuring 7D technology, virtually replaces standard fluoroscopy, a type of X-ray, for spinal procedures. Its first use was at the newly opened Lehigh Valley Hospital (LVH)—Dickson City, near Scranton.

“As a spinal surgeon at LVH—Dickson City, the 7D technology provides me with more information when placing hardware in the spine, because I can see the anatomy in 3D,” says Christopher Henderson, MD, with Lehigh Valley Orthopedic Institute. “It allows me to offer my patients the very latest technology in spine surgery.”

Henderson says the 7D system quickly takes detailed images of the patient's spine through the incision, then calibrates those images with a preoperative low-dose computed tomography (CT) scan to enable extremely high precision in the placement of rods and screws.

“The system allows for increased safety of putting in the instrumentation, increased speed and less radiation for patients in the operating room,” Henderson says, noting advantages in treating

conditions such as scoliosis or other deformities of the spine. Faster procedures also mean less time the patient is under anesthesia, which also can reduce recovery time.

Lehigh Valley Orthopedic Institute is training other orthopedic surgeons on the SeaSpine system and will expand its use to other LVHN hospitals.

Kim Jordan, President, LVH–Dickson City, says providing state-of-the-art technology to Dickson City and Lackawanna County is a hallmark of the new hospital. “This underscores our commitment to patient care and the communities we serve,” she says. “It ensures we have the right tools to protect our patients and enhance patient care.”

According to SeaSpine, the FLASH navigation system is the first and only platform that features 7D technology, which uses machine-vision cameras and advanced algorithms for image-guided surgery. For the first-time, spine surgeons can guide their tools to the critical anatomy using sophisticated camera technology linked to a computer in the operating room. The underlying technology is similar to that used in the latest self-driving automobiles.



LVHN MedEvac Services Fully Accredited for Fourth Time

It's the only program in the Lehigh Valley to hold independent accreditation.

LVHN Insider

Wednesday, May 25, 2022

Lehigh Valley Health Network (LVHN)–MedEvac is proud to announce it's been awarded full accreditation by the Commission on Accreditation of Medical Transport Systems (CAMTS) for both helicopter and ground services. The CAMTS accreditation status is one of the most prestigious industry designations.

LVHN–MedEvac first obtained accreditation in 2013 and this is now its fourth successful accreditation. LVHN–MedEvac is the only air and ground critical care transport program in the Lehigh Valley to hold independent recognition/accreditation.

“None of this would be possible without the time, talents and experience our colleagues bring to their patients when they need it most,” said Bryan Evans, Director, LVHN–MedEvac Critical Care Transport. “Our leadership team could not be prouder of our team and how they’ve continued to adapt and overcome during the constant change and challenges of our work, which

has only been exacerbated during the COVID-19 pandemic. As we celebrate our 41st year of operation, our success continues to be a result of our partners – our hospital partners, 911 dispatchers, pre-hospital providers, firefighters and law enforcement.”

CAMTS is dedicated to improving the quality of patient care and safety of the transport environment. Critical care transport programs who apply for CAMTS accreditation are held to the highest guidelines and standards for safety that evaluate all aspects of the program, including: medical direction, education, communications, safety, documentation, quality improvement and patient care guidelines. The review process includes a comprehensive document review and a two-day on-site inspection where a report is prepared and submitted to the CAMTS Board of Directors for consideration.

LVHN–MedEvac operates four helicopters in partnership with Air Methods Corporation, based in East Stroudsburg, Hazleton, Pottsville and Kutztown. LVHN–MedEvac also operates two ground critical care transport ambulances based in the Lehigh Valley.



Volunteers Needed for NASCAR Race Weekend

Help sell raffle tickets to benefit Lehigh Valley Reilly Children’s Hospital at Pocono Raceway July 22-24.

Kate Booth

Thursday, May 19, 2022

Volunteers are needed to help sell 50/50 raffle tickets throughout the infield and main grandstands during the NASCAR Cup Series races at Pocono Raceway July 22-24, 2022.

All volunteers will be trained in using a hand-held computer device to complete the raffle ticket sales. The raffle is being conducted by the Mattioli Foundation for the benefit of Lehigh Valley Reilly Children’s Hospital and over the last six years, through the work of our volunteers, we have raised over \$185,000.

Volunteers are needed Friday, Saturday, and Sunday of race weekend. All volunteers receive a free T-shirt to be worn the day of their shift, parking is free, and it’s an easy, fun way to spend a summer day. More details on volunteering and online registration can be found on Sign Up Genius here: <https://www.signupgenius.com/go/20f054bada728a4fa7-2022>. Feel free to register

for more than one shift and invite your family and friends to volunteer with you! Be prepared to provide volunteer names, a contact phone number, and an e-mail address that will be used to send your shift confirmation. After you register, you'll receive a confirmation e-mail with more details that will be helpful to you. Contact Kate Booth (kate.booth@lvhn.org) with any questions.

LVHN is proud to continue our partnership with Pocono Raceway as a sponsor and as the official health care provider for its NASCAR races. Our presence at these events is a wonderful collaboration that also benefits our health network. For a complete schedule of the daily activities taking place at the track, visit poconoraceway.com.



Celebrating 10 Years of Lehigh Valley Reilly Children's Hospital

Make a gift to celebrate the hospital's 10th birthday.

LVHN Insider

Friday, May 20, 2022

**As we celebrate ten years of our Children's Hospital, and over 50 years of pediatric excellence,
our future is bright!**

-Anne Baum, President, Lehigh Valley Reilly Children's Hospital

Generous and loyal donations from colleagues is just one of the reasons that Lehigh Valley Reilly Children's Hospital is the only full-service children's hospital in the greater Lehigh Valley region and on May 22, we invite you to join us in celebrating Lehigh Valley Reilly Children's Hospital's 10th Birthday!

With your support, we can continue to grow the services we offer, add additional specialties, and focus on areas that are vital to the health and well-being of children in our communities. Please join us in celebrating the 10th Birthday of the Lehigh Valley Reilly Children's Hospital by making your gift today!

Your donation is a testament to your dedication to the communities in which you live and work. You can designate your gift to the Lehigh Valley Reilly Children's Hospital or to any area that means the most to you. Thank you for all you do every day to care for our patients, our neighbors and each other.

For your convenience, you can easily [make your gift online](#) or fill out a payroll deduction form from the intranet [here](#). If you have any questions, please call the Office of Philanthropy at 484-884-9223.

Freedom High School Lacrosse Player and Allentown Central Catholic High School Soccer Standout Named Lehigh Valley Orthopedic Institute Athlete of the Year

By Hannah Ropp
May 25, 2022



Freedom High School lacrosse player Connor Bevan and Allentown Central Catholic High School soccer player Julia Roth named Lehigh Valley Orthopedic Institute's Athlete of the Year during a live broadcast on PBS39 May 24. Each athlete was surprised with a live interview during the broadcast and was awarded a \$10,000 scholarship based on athletic accomplishments, academics and community involvement.

Julia Roth is the Female LVHN 2022 Athlete of Year
https://youtu.be/WptsKk_iLlw

The Athlete of the Year event is the culminating celebration of the Athlete of the Week program, sponsored by Coordinated Health. The 32-week program, featured in The Morning Call, gives the public an opportunity to vote for three male and female student-athletes weekly. Each weekly winner receives a \$500 scholarship and appears on a PBS39 news segment.

Connor Bevan is the Male LVHN 2022 Athlete of the Year
<https://youtu.be/Sz6lgJSPLBk>

During this year's event all 64 Athlete of the Week winners were recognized. Also, former Philadelphia Eagles running back Darren Sprole spoke remotely to students about the importance of resiliency and strength.

Several other awards were announced during the event, including:

- Community Support Award – Demi Olatilo, soccer, Parkland High School
- Comeback Player of the Year – Samantha Roth, basketball, soccer, Allentown Central Catholic High School

- The Morning Call Boys' Coach of the Year – Chad Shirk, wrestling, Saucon Valley High School
- The Morning Call Girls' Coach of the Year – Sue Butz-Stavin, field hockey, Emmaus High School
- Male Fan Favorite – Cooper King, football and basketball, Northampton Area High School
- Female Fan Favorite – Skyler Searfoss, basketball, Jim Thorpe Area High School
- Male Team Fan Favorite – Parkland High School boys' basketball
- Female Team Fan Favorite – Allentown Central Catholic girls' soccer

The Athlete of the Year event was supported by PBS39 as the Premier Production Partner and The Morning Call as the Premier Media Partner. You can watch the event on the PBS39 Facebook page or [Opens in new tabpbs39.org/aoty](https://www.pbs39.org/aoty).

Lehigh Valley Orthopedic Institute Athlete of the Year is the region's largest scholarship program for student-athletes with over \$400,000 in scholarships being awarded since it began in 2013.



Project ECHO: Principles of Concussion Management

Attend a presentation on Wednesday, June 8, at noon.

LVHN Insider

Thursday, May 26, 2022

LVHN is proud to be part of Project ECHO, an innovative telehealth program designed to connect health care specialists with providers located at distant sites. Project ECHO aims to help eliminate health care inequities through the use of telehealth technology.

Join us for Principles of Concussion Management presented by Daniele Shollenberger, CRNP, Concussion and Head Trauma Program Director, LVHN.

When: Wednesday, June 8 at noon

Target audience: Physicians, APCs, clinical pharmacists, nurses and infection control practitioners

Register using this link: <https://redcap.lvh.com/redcap/surveys/?s=AEYL4NEKYF>

At the end of this presentation, you should be able to:

1. Discuss the process of diagnosing a concussion.
2. Review the current research data in concussion management.
3. Describe the clinical trajectories of concussion treatment.

Participants are encouraged to submit questions in advance regarding principles of concussion management by emailing Carolyn Suess at carolyn.suess@lvhn.org. All patient information submitted should be de-identified for HIPAA compliance.

Support for Parents and Guardians During the Baby Formula Shortage

Important tips to help you provide the right nutrition for your baby

By Maggie Wurst



While the country's supply of baby formula has been significantly impacted throughout the COVID-19 pandemic, several recent recalls and supply chain issues have caused an urgent shortage over the last few weeks.

"We at Lehigh Valley Reilly Children's Hospital empathize with local families that are struggling with the formula shortage crisis," [says J. Nathan Hagstrom, MD](#), Chair of the Department of Pediatrics at [Lehigh Valley Reilly Children's Hospital](#). "So many parents and guardians are struggling to get basic nutrition for their children, and we are here to help you in any way we can."

The do's

- If you can't find baby formula at your regular stores, check smaller stores or try shopping at reputable online grocers and retailers.
- Buy no more than a two-week supply of formula if you can find it in stock. Buying an appropriate amount and not over-purchasing will help combat the shortage.

The don'ts

- Do not dilute formulas, as this lessens the proteins and other nutritional elements found in the formula.

- Do not try to make your own formula at home, as it may be lacking in necessary nutritional elements and can become contaminated.
- Do not substitute toddler formulas for infant formulas.

Recalled formula substitutions

There are many reputable sources that can help you find a suitable substitution for your child's usual formula.

In May 2022, the North American Society for Pediatric Gastroenterology, Hepatology and Nutrition released a [Opens in new tablist of recalled formulas and potential substitutions](#), and the [Opens in new tabChildren's Hospital of Philadelphia also released a list interchangeable formulas](#) around the same time.

However, before making any changes to your infant's formula habits, it's best to contact their pediatrician for guidance.

Additional tips

The American Academy of Pediatrics offers additional tips for parents and guardians during the formula shortage on their [Opens in new tabparenting website, HealthyChildren.org](#).

But, when it comes to specific questions about your child, it's best to contact their care team.

"Your child's pediatrician will be more than happy to provide guidance and help you navigate this challenging time," Hagstrom says.

Stroke Recovery in the Cards for Schnecksville Man

LVHN's Mobile Stroke Unit helps save the day, delivering key clot-busting medication

By Joe Nixon



Thomas and Doris Hunsicker inside the Mobile Stroke Unit



Thomas and Doris Hunsicker



Stroke Recovery in the Cards for Thomas Hunsicker of Schnecksville



Thomas and Doris Hunsicker playing cards



We all notice certain things when we're out on the road.

For Doris Hunsicker, one of those things was Lehigh Valley Health Network's (LVHN) [Mobile Stroke Unit](#). It was summer 2021, several months after her husband Tom's first stroke, in November 2020. She saw the stroke unit on Route 309 and recalled being pleasantly surprised it existed. It stuck with her.

Playing cards when stroke strikes

Fast forward several months. It was just over a year to the day after Tom's first stroke. Tom and Doris were playing cards with friends in Whitehall when Tom's head suddenly dropped to the table and his speech became incoherent. Doris instantly knew stroke had paid another unwelcome visit. She asked their friends to call 911 right away – and request the stroke unit.

The Mobile Stroke Unit arrived not long after the first responding ambulance.

Back at Lehigh Valley Hospital–Cedar Crest, Neurologist [Adam Edwards, MD](#), with [LVH Neurology–1250 Cedar Crest](#), was already gathering medical history on Tom and was able to access Tom's medical records, including from the November 2020 stroke when Tom was treated at LVH–Muhlenberg.

“By the time he was in the ambulance, I knew his [medical] history,” Edwards says.

“It's like bringing the ER right to the patient.” –Mark Graber, CRNP, LVHN Mobile Stroke Unit
What's in the Mobile Stroke Unit



The stroke unit is equipped with a camera that doctors like Edwards at LVHN stroke centers can operate to monitor what's happening and direct initial treatment. They have direct communication with the stroke unit crew, which also can perform a computed tomography (CT) scan so doctors can get a view of what's happening inside the patient's brain. Communication with doctors also provides information on which type of stroke center – primary or comprehensive – is best for the patient under the circumstances.

For Tom, 79, the CT scan pointed to the need for a clot-busting drug, and it was administered before he even reached LVH–Cedar Crest. “It's like bringing the ER right to the patient,” says [Mark Graber, CRNP](#), a certified registered nurse practitioner and pre-hospital registered nurse with the stroke unit. “The sooner you can open the clot up, the better. That's the whole key. Getting treatment sooner helps reduce the potential for lasting effects.”

Not all strokes require clot-busting medication. In cases where there is bleeding in the brain, the situation calls for drugs to stop the bleeding.

For stroke victims, time is brain. Edwards said 30,000 brain cells die every second they are deprived of oxygen-rich blood. It's estimated the brain has about 86 billion nerve cells and billions of other types of cells. In Tom's case, he received the clot-busting medicine about 42

minutes after the onset of his symptoms and within 20 minutes of the mobile stroke unit's arrival. "Those are amazingly great times," he says.

Both Doris and Tom were impressed with the stroke unit and the results. "I was amazed," says Doris.

Edwards says calling 911 is the right thing to do to get stroke victims help faster. "Never, ever try to drive them [stroke victim] to the hospital," Doris says. "Get an ambulance. That is number one." The Hunsickers are grateful for the mobile stroke unit and Tom's care at LVH-Cedar Crest, a comprehensive stroke center.

Did You Know?

[The brain has about 86 billion nerve cells and billions of other types of cells.](#)
[Not available everywhere](#)

The stroke unit was the first in Pennsylvania when it debuted in 2019. Graber said the only other mobile stroke unit in the state is based in Philadelphia. The Hunsickers say they find many people don't know about it and are eager to spread the word.

However, it is important to note that the unit does not operate everywhere within the LVHN footprint.

It currently has agreements with and assists on stroke calls with Cetronia, Lower Macungie and Boyertown ambulance companies. While the resulting response area is fairly large and includes Whitehall where the Hunsicker's were playing cards, it does not include Schnecksville, where the Hunsicker's live.

The mobile stroke unit is based at Cetronia Ambulance Corps. It either responds directly to the patient's location, along with EMS, or will rendezvous with EMS on the way to the patient. In areas where the stroke unit is not available, the EMS unit is in communication with the stroke center to provide life-saving support during transport.

[Great treatment, great outcome](#)

Doris recalled checking the couple's will as she got ready to visit Tom in the hospital the following day. When she and their daughter walked into his room, he plainly said, 'Hi, how are you?' Doris was stunned. "I didn't know what I would find. We were in shock," she says. "They were excellent with him."

Tom recalled being on a gurney in the stroke unit and seeing and hearing Edwards on a video screen. "I really think it's first class," he says.

Tom's first stroke affected his balance and ability to walk, and he underwent rehabilitation. He recalled seeing other patients in rehabilitation where strokes left them without the use of their hands or limbs. "I felt very fortunate, on this second stroke, to come out of it like I did. I was

fortunate to be in the right place,” Tom says, adding the second stroke affected the other side of his brain from the first. He was discharged home after three days and is doing well.

The last two Novembers haven’t been kind to him from a health perspective and to use a card term, he and Doris aren’t hoping for three of a kind. “We’re not looking forward to November this year,” says Doris with a nervous chuckle.

5 Things You Should Know About Lyme Disease

Wooded areas aren't the only places you can pick up a tick

By Hannah Ropp



Summer is right around the corner, which means more people will be spending time outdoors. Although Pennsylvania is home to plenty of beautiful places to hike and camp, it’s also home to a number of bugs, including deer ticks, which transmit Lyme disease.

“Pennsylvania is one of the leading states in the U.S. for Lyme disease, but there are certainly ways to enjoy being outdoors safely during the spring and summer when ticks are present. It’s important to know the signs and symptoms of Lyme disease and how you can prevent tick bites,” says Mark Knouse, MD, Chief, Infectious Diseases at Lehigh Valley Health Network.

[Lyme disease basics](#)

Knouse says there are a few things that you should know about Lyme disease as you start planning your summer adventures.

1. You don’t have to be in the woods to get a tick bite. It’s a misconception that you have to be in a wooded area to get Lyme disease. Most people contract Lyme disease within just 100 yards of their house. Deer ticks also live in tall grass and can be found on cats and dogs.

2. Not everyone with Lyme disease has a bullseye rash. A bullseye rash is the most well-known symptom associated with Lyme disease, but it’s not always present. The rash, called erythema migrans, is often a telltale sign of Lyme disease, but up to 30 percent of those with Lyme disease never get the rash.

3. Symptoms of Lyme disease can be similar to other conditions. Some doctors refer to Lyme disease as the great imitator because it shares symptoms with several conditions, including arthritis, fibromyalgia, multiple sclerosis and lupus.

4. Diagnosing Lyme disease can be tricky. Because it mimics other conditions, Lyme disease can sometimes be difficult to diagnose. The best method to diagnose Lyme disease is through a two-step blood test, which looks for antibodies made by the body in response to infection.

5. Treatment is available for Lyme disease. The good news is that Lyme disease is highly treatable, especially if caught early. Treatment in early stages is a simple 10-to-14-day course of oral antibiotics. In more severe cases, antibiotics may be administered intravenously or for a longer period of time.

[Reducing your risk for Lyme disease](#)

Knouse says there are ways to minimize your risk for getting Lyme disease. “If you are going to be in a wooded area or an area with high grass, cover up as much skin as possible and use an insect repellent with DEET. You also should thoroughly check your clothing, yourself and your children for ticks after coming indoors,” says Knouse.

He also says showering within two hours after doing a lot of yardwork has been shown to be effective for reducing the risk for Lyme disease after being exposed to deer ticks.

If you do find a tick on yourself or children, remove it as soon as possible with tweezers. Once you carefully remove the tick, dispose of it by putting it in rubbing alcohol or flushing it down the toilet. Apply antiseptic to the bite area and watch for any symptoms of Lyme disease.

If you find what appears to be a deer tick that is engorged and was attached to you for 48 hours or longer, there may be an option for a single dose of doxycycline, which can help prevent Lyme disease in these situations – you would need to call your provider to discuss this option.