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.

**ORTHOPEDICS**
Peter Kozicky, MD
Health & Wellness Center at Hazleton
50 Moisey Drive, Hazleton
570-501-6730
WATCH his video at LVHN.org/hazleton/Kozicky.

Alyssa Hartranft, PA-C
Health & Wellness Center at Hazleton
50 Moisey Drive, Hazleton
570-501-6730
WATCH her video at LVHN.org/hazleton/Hartranft.

**PEDIATRICS**
Alvaro Reymunde, MD
Hazleton Shopping Center
(Located inside ExpressCARE)
564 W. Broad St., Hazleton
570-501-6400
WATCH his video at LVHN.org/hazleton/Reymunde.

**SURGERY**
Jennifer Corcoran, PA-C
Health & Wellness Center at Hazleton
50 Moisey Drive, Hazleton
570-501-6900
WATCH her video at LVHN.org/hazleton/Corcoran.

**FAMILY PRACTICE**
Robin Bohanan, CRNP
32 West Foothills Drive, Drums
570-788-5000
WATCH her video at LVHN.org/hazleton/Bohanan.

Next Step

Avoid the ‘Holiday 5’

USE THESE TIPS TO ENJOY TREATS WITHOUT GAINING WEIGHT

The holidays are filled with parties. Unfortunately for our waistlines, those parties mean lots of high-calorie, high-carbohydrate cookies, cakes and treats. Yet you can avoid the dreaded “Holiday 5” and still enjoy some of those yummy goodies. Here’s how:

➜ **Eat a protein snack before the party.** Have a handful of nuts or a piece of turkey topped with cheese. “Protein will take the edge off of your hunger, so you will be much less tempted to reach for unhealthy food at the party,” says registered dietitian Amy Cartwright with the Health & Wellness Center at Hazleton.

➜ **Bring your own healthy dish.** “One dish that’s terrific to bring to a party is shrimp cocktail. It’s high in protein and always a holiday party favorite,” Cartwright says. You also can substitute healthier, low-calorie ingredients in recipes:
  • Use low-fat or fat-free cheeses, milk, sour cream and mayo instead of regular versions.
  • Reduce sugar by one-third and add sweet spices or flavorings like cinnamon, nutmeg or vanilla.
  • Use real fruit instead of high-sugar candied or canned fruits.

➜ **Survey the buffet before filling your plate.** “Begin with protein first. Then head for healthy and low-carb snacks like veggies and dips or cheese and nuts,” Cartwright says. Avoid temptation by physically positioning yourself away from unhealthy foods.

➜ **Avoid “liquid calories.”** Holiday drinks like sugary punches and eggnog can pack on pounds just like food. Go ahead and indulge in one serving – 5 ounces of wine (100 calories) or 4 ounces of eggnog (200 calories), for example. Then opt for lower-carb or sugar-free beverages.

➜ **Give yourself a break.** Losing weight probably isn’t realistic during the holidays, but weight maintenance may be. One effective way to stay close to your normal weight is by exercising. “Although time is limited during the holidays, walking even 10 to 15 minutes once or twice a day can burn calories and reduce holiday stress,” Cartwright says.

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Amy Cartwright
Registered dietitian

Next Step

**LEARN MORE** about the Weight Management program at the Health & Wellness Center at Hazleton. Call **570-501-6322**.
Introducing Lehigh Valley Physician Group

NOW IT’S EASIER FOR YOU TO FIND A PROVIDER IN NORTHEAST PENNSYLVANIA

If you’re looking for a provider in northeast Pennsylvania who is affiliated with Lehigh Valley Health Network (LVHN), your search has become easier. Welcome to Lehigh Valley Physician Group–Hazleton,* with more than 40 highly qualified, experienced and compassionate health care providers formed to give you access to high-quality care close to home.

Lehigh Valley Physician Group is a subsidiary of LVHN and is designed to provide a full spectrum of health care services to patients from infants to seniors. With the implementation of the electronic health record at Lehigh Valley Physician Group–Hazleton’s 21 northeast Pennsylvania offices – as well as Lehigh Valley Hospital–Hazleton and the Health & Wellness Center at Hazleton – we now are able to fully integrate your care and develop a comprehensive personal health record for you within the health network.

These providers within Lehigh Valley Physician Group have immediate access to all patient information, test results, emergency room visits and other information provided within LVHN’s northeast Pennsylvania-area health care facilities. This will help provide effective management of your medical conditions.

Patients of Lehigh Valley Physician Group providers in northeast Pennsylvania also will have Internet access to their health records and can correspond electronically with their provider through My Health Portal.

LEHIGH VALLEY PHYSICIAN GROUP SERVICE DIRECTORY

Providers in northeast Pennsylvania

<table>
<thead>
<tr>
<th>CARDIOLOGY</th>
<th>Lehigh Valley Physician Group Cardiology–Vine Street Thomas Ciotola, MD Watch! Chandra Mohan, MD Watch! 141 N. Vine St., Hazleton 570-454-2467</th>
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<tr>
<td></td>
<td>Lehigh Valley Physician Group Cardiology–Health &amp; Wellness Center Joseph Laureti, DO Watch! Yaqoob Mohyuddin, MD Watch! Stephen Wolk, MD Watch! 50 Moisey Drive, Hazleton 570-501-6580</td>
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<tr>
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<td>Lehigh Valley Physician Group Cardiology–Hometown Joseph Laureti, DO Watch! 241 Claremont Ave., Hometown 570-501-6580</td>
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<td>CHIROPRACTIC MEDICINE</td>
<td>Lehigh Valley Physician Group Chiropractic Medicine–Health &amp; Wellness Center Daniel Gavio, DC Watch! 50 Moisey Drive, Hazleton 570-501-6700</td>
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<td>ENDOCRINOLOGY</td>
<td>Lehigh Valley Physician Group Endocrinology–Health &amp; Wellness Center Ayse Mohyuddin, MD 50 Moisey Drive, Hazleton 570-501-5460</td>
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<td>FAMILY AND INTERNAL MEDICINE</td>
<td>Lehigh Valley Physician Group Family Medicine–Drums Deborah Mistal, DO Robin Bohanan, CRNP Watch! 32 W. Foothills Drive, Drums 570-788-5000</td>
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<td>Lehigh Valley Physician Group Family Medicine–Vine Street Heather Sugarman, CRNP Watch! 149 N. Vine St., Hazleton 570-759-1830</td>
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<td>GASTROENTEROLOGY</td>
<td>Lehigh Valley Physician Group Gastroenterology–14th Street Edward Polashenaski, DO Robert Yamulla, MD Watch! Allison Rostocki, CRNP 128 W. 14th St., Hazleton 570-455-7677</td>
</tr>
</tbody>
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*Providers of Lehigh Valley Physician Group–Hazleton

Lehigh Valley Physician Group
Family Medicine–Hometown
Jane Lagan, MD
Shelley Sassaman, PA-C
Kelci Tkach, PA-C Watch!
241 Claremont Ave., Hometown
570-225-7211

Lehigh Valley Physician Group
Family Medicine–Sugarloaf
Eugene Gorski, MD Watch!
19 Banks Ave., Sugarloaf
570-788-5104

Lehigh Valley Physician Group
Internal Medicine–Hazleton Shopping Center
Pedro Guzman, MD
564 W. Broad St., Hazleton
570-501-2790

Lehigh Valley Physician Group
Family and Internal Medicine–Alliance Drive
Jodi Lenko, MD Watch!
Michael Washinsky, DO Watch!
Amanda Evans, PA-C Watch!
1000 Alliance Drive, Hazleton
570-459-2226

Lehigh Valley Physician Group
Family Medicine–Health & Wellness Center
Cynthia Lubinsky, DO Watch!
50 Moisey Drive, Hazleton
570-501-6840
GERIATRIC MEDICINE
Lehigh Valley Physician Group
Internal Medicine and
Geriatrics–Drums
Philip J. Benyo, MD Watch!
Philip P. Benyo, PA-C
Tara Hill, CRNP Watch!
144 S. Old Turnpike Road,
Drums
570-788-6363

HEMATOLOGY ONCOLOGY
Lehigh Valley Physician Group
Hematology Oncology–
Alliance Drive
Michael Evans, DO Watch!
1000 Alliance Drive, Hazleton
570-501-1242

NEUROLOGY
Lehigh Valley Physician Group
Neurology–Health & Wellness
Center
Shu Xu, MD Watch!
50 Moisey Drive, Hazleton
570-501-6470

OBSTETRICS AND
GYNECOLOGY
Lehigh Valley Physician Group
Obstetrics and Gynecology–
Berwick
Sheila Hockman, DO Watch!
500 Fowler St., Suite 203,
Berwick
570-759-1830
Lehigh Valley Physician Group
Obstetrics and Gynecology–
Alliance Drive
Sheila Hockman, DO Watch!
Scott Muir, DO Watch!
Jennifer Ruch, CRNP, CNM Watch!
1000 Alliance Drive, Hazleton
570-501-6450

ORTHOPEDICS
Lehigh Valley Physician Group
Orthopedics–Health & Wellness
Center
Joseph Horton, MD
Peter Kozicky, MD Watch!
Alyssa Hartranft, PA-C Watch!
50 Moisey Drive, Hazleton
570-501-6730

PEDIATRICS
Lehigh Valley Physician
Group Pediatrics–Hazleton
Shopping Center
James Caggiano, MD Watch!
Stephan Glicken, MD Watch!
Alvaro Reymunde, MD Watch!
Laura Shallenberger, PA-C Watch!
Alisha Wainwright, PA-C Watch!
564 W. Broad St., Hazleton
570-501-6400

PHYSIATRY
Lehigh Valley Physician
Group Physiatry–Health &
Wellness Center
Ammar Abbasi, MD Watch!
Jeffrey Perkins, MD Watch!
50 Moisey Drive, Hazleton
570-501-6380

SURGERY
Lehigh Valley Physician
Group Surgery–Health &
Wellness Center
Michael Bono, MD Watch!
Hameed Butt, MD
Jennifer Corcoran, PA-C Watch!
50 Moisey Drive, Hazleton
570-501-6900

Next Steps
WATCH VIDEOS featuring these providers. Visit LVHN.org/hazleton/findadoc.
ENROLL in My Health Portal. Visit LVHN.org/hazleton/myhealthportal.
FIND A PROVIDER to meet your health care needs. Visit LVHN.org/hazleton/findadoc or call 570-501-4LVH (4584).
Today!

Ashleyann Takes Action

BARIATRIC SURGERY HELPS A YOUNG MOTHER STAY HEALTHY

Ashleyann Takes Action

2011

Today!

BARIATRIC SURGERY HELPS A YOUNG MOTHER STAY HEALTHY

Next Steps

WATCH VIDEOS of Eugene Gorski, MD, at LVHN.org/hazleton/EGorski and Michael Bono, MD, at LVHN.org/hazleton/Bono.

LEARN ABOUT bariatric surgery in Hazleton. Visit LVHN.org/hazleton/NEBC or call 570-501-6322.

LEARN ABOUT the fitness center at the Health & Wellness Center at Hazleton. Visit LVHN.org/hazleton/fitness-center or call 570-501-6750.
A lifelong battle with her weight and the hectic lifestyle of being a single mom began to take its toll on 23-year-old Ashleyann Temborski. She wasn’t sleeping nor eating well. Her weight reached 308 pounds. Yet she knew she wanted more for her 18-month-old daughter, Rhianna. “I couldn’t do the things I wanted to do for her,” says Temborski, of Conyngham. “That wasn’t OK with me.”

As a nurse, Temborski knew the health risks of obesity. She had tried unsuccessfully to lose weight in many ways, and her blood glucose and cholesterol levels were high. She feared she was running out of options.


LIFE-CHANGING INFORMATION

At the information session, Temborski met with weight-loss surgeon Michael Bono, MD, medical director of the Northeast Bariatric Center and president of the Pennsylvania chapter of the American Society for Metabolic and Bariatric Surgery. At first she felt overwhelmed by all her surgical options, so she made a list of pros and cons regarding bariatric surgery. “I knew for sure I wasn’t in this war alone anymore,” she says.

After considering her options and consulting with Bono, Temborski chose a surgery commonly called gastric sleeve (or sleeve gastrectomy) due to its unique set of benefits and more limited risks. “During the surgery we create a small, sleeve-shaped stomach by stapling and dividing it vertically,” Bono says. The smaller stomach reduces the amount of food a patient can eat, promoting weight loss.

To prepare for her surgery, Temborski, like all bariatric surgery patients, followed a strict pre-surgery diet to help reduce body fat in the abdomen and liver, and to enhance patient safety and recovery. “That diet was the toughest part of my journey,” she says. “I joked that I would have the nicest shrunken liver Dr. Bono has ever seen.” She then had the surgery in November 2011 at Lehigh Valley Hospital–Hazleton. She relied on her surgeon’s guidance at every step of the process. “Dr. Bono always made me feel like I was a priority,” she says.

A PRE-EMPTIVE STRIKE

Bariatric surgery is a way for people of all ages to reverse a future of serious health issues. “It’s a pre-emptive strike, especially for younger people,” Bono says. “We are seeing many more young people who are obese or morbidly obese, and there is increasing awareness of obesity’s dangers across all age groups.”

A person’s obesity level is measured by body mass index (BMI). A BMI of 35 or more is considered morbidly obese, while a BMI of 20-25 is considered healthy. Roughly 5 percent (16 million Americans) are considered morbidly obese, and that raises the risk for many causes of preventable death, including heart disease, stroke, type 2 diabetes and certain types of cancer.

THE MOM EVERYBODY WANTS

For Temborski, now 27, gastric sleeve surgery made a dramatic difference. She’s lost 100 pounds, her bloodwork is normal, and Rhianna, now 5, has the mom everyone wants. “I’m helping coach her T-ball team now – imagine that,” she says.

“Now I can do everything – I tie her shoes, swing on the swings and ride amusement park rides with her.”

She still faces challenges, including remembering to eat frequently. And her life has changed drastically. She works out with the personal trainers at the Health & Wellness Center at Hazleton, who also give her exercises to do at home. She closely follows the tips and advice of the program’s nutritionist, Amy Cartwright, whom she calls a lifesaver.

You don’t have to wait until you are very sick to take action. “Be there for the ones you love,” she says. “I lost the weight so I can be here for my daughter for a very long time.”

–Tami Ambosie
Sometimes you find something when you’re not looking for it. That’s what happened to Michael Brennan of Pottstown.

A routine CT scan for a urinary tract infection revealed a balloon- ing of Brennan’s aorta where it rises out of his heart. Like most people who have this condition – called an aortic aneurysm – Brennan had no symptoms. Layers of the aorta, the large blood vessel that supplies blood to the entire body, had pulled apart. It could burst at any time, likely causing death.

“It was the scariest moment of my life,” says Brennan, 42. “I immediately thought of my family and friends, and recalled actor John Ritter (who died suddenly of the condition).”

Lehigh Valley Health Network (LVHN) cardiothoracic surgeon James Wu, MD, with Lehigh Valley Heart and Lung Surgeons, performed emergency surgery on Brennan. “We inserted a mesh tube inside the weakened section of the aorta to create a new, healthy channel for his blood,” Wu says. Brennan’s aortic valve, which was leaking because of the aneurysm, also was replaced.

What caused Brennan to develop an aortic aneurysm? His long arms, fingers and toes, flat feet and lanky build offered a clue. They all are signs of Marfan syndrome, a disorder that affects the connective tissue in the heart, blood vessels, eyes, lungs, bones and joints. It can cause serious, even life-threatening, complications.

LVHN cardiologist Bruce Feldman, DO, with Lehigh Valley Heart Specialists, recognized the warning signs of Marfan in Brennan and referred him to his colleague, cardiologist Matthew Martinez, MD, for genetic testing. “Marfan syndrome can be genetically transferred to offspring 50 percent of the time,” Martinez says.

Brennan, who is adopted, is unaware of his family medical history. So to determine whether or not his daughter, Elizabeth, 11, and son Mikey, 7 (shown with dad on opposite page), carried the Marfan gene, he turned to genetic testing, which involves a simple blood test or mouth swab and is performed at LVHN by a certified genetic counselor. “It’s unique for genetic counselors to be part of a heart and vascular program,” Martinez says. “It’s an example of the extra layer of quality LVHN delivers to patients.”

There are other genetic heart conditions that can be identified with genetic testing. Some of these include:

▶ Hypertrophic cardiomyopathy (HCM), a disease in which the heart muscle is abnormally thick, impairing blood flow into and out of the heart. A small percentage of people with HCM are at risk for sudden death, as are those who engage in competitive sports.

▶ Long QT syndrome, a disorder that causes your heart to beat fast and erratically, sometimes causing sudden death.

“When we identify people who have these conditions, we monitor their health more closely, intervene sooner and possibly save lives,” Martinez says. If you have Marfan syndrome, for example, your doctor will order tests more frequently to examine your blood vessels and recommend surgery sooner should an aneurysm develop. Knowledge of these conditions also helps your doctor determine if it’s safe for you to participate in sports, and helps identify risks for women considering pregnancy.

Fortunately, Brennan’s children will not have to worry about these health risks because neither of them tested positive for the Marfan gene. “I felt a relief I cannot describe,” he says. “And I’ll be here to see my kids grow up. I’ll take it.”

–Rick Martuscelli and Rob Stevens
Watch a video of Michael Brennan’s battle with Marfan syndrome at LVHN.org/healthyyou.

Next Steps

WATCH VIDEOS of James Wu, MD, at LVHN.org/Wu; Bruce Feldman, DO, at LVHN.org/Feldman; and Matthew Martinez, MD, at LVHN.org/Martinez.

LEARN ABOUT LVHN cardiology services in northeast Pennsylvania. Visit LVHN.org/hazleton/cardiac.

LEARN ABOUT genetic testing for heart conditions available in the Lehigh Valley. Call 610-402-CARE.
If you suffer from severe hip or groin pain that is limiting your daily activities, you may consider having hip replacement surgery to replace the worn parts of your hip joint. Hip replacement surgery (sometimes called total hip replacement) may be used for people suffering from arthritis, which can cause the hip joints to wear down over time, and as a method of treating certain hip fractures.

During the surgery, an orthopedic surgeon uses metal, ceramic or plastic parts to replace the ball of the upper thigh bone and resurface the hip socket in the pelvic bone. About 300,000 people have total hip replacement surgery annually nationwide. The great majority of these patients will return to their daily activities with reduced or no pain after surgery.

“Your age, the severity of damage to your hip joint and your overall health all are important factors to consider when determining whether to have surgery,” says orthopedic surgeon Peter Kozicky, MD, with Lehigh Valley Physician Group Orthopedics–Health & Wellness Center. When he meets with patients, Kozicky will first rule out other causes of hip pain, such as spine or tailbone problems.

“Hip replacement surgery may be for you if you have:

► Severe pain that is not eased by medication or treatment.
► Limited movement for daily activities.
► Desire to return to physical activities you can no longer participate in, such as hiking, golf or swimming.

Kozicky typically will first recommend conservative treatments to relieve hip pain, such as changes in activities, mild pain-relief medicine or physical therapy. “If conservative methods don’t work, surgery is a real and effective treatment that helps people regain their quality of life,” he says.

If you choose surgery, Kozicky and his colleagues will explain any potential risks and will help you plan both for the procedure and your recovery.

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Tami Ambosie
‘Normalizing’ Life for a Child With Cancer

OUR EXPERT DISCUSSES WAYS TO HELP

OUR EXPERT:
PEDIATRIC HEMATOLOGIST ONCOLOGIST
PHILIP MONTELEONE, MD, WITH CHILDREN’S HOSPITAL AT LEHIGH VALLEY HOSPITAL

Q HOW CAN I BEST HELP MY CHILD IF I LEARN HE OR SHE HAS CANCER?
A: Learning your child has cancer will make you feel like your world has turned upside-down. Once you process those natural feelings, it’s important to get your family on the same page. It will be helpful as you learn about your child’s medication needs, nutritional requirements and overall treatment plan to ask questions to make sure you understand. In our practice, we have a team of doctors, nurses and social workers who will work with the family before the child goes home. Be sure to use these people as resources.

Q AFTER A DIAGNOSIS, HOW DO I MAKE MY CHILD’S LIFE AS “NORMAL” AS POSSIBLE?
A: Dealing with cancer is stressful. Yet keeping life as normal as possible for your child – and the entire family – is vital. Studies show that if parents treat the child with cancer the same way they’ve always treated all their children, the child will be emotionally stronger approaching the disease, and it will create a better recovery. Your child will pick up on the concern if you as parents act differently. Acting normally reassures your child he or she is still a regular kid.

Q IS “NORMALCY” POSSIBLE GIVEN MY CHILD’S TREATMENT PLAN?
A: All treatment plans may have modifications in lifestyle – making time for doctors’ appointments or medication side effects. It takes some adjusting. Yet the majority of all children with cancer still can go to school daily, play sports, go to the mall with their friends – resume regular activities. One way to help is to let school administrators and sports coaches be aware of your child’s diagnosis and treatment schedule. LVHN offers a school re-entry program to help a child’s classmates and teachers learn important information about the child’s treatment plan and to alleviate fears. Otherwise, keeping life normal is up to the parent. In general, a child with cancer shouldn’t receive favoring over a sibling. So at holiday time, give all your children the same number of gifts. Discipline and reward your child for her behavior just as you do for her siblings. Maintaining normalcy helps with your child’s treatment plan. The goal of cancer treatment is to focus on the time when your child’s cancer journey is over with a positive outcome. Ideally, life after that journey will return to the same as it was before.
A passion for better medicine is here.

At Lehigh Valley Health Network, we are committed to bringing the highest level of care to our region. Which is why our network of highly trained and well-respected providers – Lehigh Valley Physician Group – is now in your neighborhood. This means you have access to nationally recognized care in a variety of specialties, as well as the expertise, resources and leading-edge technology of one of the region’s largest health networks. Because we are passionate about delivering the very best care, closer to home.

To find a provider near you, call 570-501-4LVH or visit LVHN.org/hazleton.