

SPRING 2016

HealthyYOU

New
Health
Center
at Mountain Top

PAGE 4

6
Massage
Benefits

PAGE 3

Getting
Stronger
Together

PAGE 8

A PASSION FOR BETTER MEDICINE™



Lehigh Valley
Health Network

Contents

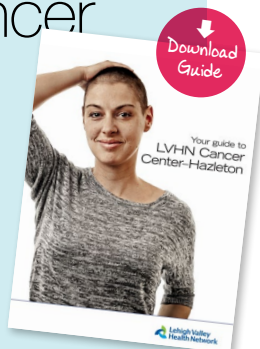
IN THIS ISSUE

- 3 **6 Reasons to Get That Massage**
It's total-body wellness
- 4 **How Can a Health Center Help You?**
Mark Radziewicz, DO, explains
- 5 **Cervical Cancer Screening Updates**
Information to protect your health
- 6 **Why Monica Keeps On Smiling**
Inpatient rehab helps her recover from two surgeries
- 8 **New Life After Stroke**
Rehab helps Carl Johnson make amazing strides
- 10 **She's a Real Knockout**
Breast reduction surgery helps area woman
- 11 **Calendar**
Classes and support groups for you

Get a Free Guide to Preventing Cancer

By understanding your family history, knowing the warning signs and getting screened, you can prevent cancer, or catch it when it's most treatable.

Arm yourself with information by downloading one (or more) of our free guides to preventing cancer. You can choose from information about colon-rectal or lung cancer, or get a guide about the new LVHN Cancer Center–Hazleton.



Next Step

DOWNLOAD YOUR FREE GUIDE. Visit LVHN.org/hazleton-cancer.

Health Care Providers Join Lehigh Valley Physician Group–Hazleton

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



FAMILY MEDICINE
Mark Radziewicz, DO
LVPG Family Medicine–
Mountain Top
570-501-4LVH
▶ [WATCH HIS VIDEO AT
LVHN.org/Radziewicz.](http://LVHN.org/Radziewicz)



FAMILY MEDICINE
Laura Herbener, CRNP
LVPG Family Medicine–
Mountain Top
570-501-4LVH
▶ [WATCH HER VIDEO AT
LVHN.org/Herbener.](http://LVHN.org/Herbener)

Next Step

LEARN MORE about the health care providers with Lehigh Valley Physician Group–Hazleton. Visit LVHN.org/findadoc or call **570-501-4LVH (4584)**.

6 Reasons to Get That Massage

IT'S NOT JUST RELAXATION; IT'S TOTAL-BODY WELLNESS



If you think massage is a luxury reserved only for people who sip cucumber water while relaxing in a steam room, it's time to learn massage's original purpose: total-body wellness.

"For my patients, massage is a health necessity," says massage therapist Mary King, who practices at the Health & Wellness Center at Hazleton. "When they leave after a session, they are always happy because they feel so much better."

Primary care providers such as Eugene Gorski, MD, with LVPG Family Medicine—Sugarloaf, prescribe massage – along with stretching, proper nutrition, stress relief and rest – for patients with a wide range of symptoms, including headaches, muscle spasms and pain.

"Massage has been a viable health care option for several centuries," Gorski says, adding that the practice dates back to ancient Greece. "It is highly efficient therapy too."

You may know massage reduces anxiety, aids muscle recovery and improves sleep. Here's a head-to-toe guide that shows six lesser-known benefits.

—Alisa Bowman

THE HEAD By working trigger points in the neck, shoulders and head, King can relieve migraine and tension headaches. "People come in with headaches, and they leave without them," she says.

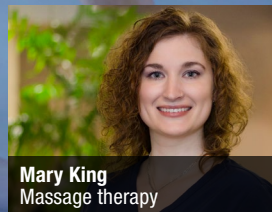
THE NOSE With the help of eucalyptus oil, King massages specific pressure points in the face and the base of the skull to relieve sinus pressure.

THE JAW The 12-plus muscles in your face tend to get tense, often without you noticing. Massage can help to relax these muscles, reducing jaw pain associated with temporomandibular joint disorder (TMJ). "When I run my fingers down the jaw area and release the tension there, most people seem surprised," King says. "They experience a near immediate feeling of relief as the muscles loosen."

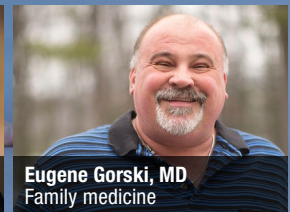
THE HANDS In addition to relieving wrist pain from carpal tunnel syndrome, hand massage has been shown to reduce pain in women recovering from hysterectomies, soothe agitation in nursing home patients, and even improve immunity.

THE ABDOMEN Stomach massage has been shown to reduce constipation and ease premenstrual symptoms.

THE FEET Neuropathy – a numb, tingling, pins-and-needles sensation that results from nerve damage – can subside with massage, King says. She recommends this at-home remedy: Freeze a water bottle, put it under your foot and roll it back and forth for 10 minutes at a time.



Mary King
Massage therapy



Eugene Gorski, MD
Family medicine

▶ Watch his video at [LVHN.org/Gorski](https://www.lvhnh.org/Gorski).

Next Step

LEARN MORE about the Health & Wellness Center at Hazleton. Visit [LVHN.org/HWC](https://www.lvhnh.org/HWC).

Empower Yourself

Next Step

LEARN MORE about services and providers at the Health Center at Mountain Top. Visit LVHN.org/mountaintop.

How Can a Health Center Help You?



► **Get involved in your own health care.** In the “Empower Yourself” column, Lehigh Valley Health Network (LVHN) clinicians provide information and tips to help you gain confidence and take control. This issue’s featured provider: family medicine physician Mark Radzewicz, DO, with the brand-new Health Center at Mountain Top.



Mark Radzewicz, DO
Family medicine

► **Watch his video at**
LVHN.org/Radzewicz.

As a family medicine physician, my goal is to keep you and your family well. If you should ever get sick or injured, I want you to get the care you need quickly and easily. That’s precisely what LVHN’s health centers are designed to do. It’s also why I’m so excited to be part of the team at the brand-new Health Center at Mountain Top. Here are three specific ways that facility and the nearby Health & Wellness Center at Hazleton can help you:

1 Health centers are close and convenient.

A trip to a hospital campus is not always convenient, especially when you’re not feeling well. LVHN health centers are designed to offer care closer to your home or workplace. Parking is just steps away from the entrance, which is a welcome bonus if you have trouble walking or use an assistive device.

2 They’re a one-stop shop for health.

Health centers meet a broad range of needs under one roof. Whether you’re looking for a primary or specialty care physician, improved fitness and nutrition,

laboratory services, X-ray, MRI or other diagnostic test, surgical services or physical therapy, you’ll find these and much more at one of our health centers (services vary by location). For example, the new Health Center at Mountain Top offers imaging services, such as X-ray. More advanced imaging services, such as MRI, are available a short distance away at the Health & Wellness Center at Hazleton. Because our services are all under one roof, you can get a script from your doctor and get a blood test or X-ray without ever leaving the building.

3 They’re education and wellness hubs.

Education and preventive care are important factors in staying well. Our health centers offer a variety of educational presentations, preventive screening sessions, health fairs and other wellness events. Don’t wait for health problems to sneak up on you. Keep an eye out for our free community events and help your family stay informed – and stay well.

Cervical Cancer Screening Updates



Jill Snyder, DO
Gynecology

▶ Watch her video at LVHN.org/Snyder.

OUR EXPERT DISCUSSES WHAT YOU NEED TO KNOW

At your next yearly gynecologic exam, you may notice some changes in the recommended guidelines for cervical cancer screenings.

The biggest change – many women will no longer need an annual Pap test. A Pap collects cells from your cervix to detect precancerous abnormalities so that intervention can occur early. Also new is the addition of an HPV test for middle-aged women as a co-test to your Pap.

“The new recommendations from the American Society for Colposcopy and Cervical Pathology were partly created because women without HPV have an extremely low lifetime risk for developing cervical cancer, and may not need such frequent screening,” says gynecologist Jill Snyder, DO, with LVPG Gynecology–Health Center at Mountain Top and LVPG Gynecology–Brookhill Plaza in Sugarloaf.

LET'S TALK ABOUT AGE, LADIES:

21 AND UNDER

Don't need a Pap test or HPV test, even if they are sexually active. That's because cervical cancer is rare at this age, and dysplasia usually disappears by itself.

21-29

Should have a Pap test alone every three years.

30-65

Should have a Pap test plus an HPV test every five years (called co-testing) or a Pap test alone every three years. Co-testing offers extra vigilance and is preferred because dysplasia doesn't clear up as quickly as women age.

65+

Don't need any screening if they've had three normal Pap tests in a row or two consecutive normal HPV tests within the last decade and no history of moderate or severe dysplasia within the last 20 years.

N/A

Women who have had hysterectomies don't need screening if they don't have a cervix and no history of moderate or severe dysplasia, cervical cancer or uterine cancer.

WHAT ELSE DO I NEED TO KNOW?

The new guidelines apply only to women with no history of dysplasia, cervical cancer or immune-system disorders. If you've had these problems, you likely will need more frequent screening. Either way, follow your doctor's recommendations. “Cervical cancer is easily treated if caught early,” Snyder says.

Continue getting your yearly gynecologic exam. You may not need an annual cervical cancer screening, but don't forgo your annual mammogram and manual pelvic and breast exams. “A yearly well-woman visit is about everything we do for your health, such as additional screening exams and discussing what's going on in your life and how you're feeling,” Snyder says.

–Sidney Stevens



Why Monica Keeps On Smiling

INPATIENT REHAB HELPS HER RECOVER
FROM TWO KNEE SURGERIES

It's comforting to see a familiar face during a difficult time. That's why people are glad to see Monica Barletta of Hazleton behind the welcome desk at Lehigh Valley Hospital (LVH)–Hazleton.

Some people remember her from the days when she and her family operated Angela Park. Others know her as a dedicated volunteer who has served her church, the American Cancer Society and her community hospital, where she continues to volunteer after 30 years.

"I enjoy greeting people and wishing patients well," Barletta says, "because I know this hospital is a tremendous asset to our community."

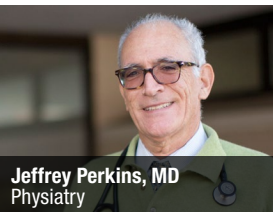
UNWELCOME PAIN

Years ago, Barletta's active lifestyle began taking its toll on her knees. Cortisone shots that once managed the pain eventually became ineffective. "The pain was so severe, I became incapacitated," says Barletta, now age 79. "It was time for surgery."

After undergoing single knee replacement surgery in Allentown, Barletta had a decision to make. "I put my faith in God and asked Him to help me make a decision about where to rehabilitate," she says.

Barletta decided to return to Hazleton to rehabilitate in the hospital she knows so well. Located inside LVH–Hazleton, the Gunderson Center for Inpatient Rehabilitation provides specialized inpatient rehabilitation for patients following an injury, illness or surgery.

"There are many benefits of rehabilitating in a facility that's inside a hospital versus in a freestanding facility," says physical therapist and center program director Jennifer Kaminsky.



Jeffrey Perkins, MD
Physiatry

▶ Watch his video at
LVHN.org/Perkins.

Here's what makes the Gunderson Center for Inpatient Rehabilitation unique:

▶ Rehabilitation for multiple conditions

The center provides rehabilitation following joint replacement, heart or organ transplant surgery, a brain or spinal injury, heart attack or stroke, as well as for patients with neurological conditions, multiple sclerosis and congenital conditions.

▶ Teamwork among specialists

Led by physiatrist Jeffrey Perkins, MD, the team is staffed by occupational, physical and speech therapists, registered nurses certified in rehabilitation, a dedicated social worker and other caregivers. They work together closely to provide care that meets each patient's specific needs.

▶ Intensive rehabilitation

Patients receive three hours of therapy a day for up to two weeks. Occupational therapists work on activities of daily living, such as bathing and dressing. Physical therapists work to restore or increase flexibility, strength, endurance, coordination and balance.

▶ State-of-the-art facilities

The center has a gym where patients exercise, learn to use walking assistive devices and stairs, and more. In the center's kitchen, patients practice cooking, washing clothes and navigating a home environment with a walking device. With a furnished bedroom, living room and bathroom, the center's transitional room is for patients nearing the end of their inpatient rehabilitation. Staying in it gives them confidence to return home.

Next Step

DOWNLOAD YOUR FREE GUIDE
to your orthopedic health.
Visit LVHN.org/ortho.



▶ Availability of medical care

Patients receiving rehabilitation often need ongoing care from a physician. If a patient is recovering from a heart attack, for example, the patient's primary care physician and cardiologist can collaborate to determine what hospital care is needed while the patient continues rehabilitation.

▶ Loved ones are nearby

When local patients travel to a Lehigh Valley Health Network facility in Allentown for specialized care not provided at LVH–Hazleton, they can return to the center to be closer to family and friends as they recover.

The motivation Barletta received from the staff was another valuable part of her rehabilitation. "There were days when I didn't feel like doing anything," she says. "But the staff went above and beyond to give me the care and tools I needed for a successful recovery."

That's why Barletta returned to the center following her second knee replacement surgery. The experience was just as good, with identical results.

Now when Barletta walks the halls of LVH–Hazleton, she has no pain or swelling in her knees. She often visits the center to share her story with patients. Her message: "Rehabilitation isn't easy, but when you have a good team caring for you, you can do it."

—Rick Martuscelli

New Life *After* Stroke

REHAB HELPS **CARL JOHNSON** MAKE AMAZING STRIDES

Imagine waking up unable to talk or walk. Carl Johnson, 57, doesn't have to imagine. It happened to him in November 2012.

His trouble began a day earlier on a jobsite. "I was up on a scaffold when suddenly I didn't feel good," says Johnson, an independent contractor with a masonry company. Co-workers helped him off the scaffold and asked if he wanted them to call his wife, Rosita. Johnson figured nothing serious was wrong and opted to drive home. Rosita encouraged him to go to the hospital, but Johnson, concerned about getting to work the next day, just wanted to rest.

By morning, he was debilitated.

"I was paralyzed on my left side," Johnson says. After rushing to a Wilkes-Barre hospital, he was diagnosed with an ischemic stroke, in which an artery blockage deprives the brain of blood and oxygen. Doctors stabilized him, but Johnson's brain had already been damaged. Care going forward would focus on rehabilitation to restore as much function as possible.

For rehab, Johnson turned to the Gunderson Center for Inpatient Rehabilitation–Hazleton. "When we first saw him, his left arm was completely flaccid, and his left leg had limited muscle tone or voluntary control," says physiatrist Ammar Abbasi, MD, who

saw Johnson inside the center. "He couldn't walk more than three feet even with support." Johnson also had trouble with memory, thinking and attention. "It was a major stroke," says Abbasi, who also practices at LVPG Physiatry–Health & Wellness Center.

In acute rehab, doctors and therapists worked to help Johnson improve his activities of daily living, such as bathing, dressing, grooming and staying safe. Physical therapy helped build balance, improve range of motion and strengthen muscles. Occupational therapy helped his body relearn how to perform daily essential activities and functions. Speech therapy worked on speech and ensured that Johnson could control muscles while eating.

"With therapy, weak areas of the brain start to strengthen, and the brain develops new pathways and connections," Abbasi says. "After about four weeks of acute rehab, Carl was actually walking and had some good recovery." Johnson went home under Rosita's devoted care and continued working with Abbasi.

"Coming home was frustrating for Carl because he really had to come to terms with what he still couldn't do," Rosita says. At one point, the dead weight of his arm pulled the limb out of its socket. "But he's a fighter, and we're both determined people," Rosita says.

She credits Johnson's struggles with drawing them closer. "Eventually, something good comes out of things, and we have to see what that is," Rosita says.

One struggle was controlling muscles that almost literally had a mind of their own. While damage from the stroke prevented some muscles from activating, it prevented others from relaxing. "If the brain doesn't inhibit muscles, they start to contract by themselves," Abbasi says. Called spasticity, the condition causes fingers, wrists and elbows to contort, causing tightness that can impair range of motion.

Abbasi gave Johnson muscle relaxant medication along with injections of BOTOX®, a toxin that can temporarily paralyze selected troublesome muscles, making therapy and stretching easier. But Abbasi also felt Johnson could benefit from chiropractic care.

"I treated Carl with stretching, exercise and manipulation to break apart adhesions, stop contractures and improve



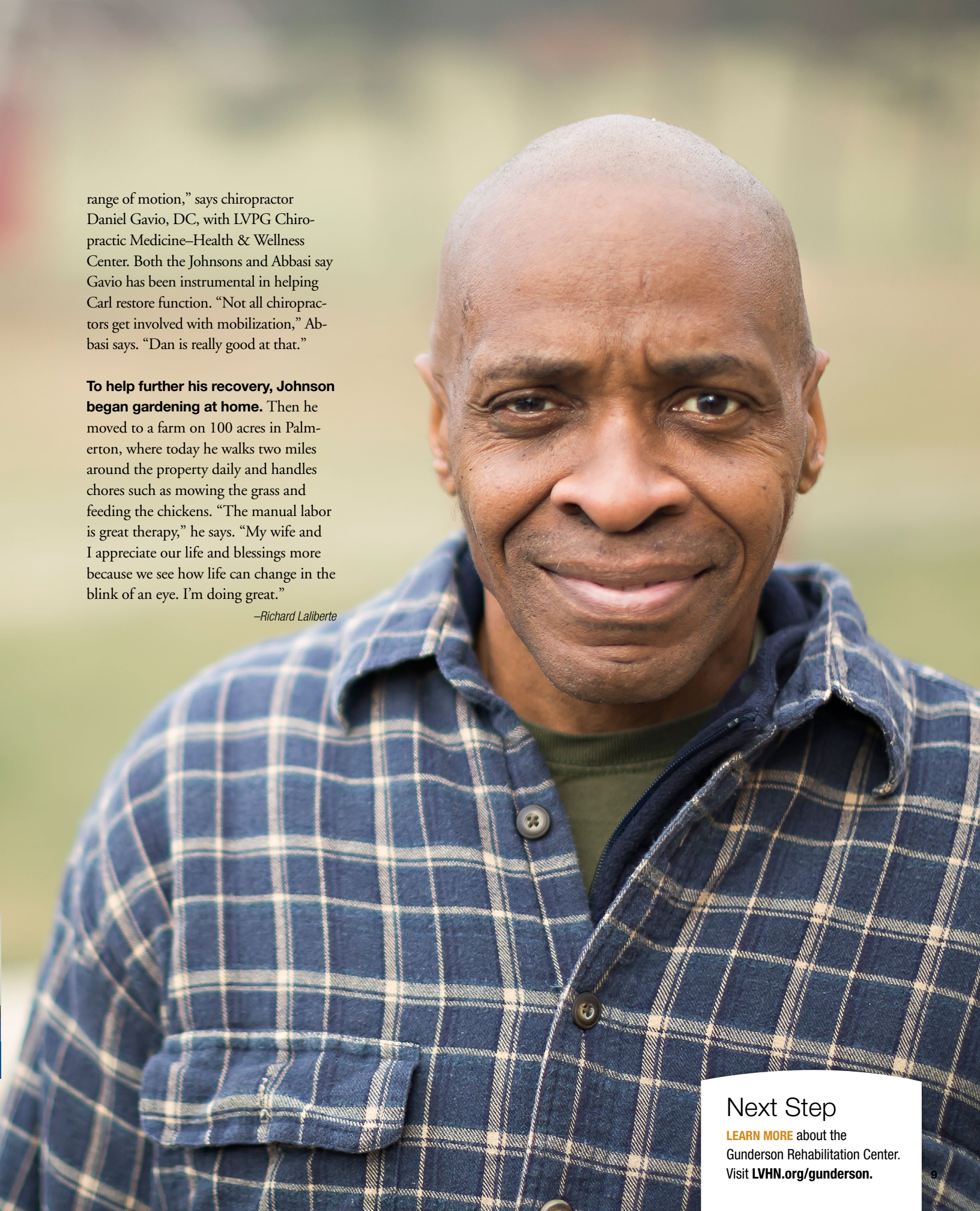
Dan Gavio, DC
Chiropractic medicine

▶ Watch his video at LVHN.org/Gavio.



Ammar Abbasi, MD
Physiatry

▶ Watch his video at LVHN.org/Abbasi.



range of motion,” says chiropractor Daniel Gavio, DC, with LVPG Chiropractic Medicine–Health & Wellness Center. Both the Johnsons and Abbasi say Gavio has been instrumental in helping Carl restore function. “Not all chiropractors get involved with mobilization,” Abbasi says. “Dan is really good at that.”

To help further his recovery, Johnson began gardening at home. Then he moved to a farm on 100 acres in Palmerton, where today he walks two miles around the property daily and handles chores such as mowing the grass and feeding the chickens. “The manual labor is great therapy,” he says. “My wife and I appreciate our life and blessings more because we see how life can change in the blink of an eye. I’m doing great.”

—Richard Laliberte

Next Step

LEARN MORE about the Gunderson Rehabilitation Center. Visit LVHN.org/gunderson.

Next Step

LEARN MORE about plastic surgery options. Visit LVHN.org/plasticsurgery.

She's a Real Knockout

BREAST REDUCTION SURGERY HELPS MACUNGIE WOMAN

As a teenager, Destinee Deely of Macungie played sports. But then the late bloomer, well, bloomed, and suddenly she couldn't enjoy those activities anymore. "After college, because of my breast size, I could no longer run," says Deely, now 30. "It was painful and hurt my back."

Fast-forward a few years, as Deely and her husband, Kevin, welcomed daughter Rory. After pregnancy and breastfeeding, Deely's bustline increased to a 36GG. "I had divots in my shoulders from my bra straps from having such large breasts," she says.

So she discussed breast reduction with Marshall Miles, DO, with LVPG Plastic and Reconstructive Surgery—1243 Cedar Crest. He believed she was a good candidate for reduction mammoplasty surgery.

"Many times women with larger breasts have symptomatic complaints," Miles says. "These may include back, neck and upper shoulder pain, along with bra straps cutting in and making grooves in their shoulders. Some women have scars from years of [the weight of their breasts] pulling down."

While some insurance companies see breast reduction as an elective cosmetic surgery, Miles sees it differently. "In these cases," he says, "having large breasts is more of a hindrance than an asset."

For patients like Deely, Miles charts an extensive health history and creates a narrative that emphasizes the medical

necessity of breast reduction surgery. "I would say that 80 to 90 percent of the time, insurance approves the surgery and an overnight hospital stay," says Miles, who performs breast reduction surgeries inside Lehigh Valley Hospital—Cedar Crest.

Insurance covered Deely's surgery, which took place in May 2013. Still, Deely couldn't request a certain bust size after surgery; insurance dictates how much breast tissue needs to be removed.

With 200 grams of tissue per cup size per breast, surgery patients most often have 500 to 600 grams removed. In the end, Deely's chest size was reduced approximately three cup sizes, down to a 36D.

These days Deely is more active than ever, even with a 3-year-old in tow. She takes boxing classes at the gym and, if she wanted, could go to the driving range with her husband. "Kevin likes to golf," she says. "I couldn't golf with him before because my breasts were in the way."

—Leah Ingram



Marshall Miles, DO
Plastic surgery

▶ Watch his video at LVHN.org/Miles.

Community Events

Free! **Helping Hands Telethon**
Saturday, April 23: 11 a.m.-11 p.m.,
New location: Health & Wellness Center
at Hazleton

Free! **Bariatric/Weight-Loss
Management Information Session**
Learn about surgical and non-
surgical weight-loss options. Call 570-
501-6322 to register or for
more information.
Tuesday, April 26 and Thursdays, May 5, May
26, June 30: 6-8 p.m., LVH-Hazleton, annex
building, second floor conference room

**Lehigh Valley Health Network
5K Run/Walk**
Early registration: \$20 (deadline:
April 16); Race-day or late registra-
tion: \$25. For more information or to
register, call 570-501-6953 or visit
LVHN.org/hazleton.
Saturday, April 30, 9:30 a.m. Kids Fun Run;
10 a.m. 5K Run/Walk, Hazle Township
Community Park

Free! **What Every Person Should Know
About Stroke**
Learn about the signs, symptoms,
treatment and rehabilitation available.
Call 570-501-4600 to register or for
more information.
Wednesdays, May 4, June 1, July 6: 2-3 p.m.,
LVH-Hazleton, sixth floor, Gunderson Center
for Inpatient Rehabilitation

Free! **Miller Keystone Blood Drive**
Call 570-501-6204 to register
for a donation time. Please bring
personal identification card.
Thursday, May 12 and Tuesday, July 19:
noon-5 p.m., LVH-Hazleton, first floor lobby
conference room

Senior Choice Bus Trip
Place: Hunterdon Hills Playhouse,
New Jersey; Senior Choice members
\$71.50 per person; \$81.50 for non-
members. Seating limited. RSVP
required by May 2. Call 570-454-4752.
Friday, May 13: 8:45 a.m.-5:30 p.m.
Meet at Lobitz Catering-Safari Room

Free! **Sports Injuries/Concussion –
Community Program**
Learn about the underlying causes,
as well as treatment options. Call 570-
501-6204 to register or for more infor-
mation. Guest speaker: Joseph Horton,
MD, orthopedic surgery, Lehigh Valley
Physician Group Orthopedics
Wednesday, June 1: 5:30-6:30 p.m., Health
& Wellness Center at Hazleton, lower level

Free! **Hazleton Rails to Trails Hike and Bike**
Bring your bike or take a hike.
Come out and enjoy the great out-
doors. Picnic lunch for hike and bike
participants. Call 570-455-1509 for
more information.
Saturday, June 11: 11 a.m.-2 p.m., Hazleton
Rails to Trails, Routes 93 and 424, Hazleton

Free! **Chiropractic Medicine/Massage –
Community Program**
Discover the benefits of chiroprac-
tic medicine and massage therapy.
Guest speaker: Daniel Gavio, DC,
Lehigh Valley Physician Group
Orthopedics. Call 570-501-6204 to
register or for more information.
Wednesday, July 6: 5:30-6:30 p.m., Health
& Wellness Center at Hazleton, lower level

Support Groups

(New members always welcome)

Free! **Bariatric Support Group**
Call 570-501-6322 for more
information.
Wednesdays, April 20, May 18, June 15, July
20: 7-8 p.m., LVH-Hazleton, Business and
Education Center, first floor conference room

Free! **Stroke Support Group**
Call 570-501-4632 for more
information.
Mondays, April 25, May 23, June 27, July 25:
2 p.m., LVH-Hazleton, sixth floor, Gunderson
Center for Inpatient Rehabilitation

Health Screenings

Free! **Blood Pressure Screenings**
Call 570-501-4600 to register
or for more information.
Thursdays, May 5, June 2, July 7: 8-9 a.m.,
Laurel Mall Walkers, Laurel Mall, Hazleton
Wednesdays, April 20, May 18, June 15,
July 20: 11 a.m.-noon, Hazleton Active Adult
Center, 24 E. Broad St., Hazleton

Infants and Children

Free! **Infant Care/Breastfeeding Class**
Call 570-501-4200 to register.
Wednesdays, May 18, July 20: 7-9 p.m.,
LVH-Hazleton Family Birthing Center

Infant/Child CPR Class
Free if enrolled in prenatal class series.
Fee is \$25 per couple if not enrolled
in prenatal class series or \$25 per ad-
ditional person for registered couples.
Call 570-501-4200 to register.
Wednesdays, May 25, July 27: 7-9 p.m.,
LVH-Hazleton Family Birthing Center

Labor and Delivery Class Series
Call 570-501-4200 to register.
\$40 per couple delivering at
LVH-Hazleton; \$50 for non-
LVH-Hazleton deliveries

For due dates in July and August:
Wednesdays, May 4, 11, 18, 25: 7 p.m.

For due dates in September and October:
Wednesdays, July 6, 13, 20, 27: 7 p.m.
LVH-Hazleton Family Birthing Center

Free! **Sibling Care**
Call 570-501-4200 to register.
Wednesdays, May 4, July 6: 6-7 p.m.,
LVH-Hazleton Family Birthing Center

The New Health Center at Mountain Top

You shouldn't have to travel far for the best care possible. At the new Health Center at Mountain Top, we're bringing the services of Lehigh Valley Health Network to you. It's the right care, right here.

**Family medicine • Laboratory services
Gynecology • Cardiology • Rehabilitation services*
Imaging services***

Call 570-501-4LVH to schedule an appointment.
Health Center at Mountain Top
237 S. Mountain Blvd., Suite 7, Mountain Top

**A service of Lehigh Valley Hospital–Hazleton*

