

SACH TO AUCTION OFF HARLEY DAVIDSON BIKE - FEB. 26TH

The seventh televised auction is fast approaching for Shamokin Area Community Hospital (SACH). The auction is slated to be broadcast live on local cable channel 13 by Mount Carmel Area High School's WKMC studio crew in association with Service Electric Cablevision. The broadcast reaches local viewers as well as viewers from Schuylkill County, areas of Bloomsburg, Catawissa and Danville.

According to Jessica A. Trell, director of development and public relations, there are some great items up for bid on the auction block this year. "First of all, I have to say that we are extremely grateful for all of the wonderful donations that we have received for our auction," said Trell.

For the first time ever, a 2009 Harley Davidson Sportster 883 Low will be up for bid at the SACH auction. It is being offered in vivid black, has a 5-speed transmission and gets up to 60 miles per gallon on the highway. "I'm sure the Harley will be our 'hot' item this year," added Trell. "We are extremely grateful to Vreeland's Harley Davidson in Bloomsburg for making this happen for us."

The individual with the winning bid (payable to SACH) will be responsible for the fees for the license, title and taxes (on the auction price) which are payable

at Vreeland's Harley Davidson when arrangements are made for the transfer of the Sportster 883 Low. Interested parties are encouraged to attend the auction in person since a display model and specifications sheet will be available for review.

In addition to the Harley, other huge items for outdoor enthusiasts have been secured: two Polaris ATVs, courtesy of Schreffler Equipment, Inc. of Pitman, PA. The 2009 Polaris Sportsman 400 H.O. AWD and Sportsman 300 are being offered in green/black, are equipped with a super bright headlight, comfortable ergonomics for easy riding, on-demand all-wheel drive, a full warranty and more. These items can also be up-

graded at the new owner's expense, if desired. Winning bidders are responsible for the fees for license, title and taxes (on the auction price).

Kim Chaundy, auction co-chair, also stated that there is a unique array of items for the auction block. "We have items that range from artwork to plane rides to electronics to event tickets," said Chaundy. "We have something for everyone, but the beauty of it is that everyone has a fair shot at getting the item they want."

In addition to the Harley Sportster and Polaris ATVs, other items up for bid include, Ipods, DVD

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A 2009 Harley Davidson Sportster 883 Low will be up for bid at the Shamokin Area Community Hospital seventh live televised auction on February 26. Proudly displaying a similar 883 Low model are: (left to right) Ray Vreeland, Sr., of Vreeland's Harley Davidson in Bloomsburg, with his son, Ray Vreeland, Jr., and Jessica A. Trell, director of development and public relations. The broadcast reaches local viewers as well as viewers from Schuylkill County, areas of Bloomsburg, Catawissa and Danville. Interested parties are encouraged to attend in person and view first hand the Harley Sportster up for grabs.

players, LCD TVs, GPS units, furniture, spa packages, golf passes, heating oil, gym passes, and much more.

One particular drawing point for the auction each year is the collection of sports memorabilia up for grabs on the auction block. Sports enthusiasts will be seeking out just some of the following items at this year’s auction: autographed hats by Jimmie Johnson and Alex Rodriguez, photographs autographed by Victor Abriamiri of the Philadelphia Eagles, Philadelphia 76ers, Thaddeus Young, and Sparky Anderson, just to name a few.

Recently added to this list were: NFL team jerseys autographed by Pittsburgh Steelers quarterback, Ben Roethlisberger, and Dallas Cowboys quarterback, Tony Romo. Two footballs autographed by Roethlisberger and Gale Sayers will make the auction block as well as game tickets for the Steelers and Penn State University football.

“We know that the sports memorabilia is a big draw for our auction, but we are also currently conducting a raffle,” added Chaundy. “For many of these items, the bidding gets fierce and quite high. We decided to raffle off an autographed helmet, which anyone

can win and the tickets are quite affordable.”

An official NFL helmet autographed by Roethlisberger is this year’s top raffle prize. Tickets may be purchased at the hospital Monday through Friday and at the auditorium on the night of the auction. The lucky winner will be drawn during the live telecast.

Proceeds from this year’s auction will benefit the purchase and implementation of an Electronic Medication Administration Record System. This advanced system, which will cost \$600,000, will improve the quality of care for patients and enhance patient care by reducing the risk for potential errors. Patient safety initiatives are a top priority for SACH.

Doors for the seventh auction will open at 5:00 pm, food and refreshments are available, and door prizes will be awarded to those in attendance. A Chinese auction will be held from 6 – 7:30 pm and an audience only auction will run from 6:30 – 7:30 pm. Questions can be directed to the special projects office at 644-4357, or you can visit the hospital’s website at www.shamokinhospital.org.

Some other items on the auction block include:

- Ben Rothlisberger autographed jersey
- Ben Rothlisberger autographed football
- Tony Romo autographed jersey
- Mantle, Williams, DiMaggio triple autographed baseball shadowbox
- Gale Sayers autographed football
- Alex Rodriguez autographed bat
- Thaddeus Young 8x10 and autographed mini ball
- Mark Teixeira autographed baseball
- CC Sabathia autographed baseball
- Ryan Howard autographed baseball
- Ryan Howard autographed bat
- Eagles Victor Abiamiri autographed 8x10
- Sparky Anderson autographed 8x10
- Arnold Palmer autographed 8x10
- Jimmie Johnson (Nascar) autographed hat
- Jamie Dixon autographed 8x10
- 2009 Polaris Sportsman 400
- Harley Davidson Sportster 883
- Pittsburgh Steelers Game Tickets
- PSU Football Game Tickets
- Magnavox 32" High Definition LCD TV
- Vacation Packages - Ocean City, MD



A 2009 Polaris Sportsman 400 H.O. AWD and Sportsman 300 ATVs will be up for bid at the Shamokin Area Community Hospital seventh televised auction on Feb. 26. Displaying the 2009 Sportsman 400 are (from left) Randy Schreffler of Schreffler Equipment, Inc., Pitman, and Kim Chaundy, auction co-chair. The auction will be held at the Mt. Carmel Area H.S. Auditorium with doors opening at 5 pm.

“DREAM A LITTLE DREAM...WITH US”

Shamokin Area Community Hospital (SACH) joined the rest of the nation in celebrating exceptional patient care and anesthesia safety during National Nurse Anesthetists Week, held from January 25th-31st.

According to the American Association of Nurse Anesthetists (AANA), throughout the past 20 years, there has been a dramatic reduction in anesthesia-related mortality rates. The reason for this is much improved technology and pharmaceuticals, and increased education for nurse anesthetists and anesthesiologists, which promotes anesthesia safety as a top concern.

CRNA’s are the patient’s eyes and ears during surgery. They must constantly be vigilant and aware of every last patient detail from heartbeats to breaths being taken.

Each patient is given the CRNA’s undivided attention from the time they leave Same Day Surgery until they are taken to the recovery room.

CRNA’s help others, and deal with patients undergoing surgery to correct or take care of a problem. CRNA’s play a strong role in aiding positive outcomes and the betterment of those they care for.

CRNA professionals take on numerous duties, which include: conducting pre-operative evaluations, reviewing lab/EKG/x-Ray results, starting IVs, administering anesthesia, intubating/extubating patients, responding to

code situations, to name a few.

It should also be known that CRNAs are not confined to the operating room. They provide anesthesia in numerous other settings such as the emergency room, the ICU and the imaging services.

JoAnn Sassani, CRNA, nurse manager of anesthesia and same day surgery, noted that there are many challenging aspects of being a nurse anesthetist. “The first would be balancing long work hours and on-call hours with home life,” noted Sassani. “Situations do arise where we need to report back to the hospital to assist during emergency surgery.”

Sassani explained that CRNAs often have to deal with the unexpected as well. “Even though no two patients react the same way to anesthesia, we still can have issues,” said Sassani. “It is important for CRNAs to be very attentive at all times to ensure our patient’s safety.”

Joining Sassani in comprising SACH’s skilled CRNA staff include Lisa Rawa and Penny Yenchick. In addition, the hospital maintains the services of four PRN staff members, all CRNAs, including Joseph Ruda, Leona Simko, Lori Goodling and Bernie Strubinger.

CRNAs are a valuable resource to any medical facility, providing peace of mind and knowledge to patients who are preparing for any surgical procedure.



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PORTION CONTROL IS KEY FOR HEALTHY WEIGHT

Healthy Weight Week was observed at Shomokin Area Community Hospital (SACH) and across the nation during the week of January 18th thru the 24th. The goal of the week each year is to promote good eating habits in the home and allow for children to eat well, live actively, and at the end of the day feel good about themselves.

Maribeth Mrozek, RD, LDN, dietician and food services manager, noted that in her opinion, the best way to maintain a healthy weight is two fold.

“Exercise and diet modification!” stressed Mrozek. “Keep moving and limit your intake, for example, take the stairs and pass on desserts.”

A healthy lifestyle involves many choices. Among them and most importantly, is choosing a balanced diet or eating plan. According to the Dietary Guidelines for Americans, a healthy eating plan includes:

- Emphasis on fruits, vegetables, whole grains and low fat milk and milk products.
- Healthy portions of lean meats, poultry, fish, beans, eggs and nuts.
- Recommendations for foods low in saturated fats, trans fats, cholesterol, salt and added sugars.
- Monitoring your calorie needs.

The word “diet” is often seen as a cure-all, but the importance of “responsible dieting” should be stressed. Dieting means restricting calories or cutting down on certain food types. Remember that cutting out particular foods can prove to be very dangerous indeed. Always ask questions on matters that may give you reason for concern. Abstaining from certain food types can

lead to poor growth and other health problems.

“Extreme (strict) dieting can deprive your body of essential nutrients,” said Mrozek. “Rapid, excessive weight loss can alter your metabolism and usually results in weight regain - plus.”

Mrozek noted that the healthy way to diet is by cutting your portion size in half and avoiding high calorie foods.

A healthy eating plan that helps you manage your weight includes a variety of foods you may not have considered. If “healthy eating” makes you think about foods you can’t have, try refocusing on all the new foods you CAN eat.

Fresh fruits like apples or bananas are great choices, but try some exotic fruits, too. Such as a mango or a juicy pineapple or kiwi fruit. Do the same with vegetables - try something new. You may find that you loved grilled vegetables or steamed vegetables with an herb you haven’t tried – like rosemary. Commit to going to the produce department and trying a new fruit and vegetable each week.

“Trying new foods is always exciting for adults AND especially for kids,” said Mrozek. “A child may not initially enjoy the food, but over time or at least after a few new eating experiences, kids can be conditioned to liking food that they saw as “different” or “not tasty” upon first or second taste.”

It should be stressed, that healthy eating doesn’t always mean that children should be cut off from their favorite foods or desserts.

The key is moderation. Emphasizing food high in calories or fat as a “special treat” as opposed to an everyday occurrence will aid in a child’s enjoyment of the snack food while also keeping them from abusing the privilege.

MRI RECEIVES THREE-YEAR ACCREDITATION

Shamokin Area Community Hospital (SACH) was recently awarded a 3-year term of accreditation in MRI by the American College of Radiology (ACR).

The ACR, headquartered in Reston, Va., awards accreditation to facilities for the achievement of high practice standards after a peer-review evaluation of the practice. Evaluations are conducted by board-certified physicians and medical physicists who are experts in the field. The surveyors report their findings to ACR's Committee on Accreditation, which subsequently provides the practice with a comprehensive report.

The ACR is a national organization serving more than 32,000 diagnostic-interventional radiologists, radiation oncologists and nuclear medicine and medical physicists with programs focusing on the practice of medical imaging and radiation oncology and the delivery of comprehensive health care services.

SACH takes great pride in its MRI department and the recent ACR accreditation demonstrates the hospital's commitment to quality patient care. "This achievement took a lot of rigorous effort from a technologist's standpoint, as well as a physicist's," noted MRI coordinator, Shelly Stellar. "This is a huge achievement for this facility."

SACH's MRI system, the first of its kind in this area, along with Stellar and MRI technologist, Annie Adams, has provided a very important and needed service to the area. Equipped with the quietest technology available and an ultra short bore and extra large circumference, the MRI unit provides top-notch performance qualities, coupled with an emphasis on patient comfort.

"We have received a great deal of positive feedback from our patients," noted Stellar. "People are very pleased to have MRI technology available locally."

MRI is ideal for diagnosing conditions such as Multi-

ple Sclerosis, tendonitis, tumors of the pituitary gland and brain, infections in the brain, spine or joints, strokes in their earliest stages and more.

MRI can also be used to visualize torn ligaments in the wrist, knee and ankle, as well as shoulder injuries. Furthermore, MRI evaluates masses of soft tissue in the body, bone tumors, cysts and bulging or herniated disks in the spine.

SACH also understands that its paramount focus should be on the safety of all patients and employees, thus numerous safeguards have been put in place.

Hours for the MRI Center during the week are Monday, Tuesday, Wednesday and Friday from 7:30 a.m. to 5 p.m. and Thursday from 7:30 a.m. – 6 p.m. Appointments can be scheduled by calling 644-4250.

Always discuss any health concerns with your primary care physician and request your MRI scan at Shamokin Area Community Hospital (SACH).



Shamokin Area Community Hospital's MRI department recently received a three-year accreditation from the American College of Radiology. Proudly displaying their certification are: (left to right) Shelly Stellar, MRI coordinator, Dr. Joseph B. Bellissimo, Annie Adams, MRI technologist, and Todd Jones, RT (R), CT (R), imaging services coordinator.

ENT DOCTORS RAISE AWARENESS OF COMMON PEDIATRIC HEALTH CONCERNS

February is Kids Ear, Nose and Throat (ENT) Health Month and otolaryngologists, medical doctors who specialize in treatment of disorders of the ear, nose, throat, head and neck, want to educate parents and other caregivers on common pediatric ENT health concerns.

National health statistics reveal that pediatric ear, nose and throat disorders remain among the primary reasons children visit a physician with ear infections ranking as the number one reason for an appointment.

Dr. Franklyn R. Gergits, president and founder of Northeast Ear, Nose and Throat Associates, Inc., and Shamokin Area Community Hospital (SACH) ENT Clinic physician, noted that he regularly treats children's ear, nose and throat infections, particularly in the winter months.

"I believe the winter air causes a great deal of change to our children's health," stated Dr. Gergits. "By winter air, I mean dry heated air stirring up year-round allergens like house dust, dust mites, pet dander and other non-allergic triggers during this time of year."

When asked WHEN a mom or dad should take their child to an ENT physician, Dr. Gergits said that ENT doctors can see a child any time a parent feels he/she has a problem."

He added that many problems can be solved by a family's primary care doctor, but in some instances an ENT doctor can really provide further insight.

"If your child has multiple infections per year; if he/she is on many antibiotics; if this is another year that seems just as bad or even worse than the previous year; if the medications don't seem to be working anymore; if your child is missing too much school; if your family doctor wants help in getting your child better, then these are good reasons to see an ENT doctor," explained Dr. Gergits.

When offering up health tips in the fight against ear,

nose and throat ailments, Dr. Gergits stressed the importance of hydration. "It is very important that our children are well hydrated," noted Gergits. "This means making sure our children drink at least eight glasses of water each day. That number can be adjusted upward when children are participating in sports or playing."

Dr. Gergits also suggested the use of moisturizing lotions after bathing and using a humidifier, especially in the bedroom while asleep. This helps replace the water into the air that is lost from the dry air.

"An air purifier is also a great idea to clean the air," Dr. Gergits continued. "This is best performed by a HEPA filter air purifier." He added that buyers should beware of imitations that will not clean the small particles from the air that the HEPA filter will eliminate.

"If an imitation is used it will cause more airflow in the room and may actually worsen the air quality by causing these irritants to stay airborne because the purifier acts like a fan that is not cleaning the air," said Dr. Gergits. "The irritants just pass right thru the filter in the machine and thus a higher chance of getting into your nose, which will cause problems."

Dr. Gergits last healthy ENT tip? A simple one: wash your hands.

"More bacteria and viral infections can be eliminated by good hand washing techniques," stated Dr. Gergits. "It is very important to have our children begin to wash hands early in their lives so this habit becomes second nature for them throughout their lives."

The ENT Clinic is open every other Wednesday from 1 p.m. to 5 p.m. and every other Friday from 8 a.m. to noon. For more information, or if you have any questions regarding the services provided at SACH's ENT Clinic, call 570-387-6344.

BILATERAL HIP REPLACEMENT PERFORMED AT SACH

The first bilateral hip replacement at Shamokin Area Community Hospital (SACH) was successfully performed by Dr. Thomas Dominick, co-medical director of the hospital's Center for Joint Replacement.

Dr. Dominick, of SUN Orthopaedic Group, was the requested physician of Joseph Yost, 47, of Coal Township, the recipient of the procedure.

Yost had been struggling with hip problems for most of his life with the past three years being particularly troublesome. "I decided that enough was enough and I was going to get the surgery done," said Yost.

Yost made his decision based on a couple of factors since he wanted to have both hips done at the same time. The main factor was that he would have one hospital stay and one round of rehabilitation and physical therapy.

Dr. Dominick, who specializes in orthopedics, explained that while bilateral hip replacement surgery had never been done at SACH, he has successfully done the procedure before. He was confident that SACH's surgical department, nurses and physical therapists could handle the challenging case. He also felt that in this particular case bilateral hip replacement surgery was the very best option.

"Bilateral hip surgery is ideal when a patient is young, healthy, active and motivated," said Dr. Dominick, who noted that Yost exhibited all of those qualities.

Charlene Kalinoski, RN, joint team coordinator, agreed and was impressed at how knowledgeable Yost was

regarding his procedure.

"Mr. Yost knew he wanted metal-on-metal hip replacements right from the start," said Kalinoski. "Along with being well-informed, he was also very focused and determined throughout the process."

Yost, who underwent physical therapy at SACH, noted that things have been going well for him as time passes by.

"Therapy was very difficult at first, but as the days went by things got less difficult," stated Yost. "I'm taking things one day at a time."



Joseph Yost, of Coal Township, became the first individual to undergo bilateral hip replacement surgery at Shamokin Area Community Hospital's Center for Joint Replacement. Here Mr. Yost works on his rehabilitation with Nancy McLaughlin, PT, in the hospital's outpatient physical therapy department.

BURN AWARENESS

Did you know that approximately 50 percent of burn injuries occur in and around the home?

The Shamokin Area Community Hospital (SACH) emergency department treats many burn-related injuries each year. In 2008, 64 individuals were seen and treated in the SACH ER for burns. Some of those burn victims were young children, but a majority of the burn injuries were adults, ranging in age from 30-80 years old.

Burn Awareness Week, which took place the first

week of February, provided a good opportunity to remind adults of some simple safety tips to help children avoid burn injuries.

"Burn injury is traumatic with both physical and psychological pain," said Mark Williams, R.N., emergency services nurse manager. "We urge parents and caretakers to take the time to make your environment and the environment of those you love a safe place."

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PHYSICIAN PROFILE...MEET DR. AHMAD WARDEH



For a decade, Dr. Ahmad Wardeh has practiced medicine in this community. With his practice currently located in the Anthra Plaza, Coal Township, Dr. Wardeh is well respected by his patients and peers.

Syria. He would go on to complete an internship at Robert Packer Hospital in Sayre, PA from 1996-1999.

Dr. Wardeh has served as a staff physician here at Shamokin Area Community Hospital SACH for approximately ten years and he noted it's been time well spent.

"I have enjoyed my time here at SACH very much," stated Wardeh. "It's one of the best things I've ever done and been a part of."

Board certified in Internal Medicine, Dr. Wardeh provides care in the following fields:

- Primary Cardiology, EKG, Stress Tests
- Black Lung, Emphysema, Chronic Obstructive Pulmonary Disease
- Women's Health
- Hypertension & Diabetes Management
- Allergy Injection
- Minor Surgery/Skin Care
- Arthritis & Osteoporosis

Dr. Wardeh accepts the challenging aspects of medicine and takes on a great deal of responsibility in the well-being of every patient he comes in contact with.

"I always want to do the most I can for each patient and I take my responsibilities very seriously and develop bonds with each patient I care for," added Dr. Wardeh. "It's something that consumes my everyday life and I accept that."

Dr. Wardeh credits his upbringing as a major influence in steering him toward a career in medicine.

Dr. Wardeh resides in Elysburg with his wife Mouna, and two children, Leena and Julia.

"Three of my older brothers are physicians," said Wardeh. "I was always spending time with them as a youngster and would often run errands for them. So you could say from the start, I always had a keen interest in the medical profession."

In his spare time, he said that besides spending time with his family, he enjoys driving cars, playing ping pong and swimming.

In 1992, Dr. Wardeh obtained his medical degree from the esteemed Damascus University in

When asked to give health tips to the general public, he stated that he couldn't stress enough the value of maintaining a healthy weight and also urged people to stop smoking.

HEALTHY EATING IS IMPORTANT

Healthy eating is important.

Maribeth Mrozek, RD, LDN, dietician and food services manager at Shamokin Area Community Hospital (SACH), stated that healthy eating helps a person maintain an ideal body weight. It also helps the body's immune system, promotes proper GI function, increases energy levels and ensures the body gets adequate calories, protein, vitamins and minerals.

Unfortunately, not everyone eats food in a healthy manner.

National Eating Disorder Awareness Week (NEDAW) is a national observance sponsored by the National Eating Disorders Association, which provides information about the signs, symptoms and treatment of eating disorders. NEAW will be observed from Sunday, February 22nd-28th, 2009.

Eating disorders are illnesses in which the victims suffer severe disturbances in their eating behaviors and related thoughts and emotions. Those suffering from eating disorders typically become obsessed with food and their body weight as well.

A danger of dieting, according to Mrozek, is when weight loss occurs too rapidly, which results in a lack of adequate calories or protein consumed in the body. "This leads to vitamin deficiencies, compromised immune system and a lack of energy," noted Mrozek.

Eating disorders affect several million people at any time, most often women between the ages of 12 and 35. There are two main types of eating disorders, anorexia nervosa and bulimia nervosa; a third disorder, binge eating disorder, is still being examined.

Anorexia nervosa is diagnosed when patients weigh at least 15 percent less than the normal

healthy weight expected for their height. People with anorexia nervosa don't maintain a normal weight because they refuse to eat enough, often exercise obsessively, and sometimes, force themselves to vomit or use laxatives to lose weight.

Patients with bulimia nervosa binge eat frequently, and during these times sufferers may eat an astounding amount of food in a short time, often consuming thousands and thousands of calories in foods that are high in sugars, carbohydrates and fat. They often eat very rapidly, sometimes simply gulping down the food without even tasting it. During an eating binge, sufferers feel out of control. After a binge, the person feels compelled to purge all they ate.

In many cases, eating disorders occur together with other psychiatric disorders like depression, anxiety, obsessive-compulsive disorder and alcohol and drug abuse problems. New evidence suggests that heredity may play a part in why certain people develop eating disorders, but these disorders also afflict many people who have no prior family history.

Without treatment of both the emotional and physical symptoms of these disorders, malnutrition, heart problems and other potentially fatal conditions can occur. However, with proper medical care, those suffering from eating disorders can resume suitable eating habits and return to better emotional and psychological health.

For more information on eating disorders, visit American Psychiatric Association's consumer information web site <http://www.HealthyMinds.org> to review public information brochures and physician commentary on eating disorders, or visit the National Eating Disorder Association web site at <http://www.nationaleatingdisorders.org>.

AMERICAN HEART MONTH

Cardiovascular disease is the greatest cause of death in the United States each year. It is responsible for over two thousand deaths EACH day according to the latest statistics. On top of that, these statistics also show that up to 75% of American adults already show traces of dangerous fat in their arteries that can contribute to cardiac arrest.

It is those kinds of numbers that should be an immediate wake-up call to all Americans to be more informed in the battle against heart disease. With increased awareness and through preventative measures, Americans can help curb some very harsh statistics.

For over 40 years, Congress has designated February as American Heart Month in an effort to recognize and fight heart disease in the work place, community and the home.

The good news is that heart attacks are almost entirely preventable. One of the core prevention guidelines to follow is maintaining a healthy and balanced diet. Avoid foods high in fat, including red meats (beef), lamb, duck, goose and any type of cold cuts, including hot dogs. Also, cheddar cheese, butter, whole milk dairy products and traditional snacks either fried in oil or prepared with oil. If you eat these foods, try to do so in moderation.

Foods included in the low fat group are chicken, turkey, fish and low fat dairy products. Numerous other food products are available now which are either “fat free” or “low fat”, and are beneficial in reducing fat. Besides choosing low-fat foods, increasing soluble fiber is also helpful. Foods such as oat bran provide the best source of this. By carefully reading labels, one can make good decisions in selecting foods.

Exercising on a regular basis is also a healthy preventative measure against heart disease. Inactivity and obesity are often related to victims of heart attacks, so keeping the intake of cholesterol down and leading a productive and active lifestyle aid in preventing heart attacks.

High levels of stress, smoking and high blood pressure are significant risk factors that lead to a heart attack.

There are also risk factors, which cannot be changed

or altered. These include family history of heart disease and male gender. There has been evidence that heart disease can be passed on genetically from parent to child. While not directly inherited as a simple dominant trait, there is a strong tendency for coronary heart disease to run in families. Men, on an average, develop heart disease sooner in life than women, but post-menopause women developing heart disease will equal men.

The underlying problem causing these cardio-vascular related deaths is atherosclerosis, commonly referred to as “hardening of the arteries”. Within the artery, a soft, fatty-like material accumulates on the arterial wall. This accumulation or “plaque” grows larger and larger, and eventually may completely stop the flow of blood to the heart muscle. When this happens, that portion of the heart muscle will die, causing the pain known as a heart attack.

While some heart attacks are sudden and intense, most start slowly with mild pain or discomfort. Chest discomfort, discomfort in other areas of the upper body, shortness of breath, cold sweats, nausea and light-headedness are all signs of a heart attack.

Signs of a stroke include the following: sudden weakness of the face, arm, leg, or one side of the body, sudden confusion, trouble speaking or understanding, sudden trouble seeing in one or both eyes, sudden trouble walking, dizziness, loss of balance or coordination, and a sudden severe headache with no known cause.

When symptoms are recognized and treated sooner, fatality rates drop drastically. Half of all heart attack victims wait more than two hours prior to seeking help. It should be noted once more that if a person experiences chest discomfort for more than two minutes, it may be a signal of a heart attack, call 911 for an ambulance. Do not attempt to drive yourself, as you may endanger others as well as yourself. Taking the proper immediate action when one even assumes they may be having a heart attack or a stroke can save a person’s life.

To learn more about heart disease, visit the American Heart Association’s web site at www.americanheart.org.

CARDIAC REHABILITATION: THE PULSE OF LIFE

National Cardiac Rehabilitation Week was observed from February 8th-14th. This year, the theme for the week is “Cardiac Rehabilitation: The Pulse of Life”, which reflects the importance of cardiac rehabilitation professionals and the lives of the patients they serve in the battle against heart disease.

Shamokin Area Community Hospital’s (SACH) Cardiac Rehabilitation Center held a dress down day (Go Red) on February 6th in honor of the special month, which benefited the annual American Heart Walk.

SACH’s Cardiac Rehabilitation Center has been dedicated to cardiac treatment and awareness over the last 19 years. It has also been awarded national certification by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR).

The goal of rehabilitation is to help the patient better understand their specific heart condition and risk factors, and how to make heart-healthy lifestyle changes accordingly. The ultimate goal is to achieve a level of cardiac wellness for better living and hopefully, reduce any future cardiac events.

SACH’s (SACH) cardiac rehabilitation program is under the direction of medical director, Dr. Wayne R. Miller. Staff nurses include Maryanne Woytowich, RN, cardiac rehabilitation coordinator, and Darlene Richardson, RN, BSN. These nurses work together with the patient, family and physician to provide education regarding diet, risk factors, home exercise, medication and the importance of positive lifestyle changes.

Coupled with the educational component of cardiac rehabilitation at SACH are exercise sessions that allow the patient to be monitored by a telemetry unit, which records an EKG rhythm and heart rate. The data recorded, in turn, allows the nurses to watch for any abnormalities.

SACH’s Cardiac Rehabilitation Center is also equipped with a wide variety of exercise equipment, including hand weights, a treadmill, a rower, a recumbent bike and more.

Cardiac Rehabilitation Week acknowledges skilled cardiac professionals and creates awareness of the valuable resources available within the community.

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Burn Prevention Tips

- Turn pot handles toward back of stove. Keep long cord appliances toward back of counter.
- Keep children at a safe distance from all hot items by using playpens, high chairs, etc. Don't cook with children underfoot. Create a safe zone.
- Never hold an infant or child while pouring or drinking hot liquids.
- Turn water heater temperature down to 120 degrees Fahrenheit.
- Always check water temperature before placing a child in the tub.
- Advise your babysitter to NEVER leave your child unattended in the kitchen or bathtub.
- Put sunscreen on you and your children.
- Use safety plugs to cover electrical outlets. Keep a screen or glass cover over your fireplace.
- Keep matches and lighters in a locked box, and out of the reach of children.
- Install smoke alarms on every level and in every

sleeping area of your home. Test them once a month and replace batteries when necessary.

- Always place hot items on a secure surface to avoid accidental tipping.
- Never, ever bury hot barbecue coals- extinguish with water.

First Aid for Burns

- Cool small burns with water. DO NOT USE ICE.
- Do not use ointments or butter. Apply a soft, clean, dry dressing to the burned area.
- Burns that involve face, hands, feet, genitalia or major joints should seek immediate treatment at a qualified Burn Center.

Take some time this month to read up on burn-related material and educate yourself and the ones you love regarding the potential danger of burns and how to avoid them.

PPL SUPPORTS SACH

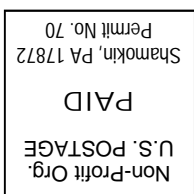


Teri J. MacBride, regional community relations director for PPL Services Corporation, presented a check for \$10,000 to Shamokin Area Community Hospital's (SACH) chief executive officer, Thomas R. Harlow, FACHE, in support of the hospital's annual appeal, which is currently raising funds to implement a new electronic medication administration record system.

LOCAL ARTIST DONATES TO AUCTION



Local artist, David Fry of Shamokin, donated an original watercolor painting titled A Winter's Barn for the upcoming Shamokin Area Community Hospital (SACH) Televised Auction. Displaying the painting are: Stephen H. Minker, board of director, Helen Limbert, executive assistant, Fry and Catherine M. Alexander, accounting manager. The SACH Auction will be televised live on Feb. 26 courtesy of WKMC local channel 13 and Service Electric Cablevision starting at 8 pm.



Quality Care... Close to Home

4200 Hospital Road
Coal Township, PA 17866

