



# Health Connection

FROM YOUR FRIENDS AT LOCK HAVEN HOSPITAL



A focus  
on community  
care  
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# Healthbriefs

## > Butter and margarine go head to head



You see them next to each other in the grocery store, but which one do you choose? And, more importantly, which type of fat is better for your heart? The decision is in: Most margarine choices are a healthier option than butter, according to the Mayo Clinic.

Because margarine is made from vegetable oils, it doesn't contain dietary cholesterol and it's higher in polyunsaturated and monounsaturated, or "good," fats, which, when substituted for saturated fats, help reduce low-density lipoprotein (LDL), or "bad" cholesterol. On the other hand, butter contains high levels of saturated fat and cholesterol because it's made from animal fat.

Buyers beware, though: Choose your margarine carefully. Solid margarine—which comes in stick form—isn't a good choice because it contains trans fat. Instead, choose soft or liquid margarine and check labels for the spread with the lowest calories, the least amount of saturated fat and no trans fat.



### Are you at risk?

Have you been checked for high cholesterol? Make an appointment with your doctor to discuss your risk factors and ways you can lower your risk.

## > Long commutes take toll on the heart

Do you have a long ride to and from work? Well, here's another drawback to the aggravation you may feel being trapped in your car: According to a study in the *American Journal of Preventive Medicine*, which looked at almost 4,300 Texas city workers, the longer you're behind the wheel during your commute, the worse your heart health. Waistlines expanded, exercise routines disappeared, and with these bad habits came higher blood pressure and excess pounds.

Even for those who did exercise, these heart disease risk factors didn't disappear, which means there's probably something to the commute itself that's harming hearts. Researchers hypothesize it could be that long-distance drivers are burning fewer calories overall and stress could be taking a toll. Researchers suggest finding other ways to add activity to your day, so don't hesitate to bring a pair of walking shoes to work and hit the sidewalks during your lunch break.



## > Could it be a pinched nerve?

Pinched nerves, which occur when too much pressure is applied to a nerve by surrounding tissues, such as bones, cartilage or muscles, can be painful and irritating. Understanding if you're at an increased risk of one day experiencing a pinched nerve is the best way to help prevent it. Here are five risk factors:

- 1 Posture.** Proper posture decreases the pressure to your spine and nerves.
- 2 Bone spurs.** Conditions like osteoarthritis can cause you to develop bone spurs. They can stiffen the spine and narrow the space where your nerves travel.
- 3 Overuse.** Activities that involve extensive use of your hands, wrists and shoulders can increase your risk of a pinched nerve.
- 4 Obesity.** Having excess weight adds more pressure from muscles and body tissue onto your nerves.
- 5 Pregnancy.** Weight gain from pregnancy can swell your nerve passages and pinch your nerves.



# Sleep and your brain

For optimal health, get your shut-eye

➤ Sleep is a time for you to rest and, hopefully, get refreshed and ready to face the new day. For your brain, sleep is a time for work.

During those blissful hours of shut-eye, your brain is playing an integral part in the maintenance of your nervous system, laying pathways to help you learn and create new memories. Some experts also think that sleep affords our brains the opportunity to rest hardworking neurons before they have a chance to malfunction. In addition, connections between neurons that aren't frequently used may finally get a chance to exercise during sleep as a way of preventing their deterioration.

If you cut your sleep sessions short (or get less than the recommended seven to eight hours), you're interrupting these vital processes and, as you probably know, making it more difficult to remember things or concentrate. You may find it more difficult to work, drive or function in general. Hallucinations and mood swings may also develop in more severe cases of sleep deprivation.

Some very preliminary research also seems to suggest that poor sleep habits may age your brain and contribute to cognitive health problems such as dementia, but more research is needed. On other, more definitive health fronts, lack of sleep has been linked to heart disease, obesity and diabetes.

## Here's to good sleep

Struggling to get that elusive sleep can be frustrating, but a good night's sleep isn't just a dream. To keep your brain in tip-top shape:

➤ **Schedule bedtime.** Going to sleep at the same time every night can help program your body into a healthy cycle.

➤ **Exercise regularly.** A good workout—if not timed too close to bedtime, or about five to six hours before you go to bed—can help you achieve a deeper sleep.


➤ **Skip the cigarettes, nicotine and alcohol,** all of which can negatively affect your quality of sleep.

➤ **Relax.** Read a book or soak in a nice, warm bath before going to sleep.

➤ **Avoid staying in bed if you can't sleep.** Find another low-key activity to do until you feel sleepy.

➤ **Keep your room cool, but not too cool.** Extreme temperatures that make you uncomfortable will keep you from getting sleep.

➤ **Wake with the sun.** It helps reset your body's internal clock. ●



While you sleep, **your brain** is playing an integral part in the **maintenance** of your **nervous system**, laying pathways to help you learn and **create new memories**.



## A message FROM OUR CEO

**JOHN A. ZIDANSEK**  
Chief Executive  
Officer

### DEAR NEIGHBORS,

I spend a lot of time talking to people in our community about our goal: to provide quality, compassionate care with an emphasis on customer

service. Lock Haven Hospital (LHH) will continue to improve, add new services and provide you with quality care close to home.

With that in mind, we're excited to welcome two local doctors to the LHH team. Steven Geise, D.O., and Thane Turner, M.D., have joined Haven Family Practice. Along with fellow Lock Haven native Dennis Probst, D.O., they are the only primary care providers whose sole focus is serving the Lock Haven community. All three doctors are members of the medical staff at LHH.

In addition to his day-to-day patient care, Dr. Turner will take on the additional role of medical director for LHH Physician Services. We know that his drive and determination to pursue excellence will help us all to raise the bar and deliver quality, patient focused care.

The LHH team couldn't be more excited to have two high-quality, caring and compassionate doctors like Drs. Geise and Turner join our family.

Best wishes,

## John A. Zidansek

*Chief Executive Officer  
Lock Haven Hospital*

“ Lock Haven Hospital, will continue to **improve, add new services** and provide you with **quality care** close to home. ”

## LHH partners with **Foundation Radiology Group**

➤ Lock Haven Hospital (LHH) has entered into an exclusive radiology services agreement with Foundation Radiology Group, a provider of diagnostic imaging services.

LHH is committed to providing doctors and patients in the community with advanced imaging services. The addition of Foundation Radiology Group will enhance the scope of services provided and adds a deep bench of expertise of more than 50 highly skilled, specialty trained radiologists to the LHH clinical team.

“Our partnership with Foundation reinforces our vision to be the hospital of choice for the Lock Haven community,” says John A. Zidansek, chief executive officer, Lock Haven Hospital. “Our doctors will have access to a broad range of skilled specialists to assist their patients.”

Foundation Radiology brings an “elegant radiology” solution and the expertise of a large, highly skilled team of imaging experts to community hospitals across the area. By partnering with Foundation, LHH is able to rapidly expand the capabilities of the imaging team in order to keep their patients local.

“We're excited about this partnership with Lock Haven Hospital,” says Tom Skelton, chief executive officer of Foundation Radiology Group. “Working with such a dedicated group fits right into our core capability and supports our mission of revolutionizing the practice of radiology in the community health care setting,” Skelton adds. “We look forward to serving Lock Haven Hospital to provide quality care for our patients.” ●



### A better view to you

Visit **LockHavenHospital.com** to learn more about our imaging services.

# A CONVENIENT GUIDE TO LOCK HAVEN HOSPITAL PHYSICIANS AND SERVICES

## PHYSICIANS



### Haven Family Practice

Dennis Probst, D.O.  
Steven Geise, D.O.  
Thane Turner, M.D.  
John Hanna, PA.-C.

208 East Church St.  
Lock Haven, PA 17745  
(570) 748-0590



### Haven Nephrology

Maria Bermudez, M.D.

208 East Church St.  
Lock Haven, PA 17745  
(570) 748-0590



### Haven Ear, Nose and Throat

Charles K. Foulsham, M.D.

401 High St.  
Lock Haven, PA 17745  
(570) 748-6777



### Haven Surgical Associates

Ahmad Ahad, M.D.

24 Cree Drive  
Ground Floor-Haven Skilled  
Rehabilitation & Nursing  
Lock Haven, PA 17745  
(570) 893-5330



### Haven Healthcare for Women

Sanchita Yadalla, M.D., FACOG

24 Cree Drive, Third Floor  
Lock Haven, PA 17745  
(570) 893-5043



### Haven Pain Management

Marek Kurowski, M.D.

24 Cree Drive, Second Floor  
Lock Haven, PA 17745  
(570) 893-5437

*Drs. Probst, Geise, Turner, Bermudez, Foulsham, Ahad and Yadalla are members of the medical staff at Lock Haven Hospital. Dr. Kurowski is an independent member of the medical staff at Lock Haven Hospital.*



**For a medical emergency . . .**

Dial 911 or go to the nearest emergency room.

## SERVICES



### Haven Skilled Rehabilitation & Nursing

24 Cree Drive  
Lock Haven, PA 17745  
(570) 893-5300

### Haven Physical Therapy

24 Cree Drive  
Ground Floor-Haven Skilled Rehabilitation & Nursing  
Lock Haven, PA 17745  
(570) 893-5100

### Lock Haven Hospital Radiology Services

24 Cree Drive, First Floor  
Lock Haven, PA 17745  
(570) 893-5034

### Lock Haven Hospital Laboratory

24 Cree Drive, First Floor  
Lock Haven, PA 17745  
(570) 893-5033

### Lock Haven Hospital Cardiopulmonary Services Lock Haven Hospital Sleep Lab

24 Cree Drive, First Floor  
Lock Haven, PA 17745  
(570) 893-5022

### Lock Haven Hospital Nutrition Services

24 Cree Drive, First Floor  
Lock Haven, PA 17745  
(570) 893-5108

### Emergency Services

24 Cree Drive, First Floor  
Lock Haven, PA 17745  
(570) 893-5040

For a list of physicians by specialty, visit us at [LockHavenHospital.com](http://LockHavenHospital.com).

## HealthWise QUIZ

How much do you know about medication management?

> TAKE THIS QUIZ TO FIND OUT.



## Coping with stroke

> You didn't see it coming, but few people who have a stroke do. And as you may know by now, surviving a stroke is only half the battle. How do you cope with a life that's forever changed?

First off, know that there are many people facing the same situation as you. Almost 800,000 people have strokes every year. Some may recover with only minor residual effects, while others are left with permanent disabilities. Learning to cope with your individual situation is critical to recovery. Here are some strategies that may help:

> **Recognize the emotions.** You'll likely go through a range of emotions, from sadness about things you may no longer be able to do, to anger about why this happened to you, to frustration with the difficulty of communicating with loved ones. All of these are normal feelings. If you're experiencing extended periods of sadness, have lost interest in

life or have thoughts of suicide, seek help immediately because these are symptoms of depression. If you're a caregiver of someone with stroke, learn to recognize the signs.

> **Work with the new you.**

Recuperating will take time and a lot of hard work, and you may not totally get back to where you were before. Set small goals for yourself and celebrate as you reach them. And don't be afraid to rest. Remain active. You may not be moving the way you used to, but don't feel embarrassed by having to use a cane or wheelchair. You need to get out, even if only for a short time. If your loved one has had a stroke, encourage him or her to meet up with friends or engage in enjoyable activities, if he or she is up to it.

> **Ask for help.** Don't be afraid to reach out to friends and family to assist with errands or just stop by for a visit. ●

1 According to the FDA (U.S. Food and Drug Administration), splitting pills:

- a. is safe for all medications
- b. can affect the way a medication is absorbed
- c. should never be done unless the pills are approved for splitting and you have your doctor's OK
- d. both b and c

2 Which tip is not recommended for storing medication?

- a. Store it in a cool, dry place.
- b. Keep it in the original container.
- c. Keep the cotton plug in the bottle.
- d. none of the above

3 When talking with your doctor, you should let him or her know you take:

- a. vitamins
- b. over-the-counter medicines
- c. herbal supplements
- d. all of the above

4 Which of the following drugs can interact with St. John's wort?

- a. blood thinners
- b. antidepressants
- c. pain medications (narcotics)
- d. all of the above

5 When ordering medication online, you should only purchase from a website that:

- a. has an FDA seal of approval
- b. is accredited by the Verified Internet Pharmacy Practice Sites (VIPPS) program
- c. is based in Canada
- d. has testimonials

Answers: 1. (d) 2. (c) 3. (d) 4. (d) 5. (b)

# Just desserts

## Satisfying a sweet tooth—without the guilt

➤ You make it through dinner, keeping your promise to limit the calories and fat. But then comes the course that almost always gets you to cave: dessert.

Though it can be a calorie and fat trap, you don't have to skimp on the meal's finale. Instead, you need to find a way to satisfy that sweet tooth without guilt. And that's where nature's sweetest low-fat, low-calorie offering—fruit!—comes in:

- **Apple of your eye:** Slice up some apples and sprinkle with a little bit of cinnamon, then bake.
- **Layer:** Alternate layers of nonfat yogurt with fresh fruit in a parfait glass.
- **Get your calcium, too:** Keep low-fat

or nonfat fruit yogurt on hand for an afternoon pick-me-up.

➤ **The grill isn't only for meat:** Slice up peaches, bananas and pineapples and give them a little heat, which will bring out their natural sweetness.

➤ **Try an even quicker sweet fix:**

Pop open some canned fruit (canned in its own juice or water—no heavy syrup!) and enjoy.

➤ **Think heavenly:** Not all cakes are created equal. Angel food cake is a healthy option that's made even better with the addition of some fresh fruit or fruit puree on top.

➤ **Make your own icy treat:** Freeze grapes and bananas for an ice cream alternative. Choose wisely: If your dessert options are limited to a restaurant menu, look for a fruit salad or sorbet, sherbet or meringues and skip the chocolate lava cake.

➤ **Get creative:** OK, so you really want to make that brownie recipe. You can still cut down on the sugar intake by substituting equal amounts of unsweetened applesauce, or cutting the amount of sugar in half. ●



## 'V' is for vitamin

### Do your kids need vitamin supplements?

➤ Growing up, health sources touted that getting all your vitamins and minerals was your ticket to a life spent big and strong. Today, parents have a multitude of vitamin choices to help their children get all those necessary

nutrients. But does your child really need them?

It's a question with no easy answer, experts say. Research has only seemed to make things more confusing for parents. A recent study led by the National Institutes of Health found that children who could have benefited the most from vitamins often weren't getting them, and those children who didn't need them were taking them. The study also found that some children—whether their parents supplemented their diet with vitamins or not—were deficient in the nutrients vitamin D and calcium while many took in too much iron and vitamin A, leading researchers

to hypothesize that those pills may not be a good match for today's childhood diets.

#### What should you do?

The general recommendation from the American Academy of Pediatrics is that supplements are rarely needed in children ages 5 to 10 because most children can get all the vitamins and minerals they need through diet alone. But for children who may have more erratic or poor eating habits, or follow a certain diet (for example, vegetarian without dairy), a supplement may be necessary.

Start by talking with your pediatrician about your child's habits to see if a supplement might be beneficial. Your pediatrician might have other suggestions about how your child can meet nutritional goals (for example, finding alternative food sources that your child enjoys). ●



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# Haven Family Practice welcomes Thane Turner, M.D., and Steven Geise, D.O.



Lock Haven Hospital (LHH) welcomes Thane Turner, M.D., and Steven Geise, D.O., who are now partnering with Dennis Probst, D.O., and Haven Family Practice.

“We’re looking forward to this opportunity, as we both continue practicing family medicine in our hometown,” says Dr. Turner. “We remain confident that we’ll continue to provide quality care to our community.”

“The Haven Family Practice team couldn’t be more excited to have two high-quality, caring and compassionate doctors like Drs. Geise and Turner joining our family,” says John A. Zidanssek, LHH chief executive officer. “They will play a critical role in our continued growth and quality-focused improvement.”

Dr. Turner takes on the additional role of medical director for Lock Haven Hospital Physician Services. Dr. Turner earned a bachelor’s degree in chemistry from Lock Haven University. He received his medical school training at Jefferson Medical College in Philadelphia, and he served his residency at Lancaster General Hospital in Lancaster.

Dr. Geise earned a bachelor’s degree from Penn State University and received his medical education at the Philadelphia College of Osteopathic Medicine. He served his residency at the Community General Osteopathic Hospital in Harrisburg.

Patients can keep their medical care with Dr. Turner or Dr. Geise. All scheduled appointments have carried over to the Haven Family Practice schedule. Dr. Probst is accepting new patients and offers same-day appointments and no wait for sick child visits. ●



**THANE TURNER, M.D.**  
Board-Certified Family Practitioner



**STEVEN GEISE, M.D.**  
Family Practitioner



## Need to schedule or change an appointment?

For any appointment changes, patients can contact Haven Family Practice, located at 208 East Church St., by calling **(570) 748-0590**.

Patients with questions about the transition or who need to acquire a medical records release form can also call **(570) 748-0590**.

*Drs. Geise, Probst and Turner are members of the medical staff at Lock Haven Hospital.*