FALL/WINTER 2016

FOR A BETTER DOCTOR VISIT

Living HEALTHY

PREDIABETES
TAKE CONTROL

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FOR A BETTER DOCTOR VISIT

manage your CHOLESTEROL
steps to prevent heart disease and stroke
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get smart about ANTIBIOTICS
take only when necessary
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MINDFUL eating
pay attention to what—and how—you eat
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A PUBLICATION OF
Summit Health
THE PEAK OF GOOD HEALTH
DEAR FRIENDS,

Welcome to the first issue of Living Healthy. This magazine is an exciting opportunity for us to share with you stories of challenge, triumph and good health.

In this issue, we offer ideas to start, or continue, eating healthy—even with all of the temptations this season of sports and celebrations has to offer. We’ll also fill you in about antibiotics, and give you information on when you should take them and when you shouldn’t. And we’ll discuss some tips on how you can make your next doctor visit as productive as possible.

We take great pleasure in bringing you success stories from patients we’ve helped return to health. Stories from people like Ana Carey, who not only received medical treatment for her breast cancer at Summit Health—but also found emotional comfort through our Breast Cancer Support Group.

So, please read on for this and much more. I wish you a healthy and joyous fall season.

Warm Regards,

Patrick O’Donnell
CEO and President
Summit Health

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$200 AMAZON GIFT CARD
Please share your feedback about where you get information on health topics at surveymonkey.com/r/summitlivinghealthy and enter to win our prize.

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Controlling CHOLESTEROL

Medicine continues to make progress, but some tried-and-true methods remain the same.

The ways we manage cholesterol are ever-changing. Today, new research is giving doctors a more detailed understanding of the cholesterol in your blood, what it means and how it works. Now researchers are looking into the sub-particles of LDL and HDL and their effect on artery-clogging diseases. This will allow them to target treatments customized for specific patients.

Until these new treatments are available, here’s how you can manage your cholesterol numbers to help prevent heart disease or stroke.

FOUR SIMPLE STEPS

Make healthier food choices. Include more fruits and vegetables and eat less red meat by finding alternative protein choices such as fish and legumes. At webmd.com you can find a wealth of information, including heart-healthy recipes.

Control your weight. Weight is another well-known contributing factor for heart disease. Talk to your doctor about what your healthy weight is. The American Heart Association’s heart.org can provide information about this topic.

Exercise regularly. The link between an inactive lifestyle and heart problems is well documented. Use it or lose it! Even walking every day can help make a difference. Read the article “9 Great Heart-Healthy Exercises” at everydayhealth.com.

Stop smoking. Smoking increases the risk of developing cardiovascular diseases. Smokers should quit as soon as possible. Visit hcpf franklinpa.org for free information and classes to quit smoking.

Myths About Cholesterol

“Two of the biggest misconceptions about cholesterol are that if you are thin, you don’t have to worry about having high cholesterol, and that high cholesterol is a condition that only affects people who have reached middle age,” says Dr. Arshad Safi, interventional cardiologist at Summit Health. “Being overweight often increases risk for high cholesterol and heart disease, but one can be slender and still have high cholesterol. Diet, physical activity and genetics all play a role in a person’s cholesterol and resulting risk for heart attack and stroke. No age is immune to high cholesterol; even children can have high cholesterol as the result of lifestyle and genetics.”
Ana Carey didn’t go it alone in her fight against breast cancer. She had a team backing her every step of the way.
Having been a police officer in Philadelphia and Chambersburg for over 20 years, Ana Carey knows a thing or two about being brave. She would come to rely on that bravery in a very different way on Dec. 3, 2014.

“That’s the day the doctor sat me down and told me I had breast cancer,” Ana says. “He told me a lot of things that day, but after that, I couldn’t hear anything else. I cried for days. Not because I was thinking I was going to die, but about how I was going to tell my family this news.”

Ana relates that in November of 2014, she felt a lump in her right breast and went to see her family doctor at Summit Health. “I initially wasn’t concerned because it didn’t hurt,” she says. “Plus, no one in my family had cancer.” Her doctor immediately sent her for a mammogram and ultrasound. The images revealed changes consistent with breast cancer where she felt the mass.

The radiologist at Rhonda Brake Shreiner Women’s Center discussed the need for a biopsy, and an ultrasound-guided biopsy was performed on Dec. 1. The test revealed Ana’s tumor was malignant and she chose to see breast surgeon Dr. Stephen Carter for treatment. Summit Health’s Breast Patient Navigator coordinated with Dr. Carter’s staff to ensure Ana’s appointment was scheduled quickly.

“Dr. Carter told me the tumor was about the size of a tangerine,” Carey says. “He and Dr. John Robinson, my oncologist, explained several treatment options to me, including a mastectomy, chemotherapy and radiation—all tough choices. I chose chemotherapy.”

And it worked. Ana says that over the course of her intensive chemotherapy treatment at Summit Health, the tumor shrank to the size of a quarter. “My doctors then performed a lumpectomy, and then I did radiation treatments. Today I’m feeling really good and, God willing, the cancer is gone.”

The treatment and recovery process wasn’t easy, Ana explains, nor was the emotional rollercoaster she was on throughout the course of her difficult journey. “It was incredibly hard, but my surgeon, oncologist, radiologist, the nursing teams, the support group … they all worked together as one team to help me get better. They made it so much easier. They were all there for me as a person, and they are like a family to me now.”

In addition to medical treatment for Ana’s breast cancer, emotional support played a critical role in getting through the process. “Being diagnosed with breast cancer and going through treatment for it was really tough, and I had so much fear,” Ana says. “Alongside the love of my family and the skills of my medical teams, I couldn’t have gotten through the whole thing without my Breast Cancer Support Group at Summit Health.” Laura Umbrell, LPN and CN-BC, created the group and facilitates it.

For Ana, it was important to maintain a positive attitude about treatment and recovery throughout the whole healing process. “That’s hard to do when you’re faced with the hard realities of cancer,” she says, “but the people in my support group helped me get through it every step of the way.” And according to Umbrell, these steps aren’t always purely medical. “For some people, they find that they have recovered in mind, body and soul. That’s really what the support group addresses,” she says.

Today, Ana is giving back. “Now I go to the group to help support people with cancer, not for myself as a patient. Now I do it for them.” Umbrell points out that this is not uncommon. “I have some people who have stayed active in the support group because they feel that this is how they give back.”

The Breast Cancer Support Group at Summit Health meets at 6 p.m. on the third Thursday of each month at Summit Cancer & Hematology Services in Chambersburg. For more information, please call Laura Umbrell at 717-217-6747.
It sounds simple enough: You go to your physician, get examined, ask your questions and find out what to do. But unfortunately we often let hurry, worry or embarrassment keep us from getting what we need from a doctor visit.

So how can you get the most benefit from one-on-one time with your doctor? Try these eight tips to help make things go their smoothest:

1. MAKE A LIST. Before your appointment, jot down the two or three things you most want to ask the doctor. This list helps you remember the points you want to bring up.

2. BE SPECIFIC. You know how your body feels. Without wasting time on small talk, describe your symptoms in as much detail as possible. If you’re having knee pain, for example, explain what it feels like and when it occurs. Is it sharp or dull, sudden or gradual, constant or does it come and go?

3. BRING RECORDS. If you have a copy of the results from a recent test or a pertinent report from a specialist, bring it along.

4. GET MEDICINES CHECKED. If you take several prescription medications, bring a list of them—or bring the pill bottles with you.

5. BRING A FAMILY MEMBER. Having a spouse or an adult child present for all or part of a doctor visit can help you recall what’s important.

6. SPEAK UP PROMPTLY. Some patients leave their biggest worry for the end of the visit, when the doctor is finishing the conversation. Don’t make this mistake—mention big concerns early to be sure there is time to answer your questions.

7. DON’T TRY TO BE YOUR OWN DOCTOR. It’s good to do research, but resist jumping to conclusions about your condition. Describe what you’re feeling, and you and your physician can decide what it means.

8. SUMMARIZE. Before the doctor leaves the room, ask for a moment to repeat back to him or her a summary of the main things you learned during the visit. That will help make sure you got it right.

Health Information at Your Fingertips

A free, secure website allows patients convenient 24-hour access to medical records from Chambersburg Hospital, Waynesboro Hospital, Summit Physician Services and other Summit Health service locations. Using a secure username and password, patients can view health information including:

- Medication list
- Lab and imaging test results
- Treatment notes
- Discharge instructions
- Billing

Visit SummitHealth.org/mySummit for more information, or call your Summit Health doctor’s office.
WHEN SHOULD (AND SHOULDN’T) antibiotics be taken?
Stephen Flack, M.D., weighs in.

When is it appropriate to take an antibiotic if you get sick? Your doctor may prescribe an antibiotic if his or her diagnosis is that you have a bacterial infection such as strep throat, an ear infection or pneumonia, for example. (Antibiotics are not effective in treating viral infections like colds, flu or diarrhea.)

“Many people have an expectation that because they had been previously prescribed an antibiotic for an illness like bronchitis, they will need it again if they believe they have the same issue later on,” says Summit Health family medical physician Dr. Stephen Flack. The reality is the illness you have may not necessarily be related to a bacterial infection. “For example,” says Dr. Flack, “you could have sinusitis [inflammation of nasal sinuses] for 10 days, but it may actually be related to a viral problem, not a bacterial issue. We would not want to use antibiotics in a case like that.”

HONING IN AND TARGETING
If your doctor does prescribe an antibiotic for you, he or she will work to choose a medicine that best suits your individual treatment needs. “Our bodies contain good bacteria as well as bad,” Dr. Flack explains. “Doctors try to choose the antibiotic that would treat only the bacteria that is making you sick, versus broad-spectrum antibiotics that treat all possible bacteria [good bacteria as well as bad].”

TAKE ONLY IF NECESSARY
Dr. Flack says that you should only take an antibiotic if it’s absolutely necessary. Why? Overuse of antibiotics over time can do your body more harm than good.

“The more antibiotics you take,” explains Dr. Flack, “the more risk you may have for ‘super-bug’ treatment-resistant bacteria, which are not able to be treated by certain common antibiotics.” Essentially, these “super-bugs” are no longer sensitive to the same antibiotics that they used to be. “So you wouldn’t be able to use the same antibiotic that you had previously used,” Dr. Flack explains. “That’s a problem because, at present, there are not enough new antibiotics being developed. So if you use too many of the ones that are available now and bacteria becomes resistant to those, it becomes harder to effectively treat an illness.”

Dr. Flack also says to be particularly mindful when children or elderly people are prescribed antibiotics.

“Kids and older people are at higher risk for developing side effects, like diarrhea, from antibiotics,” he states. “If you take a number of antibiotics when you’re younger, you’re at higher risk later on in life for resistant bacteria. So it’s important for doctors and parents alike to keep track of the type and amount of antibiotics a child may be prescribed.”

Get Smart About Antibiotics Week
The Community Family Medicine Department Dr. Flack chairs is working to help promote awareness about antibiotics from Nov. 14-20, 2016, to coincide with the Centers for Disease Control and Prevention’s Get Smart About Antibiotics Week program. Explains Dr. Flack, “We’ll be providing antibiotics education to the Chambersburg community during that week to promote deeper awareness about the use of antibiotics.” For more information, visit cdc.gov/getsmart/week.
mindful EATING

A healthier diet not only means paying attention to what you eat, but how you eat.
More than 75 percent of the sodium Americans consume comes from processed and restaurant foods—not the salt shaker.

— CENTERS FOR DISEASE CONTROL AND PREVENTION

What does “healthy eating” mean to you? Two areas that people typically think about when considering a healthier diet are related to how much salt and sugar they consume.

“Generally speaking, Americans eat too much salt, because we rely on processed foods at home and eat out a lot,” says registered dietitian nutritionist and certified diabetes educator Barb Van Meerbeke, who provides nutrition counseling for Summit Health. “Dietitian nutritionists consider a low-sodium diet to be 2,000–3,000 mg of sodium per day. A lot of people exceed that number.

“But the thing to remember is this: We’re not born with a craving for salt,” she says. “It’s something we acquire. I tell people who need to be on a low-sodium diet that they should try to go cold turkey for two to four weeks. They will realize that afterwards, their tastes have changed a bit and they don’t crave salt as much.”

Van Meerbeke suggests not always turning to salt to add flavor to foods, and instead using more herbs and spices. “And if you use soy sauce, which is very salty,” she says, “buy the low-sodium version and try to use less of it.”

Just as sodium affects each person differently, the same is true for foods that affect one’s blood sugars. Some individuals have a lower tolerance for carbohydrates and sweets than others.

“Foods like sweets and sodas are low in nutrition and high in calories,” Van Meerbeke says. “As a nation, we simply eat too much of them, which can lead to a variety of health issues.” Issues such as diabetes, obesity, inflammation, certain cancers, high blood pressure, cardiovascular disease and joint problems can result, in part, from poor diets. “But overall,” she states, “simply eating too much food—and eating too much processed food, specifically—leads to health problems.”

Ultimately, Van Meerbeke says, a healthy diet all boils down to what she refers to as “mindful eating.”

“Mindful eating is paying attention to what you are putting in your mouth,” she explains. “Eat delicious food, but don’t eat when you are distracted and not able to taste the food. Eat slowly, and stop eating before you get too full.”

Van Meerbeke says it’s best to cook your foods at home and stay away from processed foods as much as possible. “I recommend making your recipes with real foods such as lean meat, chicken, fish, whole grains, eggs, natural low-fat dairy products, healthy oils, nuts, seeds, natural peanut butter, fruits and veggies,” she states. “It’s easier and quicker than you think, and you and your family will be healthier for it.”

More than 75 percent of the sodium Americans consume comes from processed and restaurant foods—not the salt shaker.
adolescence is a time when bodies and minds are changing rapidly. When you add the social challenges that come with school and peer groups, it can be a perfect storm of crisis for young people.

During this time, adolescents will move toward independence and may struggle with the mental, emotional and physical changes they are experiencing.

Issues such as body image, gender identification and bullying (particularly, cyber-bullying) have come to the forefront of parents' radar in recent years. These and other issues carry with them anxiety, which can make it difficult to cope. So, it’s important parents understand what is and isn’t normal.

WHAT’S NORMAL
Teenagers are known for occasionally behaving impulsively. This is because the amygdala region of the brain responsible for these actions develops before the frontal cortex, which controls reasoning. This means it’s normal for adolescents to occasionally:
* Act impulsively
* Engage in fights
* Misinterpret social cues and emotions
* Take part in risky behavior

WHAT’S NOT
“Adolescents are known to have occasional moodiness as the result of developmental changes,” says Candace Rutherford, LCSW and director of outpatient behavioral health at Summit Health. “Ongoing negative behavioral changes are key signs to watch for, though.”

Parents should be aware of negative behavioral trends, including:
* Prolonged moodiness or irritability
* Withdrawal from activities once enjoyed
* Regular expressions of hostility, worries or fear, or crying
* Extended avoidance of parents
* Abandonment of longtime friendships for a different group of friends
* Regularly feeling “sick”

If your teen displays warning signs, you can get help through a number of resources. The American Academy of Child and Adolescent Psychiatry (aacap.org) has details on the emotional and cognitive development of children and adolescents.

The Anxiety and Depression Association of America (adaa.org) has information for parents and caregivers on the disorders and other challenges adolescents are facing.

Summit Health has a number of providers who specialize in adolescents. Visit SummitHealth.org/BehavioralHealth for more information.
A few simple steps can help keep prediabetes from becoming more.
P**ediabetes** means that your blood sugar level is above normal but it’s not high enough to be classified as Type 2 diabetes. According to the Centers for Disease Control and Prevention, it’s likely to become Type 2 diabetes in less than five years unless you take steps to stop the progression.

The good news is that prediabetes can actually function as a wake-up call for you to get started on the road to improved health. Read below for tips to help you combat prediabetes, and for information on how Summit Health can help.

**LIFESTYLE: THE BEST DEFENSE**

**DON’T WAIT ON YOUR WEIGHT**
Reducing your body weight by 7 percent greatly reduces your chances of becoming diabetic.

**GET MOVING**
Exercising for 30 minutes a day, five days a week, can have a significant impact on slowing the progress of prediabetes.

**EAT TO LIVE, DON’T LIVE TO EAT**
Many diabetes risk factors are connected to our diets; follow these tips to help bring your diet in line.

- **Veggies:** Incorporate a variety of colorful vegetables into your diet.
- **Fruits:** Get rid of the juices, sugary drinks and desserts, and instead opt for healthful whole fruits.
- **Grains:** Eat plenty of whole grains, contained in whole-grain breads and cereals, as well as oats, brown rice and farro.
- **Low-Fat Dairy:** Don’t cut out dairy because you think it’s fattening. Low-fat versions of milk, yogurt and cheese are good for your body.
- **Protein:** Fish and seafood are great sources of healthy protein. So are other lean meats (such as chicken), eggs, fortified soy products, beans, nuts and seeds.
- **Healthy Oils:** Cook and dress your foods with less oil. Use healthier oils such as olive oil, canola oil and sunflower oil.

- **The Don’ts:** Of course, sugar is a big no-no for anyone struggling with higher blood sugar levels. You should also avoid trans fats and excess sodium in your diet.

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**DIABETES BY THE NUMBERS**

**29.1 million**
The number of Americans who have diabetes, or one out of 11 people.

**5-15**
If you’re overweight, losing as few as five to 15 pounds can lower your blood sugar levels.

**245 billion**
The total amount in medical costs and lost work and wages for those who have a diabetes diagnosis.*

(*Centers for Disease Control and Prevention, 2014)
WHEN SURGERY’S NEEDED

If you are experiencing joint pain, it may indicate a larger issue. Talk to your doctor, who may recommend a visit to an orthopedic specialist. If the specialist finds that you need a joint replacement, get in touch with Summit Health’s Total Joint Program at 717-217-4269 or summithealth.org/services/totaljoint.

Get in some exercise. Your bones and joints will thank you.

Exercise is important for bone and joint health. A regular exercise routine can help you maintain bone density and help reduce joint pain. It also has the added benefit of shedding excess weight that might stress your joints, and of helping you to maintain your balance. Everyone should aim to get at least two hours of aerobic activity each week. Here are four exercises that are beneficial for stronger bones and joints:

WALKING OR HIKING
This is the most easily available exercise. It doesn’t require equipment, special clothing or accessories. Be sure to have comfortable shoes and just start walking. When the seasons become colder or wetter, a few laps around the mall are equally as beneficial.

WEIGHTS
In order to build bones and joints, you need additional weight. You can use smaller weights or a rubber resistance band, just as long as it’s enough of a workout to tire your muscles without causing joint pain. Make sure to work all of your major muscle groups, including arms, legs and core.

DANCING
If you haven’t dusted off the old dancing shoes in a while, now is the time. Dancing provides a workout for the whole body. The addition of music and friends makes it a fun social activity.

CLIMBING STAIRS
If you have stairs in your home or work, take them. If you’re shopping, hit the stairs instead of the elevator or escalator. If you have access to a tall building with lots of stairs, you can even make a game of it, trying to best your last time and height on each outing.

A consistent regimen is key to good health. Only a few minutes a day will keep you on the path to developing bones and joints that will support you for a lifetime. Remember to check with your doctor before starting any new exercise program.

ADVANCED ROBOTIC SURGERY
Available at Chambersburg Hospital

For more information about robotic procedures, please visit SummitHealth.org/Robotics