SPRING AHEAD OF SEASONAL ALLERGIES
helping kids cope

Genetic testing
guiding treatment for breast cancer patients

ROBOTIC SURGERY
expertise with a personal touch

SUPER SMOOTHIES
DEAR FRIENDS,

We’ve been fortunate to have a mild winter these past few months, but if you’re like me, you’re still ready to have warmer temperatures and more consistent sunshine so you can get out of the house with your loved ones.

This issue of Living Healthy includes a list of walking trails located throughout our regional service area that are perfect for you and your family to enjoy when we get our first taste of spring weather. (Don’t go outside without reading our tips to help you “spring ahead” of seasonal allergies first, though!)

A great complement to physical activity is proper nutrition. So, you’ll also find information on how to build a super smoothie, and you can start with our green banana smoothie recipe the whole family is sure to love.

And, no issue would be complete without a story that inspires our readers to take control of their lifestyles and become healthier. Read how one local woman reversed her prediabetes with help from the free PreventT2 program we offer in partnership with the Centers for Disease Control and Prevention.

My hope is that this issue will empower you to reimagine the healthy life you and your family can lead.

Warm Regards,
Patrick O’Donnell
CEO and President
WellSpan Summit Health
There’s no surefire way to prevent colon cancer. Still, taking certain steps, such as maintaining a healthy weight and eating a diet rich in whole grains, fruits, and vegetables, can cut a person’s risk by nearly half, according to research from the American Cancer Society.

“There are certain things completely out of your control, like age and family history,” explains Certified Registered Nurse Practitioner Mary Stuart Seifarth of WellSpan Digestive Health. “However, there are modifiable factors such as diet and lifestyle that are within your control.”

Seifarth said factors within your control include how much you exercise, red meat consumption, your weight, and how much alcohol you drink.

“A healthy lifestyle starts with good nutrition and fueling your body properly. The more whole grains and fiber-rich foods, such as fruits and vegetables, you eat, the better chance you have of decreasing your risk of not just colon cancer, but other cancers and chronic diseases, too.”

You can help decrease your risk of colon cancer in several ways:
- Eat a diet rich in fiber from whole grains, fruits, and vegetables
- Limit alcohol consumption to one drink per night or less
- Decrease how much red meat you eat
- Limit intake of fatty and processed foods.

Colorectal cancer is the second leading cause of cancer death in the U.S., but when it’s detected at an early stage, often through screenings, the five-year survival rate is 90 percent. In addition to reducing your risk by leading a healthy lifestyle, talk to your doctor about the best screening schedule for you based on your health history, symptoms, and risk level.

In addition to getting screened regularly with a colonoscopy, it’s important to recognize the signs of colon cancer. Symptoms include:
- Changes in bowel habits (diarrhea, constipation, narrowing of stool) that last more than a few days
- Feeling the urge to have a bowel movement that is not relieved after going to the bathroom
- Bleeding
- Blood in the stool, which may make it appear dark
- Cramping or abdominal pain
- Weakness and fatigue
- Unintended weight loss
Spring is a glorious season, but for more than 20 percent of American children, it also brings itchy eyes, runny noses, congestion, and fatigue. These are the symptoms of seasonal allergic rhinitis (also known as hay fever, rose fever, or pollinosis), caused by allergic reactions to airborne substances such as pollen that affect the upper respiratory tract and eyes. For some, it also means itchy skin or worsened asthma.

The tendency to have allergies is genetic, and symptoms typically show up during childhood. But there are things you can do to alleviate your child’s suffering as the weather warms.

It’s never too early to have a discussion with an allergist or pediatrician about your child’s allergies. The sooner the allergen(s) causing your child’s reaction can be isolated, the sooner a game plan for treatment can be developed.

A good time to make an appointment with your child’s doctor is late March or early April, as allergy season lasts from that time until the first frost.

Your child’s doctor can evaluate his or her symptoms, the organs involved, and whether ongoing
treatment is needed. A trial of over-the-counter medications might be recommended. If that doesn’t provide relief, a prescription antihistamine might be prescribed. It’s important to individualize treatment for each patient. An experienced specialist can get a good feel quickly for what combination of medications might work best, but the patient’s specific symptoms and medical history also must be considered.

For children with occasional symptoms, doctors might prescribe an antihistamine that will reduce overall allergic response and provide symptomatic relief. For those who need more relief from stuffiness and congestion, doctors might add an intranasal corticosteroid spray or an intranasal antihistamine spray. These can take a few days to start working, but are more effective than over-the-counter sprays.

Experts caution against children using OTC decongestant nasal sprays. More than a few days’ use can result in “rebound” congestion, causing dependence on the spray for relief.

Prescription eye drops with vasoconstrictors that eliminate redness by shrinking blood vessels may also create a dependence. Prescription eye drops with either antihistamines or mast cell stabilizers can be used for longer periods and are better for persistently itchy eyes.

For some children, prescription Montelukast sodium can block leukotrienes, the chemicals involved in an allergic response. But it’s less effective against the itchy, sneezy, histamine symptoms.

For allergy-induced asthma, there are a variety of prescription inhalers, both quick-acting “rescue” inhalers and long-acting anti-inflammatory products that can reduce the frequency of attacks. While these medications can provide excellent symptom control, their use must be individualized.

If those don’t work, or if a patient is having adverse side effects, your doctor might suggest immunotherapy, or allergy shots. This treatment aims at reducing sensitivity to triggers.

When pollen counts are high, there are preventive measures you can take to protect your child from allergens.

Keep children indoors as much as possible and run the air-conditioning instead of opening the windows. Those who must have windows open might try removable window filters for double-casement windows, which can filter out 96 percent of pollen.

Internet sites such as The Weather Channel’s Allergy Tracker offer regional pollen reports, while www.pollen.com sends allergy email alerts.

WHAT HAPPENS IF YOU CHOOSE ALLERGY SHOTS

To determine a child’s allergies, doctors perform skin-scratch or prick tests, placing tiny quantities of suspected allergens on the skin to measure a reaction. From those tests and blood tests, a regimen of customized injections is developed.

The therapy has two phases: buildup, which involves shots once or twice a week over a period of several months, and maintenance, after an effective therapeutic dose has been reached. From there, intervals between shots usually range from two to four weeks for a course of three to five years.

Immunotherapy can be a good option for treating persistent allergy symptoms in children who have reactions that persist for more than several months, and who haven’t responded to other forms of treatment.

Immunotherapy has been reported to have approximately an 85 percent success rate. But it does involve a significant time commitment on the part of the patient.

6 TIPS FOR PARENTS OF ALLERGIC KIDS

• Avoid exposing your child to tobacco smoke. It not only triggers symptoms, but also can increase his or her allergic sensitivity.

• When traveling in a car, put the windows up and the air-conditioning on.

• Do not let your allergic child mow the lawn or rake the leaves without a filter mask.

• Wash bedding weekly in hot water.

• Have your child shower and shampoo after spending time outdoors.

TO MAKE AN APPOINTMENT AT WELLSSPAN ENT & HEARING SERVICES, CALL 717-217-6870.
With years of experience and advanced expertise in the latest robotic surgery technologies, WellSpan Summit Health surgeons are enabling patients to recover faster, with less pain.

Robotic technology has surged in popularity in hospital operating rooms worldwide. In 2018, surgeons performed more than 1 million procedures aided by Intuitive’s da Vinci Surgical System, the most popular surgical robot. That’s a nearly 90 percent increase in 10 years. With many hospitals now beginning to offer robotic surgeries, it’s important to know your provider’s level of skill and experience.

HIGHLY SKILLED SURGEONS

At WellSpan Chambersburg Hospital, surgeons have been performing robotic procedures for a range of conditions for more
Surgeons at WellSpan Chambersburg Hospital currently are using the da Vinci robotic surgical system for these minimally invasive procedures:

**GYNECOLOGICAL PROCEDURES**
- Uterus removal (hysterectomy)
- Endometriosis
- Pelvic laparoscopy
- Fallopian tubes/ovary removal (salpingo-oophorectomy)

**UROLOGICAL PROCEDURES**
- Kidney
- Prostate
- Adrenalectomy
- Bladder removal (radical cystectomy)
- Reconstruction of renal pelvis (pyeloplasty)
- Ureteral reimplant
- Cryoablation for renal masses

**GENERAL PROCEDURES**
- Gallbladder removal
- Hernia
- Splenectomy
- Colon
- Gastric bypass
- Sleeve gastrectomy

(See sidebar above for procedures.)

For patients who are eligible and choose robotic surgery, the da Vinci system offers several advantages over conventional surgery. Smaller incisions and better precision mean less pain after surgery. “There’s a decreased need for narcotics which helps prevent opioid abuse,” says Dr. Behari.

Because robotic surgery is minimally invasive, there’s less blood loss, less risk of developing infection, and minimal scarring. Other benefits include shorter hospital stays, and a quicker return to normal daily activities.

**EXPERT CARE CLOSE TO HOME**
As WellSpan Chambersburg Hospital continues to expand its robotic technology and expertise, Dr. Behari is most excited about the high-quality care this brings to the local community.

“Having the da Vinci robot gives our patients access to techniques they typically would have to travel to large university medical centers to get,” he says.

The personal touch patients feel at the hospital is also unique. “I’m your doctor from beginning to end,” says Dr. Behari. “There are no residents or trainees handling your care, as you often find in a larger hospital. You’ll see me at office appointments and before and after surgery. It’s the best of both worlds: a high level of expertise delivered in a personal way.”

TO LEARN MORE ABOUT THE ADVANCED TECHNOLOGY USED AT WELLSPAN CHAMBERSBURG HOSPITAL, VISIT: SUMMITHEALTH.ORG/TECHNOLOGY.
HEALTHY STEPS

Walk into better health and fitness with our local trail guide.

Stepping out for some fresh air and exercise benefits both your physical and mental health. For inspiration, check out these walking trails.

FOR MORE IDEAS ON GETTING ACTIVE IN FRANKLIN COUNTY, VISIT HEALTHYFRANKLINCOUNTY.ORG.
ANTRIM TOWNSHIP COMMUNITY PARK
LOCATION: 12315 Grant Shook Road, Greencastle
DISTANCE: 1.48 miles
DESCRIPTION: The walking path starts at the end of the first parking lot located on the left when entering the park. Follow the walking trail around the outside of the park. The path continues until finishing at the same parking lot where it started.
TERRAIN: Paved pathway.
DOGS: Leashed dogs are welcome in all parts of this park.

CHAMBERSBURG MEMORIAL PARK
LOCATION: 1 Memorial Drive, Chambersburg
DISTANCE: 0.72 mile
DESCRIPTION: The park is open from dawn to dusk. There are multiple parking lots available including a gravel lot off Stanley Avenue; a paved lot near the band shell off Stouffer Avenue; a paved lot near the tennis courts off Stouffer Avenue and East McKinley Street; and a paved lot near ball fields and at the pavilion/playground areas off East McKinley Street.
TERRAIN: Mostly flat, paved, and includes sidewalks.
DOGS: Not allowed in Borough of Chambersburg parks, except for the Rail Trail and Chambers Fort Park.

NORLO PARK
LOCATION: 3050 Lincoln Way East, Fayetteville
DISTANCE: 1.10 miles
DESCRIPTION: A good starting/end point for this trail is at the Miner Station Gazebo, right below the front entrance parking lot. On the first loop, avoid making a left turn back to the starting point. Instead, make a right and on the second loop, head back to the Miner Station Gazebo.
TERRAIN: Paved walking trails.
DOGS: Leashed dogs are welcome in all parts of this park. Dogs can be off-leash in the dog park area.

RENFREW PARK
LOCATION: 1010 E. Main St., Waynesboro
DISTANCE: 0.70 mile
DESCRIPTION: Head through the gate to Fahnestock Lane and follow until you reach the barn. Turn left on Mill Stone Trail and go down the hill past the stone building. Pass the mill stone display, go over the bridge, and turn left, following Edmajoda Trail, leading to a fork; both directions go to a parking lot off Welty Road. Continue to the picnic pathway and cross bridge. Turn right, head past the Renfrew House, and return to the main parking lot.
TERRAIN: Grass, dirt, and woodchip pathways (not ideal for strollers) with mild changes in elevation.
DOGS: Leashed dogs are welcome, but must be registered with Renfrew as a ParkPal. Pets are not permitted in any Renfrew buildings.

MERCERSBURG AREA WALKING TRAIL
LOCATION: East Fairview Avenue, Mercersburg
DISTANCE: 1.82 miles
DESCRIPTION: Starting from East Fairview Avenue, turn right onto Linden Avenue, go left to Mercer Avenue, take another left to Steiger Avenue, and then head to Prospect Street. From Prospect Street, turn right on South Park Avenue, right on East Seminary Street, right on Rutledge Road down to Seminary Lane and Drury Lane, and right back to East Fairview Avenue. Visit www.mac4wellness.org to see this walking route and others in the Mercersburg area.
TERRAIN: Mostly flat. A combination of paved paths and sidewalks.

CUMBERLAND VALLEY RAIL TRAIL
LOCATION: Shippensburg to Newville
DISTANCE: From Shippensburg to Newville, the rail trail is a total of 11 miles.
DESCRIPTION: Three good starting points for the Cumberland Valley Rail Trail include Shippensburg Township Park at 304 Britton Road, Shippensburg; the Newville Trailhead at 23 McFarland St., Newville; and Oakville at 401 Oakville Road, Shippensburg. Visit www.cvrtc.org to learn more about the Cumberland Valley Rail Trail and find additional maps.
TERRAIN: Crushed limestone surface except for the last ½ mile at the Newville Trailhead, which is paved. This trail is wheelchair-accessible.
Taking Control of PREDIABETES

How a Chambersburg woman reversed prediabetes through a WellSpan Summit Health prevention program.

At 77 years young, Pat Marrone is living a lot of “firsts” on her journey to a healthier life. In October, she joined a gym for the first time and she has also recently tried new healthy foods, like hummus and avocado. As she has made these healthy changes over the last year, Pat has lost 35 pounds—an accomplishment that’s much more than weight loss; her healthier lifestyle has helped her fight type 2 diabetes.

Pat was diagnosed in the fall of 2018 with prediabetes, a condition in which blood sugar levels are higher than normal, but not high enough to be considered type 2 diabetes. It’s estimated that 84 million American adults have prediabetes and 90 percent of them don’t know they have it.

“I did my research and learned that 30 percent of people with prediabetes end up having diabetes within five years,” recalls Pat. “I did not want to be part of that statistic. When faced with a prediabetes diagnoses, I knew it was an opportunity to take action… but how?”

She found WellSpan Summit Health’s PreventT2 program. PreventT2 is an evidence-based program created by the Centers for Disease Control and Prevention to prevent or delay the onset of type 2 diabetes in high-risk patients.

“The very first thing we did in class was set two goals,” says Pat. “I wanted to first lose seven percent of my body weight and second, get 150 minutes of exercise each week. I hate exercise, so this was tough for me.”

“In this class we focus on learning how to live a healthier life, beyond eating fruits and vegetables,” explains Program Coordinator Nickie Fickel of WellSpan Summit Health. “We teach people how to manage stress, get better sleep, read nutrition labels, use better ingredients for cooking, and really understand how all these things come together for a lifestyle change. All these little steps add up.”

Participants in the Prevent T2 program are held accountable through the yearlong class. They’re encouraged to log their food and calorie intake, and are required to track physical activity and to weigh in each class.

“I was never a fan of exercise and never found time for it,” says Pat. “I only did the required minimum: 150 minutes each week. At the end of the program, you’ll never believe what happened—I joined Results Fitness.”

Through her hard work over the last year, Pat is no longer considered prediabetic. She has lost 19 percent of her body weight, but she’s not done.

“I will stick with the program,” she says. “I continue to watch what I eat, I go to Results three times a week, and I stay for about 70 minutes each day.”

TO LEARN MORE ABOUT WELLSPLAN SUMMIT HEALTH’S PREVENT T2 PROGRAM OR TO REGISTER, VISIT WELLSPAN.ORG/EVENTS AND SEARCH FOR “PREVENT T2.”
et Fit Now! is a five-week program that focuses on a combination of Fitbit technology and supportive group sessions to help participants learn strategies to improve their health. Sessions include topics such as setting goals, planning meals and grocery shopping, thinking before eating, and developing strategies for success. Lunchtime and evening classes are offered in both Chambersburg and Waynesboro throughout the year.

CHAMBERSBURG

GET FIT NOW – LUNCHTIME
WellSpan Health Campus–Building 2
Second Floor Conference Room
12 St. Paul Drive
Noon–1 p.m.
May 18, June 1, 8, 15, 22

GET FIT NOW – EVENING
WellSpan Health Campus–Building 2
Second Floor Conference Room
12 St. Paul Drive
5–6 p.m.
May 11, 18, June 1, 8, 15

WAYNESBORO

GET FIT NOW – LUNCHTIME
WellSpan Waynesboro Hospital
Family Birthing Services Classroom
501 E. Main St.
Noon–1 p.m.
June 18, 22, 29, July 6, 13

GET FIT NOW – EVENING
WellSpan Waynesboro Hospital
Family Birthing Services Classroom
501 E. Main St.
5–6 p.m.
June 15, 22, 29, July 6, 13

TO REGISTER, VISIT WELLSPAN.ORG/EVENTS AND SEARCH FOR “GET FIT NOW.”
Celebrate spring with good nutrition — and great taste!

Smoothies are fun to whip up, tasty, and refreshing, especially as the weather heats up. With the right ingredients, they can be healthy, too. Once you know the basics, you can throw together a perfect snack—or even a meal replacement—for kids and adults alike. To get you started, we’ve assembled some helpful tips.

ORDER, PLEASE! Place liquids in the blender first, then the next softest ingredients, then fresh or frozen fruit, followed by nuts and seeds. If you’re using ice, add one cube at a time at the end.

CREATE BALANCE. When replacing a meal or when you want to feel satisfied longer, include a carbohydrate source (dairy, fruit, vegetable), a protein source (dairy, natural nut butter, protein powder, soy milk, silken tofu), and a healthy fat source (avocado, natural nut butters, nuts, seeds). Occasionally, it’s okay to substitute full-fat yogurt or milk in place of healthy fats.

KEEP IT FRESH. Use seasonal fruits and vegetables whenever possible. Or freeze seasonal fruit for later use. Frozen fruits create a thicker consistency. If you have some bananas, melon, or other fruit that you don’t want to spoil, slice or cut them into pieces and freeze in individual portions to use later in smoothies.

PLAN YOUR CALORIES. Pay attention to portions and calories. Are you having a smoothie as a snack or as a meal replacement? Calorie needs are determined by your age, activity, and whether you are male or female. Eating too many calories will make it difficult to maintain a healthy weight.

SERVE IT UP. Thinner smoothies can be consumed from a glass. When the smoothie is thick, serve it in a bowl. Add texture via toppings liked chopped nuts or raisins, if desired.

SUPER SMOOTHIES

There are lots of ways to customize your favorite smoothies, depending on your nutritional goals and what you have on hand at home. Here, we share several options for putting together a healthy Green Banana Smoothie.

DIRECTIONS: Choose one item from each column.

<table>
<thead>
<tr>
<th>LIQUID</th>
<th>PROTEIN</th>
<th>FRUIT</th>
<th>VEGGIE</th>
<th>FAT</th>
<th>OPTIONAL FLAVOR ADD-IN</th>
</tr>
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<tbody>
<tr>
<td>¾ cup unsweetened almond milk</td>
<td>½ cup vanilla Greek yogurt</td>
<td>Medium banana, fresh or</td>
<td>3 cups</td>
<td>2 Tbsp chopped</td>
<td>¼ fresh lime</td>
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<tr>
<td>(low protein)</td>
<td></td>
<td>frozen</td>
<td>spinach</td>
<td>walnuts</td>
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<tr>
<td>½ cup vanilla regular yogurt</td>
<td>½ medium banana, fresh or</td>
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<tr>
<td>(less protein than Greek yogurt)</td>
<td>frozen + 1 kiwi, peeled</td>
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<tr>
<td>Approximately 325-375 Cals, 45-50 g carbohydrate, 12-17 g protein, 12-15 g fat, 7-9 g fiber</td>
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Source: Barb Van Meerbeke, RD, LDN, with WellSpan Endocrinology
GENETIC TESTING: GUIDING CARE

Gene mutations and a family history of breast cancer increase lifetime risk of developing the disease. Genetic counseling and testing help guide decision making and treatment.
More than 3.1 million women in the U.S. have had breast cancer or are currently in treatment. Though studies indicate the average woman has a 1 in 8 lifetime risk of developing the disease, individual risk varies according to family and reproductive history, lifestyle, and more. About 5 to 10 percent of all breast cancers are linked to a mutation (change) in genes that’s passed down in families. Though many inherited gene mutations increase breast cancer risk, the most common are the BRCA1 and BRCA2 genes.

People who inherit a gene mutation associated with breast cancer are also more susceptible to ovarian, pancreatic, prostate, and skin cancers.

**CANCER FAMILY TREE**

Meredith Cashdollar, Certified Physician Assistant at WellSpan Breast Care, helps patients understand inherited cancers. Along with her patient-care responsibilities, she provides genetic evaluations for patients diagnosed with breast cancer and those concerned about cancer risk.

During an initial patient consultation, Cashdollar creates a three-generation pedigree. This family tree outlines parents, siblings, and ancestors, their known cancers, and ages at diagnosis and death. “Age is a big predictor of cancer risk,” she says. If a patient’s completed pedigree matches National Comprehensive Cancer Network (NCCN) guidelines (see sidebar), Cashdollar recommends genetic testing as the next step.

Twenty years ago, BRCA1 and BRCA2 were the only known genes to be tested to assess breast cancer risk. Technology has advanced so much that multigene panel testing is now available to those who qualify. Cashdollar performs genetic testing at the WellSpan Breast Care office in Chambersburg.

Before the test is performed, Cashdollar details the process. “I tell patients what genes I’m testing for and their links to specific cancers. I explain medical management that might be needed if there’s a positive result. We discuss insurance coverage and ramifications for family members who may need to make their own decisions about testing.

“Cost is the number one reason patients don’t choose genetic testing,” says Cashdollar, noting that most insurance plans now cover the test. If there is an out-of-pocket cost, it’s less than $300. “That’s comparable to direct-to-consumer DNA tests that only look at tendencies and can give false assurances,” she says.

In addition to determining risk, genetic testing helps doctors decide the best treatment for patients. Cashdollar recalls a 48-year-old female patient with invasive ductal breast cancer who opted for genetic testing after completing chemotherapy and radiation. “She thought her cancer was taken care of, but then tested positive for the BRCA1 gene. Her treatment team recommended a bilateral mastectomy and removal of ovaries and fallopian tubes. Without testing, she never would have known she was at high risk for recurrent breast cancer and ovarian cancer.”

**WHAT ABOUT MEN?**

The misconception that men can’t carry mutations that increase their risk of breast cancer often deters them from being tested. Fortunately, that wasn’t the case for a 39-year-old man who came to see Cashdollar after his sister was diagnosed with breast cancer and tested positive for the BRCA2 gene. “Siblings have a 50 percent chance of being carriers,” says Cashdollar. “The brother also was found to have inherited the BRCA2 mutation, placing him at higher risk of developing male breast cancer, prostate, pancreatic, and skin cancer.”

**KNOWLEDGE IS POWER**

Learning you have a heightened risk of a serious disease can be worrisome, but it also can be empowering. Cashdollar helps patients develop proactive and personalized approaches to dealing with risk. “We follow patients for years—seeing them more often and providing more and different types of screenings and medical management,” she says.

Backed by government and medical communities, genetic testing continues to evolve. The Genetic Information Nondiscrimination Act (GINA) prevents insurers from denying coverage or charging higher premiums when genetic mutations put people at higher risk for diseases. In February 2019, the American Society of Breast Surgeons called for widening recommendations for genetic testing for breast cancer to encompass a larger population.

“Genetics is a rapidly changing field and testing is only as good as the current year,” says Cashdollar. “I tell my patients that new genes are being identified all the time. That means more lives will be saved.”
Without **EXPERIENCE**, technology doesn't matter.

3,334 +

**ROBOTIC SURGERIES**

Benefits Include:
- Less pain
- Less blood loss
- Less scarring
- Lower risk of infection
- Shorter hospital stay and recovery time
- A faster return to normal daily activities

SummitHealth.org/Robotics