8 tips for a better DOCTOR VISIT maximizing your appointment

heart disease you have the power to heal your own heart

ROBOTIC SURGERY for prostate cancer getting back to an active life
DEAR FRIENDS,

The days may be shorter and the temperatures, colder, but it’s our hope this Winter 2020 issue of Living Healthy will help as it provides useful stories and tips to assist you on your journey to good health.

In this issue, we offer healthier cold-weather comfort foods you can enjoy without the guilt, as well as a reminder on the importance of periodically cleaning out your medicine cabinet.

We also provide stories from some of our neighbors on their journeys of healing with the help of acupuncture and robot-assisted surgery, respectively, and bring you tips to ensure you have a great visit with your medical provider.

Perhaps most inspirational is an empowering interview with one of our cardiologists on the ability you have to heal your own heart.

I hope this issue will inspire you to a continued path of wellness – wherever you may be along that journey.

Warm Regards,

Patrick O’Donnell
CEO and President
WellSpan Summit Health

WELLSPAN SUMMIT HEALTH Classes & Events
Learn more about living a healthy life and feeling your best by attending one of our community programs, now listed at: WellSpan.org/Events.
Clean Out Your MEDICINE CABINET

Safely dispose of unneeded medications to help prevent accidental poisonings and drug abuse.

Is your medicine cabinet brimming with half-empty bottles of unneeded or expired medication? Many people accrue a collection of leftover drugs over time, the result of injuries that healed sooner than expected or old medication that wasn’t needed once a new drug was prescribed in its place.

You may not give your unwanted drugs a second thought, but there are sound reasons to get rid of old medications cluttering your cabinet.

Safeguarding children. A curious child who looks through your cabinet may wonder why you have colorful “candy” in the bathroom, then sample a few pills. This can lead to poisoning or even death.

Stopping drug abuse. A teen or adult who’s seeking a high may check your cabinet for pain medication or other substances, assuming that you’ll never miss pills from a forgotten vial. This is particularly worrisome if your medicine cabinet holds highly addictive prescription opioids.

Sharing isn’t caring. Even giving your unneeded pills to a friend or relative who takes the same medication can be harmful, especially when the dosage is higher than intended or the medication has expired.

You may be inclined to flush unwanted medications down the toilet, but this can contaminate the water supply in your area.

Instead, seek out a drug-take-back program, which many counties and municipalities offer.

Be sure to black out or remove all personal information before putting prescription drugs in a drop box. This simple gesture will help keep your loved ones safe, the environment clean, and your medicine cabinet tidy.

DROP-OFF LOCATIONS

It’s simple to dispose of unneeded or expired medication in Franklin County, where secure MedReturn collection boxes have been placed at the police departments listed below.

- Chambersburg: 116 S. 2nd St.
- Greencastle: 60 N. Washington St.
- Mercersburg: 113 S. Main St.
- Washington Township: 13013 Welty Rd.
- Waynesboro: 57 E. Main St.

WHAT’S ACCEPTED: Prescription and over-the-counter solid medications (tablets and capsules); liquid medications; creams and ointments; nasal sprays; and pet medications.

WHAT’S NOT: Intravenous solutions; injectables; and needles.
A diagnosis of heart disease can feel overwhelming. The good news: You have the power to heal your own heart.

When it comes to having a healthier heart, the most important person is the one you see in the mirror.

“State-of-the-art heart care is better and more accessible than ever,” says Shaiful Islam, MD, a specialist in heart disease with WellSpan Cardiology in Chambersburg. “But if you have heart disease or high blood pressure, or if you’ve had...
a heart attack, you have the most control in returning to the highest quality of life possible."

The reason: Being as active as you can be and eating well are the two most important factors in heart health, he says. And those lifestyle factors can improve conditions like diabetes, high cholesterol, and being overweight, which impact the heart.

“Taking medicines as prescribed is also important,” he says. “But that’s third on the list. Diet and exercise are the first two.”

WHAT’S HAPPENING IN THE HEART?

When the heart is pumping at its best, it pumps blood freely through the entire body—taking a path of about 60,000 miles to send nutrients and oxygen up to the brain and down to the toes!

That’s a lot of important work. And both a strong heart muscle and healthy blood vessels are key to its success.

Below are some conditions that you can improve by making lifestyle changes that will help your heart do its work.

• Heart failure—when the heart muscle is weak and cannot pump enough blood into the heart or out of the heart, or both.

• Atherosclerosis—when clogged blood vessels prevent good flow of blood to the heart (coronary artery disease) and other organs.

• Heart attack—when the muscle of the heart is damaged and cannot pump as effectively as it needs to.

• High blood pressure (hypertension)—when the force of blood against your artery walls is too high. This damages the arteries over time.

TAKING THE RIGHT STEPS

Dr. Islam says that the right foods, exercise, and medicines can improve the heart in ways you can actually feel. His advice:

Get active. Regular exercise can improve breathing and make the heart muscles stronger. In turn, you feel better and can do more, which makes you even stronger. Exercise can also improve cholesterol and blood pressure. Talk to your doctor about the best way to improve your physical activity.

Eat the right foods in the right amounts. This can help in a couple of ways, but it can also be one of the hardest steps, says Dr. Islam. “It might take time to learn how to eat better and then to make changes, but it’s possible—and effective,” he says.

• Look for foods that are actually good for the heart. Learn about the DASH diet or the Mediterranean diet. Both focus on heart-healthy foods like fish, whole grains, beans, fruits, and vegetables.

• Find out what foods to avoid. Salt (or sodium) is top on the list, says Dr. Islam, as are extra sugars. Also, eat less of foods that have saturated fats and trans fats, which are found in fatty meats and pre-packaged foods. Alcohol can make blood pressure rise and has lots of calories.

Stop smoking. Smoking can cause the blood vessels to narrow (a condition called atherosclerosis). To learn about WellSpan Summit Health’s “Freedom from Smoking” program, call 1-800-QUIT-NOW. Find out about tools, including apps and medications, that can help you quit smoking at www.BetobaccoFree.gov.

Research what you need to know for your condition. Learn about health signs and symptoms to watch for. Find out about exercise classes (see Get Fit Now sidebar) or walking paths in your area. Sign up for a healthy cooking class and research healthy recipes. Find other people who have similar interests.

Partner with your doctor. Keep regular appointments. Take medicines in the amounts and at the times prescribed. If you have trouble getting medicines, ask about programs that can help. Don’t be shy about asking for assistance to make the changes you need to make.

“When it comes to risks for heart disease, the only thing we can’t control are age and family history,” says Dr. Islam. “All these other things, we can change, and your doctor can help. These changes can have a big impact on the health of your heart and lead to a longer, healthier, more enjoyable life.”
THE FIRST 1,000 DAYS: CRITICAL FOR KIDS
A child’s early life has far-reaching effects on future success. As part of the Hope From the Start taskforce, WellSpan Summit Health is taking strides to improve early childhood in Franklin County.

During the first 1,000 days—the time between pregnancy and a child’s second birthday—the brain develops rapidly, more than at any other time in life. By age two, the brain has become a complex organ that allows children to reach milestones such as walking, talking, and following instructions. While good nutrition fuels the brain during these formative years, caregiver relationships play an equally important role.

Research shows that mothers and children who enjoy a healthy first 1,000 days together improve society as a whole. A strong start leads to success in school, a robust workforce, and lower health-care costs. Making sure a child will benefit as much as possible from his or her first 1,000 days means parents must do more than routine caregiving tasks, such as diapering and feeding. It’s the action of bonding with children every day through words and touch that is most impactful.

“A lot of folks don’t interact and engage their babies because they think there’s not a need. But it’s more important than ever during infancy and early childhood,” says Ann Spottswood, Director of Community Services for Wellspan Health. “It’s about the message a baby sends to the parent and how the parent responds. This process of interaction fires neurons in a child’s brain, building a solid foundation for all future learning.”

THE IMPORTANCE OF PRESCHOOL
Spottswood is a member of Healthy Franklin County, a group of community leaders dedicated to improving the health of local residents. Recently, the group, in partnership with WellSpan Summit Health, identified the primary health needs and issues of Franklin County residents through a Community Health Needs Assessment. The assessment has informed a three-year Community Health Improvement Plan, which lays out strategies to meet community concerns.

“We discovered that Franklin County has a low preschool enrollment rate for 3- and 4-year-olds,” says Spottswood. “The national average enrollment rate is 47.5 percent, and the state average is 46.6 percent. “In Franklin County, only 24.2 percent of preschool-age children are enrolled in preschool. Many of our children arrive at kindergarten unprepared, and this lack of early childhood education is an issue.”

The reasons many toddlers in Franklin County are not enrolled in preschool range from a lack of awareness to family stressors to accessibility and affordability. “Fortunately, state funding for early childhood education has ramped up over the last two years,” says Spottswood.

SUPPORTING HEALTHY DEVELOPMENT
In 2018, Franklin County Head Start and Franklin County Government formed Hope From the Start, a task force focusing on early childhood education. Spottswood, who has more than 30 years of experience in human services and family-life education, is a member.

The task force’s goal is to increase the proportion of children who are ready for school in all five domains of healthy development: physical, cognitive, social-emotional, learning, and language.

Last year, Hope From the Start organized a conference titled, “Our Babies, Our Future: The Science Behind Early Childhood Education for Children and Families.” Keynote speaker Dr. Brenda Jones Harden described how a child’s earliest experiences shape his or her brain with lasting impact. “Early childhood holds the greatest opportunity and the most vulnerability,” Dr. Harden said. “Every mom, dad, grandmother—they should be talking to their baby as much as possible.”

Spottswood says Hope From the Start is developing ways to educate families about early childhood development and techniques they can use to engage their children. The communication plan includes a website, social media, and apps.

A SIMPLE WAY TO CHANGE LIVES
Read. Play. Sing. Spottswood’s advice to parents seems simple enough, yet it has the power to change lives. “Parents who talk to their child, read to them, and sing songs encourage school readiness and strengthen bonds of attachment,” she says.

WellSpan Summit Health family medicine practices also foster early literacy as designated sites of the National Reach Out and Read Program. The offices provide patients with age-appropriate books to take home free of charge.

Early childhood education has become a collective community effort in Franklin County. “We want parents to experience the joys of parenting infants and toddlers,” Spottswood says. “Connections made early on give children the best possible start in life.”
When many people think of needles, they think of pain. But patients at WellSpan Interventional Pain Specialists have discovered that needles can provide them relief through acupuncture.

Theresa Ramsey is one of those patients. She has suffered with back pain for more than 15 years.

“When the pain started, I was told surgery would be the best way to fix the issue. I wasn’t interested in having a long recovery, so I turned to acupuncture,” says Theresa.

Acupuncture is the practice of stimulating specific points on the body by inserting thin needles through the skin. It’s an ancient method of encouraging the body to promote natural healing and improve general health.

WellSpan Summit Health began offering acupuncture treatment in 2017. For Theresa, that meant she could get pain relief close to home.

“I went to two other places for acupuncture treatment, but I had to travel for that relief,” she says. “My husband had to go with me, because I don’t like to drive that far.”

Theresa sees Dr. Heather Pauli, an osteopathic physician acupuncturist, every few weeks for treatments.

“I’m very excited to be able to give the patients in Franklin County and surrounding areas another option for dealing with chronic pain and other ailments,” says Dr. Pauli.

“The biggest thing for me,” says Theresa, “is the level of professionalism here. I didn’t get that anywhere else. Dr. Pauli is fantastic! She cares about patients and really strives to get to know you as a person.”

Since getting her acupuncture treatments, Theresa says she’s able to keep up with her 2-year-old granddaughter. “When you don’t have as much pain, it is easier to do more,” she says. “When I leave treatment, I just feel so much better, spiritually, mentally, and physically. I love it!”

**IS ACUPUNCTURE RIGHT FOR YOU?**

Find out more about the treatment process in our Q&A with Dr. Heather Pauli, an osteopathic physician acupuncturist at WellSpan Interventional Pain Specialists.

**HOW DOES ACUPUNCTURE WORK?**

Traditional Chinese medicine explains acupuncture as a technique for balancing the flow of energy known as “qi,” which is believed to flow through pathways (meridians) in your body. By inserting needles into specific points along these meridians, your energy flow will rebalance.

**DOES IT HURT?**

Acupuncture needles are very thin. Most people do not even feel the needles being inserted. At worst, you may feel a slight pricking sensation when the needle is inserted.

**WHAT ARE THE BENEFITS OF ACUPUNCTURE?**

Acupuncture can help with pain, improve sleep, lessen stress, and increase your overall sense of well-being. Many patients report relief from chronic pain for weeks in between treatments.

**WHAT KIND OF PAIN CAN ACUPUNCTURE TREAT?**

Acupuncture is shown to be an effective treatment for chronic back and neck pain, osteoarthritis, chronic headaches, and discomfort associated with several other medical problems.
Robotic surgery allows a local man to return to his active retirement following a prostate cancer diagnosis.

Larry Mellott doesn’t let much stop him from enjoying his retirement. A mechanic all his life, Larry now spends his free time helping at his buddy’s butcher shop, or outdoors hunting and fishing. In 2016, however, a prostate cancer diagnosis threatened his active lifestyle.

“Cancer runs in my family, so I knew to be proactive in this situation,” says Larry.

The 71-year-old Chambersburg native first visited Dr. Ashish Behari at WellSpan Urology after an exam with his primary care provider. He had been experiencing some concerning symptoms and knew it was time to seek help.

“I liked Dr. Behari right off the bat,” says Larry. “I could tell from the very first meeting that he cared about me.”

Under the care of Dr. Behari, Larry chose to have his prostate removed with robotic assisted surgery using the DaVinci Surgical System.

KEY PATIENT BENEFITS

“I had heard robotic surgery was less invasive, that I would heal quicker and have a smaller scar,” says Larry. Robotic assisted surgery also results in less postoperative pain, so patients have a reduced need for pain medication.

After just two days in the hospital and three to four months of rest at home, Larry says he was back to running around again, cancer-free. He follows up with Dr. Behari every few months to check his blood. He says being proactive helped him.

“I would tell anyone to get checked if something doesn’t seem right, and don’t wait,” says Larry. “If I had to do this again or had a friend who needed it, I’d send them to Dr. Behari, no questions asked. He’s a very fine and caring surgeon.”
8 TIPS FOR A BETTER DOCTOR VISIT
It sounds simple enough: You go to your physician, get examined, ask your questions, and find out what to do. 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. 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 there’s no miscommunication.

A little preparation will help you get the most out of your appointment.

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**A HOME FOR YOUR HEALTH**

Researchers at the journal *Health Affairs* found that patients who have a primary care provider benefit from better management of chronic diseases, lower overall healthcare costs, and a higher level of satisfaction with their care.

At WellSpan Summit Health, we’ve built a model of care called the Patient-Centered Medical Home. This model allows your primary care provider to be the main person coordinating all of your care. He or she will communicate with other doctors, pharmacists, nurses, and social workers to help you get the care you need when you need it.

The benefits of this approach to healthcare for you and your family include:

- **Continuity.** Your primary care provider knows your history and all the treatment you’re receiving in other locations or from other providers. He or she will help you schedule appointments and find resources for care.

- **Convenience.** Within a primary care practice, you can access a wide variety of health services—from preventive care and screenings to care for acute illness and chronic conditions. We offer shorter wait times, after-hours care, and 24/7 access via telephone, email, or patient portal.

- **Health maintenance.** We get to know you and can help you avoid diseases for which you may be at risk, including diabetes, stroke, heart disease, and cancer.

- **Early detection.** Regular checkups and contact with a single physician make it more likely that any health issues will be detected early, when they’re most treatable.
HEALTHIER COMFORT FOODS

When winter hits, with its colder temperatures and shorter days, many of us crave “comfort” foods — dishes typically high in fat and salt. The recipes here are designed to let you have your comfort and be healthy, too.

SWEET POTATO CHILI WITH PEANUTS

Makes 10 servings
PREP TIME: 15 minutes
COOK TIME: 30 minutes
PER SERVING: 385 calories, 15 g fat (2 g saturated fat), 55 g carbohydrate, 11 g protein, 8 g dietary fiber, 409 mg sodium.

This vegetarian one-pot meal will warm you up on even the coldest of winter days. Earthy sweet potatoes and carrots form the base and provide cancer-fighting fiber and carotenoids. Tomatoes, peppers, and onion add even more flavor and nutrition. Ready in just 30 minutes. Serve over a whole grain for a balanced, cancer-preventive dinner.

INGREDIENTS
• 2 Tbsp. canola oil
• 1 medium onion, chopped
• 2 medium carrots, peeled and thinly sliced
• 1 medium green bell pepper, seeded and chopped
• 1 medium red bell pepper, seeded and chopped
• 3 garlic cloves, minced
• 2 pounds sweet potatoes, peeled and cut into bite-sized chunks (about 4 cups)
• 1 ½ cups unsalted roasted peanuts
• 1 can (28 ounces) crushed tomatoes in juice
• 1 can (6 ounces) tomato paste
• 2 cans (4 ounces each) diced mild green chilies with liquid
• 4 to 6 Tbsp. chili powder, to taste
• 1 Tbsp. ground cumin, to taste
• 1 Tbsp. sugar
• Salt and freshly ground pepper, to taste

DIRECTIONS
1. In a large, heavy pot, heat the canola oil over medium heat. Add the onion, carrots and bell peppers. Sauté, stirring occasionally, for about 8 minutes, until vegetables are golden. Add the garlic and sauté stirring constantly for 30 seconds, until fragrant. Stir in the sweet potatoes, peanuts, tomatoes and juice, tomato paste, chilies and their liquid, chili powder, cumin, and sugar.
2. Bring to a boil, then reduce the heat to low immediately and simmer gently, stirring occasionally, for 15 to 25 minutes until the sweet potatoes are just tender. Halfway through the cooking process, adjust the seasonings, adding more chili powder and cumin, if desired. Season to taste with salt and pepper and serve.
NEW AMERICAN BEEF STEW

Makes 6 servings
PREP TIME: 20 minutes
COOK TIME: 2 hours
PER SERVING: 400 calories, 10 g fat (2 g. saturated fat), 58 g carbohydrate, 26 g protein, 12 g dietary fiber, 606 mg sodium.

One-pot meals are the original convenience food. They’re easy, versatile, and can pack plenty of healthy ingredients. This stew features kale, green beans, carrots and, yes, even beef. That’s because even traditional, comforting favorites like beef stew can fit into a healthy lifestyle with a few modifications and proper portion control. Just remember to limit beef and other red meat to no more than 18 cooked ounces per week for lower cancer risk.

INGREDIENTS:
• 2 Tbsp. extra virgin olive oil
• 1 lb. lean beef stew meat, cut into 1-inch cubes
• 2 large onions, chopped
• 4 medium carrots, cubed
• 2 cups diced leeks, rinsed well
• 6 garlic cloves, finely chopped
• 2 cans (14.5 ounces each) diced tomatoes in juice
• 2 cans (6 ounces each) tomato paste
• 2 cans (14.5 ounces each) fat-free, reduced sodium beef broth
• 3 Tbsp. dried oregano
• 2 cups water
• 2 large potatoes, cubed
• 1 ¼ lbs. frozen green beans
• 2 cups chopped kale
• Salt and freshly ground black pepper

DIRECTIONS
1. In a large pot or stockpot, heat olive oil over medium-high heat.
2. Add half of the beef and sauté for about 5 minutes, stirring, until browned on all sides. Remove beef from pot and set aside. Repeat procedure with remaining beef.
3. In the same pot, sauté onions for about 5 minutes, stirring often until translucent. Remove onions from pot and set aside.
4. Add carrots, leeks and garlic. Sauté for about 5 minutes, stirring often, until barely tender. Return beef and onions to pot. Add tomatoes with juice, tomato paste, broth, oregano and water, and bring to a boil. Reduce heat to low and simmer for about 1 hour, until beef is almost tender.
5. Add potatoes and bring back to a boil. Lower heat, cover partially, and simmer for about 15 minutes, until potatoes are barely tender.
6. Add green beans and kale and cook for another 6 to 8 minutes, until kale is tender.
7. Season to taste with salt and pepper and serve.

LIME PORK TENDERLOIN

Makes 6 servings
PER SERVING: 185 calories, 8 g total fat (2 g saturated fat), 2 g carbohydrate, 24 g protein, 0 g dietary fiber, 90 mg sodium.

Pork tenderloin marinated with lime juice is a lighter way to enjoy pork. Limes have limonoids, which researchers are finding may have promising anti-cancer potential. As a red meat, limit pork to 18 ounces per week for cancer prevention. Steam some fresh veggies and pair with quinoa or brown rice.

INGREDIENTS
• 4 large cloves garlic, minced
• 3 Tbsp. fresh lime juice
• 2 Tbsp. extra virgin olive oil, divided
• 1 tsp. unsulphured blackstrap molasses
• 1 tsp. low-sodium soy sauce
• ½ tsp. chili powder, or to taste
• Salt and freshly ground pepper, to taste
• 1½ lb. pork tenderloin
• 1 small red apple, optional for garnish

DIRECTIONS
1. Preheat oven to 375 degrees.
2. In large mixing bowl, combine garlic, lime juice, 1 tablespoon oil, molasses, soy sauce, chili powder, salt, and pepper. Place tenderloin in bowl, turning to completely coat with marinade.
3. Heat large ovenproof pan or cast-iron skillet over high heat. Add remaining oil. When oil is hot, use tongs to place meat in skillet, being careful to avoid splatter. Add marinade over meat and brush to coat well. Add 3 tablespoons water to bottom of skillet, not on tenderloin.
4. Place pan in oven. Cook approximately 30 minutes or until a meat thermometer inserted into center reads 145 degrees. Remove skillet from oven and allow tenderloin to rest for 5 minutes before slicing.
5. For garnish, if using, cut apple in thin slices.
6. Cut tenderloin diagonally in ¼–½-inch slices. Arrange slices on plate, garnish with apple slices, and drizzle with remaining juice from pan.
Conquer the Craving

To help combat nicotine cravings, several effective options are available:

• **Nicotine patches.** Just remember, smoking while wearing a patch is extremely dangerous!

• **Nicotine gums and lozenges.** For those who still need that oral fix connected to their nicotine intake.

• **Prescription nicotine inhalers and nasal sprays.** If you simply must breathe it in, this is the closest you can come.

• **Phone app.** The Centers for Disease Control (CDC) offers a free phone app to help you quit, with both technological aid (track cravings by day and location) and motivational tools. Find it at www.cdc.gov/tobacco/campaign/tips/quit-smoking/mobile-quit-guide.
When it comes to smoking, the opposite of the old adage is true: Quitters always win. If you want to quit smoking and make it stick, keep these simple but powerful tips in mind.

- **Find your motivation.** Define a concrete reason to quit, whether it's to improve your health, be a good example for your children, or save money.
- **Be accountable to someone.** Let friends and loved ones know that you're trying to kick the habit. It will help to keep you honest and on track, and allow them to lend support along the way.
- **Don’t make deals with yourself.** Letting yourself sneak a cigarette today will only make it harder for you to get through tomorrow.
- **Do something else.** Find stress-relief alternatives: taking walks, biking, talking to friends, knitting—whatever works for you.
- **Find strength in numbers.** Support groups foster a sense of solidarity and let you know you’re not in it alone.
- **Don’t latch onto lapses.** There’s no shame in stumbling. If you fall off the wagon, don’t beat yourself up, just climb back on.

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**Ask a Pulmonologist: Vaping**

The Summit Health Community Health Needs Assessment shows 7 percent of adults in the county use electronic cigarettes, while 16 percent use traditional smoking tobacco products.

Dr. Peter Jablin of WellSpan Pulmonary and Sleep Medicine offers information about the dangers of using e-cigarettes or vaping products.

**IS VAPING SAFE?**

Vaping may be safer than smoking cigarettes but that is an easy claim to make given the profound health risks associated with smoking. As we know, smoking tobacco cigarettes can lead to a stroke, heart disease or lung cancer. Products for vaping have been available in this country only since 2006 so there may be long-term health risks which become more apparent in the coming decades. Right now, we just don’t have the decades of information like we do with smoking tobacco. The best thing is to just not smoke or vape at all.

**IS VAPING USEFUL FOR SMOKING CESSATION?**

Not much. Vaping juices still contain nicotine. E-cigarettes are primarily promoted to provide an alternative market for the delivery of an addictive substance.

**WHY SHOULD WE CARE?**

Primarily, vaping is directed toward a younger market which can be strongly influenced by peer pressure in order to drive revenue resulting from lifelong addiction. Vaping primarily serves as a gateway leading to smoking rather than an effective smoking cessation strategy. Vaping has re-normalized tobacco use. The staggering emotional costs of the diseases related to smoking are born by families and the financial costs are born by all of us.

The American Lung Association suggests almost 40 percent of teens have tried vaping. The best thing you can do is talk to your children about vaping and keep an open dialogue about the dangers of addiction.

Nicotine is an extremely effective agent of addiction. The “benefit” is almost immediate, the incremental daily costs are modest and sustainable, the consequences are far into the future, and the immediate side effects do not impair function in the present. Tobacco use is not a habit that an individual controls, but an addiction which controls the individual. Most users of tobacco start to use when they are in their teens, rarely after age 30.

Contact WellSpan Pulmonary & Sleep Disorders to learn more about programs to help people stop nicotine and tobacco use.
Women’s Wellness Event

Saturday, Feb. 8
Shippensburg University

Join local physicians and experts who will lead discussions on women’s health related topics.

FREE screenings, refreshments, & more! Open to the public.

For more details & to register, visit WellSpan.org/Events

First 100 to register and attend are eligible to WIN A KATE SPADE HANDBAG!