

# Health Connection

EASTON HOSPITAL'S  
COMMUNITY HEALTH MAGAZINE



**Trying to lose weight?**

Easton Hospital's weight-loss team can help

**Protect yourself against osteoporosis**

Get screened today!

**Is it time for joint surgery?**





## Cardiopulmonary rehabilitation at Easton Hospital

**E**aston Hospital's Cardiopulmonary Rehabilitation Program is making a big difference in the lives of people in our community. If you're in need of cardiopulmonary rehabilitation, Easton Hospital is the place for you.

Many people develop symptoms of heart disease, and unfortunately, many others experience heart attacks and surgery. Millions more develop pulmonary diseases such as emphysema, bronchitis and asthma. These diseases can greatly limit productivity and decrease quality of life.

### WE'RE HERE FOR YOU

Easton Hospital's Cardiopulmonary Rehabilitation Program is available to assist with recovering from and coping with heart and pulmonary problems. Our multidisciplinary team consists of master's-level exercise physiologists, respiratory therapists, licensed practical nurses, social workers, nutritionists and pharmacists. All programs are structured with dedicated medical directorship. What sets us apart from other hospitals is our large population of phase III rehabilitation patients. Our program is a wonderful support/social network that has kept our patients coming for many years.

### Call to get started

You owe it to yourself to keep your heart and lungs in the best possible shape so you can live life to the fullest. Call (610) 250-4678 for more information about Easton Hospital's Cardiopulmonary Rehabilitation Program.

## Protect yourself against skin cancer

**C**an't wait to go outside this spring? Well, keep your shirt on—and your hat, sunglasses and sunscreen—because ultraviolet (UV) rays are responsible for most skin cancers.

Basal cell carcinoma accounts for 80 percent of all skin cancers and often occurs on parts of the body exposed to the sun. It can appear as a sore that doesn't heal; a red, irritated patch that crusts or itches; a smooth growth with a rolled border; a shiny bump that's either pink, brown, red, white or pearly; or a waxy, scarlike area. Luckily, it's also one of the most preventable forms of cancer. To reduce your risk:

- Cover up with a wide-brimmed hat, a scarf for your neck, long-sleeved shirts, pants and sunglasses.
- Apply sunscreen in the morning as part of your normal routine. Choose a water-resistant sunscreen with a sun-protection factor (SPF) of 15 or higher that filters UV light, and apply it to all exposed areas of your body 15 to 30 minutes before going into the sun.
- Avoid going outdoors between 10 a.m. and 4 p.m., when the sun's rays are strongest.
- At the beach, reapply sunscreen at least every two hours as well as after swimming and perspiring.
- Don't use a sun lamp or frequent a tanning salon.
- Give yourself a head-to-toe skin exam at least once every six months. If you notice any changes in your skin, see your physician.
- Have a professional skin exam once a year.

### Get health resources!

Commit to playing it safe this season. To find more health resources, visit [www.easton-hospital.com](http://www.easton-hospital.com).



# Step off the weight-loss roller coaster

## Is surgery for you?

**M**ost of us have been on some type of diet in our lives. Some of us have spent our entire lives trying the latest one, each time ending up right back where we started—or even worse. And 90 percent of diets fail in the long run. Easton Hospital is here to help our patients change their lives through medically supervised weight loss.

### TYPES OF BARIATRIC SURGERY

Easton Hospital performs Roux-en-Y gastric bypass and laparoscopic adjustable gastric banding system (LAP-BAND):

- **Roux-en-Y gastric bypass:** Surgeons create a small gastric pouch to restrict food intake. They then attach a Y-shaped section of the small intestine to the pouch to allow food to bypass the lower stomach and parts of the intestine. The procedure is done laparoscopically via several small incisions.

- **LAP-BAND:** Surgeons place a band around the upper stomach to create a small pouch and a narrow passage into the rest of the stomach, limiting food intake to 1–3 ounces. The band can be tightened or loosened over time to change the passage's size. This procedure is also done laparoscopically.

Since bariatric surgery can be performed laparoscopically, most patients are typically discharged from the hospital two to three days after surgery.

As with any surgical procedure, bariatric surgery may present risks. Ask your physician if bariatric surgery is right for you.

### **!** A new you begins now!

Making the decision to have weight-loss surgery is never easy. If you're unsure whether bariatric surgery is right for you or if you want more information about Easton Hospital's Weight-Loss Surgery Program, call our bariatric surgery program coordinator at (610) 250-4116.



## What our program offers

**E**aston Hospital's Weight-Loss Surgery Program offers support, education and surgical expertise for our patients. Our team includes a dedicated registered dietitian, bariatric coordinator, bariatric unit and surgical team. We offer four support groups every month and a one-hour personal session with our registered dietitian. We also have classes to educate patients in new eating habits, exercise and nutrition.

## Meet our surgeon



**Artun Aksade, M.D.**, performs laparoscopic procedures at Easton Hospital. He is fellowship trained in minimally invasive surgery with an emphasis on bariatric surgery. Before completing his fellowship at the University of Pittsburgh, Magee

Womens and Childrens Hospital, Dr. Aksade completed his surgical residency at Easton Hospital.

# Considering joint replacement?

## Easton Hospital offers Joint Works

**W**orn-out, arthritic knee and hip joints can become so painful that simple movements such as walking, bending or standing up become unbearable. Easton Hospital has kept pace and significantly expanded our patients' surgical options.

Easton Hospital's surgeons specialize in the treatment of hip and knee arthritis, including minimally invasive joint replacement. This procedure reduces incision length and the scar to 4 inches—a 75-percent reduction—which means less cutting of soft tissue and less postoperative pain and a shorter hospital stay. The speed of rehabilitation time may return you more quickly to an active lifestyle.

### JOINT WORKS PROGRAM

The Easton Hospital Joint Works Program began in August 2005. It's composed of numerous techniques and systems that are designed to reduce hospital length of stay while providing comprehensive patient-focused care.

Preoperative education is an important factor in the program. Classes are offered to those who are having either knee replacement or hip replacement surgery. Some of the topics covered include pre- and postoperative exercises, anesthesia choices, pain medications and discharge planning. We also cover a complete education about daily postoperative care and activities during the hospitalization. A case worker and a physical therapist attend these sessions. Patients bring the hip or knee notebook that's provided to them in the physician's office to the class.

### ATMOSPHERE OF WELLNESS

All of our joint replacement surgeries are performed on Mondays and Tuesdays. The patient is then assigned to a room on our dedicated nursing unit that specializes in joint replacement. This unit employs a highly trained nursing staff that's committed to returning the patient to an active lifestyle. An atmosphere of wellness is followed by the staff and the patients. The patients are dressed in their casual clothing and interact among other joint replacement patients during group physical therapy. Patients encourage



**Regain your quality of life!**

**Schedule an appointment today to find out if surgery is right for you. Call (610) 250-4114 for more information.**

each other during their exercises with verbal support.

Our program also offers such amenities as a weekly luncheon for the patients and their family member; a golf putting green during physical therapy; daily newsletters that give patients insight to their activities for the day; a Joint Works T-shirt; and a wellness walkway.



# Health Programs & Events

EASTON HOSPITAL

## COMMUNITY HEALTH

For registration or location information about any of our Community Health programs, call (610) 250-4682.

### Healthcare Provider CPR

**Cost:** \$60

### Family and Friends CPR

**Cost:** \$35

### Heartsaver AED

**Cost:** \$45

### Heartsaver First Aid

**Cost:** \$45

### Heartsaver AED and First Aid

(combined program)

**Cost:** \$90

## CHILDBIRTH

Information about pain management, medication, vaginal birth after Caesarean section and physical and emotional expectations.

**Call:** (610) 250-4682 to register or for location information

### One-Day Childbirth Class

Includes continental breakfast and lunch.

**Cost:** \$100 for mother and coach

### Four-Week Childbirth Class

All you need to know about childbirth and welcoming your new baby.

**Cost:** \$100 for mother and coach

### Breastfeeding Classes

Information on getting started, benefits of breastfeeding, positioning, using breast pumps and physical and emotional expectations.

**Cost:** \$30

## DISEASE MANAGEMENT

### Living Well With Diabetes (American Diabetes Association Self-Management Program)

This course teaches people who have diabetes how to manage their condition and lead healthy, active lives. Fees may be covered by your insurance.

**Call:** (610) 250-4462 for schedule information or to register

### Outpatient Medical Nutrition Therapy Program

Registered dietitians are available to help you develop a nutritional approach to treating your medical problem and improving your quality of life. All sessions are conducted privately, and a physician referral or prescription is required. Fees may be covered by your insurance.

**Call:** (610) 250-4585 for more information or Easton Hospital Central Scheduling at (484) 893-6789 to make an appointment

### Create Your Weight for Adults

A weight-loss program offered free to the community (physician permission slips required).

**When:** Tuesdays, April 6–June 8, 7:15 p.m.

**Call:** (610) 250-4585 for location and more information

### Create Your Weight for Pediatrics

A weight-loss program offered free to the community (physician permission slips required).

**When:** Thursdays, June 24–August 26, 9:30 a.m.

**Call:** (610) 250-4585 for location and more information

## SUPPORT GROUPS

### Alzheimer's Support Group

**When and where:** Third Monday of each month, 2–4 p.m., at Third Street Alliance

for Women & Children in Easton, or third Wednesday of each month, 6:30–8 p.m., at Country Meadows on Green Pond

**Call:** (610) 838-2552 for more information

### Bereavement Support Group

**Where:** Easton Hospital Home Health and Hospice Services, 3421 Nightingale Drive, Palmer Township

**Call:** (484) 536-1300 for dates and times

### Breast Cancer Support Group

**When:** Fourth Tuesday of each month, 7–8:30 p.m.

**Where:** Rehabilitation conference room at Easton Hospital

**Call:** (610) 250-4027 for more information

### Cancer Survivor Support Group

**When:** Second Tuesday of each month, 1:30–2:30 p.m.

**Where:** Easton Hospital Solarium on 3W

**Call:** (610) 250-4027 for more information

### Diabetes Support Group

**When:** First Wednesday of each month, 6:30–8 p.m.

**Where:** Beers Education Center at Easton Hospital (formerly ACB conference room)

**Call:** (610) 250-4462 for more information

### Surgical Weight-Loss Support Group, The Weigh We Were

#### *Gastric bypass support group*

**When:** Third Tuesday of each month, 7 p.m.

**Where:** Kroner Auditorium

**When:** Fourth Saturday of each month, 9 a.m.

**Where:** ACB Education Room

#### *Adjustable gastric band support group*

**When:** First Thursday of each month, 6 p.m.

**Where:** ACB Education Room

**Call:** (610) 250-4116 for location and more information

### HIV Support Group

**Call:** (610) 253-9868 for dates and location

### ICD (Pacemaker) Support Group

**When:** Meets quarterly

**Call:** (610) 250-4984 for dates and location

### Stroke Support Group

**When:** Third Monday of each month, 6:30–8:30 p.m.

**Call:** (610) 250-4240 for location



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Health Connection is published as a community service of Easton Hospital. There is no fee to subscribe.

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SPRING 2010



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# Keep your bones stronger longer

**D**aily activities such as lifting objects or even getting out of bed in the morning can be hazardous to people who have osteoporosis. A disease that affects 44 million Americans, osteoporosis causes bones to weaken and break easily.

Osteoporosis is most commonly linked to aging and the decrease in natural hormone levels. The aging process causes porosity in the bones, making them weak. Ninety percent of a person's bone mass is accumulated before reaching age 20 and, until age 30, new bone is made faster than existing bone is broken down. As we age, however, bone begins to break down faster than new bone can be made. In women—who make up 80 percent of those with this disease—this typically occurs soon after menopause; the onset of osteoporosis in men occurs generally between the ages of 45 and 50.

Because osteoporosis weakens bone structure, fractures are more likely to occur. One in two women, and one in eight men, will break a bone due to osteoporosis after age 50.

## BONE UP ON YOUR KNOWLEDGE

Postmenopausal women have the highest risk of developing osteoporosis. By taking the following steps, you can help prevent osteoporosis in the future:

- Eat a balanced diet rich in calcium and vitamin D.



## ! The right care for you

Easton Hospital offers bone density testing. A bone density test is a relatively simple, quick and painless way to determine your bone health. It may also help your physician stop or slow the progression of osteoporosis.

To learn more about osteoporosis, risk factors and bone density testing, call one of our area obstetrician/gynecologist offices:

### BRIGHTON OBSTETRICS & GYNECOLOGY

Easton  
(610) 991-0150

### EASTON AREA OBSTETRICS AND GYNECOLOGY

Easton  
(610) 258-3615

### HILLCREST OBSTETRICS AND GYNECOLOGY

Phillipsburg  
(908) 454-4666

### MONROE COUNTY WOMEN'S HEALTH CENTER

East Stroudsburg  
(570) 421-6040

- Do weight-bearing exercises like aerobics, walking or jogging.
- Limit your alcohol intake. Don't smoke.
- Get regular medical checkups. Ask your physician whether you need a bone density test.