Advanced Specialty Midlife Care
New Options for Women

It's What Neighbors Do.™
Partnering for Healthy Kids

No Appointment? No Problem!
Care When You Need It

plus:
Learn About New Blood Pressure Guidelines

Health and Wellness Programs in Adams County see page 9
Advanced Specialty Care for the Midlife Woman
New Practice Now Open in Gettysburg

For many women in their 40s and beyond, age offers a level of satisfaction and contentment. But it can also bring about new, not-so-welcome symptoms and health concerns. And it can be difficult to know where to turn for answers.

But now there’s help.

WellSpan Health created a new specialty practice specifically focused on caring for women transitioning out of their reproductive years. It’s called WellSpan Midlife Health & Wellness.

“During midlife, hormone changes can take a major toll on health and quality of life. It’s when many women begin to experience problems for the first time,” explained Melanie Ochalski, MD, WellSpan Health reproductive endocrinologist.

“WellSpan Midlife Health & Wellness fills a gap in health care, improving menopause-related symptoms and boosting overall health and well-being.”

Unique, Focused Care
WellSpan Midlife Health & Wellness is the only specialized practice of its kind in the area, offering consultation and treatment for perimenopause and early menopause symptoms, including low libido, decreased energy, mood changes, hot flashes, brittle hair, sleeplessness and more. The practice also provides health screenings to assess and reduce the risk for common midlife conditions such as heart disease, diabetes, cancer and osteoporosis.

“Our practice doesn’t replace a woman’s primary care physician. Rather, we work in partnership to provide this specialty service,” said Dr. Ochalski. “Oftentimes, it takes just two visits to identify underlying issues and create an individualized treatment plan.”

Addressing the Domino Effect
Dr. Ochalski explained that addressing the root cause of issues is important. That’s because one health symptom or concern can lead to a host of other problems. For example, untreated hot flashes can significantly interrupt a woman’s sleep, which can lead to weight gain. Excess weight, in turn, increases a woman’s risk for heart disease, diabetes and more.

“If we can identify and address potential issues early on, we can help women feel better and establish a path for healthy aging,” she said.

Traditional and Natural Treatments
Dr. Ochalski tailors treatment plans to the needs of each patient, using both traditional hormonal therapies and natural alternatives.

“There is now a wide range of safe and effective treatment options that weren’t available 10 years ago. However, most women today are not adequately treated,” explained Dr. Ochalski. “We are working to change that with proven therapies that can help provide relief.”

WellSpan Midlife Health & Wellness currently has practice locations in York and Gettysburg. In addition to women in midlife, the practice helps younger patients who have experienced premature menopause due to cancer treatment or other causes.

“So often, women are caregivers but don’t focus on their own needs,” said Dr. Ochalski. “This specialty service is an opportunity for women to care for themselves.”

Meet the Expert

When it comes to women’s issues, Melanie Ochalski, MD, understands. Dr. Ochalski is a reproductive endocrinologist, specializing in how hormonal changes affect women physically, mentally and emotionally. In addition, she is a certified menopause practitioner, uniquely trained and experienced in helping women transition from the reproductive years to perimenopause. As a champion of women in midlife, Dr. Ochalski’s goal is to empower women to become healthier as they age and to help them feel their best each day.

Get to Know Dr. Ochalski
Visit WellSpan.org/Ochalski to learn more about Dr. Ochalski.

Need Midlife Health Care?
Visit WellSpan.org/FindADoctor or call 800-840-5905 to find a women’s specialty care physician near you.
A Decade of Advanced Cancer Care in Adams County

WellSpan Adams Cancer Center celebrates 10 years of caring for local residents living with cancer

In 2008, Dick Cantele experienced unusual neck and back pain while working on a patio in Gettysburg. An MRI exam and other testing soon revealed that he had multiple myeloma—a cancer of the plasma cells.

Ten years later, Dick is still living with the disease with the help of the physicians, clinicians and support staff at the WellSpan Adams Cancer Center.

“When someone tells you that you have cancer, it’s like getting hit in the gut,” Dick said. “It’s so important that the personal touches your care team puts into your care are as good as the actual treatment you receive.”

Now celebrating its 10th anniversary, the WellSpan Adams Cancer Center—located at 40 V-Twin Drive in Gettysburg—has provided highly skilled, compassionate care to more than 2,500 patients since it opened in 2008. The cancer center provides advanced cancer treatment, access to genetic counseling and clinical research trials, and comprehensive support services, such as a nurse navigator, nutritional counseling, financial assistance and psychosocial support.

“Having the center so close to home has certainly made my care experience easier and much less of a strain in terms of the time it would take to get to centers in other locations,” Dick said.

Doug Arbittier, MD, MBA, vice president of oncology services for WellSpan Health, said the patients and WellSpan’s charitable mission were the guiding forces behind the center from the start.

“We take great pride in caring for every single patient who comes through our doors—with compassion, dedication and exceptional clinical quality,” Dr. Arbittier said.

The WellSpan Adams Cancer Center is part of WellSpan’s regional network of cancer centers, each offering a team of highly trained oncology specialists and clinical staff committed to providing excellent, patient-focused, state-of-the-art care and comprehensive support services for patients with cancer.

Through a recent collaboration with the Johns Hopkins Kimmel Cancer Center, one of the nation’s leaders in research and innovation, patients at all WellSpan Cancer Centers now have expanded access to clinical trials. In addition, the collaboration provides WellSpan cancer physicians with second opinion services from Johns Hopkins specialists who frequently treat the most complex cases.

It’s just the latest advancement for the WellSpan Adams Cancer Center, which also earned the unique distinction of being accredited by the National Accreditation Program for Breast Centers (NAPBC), a program administered by the American College of Surgeons. WellSpan’s Adams County–based breast program, which uses a coordinated team approach of physicians and services, remains the only center in the area to earn this accreditation.

“Over my 10 years of treatment, I’ve seen the center continue to improve. I can’t speak highly enough of the staff. Their training and knowledge have improved, and I can’t help but notice how this impacts other patients,” Dick said.

Need a Cancer Specialist?

Visit WellSpan.org/FindADoctor or call 800-840-5905 to find a cancer specialist near you.

Learn More

For more on the WellSpan Adams Cancer Center and our collaboration with Johns Hopkins Kimmel Cancer Center, visit WellSpan.org/Cancer.
You may have heard that the American Heart Association (AHA) recently updated its blood pressure guidelines, promoting more aggressive prevention and earlier treatment. Under the new guidelines, normal blood pressure levels are 120/80 mmHg or lower. Blood pressure between 120 and 129/80 mmHg is considered elevated. And stage 1 hypertension begins at 130/80 mmHg, down from 140/90 mmHg.

What do the new guidelines mean for you? Richard Howard, MD, a WellSpan cardiologist in Gettysburg, can help you understand the changes and the reasons why it’s so important to keep your blood pressure under control.

Q: What do patients need to know about the new AHA blood pressure guidelines?
A: “The new guidelines essentially set a lower threshold for what is considered high blood pressure, lowering the classification of stage 1 hypertension by 10 points. This doesn’t necessarily mean that people who now fall into the hypertension category require medication. It does mean that everyone needs to be more aware of their blood pressure numbers and take real action to lower them. Lower is always better.”

Q: What are the risks of high blood pressure?
A: “High blood pressure is called the silent killer for a reason and shouldn’t be ignored. Over time, it can lead to heart attack, stroke, kidney failure and more. Only about 6 percent of high blood pressure cases are considered genetic. The vast majority of people with high blood pressure have essential hypertension, meaning there is no specific cause. Lifestyle factors play a huge role in developing high blood pressure. This can often seem hereditary because eating and exercising habits can be similar among family members.”

Q: In what ways can people control their blood pressure?
A: “Controlling blood pressure boils down to taking care of yourself: eating a healthy diet, exercising, not smoking, drinking only in moderation and maintaining a normal weight. People can lower their blood pressure by eating the Mediterranean or DASH diet and getting their heart rates elevated through some kind of exercise most days of the week. These steps can also contribute to weight loss, which is the easiest way to reduce blood pressure levels. In fact, losing just 10 pounds can make a significant difference in blood pressure, bringing some people from stage 1 hypertension to normal levels.”

Q: At what age does it become important to monitor blood pressure and how often should it be checked?
A: “There is no one certain age that a person should begin to monitor blood pressure. But knowledge is good. People should consider having their blood pressure checked at least once or twice a year starting in their teens or early 20s. If you have been told you have elevated or high blood pressure, I suggest you buy an inexpensive blood pressure cuff and check your own blood pressure several times a week at different times of the day. Keeping a log of your blood pressure not only raises awareness of the problem but also helps your physician to better treat you.”
Sepsis is a life-threatening condition and a medical emergency. Knowing the risks and symptoms can make the difference between life or death.

What is Sepsis? Sepsis is the body’s extreme response to any type of infection, including a urinary tract infection (UTI) and pneumonia. Those at highest risk for sepsis include the very young and/or elderly, people with low immunity, and those who were recently hospitalized or had a recent surgery.

Know the Signs
- Confusion or disorientation
- Shortness of breath
- High heart rate
- Fever, or shivering or feeling very cold
- Extreme pain or discomfort
- Clammy or sweaty skin
- Changes in urine output

Know the Risks
If left untreated sepsis can lead to tissue damage, organ failure and death.

What To Do
Seek Medical attention through your primary care doctor’s office or urgent care. In an emergency Call 911 or go the Emergency Department. Ask your doctor: “Could this infection be leading to sepsis?”

Don’t miss our next issue! Go to WellSpan.org/BeingWELL to subscribe.
Whether it’s the flu, a rash, a sprained ankle or a child with a stomachache, help is closer than you think.

With a location right here in Adams County, WellSpan Urgent Care is open from 8 a.m. to 8 p.m., seven days a week, treating nonemergency medical conditions, from sore throats and earaches to allergies and arthritis.

When you can’t get in to see your physician or haven’t yet established a relationship with a primary care physician, WellSpan Urgent Care is here for you.

WellSpan Urgent Care offers walk-in appointments for patients ages 3 months and older. To limit your time in the waiting room, you can now “reserve your spot” online or at a kiosk found in all WellSpan Urgent Care locations. This convenient service saves valuable time out of your busy schedule and lets you pick the arrival time that is most convenient for you.

**Coming Soon!**

WellSpan Health is adding Online Urgent Care—a convenient option that allows patients to access care with just a click of a button. Using a smart device, patients can connect with a WellSpan primary care physician for consultation via voice or video call.

WellSpan Online Urgent Care is an option for patients who don’t need an immediate, hands-on physician evaluation. This may be someone with a recurrent issue who knows his or her symptoms and just needs to check in with a physician.

Online Urgent Care will be available in summer 2018.

---

**WellSpan Urgent Care**

**Walk in or “Reserve Your Spot” online**

**Care When You Need It**

To learn more about WellSpan Urgent Care, visit [WellSpan.org/UrgentCare](http://WellSpan.org/UrgentCare).

WellSpan Urgent Care

455 S. Washington St.
Gettysburg, PA 17325

717-339-2875

Open seven days a week, 8 a.m.–8 p.m.
Why I’m Grateful
Retired nurse develops new appreciation for heart care and WellSpan’s compassionate experts

Joan Williams is no stranger to hospitals. As a registered nurse, she spent her career caring for others. When she retired from WellSpan Gettysburg Hospital’s Emergency Department last year, she never expected to return as a patient just 10 weeks later.

“I was at home with my husband when I started experiencing sudden pain that radiated down both of my arms,” recalled Joan. “My chest was heavy, I was nauseous and I had other symptoms of a heart attack. My husband called 911 and I was taken to my old stomping grounds, this time as a patient.”

Joan was admitted and said she gained a new appreciation for the role health care professionals play in not only providing excellent medical care but also keeping patients positive and comfortable.

“Throughout my experience at both WellSpan Gettysburg Hospital and WellSpan York Hospital, I truly realize what our profession means to the patient,” said Joan.

From helping her deal with pain, to confirming a diagnosis, to providing treatment, her WellSpan caregivers made sure her heart issues were addressed and sent her home with the positive news that her heart should “get her to 100 years old!”

“What an honor it was to not only work for WellSpan as a nurse but have the privilege of saying thank you to WellSpan for taking such amazing care of me,” Joan said. “It’s so reassuring to know we have the resources of WellSpan right in our community.”

Later this year, WellSpan Gettysburg Hospital will expand its cardiovascular services and begin offering patients interventional cardiology services. This will include the continuation of diagnostic cardiology services as well as stenting and electrophysiology procedures. These advanced procedures will be performed in the hospital’s newly renovated catheterization lab, which is equipped with the latest technology and equipment.

WellSpan Gettysburg Hospital’s advanced cardiovascular services—along with other important services that improve care for residents in Adams County—are supported by our generous contributors to the Gettysburg Hospital Foundation. To learn more about the foundation and how you or your business can help support these important services, contact Kristin Vought, director of development, at 717-337-4154 or kvought@wellspan.org.

Advanced Care, Close to Home

When it comes to matters of the heart, WellSpan Health provides many opportunities to help you become and remain healthy and active—with even more advanced services coming soon. Here’s a quick look:

• The specialists of WellSpan Cardiology, located here in Gettysburg, are members of your medical neighborhood and work with area primary care physicians as part of your overall care plan.

• With the planned addition of interventional cardiology treatment, the specialists of WellSpan Cardiology and WellSpan Gettysburg Hospital will offer almost all of the services your heart desires—right in your community. This will soon include prevention, diagnostics, medical and interventional treatment, and rehabilitation.

• WellSpan Gettysburg Hospital and WellSpan Cardiology are part of WellSpan’s comprehensive regional network of hospitals and physicians, which includes more than 1,200 physicians and six hospitals across Adams, Lancaster, Lebanon and York counties.

Don’t miss our next issue! Go to WellSpan.org/BeingWELL to subscribe.
Obesity knows no geography or age. Adams County is no exception. After all, the most significant health risks in Adams County relate to obesity, according to WellSpan’s latest Community Health Needs Assessment.

More than 40,000 adults in Adams County do not consume three vegetables each day or exercise regularly, according to the assessment. And if adults aren’t eating healthy foods, it’s a good bet that their children aren’t eating much better.

That’s why WellSpan partners with the Adams County Arts Council in Eat Smart, Play Hard—a culinary arts and nutrition program for children.

Danielle Thompson, a Lincoln Intermediate Unit 12 teacher at Biglerville High School, said she knows firsthand how impactful the program can be.

“I can’t say enough good stuff,” she said, noting that the program was a hit with her students.

The Eat Smart, Play Hard program consists of a six-week course that teaches nutrition and healthy eating. Although it also includes activities, such as yoga, Thompson said the highlight for most students is working in the kitchen with a chef.

She admitted having some trepidation about enrolling her class of eight autistic students in the program, but that fear was allayed by staff who literally catered to their needs with sensory-friendly presentations and food selections—often substituting or preparing foods to improve their texture.

“It was a good outlet for them,” Thompson said. “Students were taking recipes home and saying, ‘I can make that on Saturday.’”

WellSpan has been a supporter and partner with the Eat Smart, Play Hard program since its inception several years ago, because the program meets a critical community health need of food insecurity in Adams County while also providing important nutritional education to local students.

“More than 50 percent of our students’ families are low income,” said Judy Marti, educational coordinator with the Adams County Arts Council, noting that income can be a barrier to accessing healthy foods.

WellSpan Clinical Dietician Betsy Wargo worked with the arts council and South Central Community Action Program to design the curriculum for Eat Smart, Play Hard. Now, the successful program has expanded to more Adams County residents and age groups.

For Thompson’s students, she said the class was invaluable.

“Students attending the Eat Smart, Play Hard program enjoy a cooking class led by chef Subarna Sijapati.

“'The skills they were able to gain were huge victories,’ she said.

Learn More

Visit WellSpan.org/Neighbors to learn more about how WellSpan makes a difference in the lives of its friends and neighbors across central Pennsylvania, and to read our 2017 Community Benefit Report. To learn more about the Eat Smart, Play Hard program, visit AdamsArts.org/Eat-Smart.
Health and Wellness Programs
June–September 2018 Adams County

Healing HeARTS Health and Wellness Programs

**A Healing Initiative of WellSpan Gettysburg Hospital**
The Healing HeARTS initiative is part of a growing recognition in health care that the arts can exert a powerful effect on the healing process. Since its inception in 2015, Healing HeARTS has guided the development of a healing environment within WellSpan Gettysburg Hospital that is intended to promote wellness and self-healing through the arts and reduce stress and anxiety for patients, visitors and employees. Please call 717-334-5006 or visit AdamsArts.org for a listing of upcoming programs.

Family Programs

**CPR and First Aid—American Heart Association Basic Cardiac Life Support (BLS) and First Aid**
Classes offered include:
- BLS Provider – registration fee $60 each
- Heartsaver AED for Adult/Child/Infant – registration fee $45 each
- Heartsaver CPR & AED – registration fee $45 each
- Heartsaver First Aid with CPR & AED – registration fee $60 each
- Heartsaver First Aid – registration fee $30 each
- Family and Friends CPR – registration fee $45 each
- Instructor Courses – call for information.
Call 717-337-4181 for schedule and additional information.

**Childbirth and Family Education Class Offerings**
Our childbirth and family education staff provide each client and their families with up-to-date information and support. Through childbirth education we hope to open the lines of communication between you and your partner. This is an opportunity to discuss fears and concerns about labor and delivery. For more information, please visit us online at WellSpan.org/GHChildbirthEd or call 717-339-2477.

Class dates are determined by your due date and availability.

**Car Seat Check-Up Day**
Third Tuesdays, June through August • 10–11 a.m.
Certified Child Passenger Safety Technicians will check car seats for correct installation, damage, recalls, size and age appropriateness. This program is also available for Spanish-speaking families.
Location: WellSpan Community Health and Wellness, 39 North Fifth Street, Gettysburg
Registration is required; please call/por favor llame al 717-337-4264, ext. 6.

For a complete list of events, visit WellSpan.org/Events.
Safe Sitter® Course
Saturday, July 28 • 9 a.m.–4:15 p.m.
Safe Sitter is a medically accurate program that teaches boys and girls ages 11 to 13 how to handle emergencies when caring for children. This class teaches safe and nurturing childcare techniques, behavior management skills and appropriate responses to medical emergencies.
Cost: $65, includes eight hours of instruction, Safe Sitter manual, cinch sack babysitting bag (includes Band-Aid dispenser and flash light) and Safe Sitter completion card.
Location: WellSpan Gettysburg Hospital, Community Room A
To register and for more information, call 717-339-2477.

Taking Care of Yourself

Diabetes Education Program: Empowered to Succeed
Group and individual classes are offered. You can be newly diagnosed or just need to improve your diabetes management. Classes are offered monthly. Participants are invited to bring one support person. Topics covered include: Healthy Eating, Being Active, Medications and Preventing Complications. There is a class fee but most insurance companies do cover classes. A referral from your health care provider is required. Call WellSpan Endocrinology 717-339-2790 for additional information.
Location: WellSpan Adams Health Center (Room 211), 40 V-Twin Drive, Gettysburg
Classes are held at 10:30 a.m. or 5:30 p.m. on alternate months.

Free Monthly Blood Pressure/Blood Sugar Screenings
Call 717-337-4264, ext. 1 or visit WellSpan.org for a location near you.

Healing Through Movement
Every Monday • 5:30 p.m.
Healing Through Movement is committed to improving the physical and emotional well-being of cancer survivors and those with lymphedema, Parkinson’s Disease, MS or obesity, as well as seniors and wellness program participants. Our goal is to elevate quality of life through therapeutic dance and movement—healing body, mind and spirit.
Facilitators: Paula Chaplin, WellSpan Rehabilitation, and Michelle Shriner, RN, oncology nurse navigator, WellSpan Adams Cancer Center
Location: WellSpan Adams Cancer Center, 40 V-Twin Drive, Gettysburg
For more information, please call 717-337-4407.

Tobacco Cessation 101
First Wednesday of the month, June through August • noon–1:30 p.m.
Are you thinking about quitting smoking but are not sure how to get started? This session will provide you with information about the health risks of smoking, American Lung Association recommendations for quitting, and information about individuals and group programs that will help you to develop a quit plan and strategies to stay free from smoking.
Location: WellSpan Community Health and Wellness, 39 North Fifth Street, Gettysburg
Registration is required; please call 800-840-5905.

Medical Management of Weight Loss
First Wednesday of the month • 9–10 a.m.
Third Tuesday of the month • 5–6 p.m.
Are you struggling with your weight? This free program will discuss weight management options at WellSpan. The medical, physician-directed weight loss program is a team approach to support your weight-loss goals. The program offers a variety of different choices to fit every individual’s needs. Class size is limited to 15.
Speakers: Betsy Wargo, Registered Dietitian or Michelle Nicholas, CRNP, WellSpan Medical Weight Management Program
Location: WellSpan Washington Street Health Center, Gettysburg, Room 1090
Registration is required; please call 717-339-2475.
Surgery for Weight Loss
Friday, July 20 • 1 p.m.
Friday, August 3 • 1 p.m.
Friday, September 21 • 1 p.m.
This free seminar provides an overview of the WellSpan Bariatric Surgery program, including preoperative education and surgical procedures. Come learn about the options for successful weight loss.
Location: WellSpan Washington Street Health Center, Gettysburg, Room 1090
Speaker: James Ryan, MD, WellSpan Bariatric Surgery
Registration is required; please call 717-851-7575.

Community Events

Community Wellness Connections
Community Wellness Connections (CWC) focuses on promoting better health outcomes for ALL residents utilizing the eight dimensions of health (physical, occupational, financial, intellectual, emotional, social, spiritual and environmental). Visit AdamsWellness.org or call 717-337-4137 to learn more about the CWC, including a list of free activities during each dimension and how you can get involved!

33rd Annual Gettysburg Foundation Golf Tournament
Friday, July 13, 2018 • 7:30 a.m. and 1 p.m. shotgun rounds
Support health and wellness programs that benefit Adams County and Northern Maryland communities by participating in the 33rd Annual Golf Tournament. Proceeds from this year’s tournament will aid the Prescription for Caring program in Adams County.
Location: The Links at Gettysburg, 601 Mason Dixon Road, Gettysburg
Cost: Please call 717-337-4175 for sponsorship information.

For a complete list of events, visit WellSpan.org/Events.
WellSpan Health is here to partner with you for better health. To find the right doctor for you, visit WellSpan.org/NewDoctor or call the WellSpan HealthSource Physician Referral Line at 800-840-5905.

WellPrepared
to treat the most complex matters of the heart.

WellSpan is proud to welcome Richard Howard, MD, and Giovanni Ciuffo, MD, now providing advanced specialty heart care at WellSpan.

If your heart’s health is standing in the way of reaching your goals, trust the experts at WellSpan Heart & Vascular.

Highly respected for their skills in leading edge cardiovascular treatment, Dr. Howard strengthens our variety of cardiology services offered at WellSpan Gettysburg Hospital and Dr. Ciuffo strengthens our diverse cardiovascular surgery services offered at WellSpan York Hospital.

Dr. Howard and Dr. Ciuffo work together with a team of other highly skilled cardiologists, surgeons and clinicians to offer the members of both our communities advanced diagnostic and treatment options, including leading-edge technology and therapeutics and access to national research trials.

At WellSpan, we believe that advanced specialty care for complex conditions should be close to home. That’s the WellSpan Way. And, we think, a better way.

Get to know these physicians at WellSpan.org/Howard and WellSpan.org/Ciuffo