Welcome Roxanna Gapstur
New WellSpan President & CEO Meets Community

Need Health Care?
At WellSpan, It’s Easy

Take Control of Allergies
Find Relief This Spring

plus:
WellSpan Opens Health & Surgery Center in Hanover

Health and Wellness Programs in Adams County
see page 9

WellSpan York Hospital • WellSpan Surgery & Rehabilitation Hospital • WellSpan Medical Group • WellSpan Ephrata Community Hospital
WellSpan Gettysburg Hospital • WellSpan Good Samaritan Hospital • WellSpan Philhaven • WellSpan VNA Home Care
Chambersburg Hospital • Waynesboro Hospital • Summit Physician Services
In January, WellSpan welcomed Roxanna L. Gapstur, PhD, RN, as its new president and chief executive officer. Since her arrival, Dr. Gapstur has traveled the five counties that WellSpan serves, meeting with and listening to staff, patients, partners and community members.

“In WellSpan, I have been taken by a proud, yet humble culture, where teamwork, respect and concern for patients and community are woven into the fabric of the organization,” Dr. Gapstur said. “And, I’ve observed an unmistakable passion for collaboration—with individuals and organizations whose talents, skills and perspectives contribute to the health of the entire community.”

A native of Minnesota, Dr. Gapstur most recently served as president of Methodist Hospital and senior vice president of HealthPartners, a $7.2 billion, Minnesota-based integrated health plan and care delivery organization that includes eight hospitals, 1,800 employed physicians and more than 100 care locations. Her previous positions at HealthPartners have included Chief Operating Officer, Methodist Hospital, and Vice President, Patient Care Services/Chief Nursing Officer, Park Nicollet.

“I am aware of the positive relationships that WellSpan has enjoyed with the members of its communities,” Dr. Gapstur said, “and I am committed to doing everything I can to ensure that we continue to build a system of care on which they, their families and their friends may rely for generations to come.”

Dr. Gapstur holds a bachelor’s degree in nursing from the College of St. Catherine, St. Paul, Minn.; a master’s degree in nursing from the University of Minnesota; and a doctorate in nursing from the University of Minnesota.

To learn more about Dr. Gapstur, in her own words, visit WellSpan.org to watch her short introduction video.
WellPaired
Summit Health joins WellSpan Health

WellSpan Health and Summit Health—longtime neighbors and partners in community health—made their relationship formal last fall, as Franklin County-based Summit officially became part of WellSpan.

Together, the combined organization will strengthen access to services and care that individuals require across their lifespan. The affiliation between the two organizations builds upon Summit Health’s strong reputation as a provider of high-quality, local clinical care and a trusted community partner.

WellSpan Health now spans more than five counties across south central Pennsylvania and is the largest, most comprehensive health system in the region.

WellSpan Health today:

More than **19,000** employees

Approximately **1,500** primary care and specialty care physicians and advanced practice clinicians

More than **170** care locations with services

A regional behavioral health care organization: **WellSpan Philhaven**

A regional home care organization: **WellSpan VNA Home Care**

**$246 million** in combined community benefit

Eight respected hospitals:
- Chambersburg Hospital
- Waynesboro Hospital
- WellSpan Ephrata Community Hospital
- WellSpan Gettysburg Hospital
- WellSpan Good Samaritan Hospital
- WellSpan Surgery & Rehabilitation Hospital
- WellSpan York Hospital
- WellSpan Philhaven

Don’t miss our next issue! Go to [WellSpan.org/BeingWELL](http://WellSpan.org/BeingWELL) to subscribe.
Advanced Heart Care and Clinical Expertise, Close to Home

New interventional cardiology program saves Gettysburg man

When a heart attack occurs, every second counts. The faster blood flow is restored to the heart, the lower the risk for disability or death. Thankfully, when Gettysburg resident Stan Rycyk experienced a heart attack, lifesaving nonsurgical heart care was located just around the corner at WellSpan Gettysburg Hospital.

This past Thanksgiving, 78-year-old Stan woke in the middle of the night dizzy, nauseated and sweating profusely. He thought about lying back down to see whether his symptoms would go away. But after a quick search on the internet confirming his symptoms, his wife, Margaret, called 911.

Emergency responders diagnosed Stan with a massive heart attack and began treatment on the way to WellSpan Gettysburg Hospital, located just a few minutes away from Stan’s home. The hospital’s emergency team was notified he was coming, had already reviewed his ECG and was standing by waiting for him. Immediately on arrival, Stan was brought to the hospital’s new cardiac catheterization lab.

Using advanced imaging guidance and nonsurgical tools, Richard Howard, MD, medical director and interventional cardiologist at WellSpan Gettysburg Hospital, quickly opened Stan’s blocked cardiac artery and placed a stent to maintain blood flow. Because of his rapid treatment, Stan sustained only minimal heart damage.

“It was just like nothing ever happened,” Margaret recalled. “After the procedure, Stan was awake, sitting up, feeling good and home the next day. We were so impressed with the coordinated care he received.”

The interventional cardiology program was added to WellSpan Gettysburg Hospital’s cardiovascular program in September 2018. The staff is meticulously trained in the rapid treatment of heart attack patients and is prepared for any event. The introduction of the program meant that area heart attack patients would benefit from minimally invasive lifesaving cardiac care nearby.

“Having interventional cardiac care close to home can mean the difference between life and death,” said Dr. Howard. “Stan’s blockage was located in the artery associated with the highest mortality rate. Time was of the essence. Without the program, Stan would have been airlifted to another hospital, wasting precious time.”

Within just one week of his heart attack, Stan was back to normal life and even back at the gym lifting weights as part of his normal exercise routine. He later attended cardiac rehabilitation at WellSpan Gettysburg Hospital to complete his recovery.

“I’m so thankful I got the care I needed so quickly,” Stan said.

Dr. Howard added: “If you believe there is a chance of a heart attack, don’t do an internet search and don’t drive to the hospital. Call 911 immediately.”

Meet Dr. Howard

Visit WellSpan.org/Howard to learn more about Dr. Howard and view his video. To learn more about the advanced heart care at WellSpan or to find a WellSpan cardiologist, visit WellSpanSpecialists.org/Heart or call 800-840-5905.
Managing your health care can be a challenge with so many other important things competing for your time and attention. That’s why WellSpan Health is making it easy to get the care you need, when and where you’d like it.

**WellSpan Urgent Care**
Walk in to get the care you need today. WellSpan offers a number of walk-in options for when you need care today, but your regular primary care provider is unable to see you.
- No appointments are required—just walk in.
- You can reserve your spot online for quicker care when you arrive at the location.
- Most locations are open seven days a week from 8 a.m. to 8 p.m.
- WellSpan Urgent Care treats patients aged 3 months and older. WellSpan CareExpress treats patients ages 18 months and older.
- Most health plans are accepted.

Go to WellSpan.org/UrgentCare or download the app to get started.

**Easy Appointment Scheduling**
Here are the steps you need to take to make a health care appointment:
1. Go to WellSpan.org/Appointment.
2. Choose a physician.
3. Choose an appointment time.

No account is needed. It really is that easy.

**Manage Your Health Online**
MyWellSpan, WellSpan Health’s patient portal, brings all your health information together in one place.
After you create an account at MyWellSpan.org, you will be able to:
- Sign up for immediate access to your medical records and test results.
- View or schedule upcoming health care appointments.
- Send a message to your physician or request a prescription refill.
- Preregister for a medical test or procedure.
- View and pay your bills.
- Electronically check in and sign documents before your appointments.
- Add your name to the wait list to be notified automatically if an earlier appointment becomes available.
- Coordinate the care of your whole family.
As the saying goes: April showers bring May flowers. And as those flowers bloom, the sneezing and wheezing can take many by storm. Some believe allergies hit hard in the spring because people spend more time outdoors, but just as many people struggle year-round.

WellSpan Health has primary care physicians and specialists, like family medicine physician Gattu Rao, MD, who can help you understand and find relief from your allergies.

Q: What are the most common symptoms associated with allergies? How can a patient tell the difference between allergy symptoms and a common cold?

A: “Sneezing, congestion and runny nose can be associated with allergies, along with fatigue, malaise and headache. Rhinitis (stuffy nose) typically coexists with asthma, eczema or chronic sinus infections. Patients with chronic allergy symptoms may have ‘allergic shiners,’ which are blue-gray or purple discolorations under the lower eyelids, or they may breathe through their mouths. Conjunctivitis (pink eye) can be a component of allergic rhinitis as well. The major differences between allergies and a cold are that colds typically are shorter lived, lasting about 10 days or so. Allergies will typically last longer. With a cold, you may have a fever or a sore throat.”

Q: Is there anything a patient can do to prevent allergy symptoms before they start?

A: “There are many ways to prevent or slow the progression of your allergies come spring, or whatever season may affect you. The best prevention is to avoid what you are known to be allergic to. Other options include keeping the air conditioner running in the house, rather than opening the windows; using an air filter in the home to trap the allergens; and being mindful about outdoor pets, as they can track allergens through the home.”

Q: What medicines are most effective at treating allergy symptoms once they start?

A: “Allergic rhinitis is typically managed with antihistamines, decongestants, leukotriene inhibitors and nasal corticosteroid sprays. Desensitization shots, also known as allergy shots, can also be another option for treatment. These shots repeatedly expose you to the allergen and will teach your immune system to deal with it in a nonallergic way.”

Q: What are the next steps for severe allergies that won’t go away?

A: “Meeting with your doctor can help you decide if you need further allergy testing and long-term treatment that goes beyond an antihistamine and nasal corticosteroid spray, especially if you are not responding to these therapies. Your doctor will likely complete a thorough history and physical exam—usually looking at the duration of your allergies, your exposures, type or reaction, patterns, length of time symptoms have been occurring, season variations and environmental influences.”
WellSpan Continues to Expand Care Options in Greater Hanover Area

Highlighted by opening of 80,000 square feet WellSpan Health and Surgery Center

From urgent care to family medicine, cancer care to orthopedics. If you live in the Hanover area, WellSpan Health offers the care you need, where and when you need it—all close to home.

For nearly 140 years, WellSpan has been taking care of the greater Hanover area. In the past two years, WellSpan has strengthened its longstanding commitment by recruiting new physicians, investing in new services and programs and opening new, convenient care locations.

The latest of these is the WellSpan Health and Surgery Center at 1227 Baltimore St., which opened in March. The $52 million facility provides outpatient surgery, lab and imaging services, primary and advanced specialty care all under one roof—in a state-of-the-art building.

“We wanted to make life easier for patients by having so many of our WellSpan providers in one place,” said Karen Jones, MD, senior vice president, WellSpan Health, and president, WellSpan Medical Group. “A visit to the family doctor that then requires blood work and an x-ray may all be possible in one trip.

“Every day WellSpan is making it easier to get access to exceptional care in Hanover,” added Jones. “Our neighbors deserve to have these options available to them right around the corner.”

Comprehensive Care Close to Home

The WellSpan Health and Surgery Center joins the growing list of new and updated WellSpan facilities in the Hanover area. Here’s a timeline of recent openings and expansions in the community:

To schedule an appointment at any of these offices visit WellSpan.org/Schedule. Both new and current WellSpan patients can make online appointments 24 hours a day, 7 days a week.

Don’t miss our next issue! Go to WellSpan.org/BeingWELL to subscribe.
Laura and Ben Gilkey, of York, were planning to celebrate July Fourth weekend with a visit to Gettysburg. Just a couple of weeks earlier, they hosted a gender-reveal party to let their family and friends know the exciting news that they were expecting twin boys in October.

At the time, they had no idea their newborn sons would require expert neonatal care at WellSpan York Hospital’s Level 3 Neonatal Intensive Care Unit (NICU).

Laura was active and healthy and was receiving excellent prenatal care. So, when her water broke right before their planned hike, she was more than surprised. “I knew we needed to get to a hospital right away,” Laura recalled.

Ben and Laura went to the emergency department at WellSpan Gettysburg Hospital and received prompt and excellent care. Once Laura was stabilized, she was transported to WellSpan York Hospital, in anticipation of the around-the-clock care her sons would require in the hospital’s recently expanded NICU.

The skilled nurses and physicians at WellSpan York Hospital were able to delay the babies’ births until July 28, giving them valuable time in the womb to more fully develop.

For 80 days following delivery, Ben and Laura spent as much time with their sons in the NICU as possible. But it wasn’t easy. Like many parents of NICU babies, Ben and Laura felt the pangs of anxiety when they had to leave their newborn sons at the hospital. That’s why, when they found out about the Angel Eye project, they knew they had to support it.

The Angel Eye Camera System, which was launched at WellSpan York Hospital’s NICU in September, allows parents to view their babies anytime by logging into a secure website. Cameras on the bedside of every baby in the NICU enable parents to watch their children in real time 24/7.

One of the main goals of the system is to help families feel at ease. “This technology wasn’t available when our babies were in the NICU. We knew the minute we heard about these cameras that being able to check in on your baby could bring much-needed comfort to parents going through an experience like we did,” said Ben. “We wanted to give back to acknowledge the truly exceptional treatment we received in the NICU, and donating to the Angel Eye project was a perfect way to do that.”

Today, the Gilkey twins are active and healthy, keeping Ben and Laura on their toes. “Someday we’ll tell them about the July Fourth hike that never was and how they made their early entrance into the world. And, we’ll take them back to see the wonderful caregivers at WellSpan who helped them become the healthy little guys they are today. But, for now, we are eternally grateful for the care we received, and we’re taking it one day at a time,” said Ben and Laura.

Thanks to the Angel Eye Camera System, parents like the Gilkeys are able to view their babies in the NICU at WellSpan York Hospital in real time 24/7. Visit WellSpan.org/YHF to learn more about the Angel Eye project and other fundraising priorities at WellSpan York Hospital.

How You Can Give, Too

WellSpan Gettysburg Hospital’s emergency services—along with other important services that improve care for residents in south central Pennsylvania—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.
Family Programs

Grandparents Class
Monday, June 17 • 6:30–9:30 p.m.
Celebrate the special bond between grandparent and grandchild. Learn about what has changed in childbirth and safety of the newborn. Some topics covered include safe sleep, choking hazards and role of the grandparent.
We will also review and practice infant CPR and choking management skills.
Location: WellSpan Gettysburg Hospital
Cost: $10
Register online at WellSpan.org (under Classes & Events) or call 717-339-2477.

Safe Baby & Infant CPR Basics
Wednesday, June 26 • 6:30–9 p.m.
Participants will receive a room-by-room baby proofing checklist. Safety and injury prevention will also be discussed, and participants will learn the hands-on basics of infant CPR and choking situations.
This class is perfect for new parents, grandparents and adult caregivers who will be caring for an infant, ages 0-12 months.
Location: WellSpan Gettysburg Hospital
Cost: $15
Register online at WellSpan.org (under Classes & Events) or call 717-339-2477.

Super Siblings!
Saturday, May 11 or Saturday, July 13
Super Siblings 1 (for ages 3 to 7) • 9:30–10:30 a.m.
Super Siblings 2 (for ages 8 to 12) • 11 a.m.—noon
Super Siblings will provide age-appropriate information concerning newborns and discuss feelings about the arrival of a new baby while incorporating the use of stories, videos and hands-on activities to help make your child even more excited about the birth of his or her new sibling.
Each child will also make a craft that he/she will be able to give as a gift to their new sibling!
Choose the session to attend based on your child's age.
Location: WellSpan Gettysburg Hospital
Cost: $15
Register online at WellSpan.org (under Classes & Events) or call 717-339-2477.

Prepared Childbirth Series
Tuesdays, May 7–June 11 • 6:30–9 p.m.
Please note: We recommend registering for this class during or after your fifth month of pregnancy.
This class will cover stages of labor, comfort measures, anesthesia choices, labor interventions, postpartum adjustments, relaxation and breathing techniques and cesarean delivery.
This series includes six classes, which include four childbirth education classes, a Baby Care and a Breastfeeding class. Please do not register for the Baby Care and Breastfeeding classes. Those classes are included in the cost of this class and will be scheduled according to your due date. The series also includes a tour of the Mother-Infant Center.
We provide flexibility in class changes. If you have a specific date conflict, please add the date to the comment section of the registration and we will assist you in rescheduling.
Cost: $70 per couple
Location: WellSpan Gettysburg – Childbirth & Family Education, 147 Gettys St.
Registration required; please call 717-339-2477.
Breastfeeding Class
Wednesday, May 1 or Tuesday, June 11 • 6:30—9 p.m.
Learn the benefits of breastfeeding for mom and baby, along with techniques and positions to help you prepare for a positive breastfeeding experience. Participants are asked to bring a baby doll, if they have one available.
Please note: We recommend registering for this class during or after your fifth month of pregnancy.
This class is included in the Prepared Childbirth Series and/or the Planned Cesarean Series.
Location: WellSpan Gettysburg — Childbirth & Family Education, 147 Gettys St.
Cost: $20 per couple
Registration required; please call 717-339-2477.

Baby Care Class
Tuesday, May 7 • 6:30—9 p.m.
Learn the ins and outs of baby care including feeding, safe sleep, cord care and bathing. Participants will get hands-on experience in diapering and swaddling and learn about the day-to-day care of the newborn. Participants are asked to bring a stuffed animal/doll, diaper and blanket, if they have them available.
This class is included in the Prepared Childbirth Series and the Planned Cesarean Series.
Please note: We recommend registering for this class during or after your fifth month of pregnancy.
Location: WellSpan Gettysburg — Childbirth & Family Education, 147 Gettys St.
Cost: $25 per couple
Registration required; please call 717-339-2477.

Childbirth Refresher Course
Friday, May 31 or Sunday, June 30 • noon
We offer a variety of class options for “experienced” expectant mothers and their support people to brush up on all things pregnancy and labor related. Your refresher program can be customized to meet your specific learning needs.
We recommend registering for this class during or after your fifth month of pregnancy.
Location: WellSpan Gettysburg — Childbirth & Family Education, 147 Gettys St.
Cost: $15 per couple
Registration required; please call 717-339-2477.

Condensed Childbirth Class
Saturday, June 9 • 9:30 a.m.—2:30 p.m.
This five-hour, condensed format class provides information on the stages of labor, anesthesia, cesarean sections, labor interventions and comfort measures. Relaxation and breathing techniques will be covered briefly. This class is offered once monthly on a weekend. Baby Care and Breastfeeding classes are NOT included; however, they can be taken separately.
Please note: We recommend registering for this class during or after your fifth month of pregnancy.
Location: WellSpan Gettysburg — Childbirth & Family Education, 147 Gettys St.
Cost: $60 per couple
Registration required; please call 717-339-2477.

Steps Towards a Healthy You
Thursday, May 23 • 6–7:30 p.m.
This free class is for adults who are thinking about becoming active and eating healthier but are not sure how to get started. Taking the first step can be the hardest part. This class will provide up-to-date physical activity and nutrition guidelines, and answer questions about how to begin taking steps toward a healthy you.
Location: WellSpan Gettysburg Hospital Community Room A
Registration is required; please call 800-840-5905.

A Healthy You
Thursdays, May 30–July 18 • 6–8 p.m.
Participants in this class will focus on the lifestyle changes necessary to reduce weight and increase physical activity. Learn to be more active every day; choose healthy food and reach a healthy weight.
This program is for adults only.
Location: WellSpan Gettysburg Hospital Community Room
Cost: $15
Registration is required; please call 800-840-5905.

Diabetes Education Program: Empowered to Succeed
Are you newly diagnosed with diabetes or need to improve your diabetes management? Classes and individual sessions are offered monthly. Topics covered include: healthy eating, benefits of safe exercise, medications and preventing diabetic complications. There is a fee but most insurance companies cover the classes. Patients who complete the classes in six months will receive a $50 gift card from Giant! A referral from your health care provider is required for the classes. Participants may bring a support person at no additional cost. For those without adequate coverage through insurance, the maximum out of pocket for the classes is $200. Call WellSpan Endocrinology at 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.

A Celebration of Life, Annual Cancer Survivor’s Day Celebration
Wednesday, June 5 • 11:30 a.m.—1 p.m.
Join the Adams Cancer Center Support Team for a picnic lunch to celebrate cancer survivorship.
Location: Battlefield Harley Davidson Dealership Pavilion
Free for cancer survivors.
Registration is required; please call 800-840-5905.
Skin Screening
Wednesday, May 29 • 8:30 a.m.–4 p.m.
WellSpan Adams Cancer Center is supporting Skin Cancer Awareness Month and providing free skin cancer screening. If you have a question about an area on your skin, please join us for skin cancer education and screening. This is not a full-body skin screening.
Location: WellSpan Hanover Cancer Center
Registration is required; please call 800-840-5905.

Healthy Hearts
Third Tuesday of the month, 6:30–7:30 p.m.
WellSpan Gettysburg Hospital’s Cardiac Rehabilitation department invites you to attend the monthly Healthy Hearts meeting for a discussion on relevant healthy heart topics. Recent heart patients, as well as anyone who is trying to maintain a heart healthy lifestyle, are encouraged to attend.
Location: WellSpan Gettysburg Hospital Community Room B
Registration is encouraged; please call 717-337-4164.

Weight Loss Surgery Support Group
Thursdays, May 16, June 20 and August 15 • 6–7 p.m.
This support group participants include people that have had bariatric (weight-loss) surgery or those considering bariatric surgery in the future.
Location: WellSpan Health Center – Washington Street, Room 1090
Cost: Free
No registration is required.

Surgery for Weight Loss
Fridays, May 17, June 21, July 19 and August 16 • 1–2 p.m.
This free seminar provides an overview of the WellSpan Bariatic Surgery program including preoperative education and surgical procedures. We now offer our info session online. Visit WellSpan.org/Bariatrics to view our video and take the next step.
Location: WellSpan Health Center – Washington Street, Room 1090
Registration is required; please call 717-851-7575.

Get the Best Results from Total Joint Replacement
Wednesday, June 12 • 3–4 p.m.
Do you need a hip or knee replacement in the future? Learn more about how to get the most out of your surgery.
Speaker: Dr. Kyle Messick, WellSpan Orthopedic Surgeon
Location: YWCA Gettysburg & Adams County, 909 Fairfield Road, Gettysburg
Cost: Free
Registration is required; please call 717-363-8222.

Women’s Health Programs
Midwives, Obstetricians and Gynecologists – Working Together for You
Thursday, May 9 • 6–7:30 p.m.
WellSpan Certified Midwives and WellSpan OB/GYN-Gettysburg are working as one team to provide collaborative obstetric and gynecologic care. We invite you to meet two of our caring providers, learn about the latest developments in OB/GYN care, and share your gynecologic and/or obstetric questions and concerns.
Location: WellSpan Gettysburg Hospital Community Room A
Cost: Free
Registration is required; please call 800-840-5905 or register online at WellSpan.org/Events.

Community Events
34th Annual Gettysburg Hospital Foundation Benefit Golf Tournament
Friday, July 26
Corporate sponsorships are available and sell out quickly.
Proceeds from the 2019 Gettysburg Hospital Foundation Benefit Golf Tournament will assist community members struggling to pay medication costs.
Location: The Links at Gettysburg, 601 Mason Dixon Road, Gettysburg
Call Lisa Oriolo at 717-851-2149 for more details.

Spring Walking Parties
Wednesdays, May 1–June 12, registration time is 4:45–6 p.m.
Join Healthy Adams County’s Physical Fitness Task Force for a free walk at various locations in and around Adams County. Walks are between 2 to 4 miles in length and are open to everyone. Wear good walking shoes and bring a bottle of water! Walks are held rain or shine (except for thunderstorms and severe weather). Pre-registration is not required. Call 717-337-4137 or visit Healthy Adams County’s Facebook page for locations of the walk and cancellation information.

Memorial Day Free 5K
Monday, May 27 • 8 a.m. (7:30 a.m. registration)
Free 5K for everyone at any age. Participants can walk or run. Registration will be held on race day only at 7:30 a.m.
Location: Wyndham Gettysburg Hotel, Gateway Campus-95 Presidential Circle, Gettysburg
Call 717-337-4137, email jgastley2@wellspan.org or visit Healthy Adams County’s Facebook page for more information.

For a complete list of events, visit WellSpan.org/Events.
Discover the Benefits of Bariatric Surgery

• Are you 50 pounds or more overweight? Is your BMI greater than 35?

• Do you also have a serious health condition such as diabetes, high blood pressure, osteoarthritis or sleep apnea?

• Have you tried dieting and exercise with no lasting success?

If you answered “yes” to these questions, WellSpan’s bariatric program may be a good option for you.

Start Your Journey Today, visit WellSpan.org/Bariatrics to learn more.