Sechler Family Cancer Center Addresses Patients’ Unique Needs

Caring for Baby? Start with Yourself

Coordinated Care for Unexpected Illness and Injuries

plus:
Trim Your Cancer Risk

Health and Wellness Programs in Lebanon County
Caring for Baby?
Start with Yourself

Caring for your baby begins well before birth. It starts during your pregnancy, with taking good care of yourself. When you’re pregnant, you need to see your care provider often for checkups. These visits are called prenatal care. During these checkups, your care provider makes sure both you and your baby are healthy.

First Things First
Each pregnancy is different, so even if you’ve had a baby before, prenatal care is important. It’s a good idea to see your care provider as soon as you know you’re pregnant.

Your first prenatal visit is usually the longest. During this visit, your care provider will:
• Ask questions about your health and your family’s health
• Do an exam, including a pelvic exam and a Pap test
• Check your weight, height and blood pressure
• Ask about your lifestyle habits, such as exercise, diet, smoking, drug use and drinking
• Run some blood tests
• Estimate your due date
• Talk with you about any other tests you may need
• Answer any questions you may have.

Ask Away
A prenatal visit is a great time to talk with your care provider about your questions or concerns. Don’t be shy—your care provider is there to help. Here are some examples of questions you might ask:
• What number should I call if I have questions or problems between visits?
• Is it safe to take my medicines during pregnancy?
• Do I need to make any changes to my diet or other habits?
• Is it safe for me to exercise?
• Is it safe for me to have sex?
• Do I need to take birthing classes?
• Will I need a cesarean section?
• Who can stay with me during labor?
• What are the different types of pain relievers for labor?

Your Care Continues
About six weeks after your baby’s birth, you will have a postpartum visit. This is a visit to see how you’re feeling after birth. Your care provider will examine you and talk with you about diet, exercise, mental health and birth control.
Need Care Now?

MedExpress and WellSpan collaborate to provide immediate, coordinated care for life’s unexpected illnesses and injuries

Remember when the goal was to see how fast you could run home from school? Perhaps you are still the type who tries to play 99 straight innings of whiffle ball, or jump—onto anything.

Just in case your grown-up body can’t keep up with your inner child, WellSpan and MedExpress have teamed up to make it easy to get immediate attention for those strains, sprains and other unexpected injuries or illnesses, while also getting to the right specialist or family physician for any follow-up care you may need.

As part of this collaboration, which was established last fall, MedExpress coordinates care with WellSpan Good Samaritan Hospital, the locally based orthopedic surgeons of WellSpan Orthopedics (formerly Lebanon Orthopaedic Associates) and other local physicians, while always respecting patient choice.

Patients who experience an orthopedic injury will be able to receive immediate attention at MedExpress’ Lebanon location with seamless, timely follow-up care by one of four WellSpan orthopedic surgeons, if necessary.

“The need for orthopedic care in our community has increased as our population has aged. And our youth and active adults sustain injuries from sports-related activities,” said Kim Feeman, chief operating officer at WellSpan Good Samaritan Hospital. “Together, MedExpress, WellSpan Orthopedics and WellSpan Good Samaritan Hospital care for more Lebanon County residents with broken bones and sprains than any other local health care provider. We have had a long history of working with MedExpress to serve the local community, and we are excited to take this relationship to a new level.”

WellSpan’s team of orthopedic surgeons in Lebanon County includes Victor Faralli, MD; Anthony Hellwig, MD; Fotis Mystakas, MD; David Overholt, MD; and Richard Slagle, MD. The group provides diagnosis and a full range of treatment options to address a variety of orthopedic issues, including diseases and injuries involving bones, joints, muscles, nerves and tendons. The physicians are working to recruit additional specialists and add resources that will help them meet the needs of the community in the coming decade and beyond.

For MedExpress patients who do not have a relationship with a primary care physician, the two organizations will also work with patients to connect them, if so desired, with a local physician who can help them meet their long-term health goals.

The collaborative care initiative demonstrates the shared commitment of both MedExpress and WellSpan Health to provide exceptional, patient-centered and community-based care. Neither MedExpress nor WellSpan Health has any ownership stake in the other; they remain completely separate entities. They have agreed to form this collaborative relationship to serve in the best interest of patients and the community.

“We are delighted to coordinate and collaborate with WellSpan, which shares our passion for patient-centered care,” said David Klink, regional vice president, MedExpress. “With this collaborative care initiative, we look forward to working with WellSpan Good Samaritan Hospital and local physicians to better serve the community, while increasing value for our patients.”

To learn more about WellSpan Orthopedics, call 717-272-7971. And for more information on MedExpress’ full-service neighborhood medical centers, go to MedExpress.com.
New **Cancer Center** Offers Expanded Services All Under One Roof
If you or someone you love has been diagnosed with cancer, you know how overwhelming life can be. At WellSpan Good Samaritan Hospital, we also understand the struggles of those living with cancer. That’s why we carefully planned and developed a new integrated cancer center to address patients’ unique needs. And our efforts have paid off. WellSpan Good Samaritan opened the new $13 million Sechler Family Cancer Center on January 4, providing comprehensive cancer care and treatment under one roof.

“This is the first integrated cancer center in Lebanon and is a tremendous benefit to our community,” said Kelly Smith, oncology program director for WellSpan Good Samaritan Hospital. “The cancer center allows patients to conveniently access high-quality care and treatment close to home.”

**Comprehensive Expertise**

WellSpan’s Sechler Family Cancer Center, located at 844 Tuck St. in Lebanon, provides all facets of cancer care and treatment, including medical oncology, radiation oncology, infusion services, laboratory testing and more. WellSpan Good Samaritan’s oncology program is certified by the Quality Oncology Practice Initiative (QOPI). “This certification is recognition that we meet the highest standards for quality cancer care,” explained Smith. “We are proud to bring this level of care to our patients.”

**Coordinated Care**

In the past, patients traveled elsewhere for radiation services. As a result, patients and their physicians had to closely coordinate treatment schedules with other facilities. Now, with the opening of the new center, patients can have their blood tested, meet with their oncologist and undergo chemotherapy and radiation in the same visit.

“Access to in-house radiation treatment allows for more convenient and coordinated patient care,” Smith said. “This is especially true for those whose treatment plan requires chemotherapy and radiation therapy in the same day.

“Patients can take care of all their treatment needs without ever leaving the building,” Smith said. “It takes some of the burden out of treatment.”

**Helping Patients Navigate Their Care and Treatment**

An oncology nurse navigator supports patients through the entire treatment process, contacting them before the very first appointment. The nurse navigator answers any questions, attends appointments with patients if desired, and works with them to assess and find solutions to any barriers to care—from financial issues to transportation problems.

“I am a point of contact for our cancer patients—their go-to person for any and all needs,” explained Vicki Fern, nurse navigator for WellSpan who is specially trained in oncology. “A cancer diagnosis can be overwhelming. It helps to have someone with you throughout the process.”

Because cancer can affect so many aspects of life for patients and their families, the nurse navigator can help connect patients to the cancer center’s wealth of support services, including the patient financial coordinator, who helps cancer patients take advantage of financial assistance opportunities. Last year alone, WellSpan Good Samaritan cancer patients received $1.4 million in patient assistance with the coordinator’s help.

In addition, a dedicated licensed social worker will facilitate cancer support groups so patients can connect with one another. The social worker will also help patients and families access community resources. And a dedicated diettitian will work closely with treatment patients to ensure they meet their nutritional needs.

**A Healing Environment**

Every aspect of WellSpan’s Sechler Family Cancer Center was designed with patient comfort in mind. For example, the center provides nine all-private infusion bays that overlook a pond with waterfalls, which allow chemotherapy patients to have their own space to rest, watch television or visit with a guest.

“As a team, we really focused on creating a healing and calming environment,” Smith said.

An on-site pharmacy supports the center’s infusion services, ensuring patients have the medication they need right away. The pharmacist, who has clinical expertise in chemotherapy drugs, also provides patient and staff education.

**A Community Effort**

WellSpan’s Sechler Family Cancer Center was not just a vision of the hospital, but community members as well. And their outpouring of support was overwhelming. The cancer center has been built, in part, with the help of $4 million in community donations.

“We are so very excited to bring integrated cancer care to our community,” Smith said. “Our oncology team really knows and cares for their patients. It’s special to have this personalized care close to home.”

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For more information about WellSpan in Lebanon County or to learn about upcoming health events, visit WellSpan.org. To learn more about WellSpan’s oncology services in Lebanon, call 717-270-2213.
Down to the Millimeter
New Sechler Family Cancer Center offers precise radiation treatments

When a cancer patient is undergoing radiation treatment, millimeters count.

If the tumor is in the lung, physicians want to deliver radiation only to the tumor, and not the surrounding healthy tissue. But what happens when a patient breathes during treatment? The expansion and contraction of the lungs can shift the tumor, affecting the path of the radiation.

The state-of-the-art technology at WellSpan’s new Sechler Family Cancer Center in Lebanon ensures that treatment goes just where it is needed to eradicate a range of cancers. A four-dimensional CT simulator lets physicians precisely map treatments, taking into account where tumors are in relation to healthy tissues. Tumors can be tracked to account for movement with normal processes such as breathing or even changes in the fullness of the bladder.

The TrueBeam linear accelerator is an image-guided radiation system that treats tumors with speed and accuracy. Its pinpoint precision has many advantages, greatly reducing the side effects in the treatment of prostate cancer, for example. Also, its technology can be enhanced in the future, which will improve treatment for patients.

Robbie Medbery, MD, WellSpan radiation oncologist, said the radiation planning system allows physicians to compare ways of delivering radiation, so they can pick the most effective method. A unique treatment plan is created for each patient.

Working with an experienced team of medical oncologists and hematologists allows Dr. Medbery to offer the best care to patients. That work is enhanced by social workers, a dietitian and a nurse navigator at the 22,000-square-foot cancer center, which also offers chemotherapy and infusion therapy.

“We are working very closely together,” Dr. Medbery said. “The design of the center, along with the compassionate staff, puts patients and their families at ease from the moment they enter our doors.”

For more information on WellSpan’s oncology services in Lebanon, visit WellSpan.org/Lebanon.
WellSpan.org

Why ‘Weight’?
TRIM YOUR CANCER RISK NOW

It’s a weighty question: Could those extra pounds add to your cancer risks? Scientists say yes. About two out of every three people you know are overweight or obese. Not only are they at high risk for heart disease, high blood pressure, arthritis and liver disease, but they also may be more likely to develop some cancers.

Your Weight Matters
Obesity is a risk factor for some cancers of the colon and rectum, breast, esophagus, uterus, ovaries, kidney, pancreas and prostate.

Endometrial cancer, which affects the uterus, was one of the first cancers to be linked to obesity. A study in Cancer Epidemiology, Biomarkers and Prevention found that heavy women had a 441 percent higher risk for this disease.

In men and women, obesity raises the risk for colorectal cancer by about 20 percent. Some research has connected waist size to cancer risk. The risk for colorectal cancer jumped 4 percent with every 2-centimeter increase in waist size, one study found.

How Extra Pounds Impact Risk
Being overweight may mirror poor eating habits and low activity levels, which can elevate cancer risks. High blood sugar, which goes hand in hand with obesity, also may raise the odds of developing some cancers. In addition, being overweight may affect hormone levels to spur growth of some cancers in men and women.

There’s a positive side to this research. Losing weight after menopause can help protect women against breast cancer, according to a large study in the Journal of the American Medical Association. Weight loss also may slim down a man’s risk for prostate cancer.

Lighten Your Load—And Reduce Your Risks
If you are at least 50 pounds overweight, have a serious health condition such as diabetes, high blood pressure or sleep apnea, and have repeatedly tried dieting and exercise with no lasting success, bariatric surgery may be a good weight-loss solution to improve your health.

To manage your weight, and perhaps protect against cancer, follow these tips:
• Meet with your doctor and find out your body mass index, or BMI. This measures your weight in relation to your height.
• Write down what you eat. A food diary can help you track when you’re eating too much, so that you consume less.
• Uncover what motivates you to be healthier. Is it a workout buddy? A new cookbook? Find ways to stick with healthier habits.

WellInformed.
Is your goal to lose weight to improve your health and possibly reduce your cancer risk? Learn more about WellSpan’s weight-loss options at a free information session. Visit WellSpan.org/BariatricsLC or call 717 851-7575 to register now.
Family Programs

**Breast-Feeding and Returning to Work or School**

- **Wednesday, April 20 • 7 p.m.**
- **Saturday, May 7 • 11 a.m.**
- **Wednesday, May 25 • 7 p.m.**
- **Saturday, June 11 • 11 a.m.**
- **Wednesday, June 29 • 7 p.m.**

This class is for moms who plan to go back to work or school and would like to continue providing breast milk for their babies. Topics include feeding options, choosing a breast pump, pumping and storing breast milk, introducing the bottle, protecting the breast-feeding relationship and milk supply and making the transition as easy as possible.

**Location:** WellSpan Good Samaritan Hospital, Classroom No. 3, 4th and Walnut Sts., Lebanon

Registration is required; please call 270-2320.

**Prepared Childbirth Series**

- **Thursdays, April 21, 28 and May 5 • 7 p.m.**
- **Wednesdays, May 25 and June 1, 8 • 7 p.m.**
- **Thursdays, June 30 and July 7, 14 • 7 p.m.**

This three-class series will help you understand the stages of labor and how you can stay comfortable during labor. Participants will learn about options for pain relief and anesthesia, c-section delivery, personal health after giving birth, baby care basics and a tour of New Beginning Birth Suites.

**Location:** WellSpan Good Samaritan Hospital, Classroom No. 2, 4th and Walnut Sts., Lebanon

Registration is required; please call 270-2320.

**Breast-Feeding Basics**

- **Saturday, May 7 • 9 a.m.**
- **Wednesday, May 18 • 7 p.m.**
- **Saturday, June 11 • 9 a.m.**
- **Wednesday, June 22 • 7 p.m.**

This class covers the benefits of breast-feeding for mom and baby and techniques and positions to help you get breast-feeding off to a good start. Participants will also learn how to overcome common challenges in the first days and weeks of breast-feeding.

**Location:** WellSpan Good Samaritan Hospital, Classroom No. 3, 4th and Walnut Sts., Lebanon

Registration is required. Please call 717-270-2320.

**Car Seat Safety Inspections**

Our certified staff is available to inspect your car seat during your stay before you take your baby home from the hospital. They will check to make sure that your car seat is installed correctly and will teach you how to use and install your car seat on your own.

WellSpan Good Samaritan Hospital employees will coordinate this service directly with the mother/family during their postpartum stay at the hospital.

**CPR and First Aid Training**

WellSpan Good Samaritan Hospital provides American Heart Association CPR and First Aid training for the community. Classroom and online options are available.

For information/registration, call the Educational Services Department of WellSpan Good Samaritan Hospital at 717-270-7739.

**Other Family Health Programs**

- **Trial of Labor After Cesarean (TOLAC) and Vaginal Birth After Cesarean (VBAC)**
- **Preparing for a Planned C-Section**
- **Sibling Class**

Call 717-270-2320 for more information about these classes.
Support Groups

**Breast Cancer Support Group**
Wednesday, April 20 • 6 to 7:30 p.m.
Wednesday, May 18 • 6 to 7:30 p.m.
Wednesday, June 15 • 6 to 7:30 p.m.
This group is open to anyone who is a patient and survivor of breast cancer. The purpose of this group is to provide emotional support and encouragement to one another. Special education programs, such as nutrition, emotional health and Q&A sessions, will also be offered throughout the year.
Location: Sechler Family Cancer Center, Multipurpose Room, 844 Tuck St., Lebanon
Registration is not required.
For more information, please contact Amanda Musser at 717-639-3917 or amusser4@wellspan.org.

**Journey Through Grief: Hospice Bereavement Support Group**
Thursday, April 21 • 6:30 to 7:30 p.m.
Monday, May 2 • 1 to 2:30 p.m.
Thursday, May 5 • 10 to 11 a.m.
Thursday, May 19 • 6:30 to 7:30 p.m.
Thursday, June 2 • 10 to 11 a.m.
Monday, June 6 • 1 to 2:30 p.m.
Thursday, June 16 • 6:30 to 7:30 p.m.
Our Bereavement Support Groups are open to the community and are for adults who are grieving the loss of a loved one. The groups are informal and are a place to share and/or listen to those who are experiencing grief and have suffered loss. The groups are facilitated by trained bereavement volunteers. (There is not a structured curriculum, but our groups are more of an informal sharing support group.)
Registration is required for the evening support group. Please call 717-274-2591 by noon on the date listed.

**General Cancer Support Group**
Tuesday, May 3 • 5:30 to 6:30 p.m.
Tuesday, June 7 • 5:30 to 6:30 p.m.
This group is open to anyone who is a survivor of cancer and their caregivers. The purpose of this group is to provide emotional support and encouragement to one another. Special education programs such as nutrition, emotional health and Q&A sessions will also be offered throughout the year.
Location: Sechler Family Cancer Center, Multipurpose Room, 844 Tuck St., Lebanon
Registration is not required.
For more information, please contact Amanda Musser at 717-639-3917 or amusser4@wellspan.org.

**Diabetes Support Group**
Thursday, May 5 • 6 to 7 p.m.
“Fitness for Those Who Don’t Want to Exercise” by Carmen Di’Ciano, Manager of Cardiac Rehab
Thursday, June 2 • 6 to 7 p.m.
“Superfoods for Diabetes” by Karen Bachman, Diabetic Education Supervisor
Diabetes Support Group meetings provide encouragement in an aspect of Living Well with Diabetes by presenting relevant topics and providing an opportunity to ask questions and learn from each other.
Location: WellSpan Hyman S. Caplan Pavilion, Residency Conference Room, 3rd floor, 4th & Willow Sts., Lebanon
Physician referral and registration are required. Please call 717-270-7927.

**Taking Care of Yourself**

**10 Pound Throwdown**
Tuesday, March 15 through Monday, May 23
If you want to improve your eating habits, be more active and lose weight, we encourage you to join the 4th Annual 10 Pound Throwdown. This year’s online program features weekly challenges designed to guide you in making healthy lifestyle choices. Join as an individual or create a team with your coworkers, friends or family. Visit our website to register and learn more about the weekly challenge badges, prizes for individual and team participation and the traveling employer trophy.
Register at 10PoundThrowdown.com

For a complete list of events, visit WellSpan.org/Events
Taking Care of Yourself

Diabetes Self-Management Education Classes

The diabetes self-management program offers classes to help people with diabetes and their family members understand the disease. Initially, each individual meets with a diabetes educator to assess their current knowledge and skills related to diabetes. After the initial appointment, participants enroll in the program, which consists of four classes:

- **Class 1:** Diabetes Facts, Monitoring, Treating Low Blood Sugar
- **Class 2:** Nutrition and Meal Planning, Carbohydrate Counting, Label Reading
- **Class 3:** Medication, Sick-Day Information, Travel Tips and Resources
- **Class 4:** Coping with Diabetes, Complications, Staying Active

After completing the class series, participants may meet individually with a dietitian to assist in developing individual meal plans and health goals. Participants are encouraged to take all four classes in order to get a complete overview of diabetes. Classes are taught by diabetes educators.

**Tuesdays, May 3, 10, 17, 24, 31 • noon to 2 p.m.**
Location: WellSpan Hyman S. Caplan Pavilion, 3rd floor, 4th and Willow Sts., Lebanon

**Wednesdays, May 4, 11, 18, 25 • 6 to 8 p.m.**
Location: West Cornwall Family Practice, 101 Fairview Circle, Lebanon

Registration is required; please call 717-270-7927.

Cost: Our program is recognized by the American Diabetes Association. Most insurance plans offer coverage for diabetes education. If you have diabetes benefit coverage questions, please contact your insurance company.
If your goal is a healthier weight, we can help you get there.

If you are overweight and have repeatedly tried dieting and exercise with no lasting success, bariatric surgery may be for you. WellSpan Ephrata Community Hospital’s Bariatric Surgery program provides support and proven options for successful weight loss. Join us to learn if bariatric surgery may be right for you.

“SURGERY FOR WEIGHT LOSS”
• Hear from our WellSpan bariatric surgeon who will discuss options and address concerns regarding surgery
• Learn advantages of weight loss surgery if you are at least 50 pounds overweight
• Discover benefits of weight loss surgery if you have type 2 diabetes, high blood pressure, sleep apnea or other serious conditions

Thursday, May 26
6:30-8PM
OR
Wednesday, June 8
6:30-8PM
Community Health Education Building
223 South 4th Street
Lebanon
Register: (717) 721-8795

Register for our FREE information session. Call (717) 721-8795.
WellSpan Health is here to partner with you for better health. To find the right doctor for you, visit WellSpan.org/HealthSource or call the WellSpan HealthSource Physician Referral Line at 800-840-5905.

March 15th - May 23rd

Register now at 10poundthrowdown.com

Challenge yourself to make healthy choices! Set goals and use online tools to track weight, physical activity and healthy eating.

Enter the challenge as an individual or create a team with friends, family or coworkers.

NEW THIS YEAR: Earn “badges” for completing weekly mini-challenges!