The health care needs of area women are growing, and so are WellSpan’s services available to meet them. As part of our community commitment, we are excited to announce expanded urology, urogynecology, gynecologic oncology and medical oncology services in Gettysburg.

“We continue to develop WellSpan Medical Group and specialty services that will allow people to conveniently receive excellent care locally,” explains Jane Hyde, president, WellSpan Gettysburg Hospital. “By adding physicians and increasing the types of procedures and treatments available in Gettysburg, patients from Adams County and northern Maryland don’t have to travel great distances to receive specialized care. WellSpan is well prepared to offer these services right in our community.”

WellSpan Urology: Meet William Daiber, DO

One of the area’s service needs has been in urology care. That’s why WellSpan established a new urology practice in Gettysburg. WellSpan Urology makes access to urology services easier and faster. Dr. William Daiber, urological surgeon, leads the practice. Dr. Daiber is board-certified and brings advanced expertise and a caring focus to women and men experiencing urological issues.

WellSpan Urology
450 S. Washington Street, Suite E
Gettysburg
(717) 339-3150

WellSpan Urogynecology & Pelvic Reconstructive Surgery: Meet Carlos Roberts, MD

Adams County women now have access to one of the area’s only fellowship-trained female pelvic medicine and reconstructive surgery physicians. Dr. Carlos Roberts is board-certified and offers diagnosis, treatment and management of a full spectrum of urogynecologic issues, including pelvic floor disorders.

WellSpan Urogynecology & Pelvic Reconstructive Surgery
450 S. Washington Street, Suite B
Gettysburg
(717) 851-2443

WellSpan Medical Oncology: Meet Robert Rice, MD

Dr. Robert Rice is now the lead medical oncologist for a new practice – WellSpan Medical Oncology. Dr. Rice previously was part of a private medical oncology practice that operated in WellSpan’s Adams Cancer Center since its opening in 2008. Dr. Rice is board-certified and fellowship-trained in hematology-oncology. He played a key role in WellSpan’s Adams Cancer Center’s accreditation by the National Accreditation Program for Breast Centers (NAPBC).

WellSpan Medical Oncology will expand and further develop the high-level clinical services offered through the Adams Cancer Center. This service makes it possible for residents to receive a continuum of care close to home – from diagnosis to specialized treatment options and support services – all connected through WellSpan’s comprehensive system of care.

WellSpan Medical Oncology
40 V-Twin Drive
Gettysburg
(717) 339-2640

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Are You at Risk for Certain Cancers? WellSpan Now Offers Genetic Counseling and Testing for Cancer Risk

Ann’s mother was diagnosed with breast cancer at 48. Ann’s sister was diagnosed at 37. Ann, now 33, is concerned about her risk for breast cancer.

Ann is a candidate to meet with WellSpan’s new licensed genetic counselor Amanda Matchette. “We don’t want patients to become preoccupied about their cancer risk. Genetic counseling and testing can help alleviate some of the stress and give people like Ann information that can help them understand their situation and what options they have,” explains Matchette.

What is Oncologic Genetic Counseling?
If you are concerned that your family’s history of cancer puts you at greater risk, talk to your primary care provider. He or she can help you decide if you should meet with a genetic counselor. However, you do not need a physician referral if you would like to pursue this option on your own.

WellSpan’s genetic counselor will:
• Review your family history, your medical history and any lifestyle or environmental risk factors.
• Help you understand your risk factors.
• Educate you about genetic testing, including the benefits and limitations.
• Answer questions and provide resources to help you decide if you should pursue genetic testing.
• Discuss your insurance coverage for testing.
• Support your decision and develop a plan for going forward.

What is Oncologic Genetic Testing?
Performed by a blood test, genetic testing can determine whether or not cancer in an individual or family is due to a single change in their gene(s).

“In every cell in our body is our DNA – the carrier of genetic information – that is made up of thousands of genes. Each gene has a specific letter code and a certain order for those letters. Genetic testing looks to see if the letters in certain genes are in the correct order or if there might be a ‘misspelling,’ known as a mutation,” describes Matchette.

“Based on the patient’s family history and whether the patient has been diagnosed with cancer in the past, we will determine if they are candidates for genetic testing and which genes to test – called a gene panel. For example, if there is a lot of breast and ovarian cancer in the family, we might start with testing the BRCA 1 and 2 genes,” she explains.

If there is a mutation in a family, this is known as a heritable cancer. According to Matchette, heritable cancers happen in seven to 10 percent of cancer cases.
In Your 40s? Chances are You’re Getting to Know Perimenopause

Perimenopause (meaning “around” menopause) is the time when a woman’s body begins to experience a decrease in the levels of estrogen and progesterone – the hormones linked to ovulation. Perimenopause can last for several years and is your body’s natural hormonal transition that will eventually lead to the final menstrual period known as menopause.

What is Perimenopause?
Irregular periods, hot flashes, mood swings, decline in libido, sleep disturbances and vaginal dryness are some of the common and normal symptoms of perimenopause. Your symptoms may come and go or they may occur regularly.

Perimenopausal changes usually begin during a woman’s 40s (but sometimes occur in their 30s) and end soon after natural menopause (between ages 40-58, averaging around age 51).

“Every woman experiences menopause differently,” explains Lauren Smith, MD, an OB/Gyn with WellSpan’s York Women’s Health Center. “Some will go through this transition with few or no symptoms while others must cope with more complex health issues and troublesome symptoms. There is no definitive way to predict how long perimenopause will last, what symptoms you will experience or exactly when menopause – that final menstrual cycle – will occur.”

How Can the Symptoms of Perimenopause be Managed?
If you feel your quality of life is suffering, schedule a visit with your health care provider to discuss options to help ease uncomfortable symptoms. There are strategies available to help manage perimenopause. “Although menopause is a normal transition, it can be difficult for some women. We are here to answer your questions and find treatments in line with your values,” shares Kwadwo Baryeh, MD, an OB/Gyn with WellSpan’s Adams County Women’s Health.

Looking Forward.
Perimenopause can be a time to re-focus on yourself and your health needs and to reinforce healthy changes in your life. This is important, as there are increased health risks that you should understand, such as heart disease, osteoporosis and cancer. Working with your provider to assess your risk for these diseases as early as possible helps you take steps to prevent them.

For many women perimenopause is a time to re-evaluate their purpose, priorities and spirituality. It is also a great time to commit to becoming well-informed so you will feel more comfortable with this passage and the future health decisions it brings.

Learn More About Perimenopause
WellSpan can be your partner as you transition to midlife. In addition to regular gynecologic care, we offer resources, including:

- Menopause Personal Assessment and Education (See page 6.)
- Perimenopause/Menopause Discussion Group (See page 6.)
- www.WellSpan.org/WellWomen
Stressed Out! Helping Teens to Find a Healthy Response

Often adults think teens don’t experience stress, at least not to the degree adults do. But the fact is, teens are stressed. The 2014 American Psychological Association’s Stress in America: Are Teens Adopting Adults’ Stress Habits? survey confirmed that many teens are feeling overwhelmed and depressed or sad as a result of stress.

Why are Teens Stressed?
There are many reasons for teens to be stressed, including:
- Internal and external pressure to achieve or succeed.
- Bullying.
- Juggling multiple demands, such as school, extracurricular activities, a job and family commitments.
- Dating relationships.
- Family issues, such as dealing with parents’ divorce or financial difficulties.
- Physical and psychological changes during the teen years.
- Experimenting with drugs, alcohol or sex.
- Death of a friend or loved one.

Signs Your Teen is Stressed
Fluctuating hormones and normal teenage behavior can camouflage what’s really happening in your teen’s life, making it challenging to discern when your teen is having difficulty managing stress. Keep an eye out for:
- Increased physical complaints, such as headaches, fatigue, stomach aches or unexplained muscle pain.
- Significant withdrawal from family, friends or activities.

Helping Your Teen Manage Stress
Adults who are invested in the lives of teens can help them cultivate healthier responses to stress.

1. A good place to start is with you. “You can be preemptive by role modeling healthy ways to mitigate stress,” says Rosalind Wiseman, author and recognized teen and parenting expert. “Try to be mindful of how you are handling stress or if you are allowing anxiety to dominate your life.” Do you:
   - Get enough sleep and exercise?
   - Maintain healthy eating habits?
   - Have a balanced schedule and say “no” to unnecessary commitments?
   - Place realistic expectations on yourself or others?

2. The next step is to start a dialogue with your teen. Ask what is causing stress. Discuss ways that you can work together to handle the issues, such as stepping back from a job or extracurricular commitment, getting more exercise or sleep, making changes in eating habits and setting realistic expectations for achievements.

   “Everyday stress is inevitable and not something we should try to shield our children from,” says Kathleen Hassan, confidence coach and regular speaker at WellSpan’s Young Women’s Leadership Conference. “However, it is vital that we create a sacred space for them in our homes and in our hearts where we really listen without trying to fix, where we honor their feelings and emotions as valid, where we give them the space to get it all out so that they can get some clarity and figure things out.”

3. Make sure your teen has an annual medical check-up, where a health care provider may be able to address the impact of stress on your teen’s well-being.

4. If your teen isn’t able to handle the stress or is showing signs of distress (see story about self-injury on the next page) or depression, call a counselor specializing in adolescent mental health. A counselor will be able to help provide the additional resources you need to help your teen get back on track.

The teen years won’t be stress-free. But the levels of stress can be manageable with a good support system, reasonable expectations and the right tools to take care of mind and body.
**Teens & Self-Injury: Controlling Emotional Pain**

Often teens feel they have no control over their lives. Sometimes they turn to self-injury, such as cutting, in an attempt to feel in control.

**Signs of Cutting**

Some common signs of cutting are:

- Small cuts on forearm, upper arm, torso, ankles or feet.
- Unexplained cuts and scratches.
- Wearing long sleeves all the time.
- Razors or other cutting tools in the trash or unexplained locations.
- Bloodied tissues or clothes with no explanation.

Cutting could begin as a reaction to a specific situation, or a teen could try cutting out of curiosity or peer influence. While it may be difficult to believe, cutting is not just a way to get attention. Cutters literally feel less pain when they cut. The act can have a similar effect as drugs that release endorphins and cause an emotional high. As cutting progresses, it is likely to take less stress for a cutter to cut, and it will take more or deeper cuts for the cutter to feel relief.

**DON'Ts and DOs**

If you suspect or realize a teen is cutting, avoid overreacting. Often, parental reaction is one of two extremes – either dismissive or dramatic, says author and parenting expert Rosalind Wiseman. “You can’t shy away from the conversation, and you can’t freak out either,” she says. “The best reaction is to be present, tell your teen you love them and admit that you don’t know what to do. Acknowledge that things must be very hard and ask what you can do together to make it better.”

Wiseman’s other tips include:

- **DON’T** respond when you’re angry. Catch your breath.
- **DON’T** be judgmental. Judgment will only widen a gap between you and your teen.
- **DON’T** demand an immediate change. Self-injury takes time and work to stop.
- **DO** tell teens you believe in them, will support them and will help them.
- **DO** focus on what’s causing the behavior versus the behavior itself.
- **DO** find a counselor with specific experience in self-injury. Be willing to participate in counseling sessions as needed.

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**Please Join us for an Important Event**

**Queen Bees & Masterminds**

**Date:** Monday, Oct. 13, 6:30 to 8 p.m.

**Location:** Gettysburg Area Middle School 37 Lefever St., Gettysburg

**Speaker:** Rosalind Wiseman, author, parenting and bullying expert

**Who Should Attend:** Parents, educators and mentors. We also invite teenagers to attend with a parent or significant adult.

This lively, interactive and informative event is a call to action to transform the way we speak to and about young people. Wiseman will shed light on what’s really going on between boys and girls and why they can be so reluctant to ask adults for help. She’ll share how boys’ and girls’ social group dynamics influence their interactions and offer step-by-step advice on how to teach young people to treat each other with dignity. She’ll also give commonsense suggestions about how to deal with the frequent struggles between teens and parents.

Rosalind Wiseman is an internationally recognized expert on children, teens, parenting, and bullying. She is the author of *Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and the New Realities of Girl World* – which was the basis for the movie *Mean Girls*. She also authored *Masterminds & Wingmen: Helping Our Boys Cape with Schoolyard Power, Locker-Room Tests, Girlfriends, and the New Rules of Boy World*.

This program is free, but registration is required. Please call (800) 840-5905 to reserve your seat.
Unless otherwise indicated, the following classes/events are free and registration is required. Please call (800) 840-5905 to reserve your spot.

Special Event:
Perimenopause/ Menopause Women’s Discussion Group
Thursday, September 25 • 10:30 a.m. to noon or 6:30 to 8 p.m. (choose one session)

Menopause is a transition and a good time to take a careful look at your health and well-being. It is also an opportunity for you to commit to taking good care of yourself and understanding your changing body so aging occurs in a healthy way. Join us for an informal discussion about midlife health issues and share questions, insights and experiences in the supportive company of other women. Each participant will receive a menopause guidebook.

Facilitator: Dianne Moore, MSN, RN
Location: WellSpan Gettysburg Hospital, Community Room B
To register, call (717) 851-3500 or (800) 840-5905.

National Women’s Fitness Day Event
Wednesday, September 24 • Register and begin your walk between 5:15 and 6:15 p.m. A fitness demonstration titled “Fitness at Your Home with Stuff in Your Home” will be held at 6 p.m. and repeated at 6:45 p.m.

Walk part of the Volksmarch route beginning at the Littlestown Community Pool/Pavilions as part of the Fall Walking Party Series. No fitness equipment is required. Participants will learn a fun way to use brooms, cans, milk jugs, laundry detergent and paper plates to get/stay fit. This free program is held in recognition of National Women’s Fitness Day and is presented by Healthy Adams County’s Physical Fitness Task Force and WellSpan Gettysburg Hospital’s Women’s Services.

Instructor: Paula Chaplin, WellSpan Rehabilitation
Location: Littlestown Community Pool/Pavilions 151 E. Lakeview Dr.

Registration is required; please call (800) 840-5905.

Dreaming of a Good Night’s Sleep
Thursday, October 2 • 6:30 to 8 p.m.

Most women get far less sleep than they need with almost half reporting symptoms of insomnia. Hormonal fluctuations, changes with age, lifestyle and health problems can all be major “sleep robbers.” This session will include a discussion of the common sleep disorders and strategies to enhance restful nighttime sleep and reduce sleep-deprived days.

Speaker: Donna Vesnaver, BS, RRT-SDS-NPS, WellSpan York Hospital Sleep Center
Location: WellSpan Gettysburg Hospital, Community Rooms B & C
Registration is required; please call (800) 840-5905.

Break Free from PFD (Pelvic Floor Disorder)!
Thursday, November 13 • 6:30 to 8 p.m.

Don’t be embarrassed- come join the conversation and learn about Pelvic Floor Disorder (PFD) signs, symptoms and treatment options. PFDs impact women of all ages and include issues like urinary incontinence and prolapse. This learning opportunity with our WellSpan urogynecology specialist will give women the knowledge and confidence they need to evaluate their own pelvic health and regain quality of life.

Speaker: Carlos Roberts, MD
WellSpan Urogynecology & Pelvic Reconstructive Surgery
Location: Wellspan Gettysburg Hospital, Community Room B
Registration is required; please call (800) 840-5905.
New & Updated Childbirth Classes

The birth of a new baby is one of the most memorable and cherished times in your life. WellSpan Gettysburg Hospital offers a variety of classes to help families prepare for the wonderful journey that lies ahead.

The “Prepared Childbirth Series” offers the most up-to-date information about labor and delivery presented by experienced nurse educators. All of the classes have been updated and include some new options such as the “Condensed Childbirth Class” which is offered on weekends and covers the regular four-week series into one session.

For more information or to register for classes, call (717) 339-2477 or see additional information online at www.wellspan.org/GHChildbirthEd.

Super Siblings!

Saturday, September 20 or November 15

Choose the session to attend based on your child’s age:
Super Siblings 1: for ages 3-7, 1 to 2 p.m.
Super Siblings 2: for ages 8-12, 2:30 to 3:30 p.m.

Super Siblings provides age-appropriate information about newborns; discuss feelings about the arrival of a new baby by incorporating stories, videos and hands-on activities to help your child become even more excited about the birth of his or her new sibling. Each child will also make a craft that they will be able to give as a gift to their new sibling!

Cost: $15 per child
Location: WellSpan Gettysburg Hospital, Community Room A

Register online at www.wellspan.org or call Childbirth and Family Education at (717) 339-2477.

Safe Sitter® Course

Saturday, December 6 • 9 a.m. to 4:30 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 8 hours of instruction, Safe Sitter manual, cinch sack babysitting bag (includes bandage 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.

Genetic Testing (Continued from page 2)

If you decide to pursue genetic testing, the counselor will:

• Review and explain the results with you.
• Share the results with your primary care physician.
• Help you and your physician develop an appropriate response to the results and a plan to proactively protect your health.
• Help you determine if other family members also should be tested.

Depending on the number of genes tested, results are usually available in two to three weeks.

Who Should Consider Genetic Testing for Cancer?

WellSpan’s genetic counselor sees adults who:

• Have been diagnosed with cancer at a young age (usually before age 50).
• Have a strong family history of cancer.
• Have a family member who has a known genetic mutation discovered through genetic testing.
• Have a personal or family history of rare cancers (such as male breast cancer or pancreatic cancer).
• Have had multiple cancer diagnoses.

If you are interested in learning more about genetic counseling and testing, talk to your doctor or call WellSpan’s genetic counselor at (717) 741-8077.

What Genetic Tests are Available?

Genetic testing is available to determine the risk for many types of cancers.

• Breast
• Colorectal
• Ovarian
• Endometrial (uterine)
• Pancreatic
• Gastric (stomach)
• Thyroid
• Kidney
• Sarcomas
• Small bowel
• Neuroendocrine tumors
Confused About How Often You Should Have a Mammogram?

We live in a time when science and medicine are always advancing. This sometimes makes it difficult to understand current health screening guidelines. Are you confused about how often you should be getting a mammogram?

WellSpan Health’s Preventive Health Task Force makes the following recommendations regarding the frequency of mammograms:

- Women aged 40 to 50 should get a mammogram at least every other year.
- Women 50 years of age and older should have yearly mammograms.
- All women should talk to their physician about their personal medical history and family history of cancer and determine if they need to follow a different schedule for receiving mammograms.

“We want women to know the best way to achieve the highest level of breast health,” says Karen Jones, MD, a member of WellSpan’s Preventive Health Task Force. In addition to proper screening, Dr. Jones offers the following tips:

- Know your family history.
- Don’t smoke.
- Stay at a healthy weight.
- Exercise regularly.
- Drink less alcohol.

WellSpan continually reviews standards regarding proper examinations and is committed to helping you get proper screenings with diagnostic locations throughout the communities it serves.

The Importance of Mammograms

“Early detection of breast cancer with screening mammography means that treatment can be started earlier,” explains Marie Spagnoli, MD, chief of radiology and section head of mammography and ultrasound, WellSpan Gettysburg Hospital. She is also a member of the Physicians’ Advisory Board, WellSpan-Adams Breast Center. “Finding cancer earlier and starting treatment often leads to better outcomes.

“Getting a high-quality screening mammogram and having a clinical breast exam on a regular basis are the most effective ways to detect breast cancer early,” reminds Spagnoli.

For more information, visit www.WellSpan.org/Mammogram