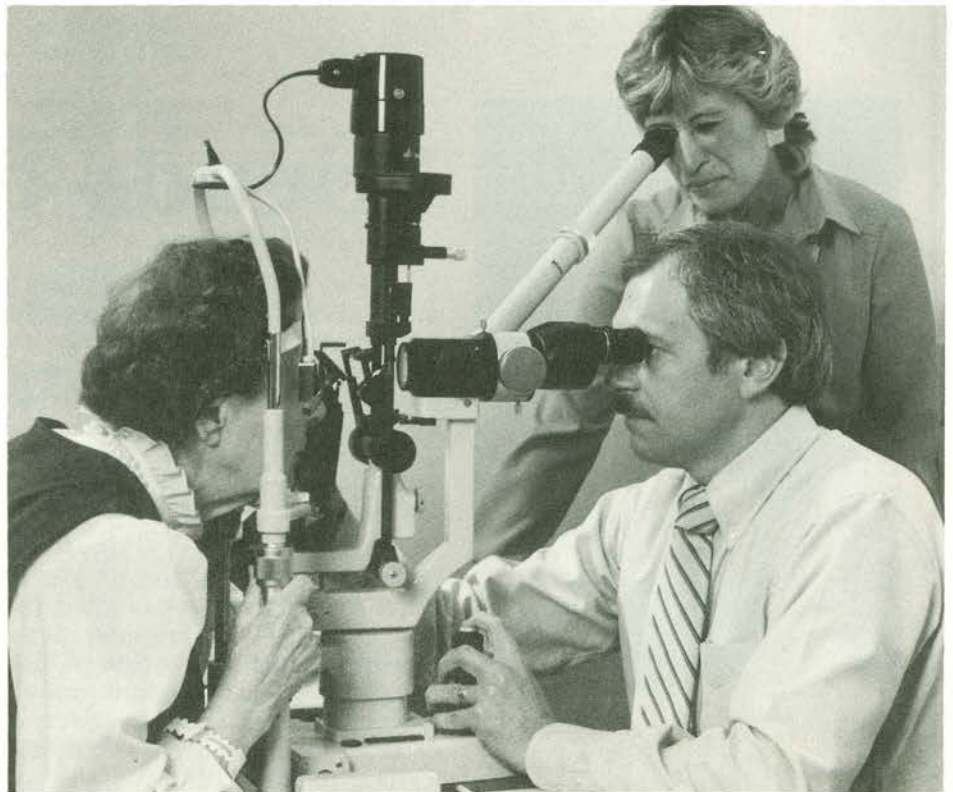


Ten Minutes for Better Vision

"Incredible." "Very simple." "No pain." These are typical reactions of patients who have had secondary cataracts treated with the YAG laser recently acquired by The Allentown Hospital. Before such technology was available — five years ago — patients would have been forced to undergo surgery to have their sight corrected.

Dawn Rogers, an Allentown resident, had a secondary cataract treated with the laser at The Allentown Hospital after she began having difficulty judging distance while driving. She had had a cataract removed in her right eye two years before. "I was scared to death," she recalls, "but there is nothing to the procedure." Within a week after the one-minute treatment, her right eye was restored to 20/20 vision.

"The success rate of such treatment is essentially 100 percent," according to Thomas O. Burkholder, M.D., chief of ophthalmology at The Allentown Hospital. "Fortunately, complications are quite rare." Another important benefit is the elimination of the possibility of an eye infection. "Anytime an instrument touches the eye, there is a risk that bacteria can be
(Continued on page 11)



Using the YAG laser, recently acquired by the Division of Ophthalmology at The Allentown Hospital, treatment of secondary cataracts takes only a few minutes and painlessly corrects a patient's cloudy vision. In place of surgery, this special laser treatment removes secondary cataracts from the eye, restoring vision within days, Ophthalmology Chief Thomas O. Burkholder, M.D. The Auxiliary of The Allentown Hospital purchased the YAG laser through its many fundraising activities. Burkholder (above) performs an actual YAG laser treatment on Bertha Wenholt of Allentown as Lorraine Fenstermacher (top right), immediate past president of the Auxiliary, observes the procedure.

Professionals Address Teenage Suicide Problem

Suicide ranks second only to accidents as the leading cause of death among teenagers, according to figures from the National Center for Health Statistics. As a group, teenagers have the highest incidence of suicide among Americans. Further, this is a growing problem — in the past 20 years, suicide rates among teens have risen by 11 percent, the only population group to show an increase.

What is causing this growing suicide rate? Why are teens facing increasing bouts with depression? How can professionals, parents and other

concerned adults help turn around these statistics?

These questions were addressed by members of The Allentown Hospital's Department of Psychiatry and HealthEast's Lehigh Valley Behavioral Health Center at a mental health symposium held on May 19. It was part of a series of activities held in recognition of National Mental Health Month.

Mental health professionals at The Allentown Hospital deal with troubled teens who are patients in a special adolescent psychiatric unit. Professionals at the Lehigh Valley Behavioral

Health Center see teens on an out-patient basis. The Behavioral Health Center is primarily for teens whose mental and emotional problems stem from substance abuse.

Looking more closely at the problem

"Teenage suicide is striking because adolescence is a time of health. We don't expect adolescents to die," according to Lawrence DeMilio, M.D., medical director of psychiatric services at The Allentown Hospital. "We need to worry about the problem."

(Continued on page 3)

PRESIDENT'S CORNER



Friends of Nursing

In May, The Allentown Hospital, in conjunction with other HealthEast components, implemented an exciting new program designed to promote the image of the nursing profession, recognize outstanding nurse performance and provide a challenging and rewarding environment for nurses. The program, Friends of Nursing, was also developed to assist in attracting and retaining the best nursing professionals. In order to maintain a high level of professionalism among our nurses, Friends of Nursing recognizes, promotes and further educates our nursing professionals. The program offers individual recognition for outstanding nursing practice, develops and presents educational programs and seminars to further educate nurses, and creates incentives that will attract to our Hospital and HealthEast system quality nursing personnel.

As part of the organizing committee that developed the Friends of Nursing program, I would like to emphasize the importance of the nursing profession. Nursing is a demanding profession that encompasses tremendous knowledge and skill, compassion and continuing education, and is one of the most vital elements in the delivery of quality care to our patients.

At The Allentown Hospital, Friends of Nursing recently provided us an opportunity to recognize a number of the many nurses at our Hospital who

work diligently to enhance the quality of patient care. (Please see the related article on page 6 of this *Probe*.)

After Friends of Nursing was introduced to the HealthEast family and to the community, a special awards ceremony began a series of recognition programs for our nurses. Members of the community and Hospital family gave generous donations which made the awards ceremony possible.

Individuals were recognized for eight different areas of outstanding nursing practice. Each of the recipients of an award was nominated by their fellow nurses, their supervisors or other staff members. The Selection Committee received such a large pool of fine applicants that it was a difficult task for the committee members to choose between so many quality nurses with outstanding backgrounds.

On behalf of Friends of Nursing, I want to thank everyone associated with the program's development and the first awards program. I want to especially thank the award-winners, as well as all of the other Allentown Hospital nurses, for their continued dedication to patient care. Their compassion and delivery of quality nursing care are what the nursing profession is all about. Their caring and professionalism help to ensure our most important goal — quality care for our patients.

A handwritten signature in black ink that reads "Timothy R. Lippman". The signature is written in a cursive style with a long horizontal line extending to the right.

Teenage Suicide Problem (Continued from page 1)

Teenage suicide victims are a varied group with many different motives. Quoting studies done by University of California, Los Angeles, and Columbia-Presbyterian research groups, DeMilio said that there are two distinct personality types that are often involved. Some teens suffer from anti-social personality disorders — for example, they drop out of school or have problems with the legal system.

Another group is made up of "extremely good kids." These are the self-driven worriers with performance anxiety, points out DeMilio. "They feel that they are on the edge of failure even with a 3.9 average in school. They are very rigid and tough on themselves."

Adolescent depression is a contributing factor

A common thread in over 50 percent of the cases is depression. Unfortunately, however, research into this link has been sparse in comparison to adult depression. It is only recently that adolescent depression has been recognized as having a unique set of symptoms. It is now believed that adolescent depression is a much more serious illness than adult depression, according to DeMilio, who is board-certified in both adult and child psychiatry.

There are many risk factors that can lead to suicide. A certain event might trigger an attempt if the teen is in a state of extreme anxiety. For example, if a teen is arrested, he may fear the consequences of his action so much that suicide becomes the only answer. Because the use of cocaine or other drugs can diminish rational thinking, an altered state of mind may make the teen impulsive enough to attempt to take his or her own life. Finally, the ready availability of firearms or drugs in the home also increases the chance of a suicide attempt.

Dealing with the problem

Jeffery Knauss, Ed.D., child and adolescent services director of The Allentown Hospital, suggests that parents and professionals "hear the pain" of teenagers who attempt to take their own lives. Because a suicide attempt often involves a breakdown in communication with many people such as parents, a boyfriend or girlfriend, and other peers, there is a real sense of loss. To help compensate for loss during the crisis period immediately after a suicide attempt, a professional should be very available to the patient, keeping in touch at least once a day.

The motives for suicide are as varied as the people involved. Determining what the teen is attempting to achieve may suggest avenues for help. The suicide attempt may represent anger at another person or may signal distress. It may be a call for attention to the fact that the teen is suffering a great deal of pain. It may be an escape from a seemingly intolerable situation or it may be a way to avoid punishment for a crime or act of defiance. Suicide can also be a way to punish the survivors or to inflict self-punishment. It can be the result of an unresolved conflict or acute or prolonged grief.

During the crisis period, the professional must focus on getting the teen through that particular stage, suggests Knauss. The professional needs to convince the teen to look ahead to better times.

It is essential that teens who attempt suicide have a support system built into their lives. Parents, teachers and guidance counselors, among others, can be involved. "The more people the young person thinks are involved, the less chance there is of him killing himself," observes Knauss.

Once the crisis has past, therapy can help the teen change his behavior. He needs to look at his past successes and capabilities and be made aware of the possibilities for the future. He needs to change his thinking patterns and acquire better personal assertive skills. An increase in physical activity also helps. "Exercise is an excellent natural anti-depressant," according to Dr. Knauss. "That's why the recreational component of the Hospital's adolescent program is so important."

Where to turn for help

In response to the stresses faced by teens and the dangerous alternatives they may choose as a way of coping, The Allentown Hospital opened an 11-bed adolescent psychiatric unit in March 1986. Since that time, over 200 teens between the ages of 12 and 18 who have psychiatric and behavior problems have been treated.

A diverse staff of approximately 30 professionals develops an individualized treatment plan for each teenager. Through group, family and one-to-one counseling, the treatment team helps the teen regain the ability to cope with stress, to set goals, and to communicate, while promoting self-control and self-care.

For more information about the Adolescent Psychiatric Unit or to arrange a visit, call (215) 778-2809.

Upcoming WomanCare Programs

FOR WOMEN ONLY
**"A Woman's Obsession
and Conflict with
Thinness: Anorexia
Nervosa and Bulimia"**
Wednesday, June 24

7 p.m.

Auditorium, School of Nursing

REFRESHER COURSE FOR EXPECTANT MOTHERS

**A two-week course beginning
on July 1 and 8**
7 - 9:30 p.m.

Held in The Allentown Hospital
School of Nursing

MATERNITY FITNESS PROGRAM

July 20 - August 26,
Mon. and Wed., 9:30 - 10:30 a.m.
or

July 21 - August 27,
Tues. and Thurs., 7 - 8 p.m.

Morning classes meet in
The Allentown Hospital
School of Nursing,
and evening classes meet
in The Allentown Hospital
Physical Therapy Department

HEY BABY, LET'S WORK OUT!

July 21 - August 27,
Tues. and Thurs.
9:30 - 10:30 a.m.

A six week course held
in The Allentown Hospital
School of Nursing

ADOPTIVE PARENTS CLASS

July 21, 28 and August 4
7 - 9 p.m.

A three-week session
held in the Hospital's
School of Nursing

**For more information about
any of these classes,
or to register, call
778-CARE.**

Hospital's Volunteers Recognized for Support and Dedication

Volunteers at The Allentown Hospital are very special people who give their time to help others. Two volunteer groups, the Junior Aides and the Auxiliary, support the wide range of services provided by the in-Hospital volunteers. Whether it be fundraising or Hospital work, the volunteers are always there, doing an extra-special job.

To show the valuable contributions of its volunteers, The Allentown Hospital recently held previews of "Go Ahead, Volunteer," a slide show presentation partially funded by The Allentown Hospital Board of Associates. The Board of Associates is a volunteer organization whose members serve as liaisons to the community.

The slide show was developed for the Hospital's volunteer recruitment program. As part of the recruitment efforts, a special program was started during the month of March. Volunteers invited guests to spend a day with them at the Hospital learning about the volunteer program. All of the participants chose to join the program after their first visit.

"We received some wonderful referrals from current volunteers," said Hazel M. Kramer, director of volunteer services. "They asked friends or relatives if they were interested in volunteer work. I was pleased that it worked out so well."

Last year volunteers served 68,000 hours at The Allentown Hospital, which saved the Hospital over \$300,000, based on an average salary. In addition, a postage savings of over \$20,000 was realized by the volunteers, who prepared for bulk mailing over 150,000 pieces of mail.

One of the special groups of volunteers, the Auxiliary, holds four annual fundraisers which include an Italian Night and Raffle, a Thanksgiving letter written by the president, bus trips, and a flower sale in the spring.

The Auxiliary runs the Hospital's Alcove Gift Shop which is open from 9 a.m. to 8 p.m., Monday through Friday and 1 to 8 p.m. on Sunday. The operation of the gift shop is an all-volunteer effort. The Auxiliary members and members of the Junior Aides work three different shifts with three to four volunteers working each shift.



Lucille and Bud Shellhammer (above) were recognized at a special reception applauding their six years of service to the Auxiliary. Together they managed the Hospital's Alcove Gift Shop. The Shellhammers have recently retired, and the new gift shop managers are Alma Holland and Mollie Huntzinger.

The Auxiliary also sponsors and staffs the hospitality cart, making available snacks, reading material and other amenities to patients Monday through Friday during the mornings.

The result of these different fundraising activities has been advancements in Hospital services. The Auxiliary recently completed a \$200,000 pledge to update equipment in the Intensive Care Unit. The membership also purchased a \$65,000 YAG laser, used for nonsurgical treatment of the eyes. The Auxiliary invested \$10,000 in the HealthEast Trust Fund, pledged \$150,000 for the renovation of the cafeteria and \$250,000 for the *Woman-Care* program.

Another special volunteer group, the Junior Aides, is dedicated to financially supporting the Pediatrics Department and to providing volunteer service in the Hospital.

Over the last two years, the Junior Aides has purchased many items needed to complete "The Allentown Hospital, A Beary Nice Place For Children" theme. For the play room and outside deck area the Junior Aides provided indoor and outdoor equipment and toys. The group's goals for this year are to complete the outside deck with a farm theme, to put wall-

paper borders in the children's rooms and to continue providing equipment and supplies needed in Pediatrics.

The Junior Aides has five fundraisers which include a poinsettia sale, spring bedding and geranium sale held in conjunction with the Auxiliary, working in the Alcove Gift Shop, running a snack bar at the Emmaus Ethnic Days, and an annual golf tournament. Last year, the proceeds from the golf outing benefited the Hospital's Adolescent Psychiatric Unit. The Junior Aides raised thousands of dollars designated for a van that is used to transport teenage patients at the Hospital to recreational facilities.

To thank the Hospital volunteers, the Junior Aides, and the Auxiliary, a volunteer recognition dinner was held at The Allentown Hilton. New volunteers were recognized at the dinner and prizes were awarded to volunteers who aided most in the recruitment program.

As another way to show appreciation, birthday cards for the volunteers, which will be signed by Darryl R. Lippman, Hospital President, and Hazel M. Kramer, director of volunteers, were developed and will be sent out on each volunteer's special day.

Volunteering Is Truly A Love-gift

For 12 years, Delores Byron has been a volunteer in the Pediatrics Department of The Allentown Hospital. "She's been here for quite a few years and as a result knows a lot about Pediatrics," one Pediatrics nurse said about Byron. "She does a lot of things that really help us out and she's great with the kids."

Byron had a special interest in Pediatrics when she came to the Hospital looking for volunteer work. After having a good experience as a patient at The Allentown Hospital, she decided to come back to volunteer. "I started to volunteer because I care about people and I wanted to get involved with children," said Byron. "I made a special request to be on Pediatrics and it was granted. Between the nurses and the children, it's like a family to me now, and I really look forward to coming in."

She helps in many ways, including special events such as the annual health fair for third-graders. Byron and other volunteers guide the groups of students from station to station, in an organized and efficient manner. She also does



countless errands for the nurses and she helps transport patients. This saves the nurses time and allows them to give more attentive patient care.

Byron spoke of the Pediatrics nurses she worked with as being very dedicated, "The nurses enjoy children, many of them are mothers themselves, and they have the compassion and patience it takes to

be successful in their profession."

Many of the nurses' qualities that Byron respects are evident in her volunteer work, according to Nancy Roe, head nurse on Pediatrics. "Dolores gets involved with the parents as well as the children," says Roe. "She is a very caring person. We are glad to have a volunteer as special as she is working with us on Pediatrics."



The School of Nursing at The Allentown Hospital held its 86th graduation for a class of 38 women and 3 men. Recognized for the three highest averages in the theory and practice of nursing were the students who received the first, second and third prizes. Jane Catherine Lenhart (left) was awarded the first prize donated by the Hospital's medical and dental staff. Second prize, given by The Allentown Hospital Auxiliary, went to Susan Carole Dreisbach and third prize, given by the medical and dental staff, went to Rosemary Scheirer. Lenhart, along with 19 other School of Nursing graduates, will be employed by The Allentown Hospital.

A Salute to Our Employees

New Head Nurse Named



40 years, Marion Choke (left), Violet Schank

The Allentown Hospital honored 199 of its employees for their many years of service and dedication at a special dinner at the Allentown Hilton. The combined years of service of these 199 employees totals 2,130 years.

Honored for 40 years of service were **Marion Choke** and **Violet Schank** (above). Choke is a medical/ surgical instructor in the Hospital's School of Nursing and Schank is a radiation therapist.

Patricia Borger (bottom, left) was honored for 35 years of service. She is a medical secretary in lab administration.

Thelma Shipe and **Carl Gruver** (bottom, right) were honored for 30

years of service. Shipe is a psychiatric nurse in the Mental Health/Mental Retardation Clinic and Gruver works in the Hospital's Dietary Department.

Special certificates and jewelry were awarded for 5, 10, 20, 25, 30, 35, and 40 years of service to the Hospital. Each employee was given a choice of a gold tie tack, charm, or stick pin. Those with 10 or more years of service also received special gems, appropriate to their length of service, on their jewelry item.

Remarks were made by Robert E. McNabb, chairman of the Hospital board of directors, and Darryl R. Lippman, Hospital president.



Mercedes Jurkiewicz, R.N., B.S.N., has been appointed head nurse of the Operating Room. She had been head nurse of the Operating Room at Lehigh Valley Hospital Center.

Jurkiewicz has also worked as a staff nurse at the University of Chicago Hospital, Chicago, Ill., Albert Einstein Medical Center, Northern Division, Philadelphia, and Graduate Hospital, Philadelphia. She was a Peace Corps volunteer in Columbia, South America.

Jurkiewicz received her bachelor's degree in nursing from the University of Pennsylvania and a nursing diploma from Germantown Hospital School of Nursing, Germantown, Pa.



35 years, Patricia Borger



30 years, Thelma Shipe (left), Carl Gruver

Making the Rounds

William A. Tuffiash, M.D., was named chief of the Allergy Section, Department of Medicine, at The Allentown Hospital and Lehigh Valley Hospital Center. Tuffiash also became president-elect of the Philadelphia Allergy Society. He is on the Board of Regents of the Pennsylvania Allergy Association and serves as program chairman for the group's annual meeting in 1988.

Larry N. Merkle, M.D., endocrinologist, Department of Medicine, presented a paper entitled "Pituitary Resistance Syndrome" to the Pennsylvania Endocrine Society at the regional meeting of the American College of Physicians, Jefferson Medical College, Philadelphia.

Gregory M. Lang, M.D., Department of Obstetrics and Gynecology, recently gave a lecture on microsurgery at a joint meeting of support groups for infertile couples from Lancaster, the Lehigh Valley, and Central Pennsylvania at Reading Hospital and Medical Center, Reading. Lang has been responsible for initiating several clinics and outreach programs. His other areas of expertise include infertility, reproductive endocrinology, and gynecological education.

Lawrence P. Levitt, M.D., neurologist, Department of Medicine, recently directed the 10th anniversary of the "Intensive Clinical Neurology Course" in New York. Levitt and Howard Weiner, M.D., of Harvard Medical School, designed the course for internists, family practitioners, psychiatrists and emergency room physicians. More than 100 professionals attended, including ten nurses from The Allentown Hospital and Lehigh Valley Hospital Center.

Indru T. Khubchandani, M.D., Department of Surgery, Colon and Rectal Division, is serving his second year as the president-elect of the Pennsylvania Society of Colon and Rectal Surgery. He is also the president of the Northeast Society of Colon and Rectal Surgery. Khubchandani has been a visiting

professor in both Rome and Italy. He serves as a visiting professor at the University of Genoa, Italy, where he lectured to students and faculty at an international symposium.

Edward A. Schwartz, D.P.M., podiatric surgeon, volunteered his time for the March of Dimes' Walk-America '87. He served as a stand-by physician to help walkers with foot discomfort or problems. He is currently training and doing research in a fellowship in sports medicine at the University of Pennsylvania's Sports Medicine Center. He was recently on the medical teams for both the Boston and Philadelphia marathons.

Jay B. Lipschutz, D.O., pulmonary specialist, Department of Medicine, presented "Respiratory Failure: Causes and Interventions" at a recent symposium in Allentown. The conference was sponsored by the Lehigh Valley Chapter of the American Association of Critical Care Nurses.

Susan Gasteyer, M.D., medical director of special psychiatric services, Department of Psychiatry, was the guest speaker at a *WomanCare* lecture entitled "Women and Depression." She discussed the issues confronting women that often result in depression.

Lisa Baker Vaughn, M.D., Department of Obstetrics and Gynecology, recently gave a *WomanCare* lecture entitled "Osteoporosis — What Women Should Know." Her discussion focused on the various screening methods used to detect osteoporosis and the different treatments used to prevent it.

The Department of Obstetrics and Gynecology of the Allentown Hospital and the Lehigh Valley Obstetrics and Gynecology Society sponsored The Second Annual Postgraduate Course in Obstetrics and Gynecology on May 15 and 16 at the Lehigh Valley Club, Allentown. Visiting speakers were William T. Creasman, M.D., University of South Carolina; Alan H. DeCherney, M.D., Yale University; and Edward J. Quilligan, M.D., University of California, Davis. **Sze-Ya Yeh, M.D.**, chairman, Department of Obstetrics and Gyne-

cology, coordinated the conference.

Robert Fulton, administrative director of the Department of Psychiatry, was recently elected chairperson for the Lehigh Valley Advisory Committee (LVAC). LVAC, an advisory group to the United Way, is concerned with the human service needs of the people in Lehigh County. Fulton had been director of human services for Lehigh County for five years.

Lisa Taylor, A.C.S.W., renal social worker, met with Pennsylvania's Governor, Robert Casey, in Harrisburg when he proclaimed March as National Social Work Month. Taylor is the vice president of the State Chapter of the National Association of Social Workers.

Jane Zeigler, registered dietitian, was the guest speaker at a *WomanCare* lecture entitled "Now That I'm 40 — Should I Change My Diet?." Zeigler discussed the importance of all aspects of nutrition for women as they grow older.

Four staff members of HealthEast Laboratories have successfully passed their specialty examinations. **Gayle Frich** is certified as a specialist in clinical immunology. **Gayle McCarthy** is a certified specialist in hematology. **Diane Jacobs** and **Julie Flynn** are certified specialists in clinical chemistry.

Barbara Drobnicki, R.N., was recently elected to Sigma Theta Tau, International Honor Society of Nursing. Drobnicki is a part-time instructor for the School of Nursing.

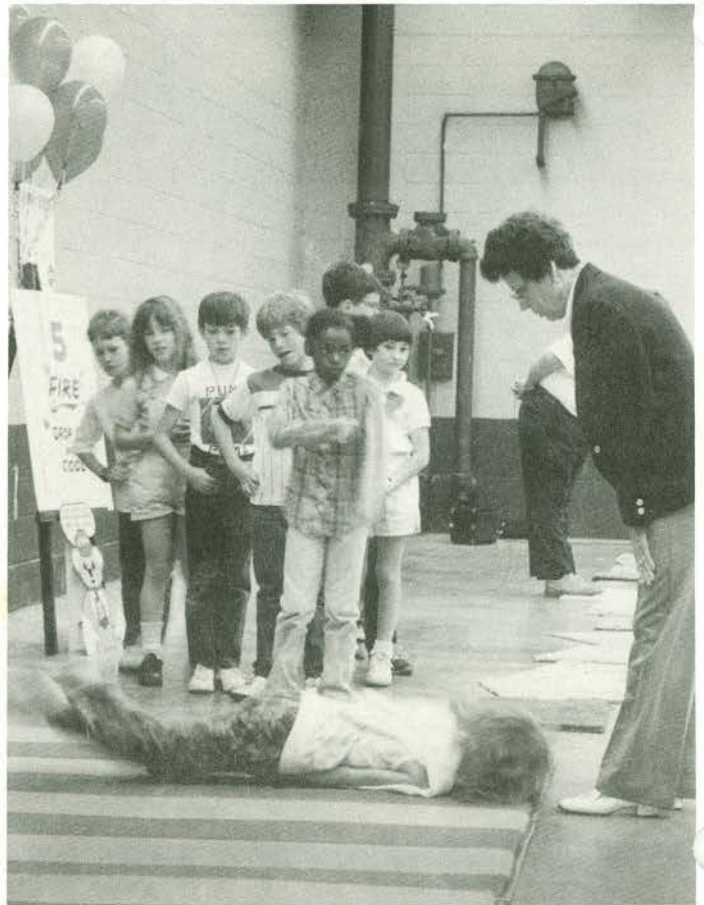
The Allentown Hospital Medical and Dental Staff and the Allentown School of Nursing Alumnae Association donated the flowers and gifts for the nursing staff during National Nurses Week, May 6-12. Some of the activities and events of the week included a uniform fashion show, Nostalgia Day, and Friends of Nursing Awards ceremony. The Lehigh County Historical Society provided display cases for a nursing cap and pin display contest during the week.

"The Incredible Human Body" Health Fair



In a special effort to make children aware of emergency safety, the Catasauqua Ambulance Corps spoke about the importance of remaining calm during an emergency. The station, called "What's Inside An Ambulance?", gave children the opportunity to walk through the ambulance to see the equipment used inside. Students volunteered to demonstrate how the different equipment was used (above).

The Burn Foundation presented fire safety at the "Incredible Human Body" health fair sponsored by The Allentown Hospital. Children practiced "Drop, Roll and Cool" (right) to prepare themselves in case of a fire emergency.



A record number 2,500 third-graders from the Lehigh Valley visited the fifth annual health fair sponsored by The Allentown Hospital. Children from 46 different schools attended the two-day "Incredible Human Body" health fair this year. The 12 different displays were presented by the

American Cancer Society/ Lehigh County Unit, the Allentown Health Bureau, Catasauqua Ambulance Corps, Lehigh Valley Poison Center, Operation Overcome, Lehigh Valley Association for the Blind, HealthEast's Wellness Center, and the Burn Foundation. Hospital departments that

participated included Pediatrics, X-ray, and Dietary.

New features at this year's nutrition station included vegetable costumes worn by station participants. The costumes were donated by Brasserie Maison Suisse, The Americus Center's restaurant.

New Vice President for Human Resources Named



Lester R. Stauske, M.A., has been appointed vice president, Human Resources. He is responsible for efficient operation of Personnel, Education Development and Employee Health areas of the Hospital.

Stauske served in a similar position for seven years at White Consolidated Industries. He was director of employee relations at Miami Valley Hospital, Dayton, Ohio, and director of employee services for two years at The Marshfield Clinic in Marshfield,

Wis. Stauske was also the director of personnel at the Appleton Medical Hospital in Appleton, Wis.

Stauske, who taught undergraduate courses at Wright State University for eight years, also served ten years in the U.S. Marine Corps Reserves as a Marine Corps officer.

He received his Master of Arts degree in Management from Central Michigan University and his Bachelor of Science degree in Industrial Psychology from the University of Wisconsin.

CONTRIBUTIONS TO THE ALLENTOWN HOSPITAL

THE ALLENTOWN HOSPITAL ACKNOWLEDGES WITH DEEP APPRECIATION THE FOLLOWING CONTRIBUTIONS

MEMORIAL DONATIONS

In memory of Elena S. Berg
Mr. and Mrs. Abram Samuels

In memory of Eva "Jene" Dunton
Auxiliary of The Allentown Hospital

In memory of Dr. Lynn Ford
Mr. and Mrs. Hamid Dabashi
Mr. and Mrs. Larry E. Hartman
Mr. and Mrs. Allen S. Heydt
Mr. and Mrs. Richard C. Mantz
Mr. and Mrs. John Morrow
Mr. and Mrs. Richard A. Mueller
Mr. and Mrs. Ted W. Plessl

In memory of Herman D. Gilbert
Mr. and Mrs. Abram Samuels

In memory of Hortense G. Guggenheim
Mr. and Mrs. Abram Samuels

In memory of Franklin Jones
Alumnae Association
School of Nursing

In memory of Grace Kuhns
Auxiliary of The Allentown Hospital
Dr. and Mrs. Robert P. Fenstermacher Jr.

In memory of Thelma Kiefer
Auxiliary of The Allentown Hospital

In memory of Mrs. Matthew McCarthy
Dr. and Mrs. Robert P. Fenstermacher Jr.
Dr. and Mrs. Charles D. Schaeffer

In memory of Anna McGonigle
Alumnae Association
School of Nursing
Elizabeth and Sally Roessler
Mr. and Mrs. Darryl R. Lippman

In memory of Dorothy M. Miller
Alumnae Association
School of Nursing

In memory of Elizabeth S. Roth
Alumnae Association
School of Nursing

In memory of William E. Rourke
Mrs. Verona M. Schray

In memory of Marie Seagreaves
Auxiliary of The Allentown Hospital

In memory of Iva Pauline Schnure
Alumnae Association
School of Nursing

In memory of Charles Lloyd Smoyer
Dr. and Mrs. Robert Dilcher

In memory of Jeanette Snyder
Ms. Dorothy C. Ginkinger
Ms. Mae E. Murphy

In memory of Louis M. Stamberg
Ruth and Leonard Marx
Mr. and Mrs. Abram Samuels

In memory of Albert J. Toogood
Alumnae Association
School of Nursing

In memory of Victoria A. Volkert
Mr. J. Bayda
Dr. S. Berkowitz
Mr. T. Biggs
Mr. J. Bonn
Dr. P. Bouis
Dr. J. Covington
Dr. L. Crane

In memory of Victoria A. Volkert
(Continued)

Mr. N. Csikai
Mr. G. Dailey
Dr. R. Ganapathy
Ms. J. Guenther
Dr. M. Henry
Mr. J. Horvath
Ms. B. Jones
Mr. J. Jordan
Ms. R. Kiser
Mr. R. Lakis
Dr. D. Liu
Mr. T. Marchetto
Mr. F. Meinhofer
Dr. D. Nau
Mr. J. Nickischer
Mr. T. Schware
Dr. G. Schwartzkopf
Dr. S. Su
Ms. J. Trembler
Ms. J. Welty
Mr. M. Zwetolitz

In memory of Mrs. Josephine Wadleigh
Mrs. Charles G. Helwig

In memory of Betty Wiener
Mary and Ed Nagel

In memory of William R. Zwickl
Ms. Helen A. Blankowitsch

Ten Minutes For Better Vision

(Continued from page 1)

brought in, causing an infection. That can be devastating to an eye," Burkholder said.

The results after laser treatment are often dramatic. According to Allentown Hospital ophthalmologist Mark A. Staffaroni, M.D., "It is not unusual for a patient to go from not being able to read anything on an eye chart to 20/20 vision an hour after the treatment."

The Allentown Hospital acquired the YAG laser, manufactured by American Medical Optics, this past January. The entire purchase price was donated by the Auxiliary of The Allentown Hospital.

"Many of our members have had cataract operations," according to Lorraine Fenstermacher, immediate past president of the Auxiliary. "We began to realize that the machinery to have a secondary cataract removed was not available at The Allentown Hospital. We approached Darryl R. Lippman, Hospital president, who thought it was a great idea to acquire the equipment."

The laser purchased by the Hospital's Auxiliary reflects the technological strides made in the field during the past decade, says Burkholder. The optics have been refined, there is less reflection, more power, and greater precision.

Treatment of a secondary cataract with the YAG laser is a minor procedure and takes approximately one minute. It is done in the outpatient unit, thus requiring no hospital stay. After the patient receives topical eye drops to numb the eye, the physician painlessly inserts a lens in the affected eye to assist the patient in keeping the eye open. The physician then focuses and shoots the laser an average of 14 to 15 times, again without any pain to the patient. The laser cuts through the membrane — the cause of the cloudy vision — and sight is restored, sometimes immediately or within a few days. The only indication the patient has that the laser is in use is a flash of light.

The YAG laser is used in ophthalmology primarily for the removal of

secondary cataracts. About 40 percent of all patients who have a primary cataract removed and a subsequent lens implant, develop a secondary cataract. The laser cannot be used to remove the actual cataract.

The YAG laser was also recently approved by the United States Food and Drug Administration for use in a procedure that relieves pressure on the optic nerve caused by a type of glaucoma.

YAG stands for yttrium, aluminum and garnet — three gases which when combined create an explosion at the point where the membrane needs to be cut. A second beam, composed of helium and neon, allows the physician to see where the YAG beam is directed. It is this beam of helium and neon that the patient actually sees during the procedure.

Edward Flaherty, an Allentown resident, has no doubt about the value of the YAG laser. "I would advise this treatment for anyone who needs help with their eyesight."

CARE CLUB



The most important and best feature of The Allentown Hospital was the personal care I received from all the staff members. I also liked having a student nurse with me throughout my labor, delivery and recovery period. She helped me tremendously.

Elycia A. Fager
3-T patient
Allentown

When I was at The Allentown Hospital I was treated so nicely. I would like to thank the lovely staff nurses and the caring doctors. All of the personnel were friendly. Also, my compliments to the chef!

Jane Ahn
3-T patient
Allentown

The nursing staff were very helpful and supportive when my son Adam was at your Hospital. He especially enjoyed having a student nurse around. Everyone was really friendly and helped us out so much.

Susan Dreisbach
(mother of Pediatrics)
patient Adam Dreisbach
Catasauqua

Public Relations Department
The Allentown Hospital
17th and Chew Streets
Allentown, PA 18102

I would like to give my opinion of the Diagnostic Center at The Allentown Hospital. There is a young lady who sits at the counter and asks people to sign their name. Each time I go there, she has a smile and greets us as if she knows us. I have a slight hearing problem and do not always hear the words she says. Instead of becoming annoyed with me, as people sometimes do, this young lady stood up, leaned across the counter, smiled and slowly spoke the words. I have had occasion to go to the Diagnostic Center a few times in the past several months, and the atmosphere is always the same — warm and caring. That goes for all the staff members we had anything to with at the Center. When you are worried and wondering, it means a lot to have pleasant, patient people serving you.

Mollie Gable
Diagnostic Center patient
(adjacent to Hospital) Allentown

I wish to thank each and every one of the nurses who came to our home to help my mother. The Home Care Program at The Allentown Hospital worked so well for her and I deeply appreciate all your efforts to help her leg ulcer heal. My mother is doing much better now and we both want to thank all of the nurses for their sincerity and support.

Virginia L. Reeser
(daughter of Home Care
patient Dorothy C. Reeser)
Emmaus



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