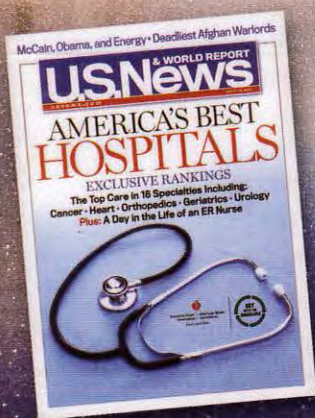


# healthy horizons

Winter 2008

a quarterly publication of  
the Greater Hazleton Health Alliance



## In This Issue:

Quality Care Close To Home	2-3
Message from the CEO	3
Are You Heading For a Fall?	4-5
Balance Quiz	5
How To Cope With Holiday Stress	6
New Technology	7
Community Health Library	7
A Special Delivery	8-9
Birthing Class Schedule	9
Leaf Symbol Creating Obesity Awareness	9
The Importance of a Healthy Heart	10-11
Great Healthcare, It's Only A Heartbeat Away	11
Silver Award for Heart Failure Care	12-13
Current Events	13
Staying Healthy This Winter Season	14
The Truth About Children's Cold Medicines	15
Cold vs. Flu Chart	15

**Our**  
**Heart**   
**is in**  
**Healthcare**



## Quality Care Close To Home

A relaxing weekend retreat in Philadelphia soon turned into a nightmare for Fred Barletta when a golf cart that he was sitting in was accidentally thrown into reverse instead of forward. “I grabbed the wheel and turned it really hard to try and keep the cart from rolling down the embankment,” said Fred. Although instinctively clutching the wheel ultimately secured the safety of the boys that were with him, he was thrown from the golf cart and tumbled down a 20-foot embankment. “At first I thought I was okay, but then I couldn’t get up. I realized my legs and sides ‘wouldn’t work,’ and I knew I was hurt.”

Fortunately, a doctor was at the retreat to give a basic assessment of Fred’s injuries. He was informed that his hip and femur bone appeared to be broken and that he would require medical assistance immediately. He was transported to a Philadelphia hospital where his situation proved to be severe. Fred was informed that he would have to undergo surgery, a surgery that only gave him a 50% chance of survival because of the various health issues that put him at greater risk during surgery. The surgeon explained they would need to open him up in order to repair the damage from the fall. Fred and his wife, Monica, were assured that all precautions were being taken to ensure his health and safety.

Despite the fear and anxiety that consumed him, there was a great comfort knowing his loved ones were pulling for a successful surgery and quick recovery. “My family never left my side. They were there the entire time, all of them. Every single person gave me their love and support. I had to just put my faith in God,” said Fred.

Fred explained that prior to his surgery he made peace with his life and was prepared to face the inevitable. As the anesthesiologist put Fred to sleep and forced him to accept his greatest fear, his family paced back and forth close by awaiting any surgical updates.

Hours later, family was rejoicing that their loved one had pulled through. "Although he safely returned from surgery, we were warned that the following 48 hours were critical," said Monica. And they were. For the next 4 days, her husband remained in the Intensive Care Unit where he received around-the-clock care. "After he was in the clear, we were told he would have to undergo extensive rehab. They wanted us to remain in the Philadelphia area, but I knew we could receive the same care in our hometown of Hazleton," said Monica.

Fred made a smooth transition from the hospital to the Gunderson Rehabilitation Center at Hazleton General Hospital where he remained for 12 days of challenging but necessary rehab. Although Fred was thrilled to even be alive when he arrived at Gunderson, his spirits were down and his independence was being challenged. "I couldn't walk. I couldn't do anything. The staff remained persistent with me, and they went above and beyond to give me the care I needed in order to get better."

Highly-skilled nurses, physical therapists, and support staff at the Gunderson Rehabilitation Center provided Fred with the tools to ensure a long, healthy, and happy life. Regular exercise, strength training, physical therapy, and perseverance were a part of his everyday routine. "We put our faith in God, but God put us in the hands of the right people," said Monica of the staff at Hazleton General.

Fred returned home after his 12-day rehab journey at Hazleton General as a man with a new perspective. He reflected on his experiences and said, "I cried the morning I left. Everyone was so good to me. It was like being part of a family, and I can't say enough good things about the people at the Gunderson Rehabilitation Center. I wouldn't be walking today if it weren't for Hazleton General Hospital." A man who almost lost his life was given another chance.

The Gunderson Rehabilitation Center is committed to the well-being of its patients. Fred Barletta is living proof that technology and highly-skilled staff combined with faith and perseverance is the remedy for a successful recovery.

If an injury or illness has impaired you or a loved one, you may have a lot of concerns about your recovery and future health. At the Gunderson Rehabilitation Center, located on the sixth floor of Hazleton General Hospital, we help alleviate your fear by providing a supportive, caring environment. You don't have to leave home to receive great care. For more information regarding the Gunderson Rehabilitation Center or to arrange a tour of the center, please call 570-501-4600.

## Message from the CEO

Welcome to the winter issue of Healthy Horizons, a quarterly publication of the Greater Hazleton Health Alliance.

This issue of Healthy Horizons features Mr. Fred Barletta, a local resident who talks about his experience at our Gunderson Rehabilitation Center after experiencing a life-threatening fall. It also highlights new state-of-the-art imaging technology, a special delivery in our Family Birthing Center, and our award-winning care for heart failure patients. Are you headed for a fall? Check out the article on the new Balance Program at the Hazleton Health & Wellness Center and take a self-quiz on page 5.

I thank you for supporting your local community hospital and we look forward to serving any of your future health and wellness needs. Stay safe and healthy during this winter season.



Jim Edwards,  
President/CEO

"I will recommend HGH to everyone. GHA is an asset to our community. Courteous, personal, yet professional."



## Are You Heading For a Fall?

Did you ever think of all the things that involve balance? Balance is such an essential part of our normal day. Think about it. Activities like getting out of a chair and bending over to put on your shoes involve balance. I bet you never thought of washing your hair, driving your car, or going grocery shopping as a balance routine, did you?

So much of what we do, whether for work or leisure, requires balance control. The ability to maintain balance is a complex process that depends on three major components: your sensory system for accurate information about body position; your brain's ability to process this information; and your muscles and joints for coordinating the movements required to maintain balance. In a healthy individual, all of the major components work together in harmony with the brain.

When our normal routine is disrupted by falls or balance disorders, it can be profoundly disheartening to those who are struggling. When balance problems begin, other areas that may be affected include the following:

- Shortened attention span
- Disrupted normal sleep patterns
- Excessive fatigue
- Dizziness

*Dizziness is the #1 reason people over the age of 65 go to the doctor.*

The good news is now there is help through the Balance Program at the Hazleton Health & Wellness Center. Through this program, trained physical therapists evaluate balance disorders and implement an individualized treatment program to assist patients in the recovery of their balance. Contrary to popular belief, balance problems are not a normal part of aging. People of varying ages could

be experiencing difficulty in balance, and the Balance Program is here to lend a helping hand.

Dr. Thomas Pollock, an ear, nose, and throat specialist with ENT Surgical Associates, is the Medical Director of the Balance Program and works closely with the physical therapists in assessing causes of imbalance. A referral from a family physician is required in order to begin balance assessment and treatment in the program.

The Balance Program targets people in their 50s and older who may be experiencing some or all of the difficulties listed above. The job of the Balance Program is to “rewire” the brain by familiarizing a patient with his or her personal level of balance and then working to improve it. Once the balance issue is correctly identified, therapy can help improve not only balance, but confidence as well. Although there are programs available that assist in the improvement of balance, the Health & Wellness Center is the only facility within the area that incorporates a virtual computer system to assist in the assessment and treatment process. This advanced state-of-the-art system allows the clinical staff to complete a full assessment of a patient, targeting areas that can benefit from balance treatment.

The majority of the physical treatment is conducted by one-on-one physical therapy with a trained therapist. There are special exercises set up on the computerized balance system that allow patients to become more familiar with their personal level of balance. Patients can expect a number of things from the Balance Program:

- Education on the program and balance disorders
- Learning how to accommodate your problem
- Gentle exercises and balance retraining
- Building your endurance and strength

The idea isn't to design a short-term fix in a patient with a balance disorder; rather, the program teaches techniques that will enable people who struggle with imbalance to prevent falls. **Injuries from falls are the 6th leading cause of death over the age of 65.** Even more staggering, hospital costs due to falls with hip fracture are over \$10 billion a year. Let the Balance Program lend a helping hand! For more information on the Balance Program at the Hazleton Health & Wellness Center, call 501-6766.

## Patient Self-Quiz

Seventy-six million Americans will experience dizziness or balance problems sometime in their lives. Listed below are common complaints or problems reported by patients.

Yes	No	Do You Have:
		Difficulty keeping your balance as you walk on different surfaces, e.g. tile to carpet?
		A fear of falling or stumbling?
		A feeling of motion, spinning, or falling when moving your head quickly, or changing your position, e.g. getting in and out of bed?
		A feeling like you are drifting or being pulled to one side when walking?
		A sense of unsteadiness? A feeling you are not sure-footed?

If you answered YES to any of these questions, you may have a balance disorder. The good news is that 90% of the time these disorders can be successfully treated once they have been properly diagnosed.

“My experience at the hospital was handled with great professionalism and I will recommend the hospital to all my friends.”



# How To Cope With Holiday Stress

There are presents to wrap, decorations to hang, and family members to visit. There is food to buy, credit card bills to pay, and a tree to decorate. Although it is one of the happiest times of the year, are you one of the thousands asking themselves then “Why am I so stressed out?” Do you feel overwhelmed, obligated, and anxious? Here are a few tips to keep you calm during this busy holiday season.

## Learn When To Say No

It is up to you to set the boundaries and limits of what others expect, such as the growing number of people at the table, one person expected to do everything for everyone, and the amount of presents. By setting these boundaries, we can lessen our obligations and reduce some of our stress. It's sometimes difficult to say no. It's never easy to break free of family norms and traditions, but without speaking up, some things will never change.

## Hurry Up! We Have To Go!

Hurry, hurry, hurry. We have 15 minutes to get to the next house. When does enough become enough? It's impossible to please everyone, so don't try. More than likely, you'll end up ruining your holiday in the process. Designate certain family members for

particular holidays and then rotate. This will lower your holiday stress level and prevent the holiday blues.

## Could Use Some Help Over Here!

Delegate chores before and after the meal to make your life easier. The more helping hands you have, the lighter the clean-up load is on you and the more quality time you'll have with your family!

## A Dent In the Paycheck

Along with the joy of the holiday season, there are also a slew of bills that follow for the next few months. Just as you pay them off, doesn't it seem like the holidays are creeping up again? Accept help from others. For example, food costs money, and money is tight during any holiday season.

This year make it easier on yourself. If everyone brings a little something, it's that much easier on your pocket.



## New Technology



A new, state-of-the-art fluoroscopy unit was recently installed in the Hazleton General Hospital's Radiology Department. The AXIOM Luminos TF is a top-of-the-line

fluoroscopy system designed for the complete spectrum of patient profiles – from pediatrics to bariatrics. What does this mean for you as a patient at Hazleton General Hospital? It means ease of use and comfort, advanced image quality, and **reduction in radiation**.

This new system provides high-quality x-ray images, allowing our radiologists and physicians to study the intestinal tract of patients and view the stomach, small intestine, and colon, while also ensuring patient comfort and safety during the procedure.

The new fluoroscopy unit also has many unique features in comparison to other conventional fluoroscopy units. It has the highest table capacity of any fluoroscopy unit on the market, holding 500 pounds in both the static and full tilt functionality. Its large size and table capacity is especially customer-friendly for bariatric patients.

“The Department of Radiology is proud to announce the arrival of its new state-of-the-art x-ray/fluoroscopy unit, which will enable patients to receive excellent quality x-rays and fluoroscopy procedures. This is just one step in our continuing effort to upgrade technology for improved patient care,” said Bill Reppy, Director of Radiology Services.



Hazleton General Hospital is taking all necessary measures to be among the best in healthcare. Updated technology like the new fluoroscopy unit is one way of many that our hospital is assuring excellence in all that we do.

## Providing Answers to Your Health Questions

Do you need answers to your health questions? Visit your friends at the Greater Hazleton Health Alliance Community Health Library, a comprehensive health information center for all members of our community. It is located on the 3rd floor of the Human Resources Building at Hazleton General Hospital. The Community Health Library has more than 500 consumer health books, a large multi-media collection, pamphlets, newsletters, magazines, and Internet access to answer any questions you or your family may have.

A special children's collection, as well as a young adult's collection, is also available at the Community Health Library and will answer questions about common medical conditions and procedures, diseases, and good health habits. Registering at the Community Health Library is free. For more information, please call 570-501-4800 or visit our website at [www.ghha.org](http://www.ghha.org).

“I was taken care of right away. The facility was comfortable and clean with a pleasant atmosphere. Everyone was ready to answer all my questions and to explain everything that they were doing.”



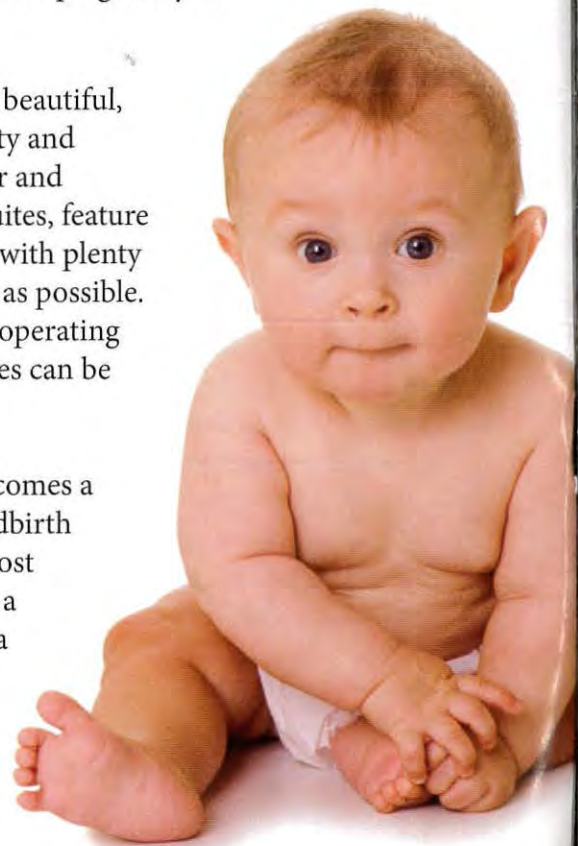
## A Special Delivery

If you're expecting a baby or planning a family in the near future, it's a very special and exciting time and choosing a hospital is one of the most important decisions you'll make. To maintain peace of mind throughout your pregnancy, you deserve to feel confident that you and your baby are receiving the very best medical care possible. Hazleton General Hospital is here to see you through the first days of your pregnancy to the birth of your little loved one and beyond.

The Family Birthing Center opened in 2003 and is a beautiful, modern, secure maternity unit designed for the safety and comfort of expectant parents. The three private labor and delivery rooms, as well as nine postpartum family suites, feature private bathrooms and wall-sized wooden armoires with plenty of storage to make a new mother's stay as home-like as possible. It features its own cesarean birth suite, including an operating and recovery room, so that cesarean section deliveries can be performed within the security of the unit.

Patient safety is paramount in any care setting. It becomes a heightened concern throughout pregnancy and childbirth when the tiniest of patients and their mothers are most vulnerable. That's why the Family Birthing Center is a secured unit accessible only by admittance through a state-of-the-art security system.

Additionally, the GE Healthcare Centricity Perinatal electronic medical record (EMR) system was recently installed at the Family





## Family Birthing Center Support Classes

- 6-week Labor and Delivery Classes
- Breastfeeding Classes and Support Group
- Infant/child CPR Classes
- Parenting Classes
- Sibling Classes
- Free Car Seat Checks



For information and class schedules, call 570-501-4200.

Birthing Center. This innovative EMR is designed to further enhance quality care and patient safety during the labor and delivery process. By expanding the depth of clinical information available at the bedside, Centricity Perinatal improves the workflow and helps to drive informed, collaborative care across the perinatal continuum. This system provides caregivers the ability to electronically view patient information at the bedside, giving them access to the latest clinical findings so that they are equipped to deliver safe, appropriate care for mothers and their newborns. No test results to wait for, no paperwork – everything is safely and electronically stored in the EMR. The system greatly reduces any chance of error and improves the quality and continuity of patient care and satisfaction at Hazleton General Hospital.

“Technology such as the Centricity Perinatal system has enabled our hospital to connect with patients on an entirely new level. Mothers and their newborns are receiving the best care possible because all pertinent information is available instantly and is current, vital in the quickly changing phases of childbirth,” said Michael Golden, RN, Chief Nursing Officer.

Having a baby is one of the most important and joyful experiences of your life. At the Family Birthing Center at Hazleton General Hospital, we're here to help make your childbirth experience everything you want it to be. To schedule a tour of the Family Birthing Center or to sign up for any of the support classes, call 570-501-4200.

## New Hospital Initiative

With more than 90 million Americans affected by obesity, the Northeast Bariatric Center at Hazleton General Hospital is taking steps in creating awareness of this disease, as well as providing comfortable accommodations at its facilities.



This leaf symbol, placed on select furniture, bathroom doors, and equipment throughout the hospital and the Hazleton Health & Wellness

Center indicates safe and comfortable accommodations to support above average weight up to 450 pounds.

The leaf symbol is verification that we care about the well-being of our patients. Hazleton General Hospital and the Northeast Bariatric Center are continuing to work to accommodate your needs and make your visit as comfortable as possible. For more information on the Northeast Bariatric Center, please call 570-501-6322.

## Give Your Baby a Healthy Start!

Prenatal care is essential to the overall health and well-being of babies and their mothers. To ensure that all mothers receive the special care they need during pregnancy, Hazleton General Hospital offers the Healthy Beginnings Plus program. This state-funded program is designed to give low-income mothers an opportunity to experience positive prenatal care and is available to pregnant women who are eligible for Medical Assistance. Healthy Beginnings Plus offers high quality prenatal care, regular mother and fetal check-ups, and birthing and other support classes. All mothers participating in the Healthy Beginnings Plus program deliver their babies at the Hazleton General Hospital. For more information on this special program, call 570-459-0082.

 **Healthy Beginnings Plus**  
1701 E. Broad St., Hazleton



## The Importance of a Healthy Heart

Cardiovascular disease is the leading cause of death for American women, killing nearly 43% of the millions affected each year. Every minute there is an untimely death caused by either a heart attack or a coronary-related problem. Did you know the average age of a first heart attack in men is 66? If you are one of the millions affected by heart disease, you can increase your chances of survival through education, awareness, and lifestyle changes.

What is heart disease and how will I know if I have it? Heart disease can be a number of diseases that are related to the heart and/or blood vessels. Sticky deposits called plaque block the flow of blood to the heart. Any unsuccessful blood flow to the heart can cause a number of problems such as chest pain, heart attack, congestive heart failure, and more. The coronary arteries are vital in the constant supply of oxygen-rich blood to the heart. When the arteries or any of their branches become blocked by a build up of fatty plaque, a condition known as atherosclerosis, the walls become filled with soft, mushy deposits that eventually make the artery hard, stiff, narrow, and unable to work properly.

Physicians use several techniques to diagnose heart disease. They learn a patient's personal medical history, perform a physical exam, and complete routine laboratory tests, as well as an electrocardiogram. Depending on the results of the initial evaluation, the physician may recommend more specialized tests such as an exercise tolerance test, nuclear imaging, stress test, or coronary arteriography.

In some cases, people have a predisposition to heart disease. Coronary artery disease is by far the most common type of cardiovascular disease, but also the most preventable. Prevention of coronary artery disease is the key, beginning by addressing the risk factors that can be avoided. Did you know that between 65% and 75% of people with diabetes die from some type of cardiovascular disease — a death rate that is two to four times that of people without diabetes?

It's time to beat the odds through awareness and prevention. By taking the necessary steps to ensure your health, you can become one less victim of heart disease. Celebrate the kickoff of American Heart Month in February by sporting red to support awareness of heart disease in women.

For more information on health and fitness, nutrition counseling, or cardiac rehabilitation, call the Hazleton Health & Wellness Center at 570-501-6600.

## What are the risk factors?

- **Blood pressure**

The higher it is, the greater your risk of suffering a heart attack, heart failure, stroke, or kidney disease.

- **Smoking**

Did you know that smoking is the leading preventable cause of death in the United States? Smoking is also one of the most significant risk factors for heart disease. People who smoke are two to three times more likely to die from heart disease than non-smokers. Unfortunately, second-hand smoke also puts you at risk. An alarming one in three smoking-related deaths is from coronary artery disease.

- **High Cholesterol**

Statistics show about one in every five Americans has high cholesterol. Improving your cholesterol profile can have a substantial impact on your health. If cholesterol is sustained, there can be up to a 20%–30% reduction in the risk for a heart attack.

- **Obesity**

Obesity is closely linked to high blood pressure, unfavorable cholesterol levels, lack of exercise, and diabetes. Excess weight increases your risk for heart disease independent of these other conditions. All forms of obesity are bad for your health, but excessive upper-body fat, like the “apple shape,” is more dangerous to the heart than lower-body obesity like the “pear shape.”

*All forms of obesity are bad for your health, but excessive upper-body fat like the “apple shape” is more dangerous to the heart than lower-body obesity like the “pear shape.”*

## Great Healthcare, It's Only A Heartbeat Away

Time means heart muscle when you're in the midst of a heart attack. That's where the MI Alert program at Hazleton General Hospital's Emergency Department comes in. The program enables smaller community hospitals like Hazleton General Hospital to quickly identify heart attack patients and transfer them to a partner hospital with the resources to provide optimal treatment. Getting the vessel opened quickly is critical in preventing heart damage and death. Because Hazleton General Hospital is partnered with Lehigh Valley Hospital, it means quicker and better outcomes for patients. Hazleton General Hospital provides astounding care to the Greater Hazleton community. “We are fortunate to have such talented physicians and nurses to support the measures required to meet our community's growing needs. It should give the community a comforting feeling knowing that these life-saving programs exist right here at home,” said Michael Golden, RN, Chief Nursing Officer. Great healthcare is only a heartbeat away.

### Heart Attack Symptoms (Call 911 Immediately):

- ♥ Chest pain that resembles bad indigestion, heavy pressure, and feeling like there is something heavy sitting on your chest.
- ♥ Shortness of breath, nausea, and sometimes vomiting.
- ♥ Anxiety, coughing, and fainting.
- ♥ Dizziness, palpitations, and sweating.



"Excellent staff and excellent services."



# Silver Award for Heart Failure Care

Nearly 5.2 million people suffer from heart failure, also known as Congestive Heart Failure or CHF, and of the millions affected, more than 57,000 people will die from it each year. Hazleton General Hospital is an active participant in the "Get With The Guidelines" program, a quality improvement initiative that provides hospital staff with tools that follow proven evidence-based guidelines and procedures in caring for heart failure patients. It ultimately strives to reduce the frequencies of readmission to the hospital, typical of heart failure patients.

Hazleton General Hospital is proud to announce that it recently received the "Get With The Guidelines" Heart Failure Silver Performance Achievement Award from the American Heart Association.

This recognition signifies that a hospital has reached and maintained its goal of treating heart failure patients based on core standard levels of care as outlined by the American Heart Association/American College of Cardiology's secondary prevention guidelines for heart failure patients.

Hazleton General Hospital has exceeded average compliance percentages and has consistently maintained 100% compliance. As a heart failure patient at Hazleton General, you can rest assured that you are receiving the highest quality of care.

## Visit Our Website



To learn more about our medical services and community programs, or to find a physician, visit [www.ghha.org](http://www.ghha.org) or [www.hazletonhealthandwellness.org](http://www.hazletonhealthandwellness.org).

According to the “Get With The Guidelines” Heart Failure treatment guidelines, patients are started on aggressive risk-reduction therapies such as cholesterol-lowering drugs, beta-blockers, ACE inhibitors, aspirin, diuretics and anticoagulants in the hospital. Patients also receive alcohol/drug use and thyroid management counseling, as well as referrals for cardiac rehabilitation before being discharged. The main objective of the program is to help heart failure patients stay healthy and avoid repeated admissions to the hospital.

“Receiving the Silver Award reinforces that our hospital and its dedicated staff are doing great things for healthcare in the community. We have quickly become a leading healthcare provider in the region, which means our community can receive high-quality care right here close to home,” said Jim Edwards, President /CEO of the Greater Hazleton Health Alliance.

Through the “Get With The Guidelines” program, Hazleton General Hospital continues to advance its quality of care for heart failure patients, save lives, and ultimately reduce healthcare costs by lowering the recurrence of heart failure hospital admissions. You’re in good hands at Hazleton General.



## Current Events

The Bernardine Sisters of the Third Order of St. Francis returned to Hazleton this past fall for a celebration held in their honor for more than 60 years of dedication, community service, and works of mercy at St. Joseph Hospital and in the Hazleton community. The Bernardine Franciscan Reflection Garden at Hazleton General Hospital was dedicated to the Sisters during a special ceremony led by Bishop James Timlin (retired). Many people in the community participated in the celebration by attending or by purchasing a commemorative brick in the Garden's Walkway. Bricks are still available for purchase and may be engraved to honor or memorialize a special person or event in one's life. The bricks will be placed in the walkway in the spring. For more information, call 570-501-4915.

“Less than 15 minutes passed from the initial 911 call to being seen by an emergency room doctor. Very Impressive. All responses to questions, requests, and personal needs were met instantly.”



## Staying Healthy This Winter Season

Winter is quickly approaching. This cold and flu season take the necessary steps to keep your family healthy. Flu shot clinics are appearing at your local healthcare facilities, pharmacies, and health fairs to help fight off those unwanted germs.

A flu shot can be a life saver for those with weakened immune systems, including the elderly, children, and diabetics. The flu shot is an inactive virus that helps the immune system fight off other viruses during the winter season and, according to Revolution Health, has between a 70% and 90% effective rate.

Washing your hands is one way of many to reduce the chances of becoming sick. Unfortunately, only two-thirds of men and 80% of women wash their hands properly. That's a scary thought. Medical

professionals recommend a 20 second scrub, roughly about the time it takes to sing the alphabet song.

*"The cleanliness of each area was exceptional"*

Also, nail biters beware. Bringing contaminated hands into contact with mucous membranes in the mouth, nose, or eyes is a major cause of the spread of viruses. Because most cold and flu viruses are passed through direct contact, staying clean and keeping fingers away from your mouth play an important role in remaining healthy.

Make sure to stock up on the soup! Warm soups provide relief from the symptoms of colds or the flu, soothing the throat and opening up sinus passages, even if it's only briefly. In addition to soups providing necessary fluids, researchers also have found that chicken soup may contain a number of anti-inflammatory substances. The finding doesn't mean chicken soup is a cure, but it's certainly a comforting way to nourish your way back to wellness.

Eating healthy is another strong prevention tactic against the winter bug. Moms have the cold business down pat. The best way to avoid a cold or flu in the first place includes eating lots of fruits and vegetables, which boost the immune system; exercising at least 30 minutes a day; getting enough sleep, roughly 7-8 hours per night; and trying to keep stress to a minimum.

# A New Concept in Personalized Healthcare Services

- Imaging Services
- Laboratory Services
- Cardiology Services
- Pulmonary Services
- Physical Therapy
- Aquatic Therapy
- Occupational Therapy
- Speech Therapy
- Fitness Center
- Nutritional Counseling
- Weight Management
- Occupational Medicine
- Cardiac Rehabilitation
- Outpatient Surgery



50 Moisey Drive Hazleton, PA 18202  
 Across from the Laurel Mall  
 General Information: 570.501.6600  
[www.HazletonHealthAndWellness.org](http://www.HazletonHealthAndWellness.org)

## Cold or Flu?

Symptoms	Cold	Flu
Fever	Rare	Characteristic, high 100-102°F lasts 2-3 days
Headache	Rare	Prominent
General aches, pains	Slight	Usual; often severe
Fatigue and weakness	Quite mild	Can last up to 2-3 weeks
Extreme exhaustion	Never	Early and prominent
Stuffy nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore throat	Common	Sometimes
Chest discomfort/cough	Mild to moderate; hacking cough	Common; can become severe

## The Truth About Children's Cold Medicines

Did you know new warnings recently have been placed on the back of children's cold medicine? The warning encourages parents not to administer cold medicine to children under the age of four.

"What we have found is that parents have not been following the warnings on the back as they should. There's nothing wrong with the actual medication; it was just being used too aggressively," said Dr. Hesham Kamel of Pediatric Associates of Hazleton.

When administering cold medication, it's imperative to follow the directions exactly, including the correct dosage for a child's weight as well as for the correct diagnosis.

"There are so many medicines on the market, and it's sometimes hard for parents to decide which medication is best for the symptoms their child is experiencing," said Dr. Kamel. In order to avoid complications, parents should consult a family physician prior to administering any medication.

For more information on children's health and wellness matters, check out the Pediatric Associates of Hazleton's website at [www.hazletonpediatrics.com](http://www.hazletonpediatrics.com) or call 570-501-6400.





**Hazleton General Hospital**  
Our hearts is in healthcare.  
www.ghha.org

700 E. Broad Street  
Hazleton, PA 18201  
570.501.4000



50 Moisey Drive  
Hazleton, PA 18202  
570.501.6400

www.hazletonhealthandwellness.org

### Greater Hazleton Health Alliance

- Hazleton General Hospital
- Hazleton Health & Wellness Center
- Gunderson Rehabilitation Center
- Hazleton General Home Care
- Northeast Bariatric Center
- Healthy Beginnings Plus
- Primary Stroke Center

Hazleton General Hospital is a nonprofit, independently operated, voluntary regional medical center offering, in association with medical staff, a wide range of health technologies and specialty services. Earnings are devoted exclusively to the continuation and improvement of patient services and facilities, as well as educational and outreach activities. The information in this publication is not intended for the purpose of diagnosing or prescribing. If you have concerns about health issues, contact your personal physician.

Periodically, we send communications to friends and neighbors in our community that describe the health care services and the products we offer. If you would prefer not to receive communications like this from our organization, please call 570.501.6204.

Healthy Horizons ©2008.

**Hazleton General Hospital**  
Our hearts is in healthcare.

700 E. Broad Street  
Hazleton, PA 18201  
570.501.4000

PRESORTED  
STANDARD  
U.S. POSTAGE  
**PAID**  
WILKES-BARRE, PA  
PERMIT NO. 243