



STAY healthy

SPRING ISSUE 2015

Life Lessons

Maribeth Lisnock is once again leading fly-fishing expeditions after recovering from a crushed ankle

In Full Swing

UHS Weight Management Programs offer surgical and lifestyle solutions

Climbing the Family Tree

How well do you know your family health history?

One step at a time

Take a walk with UHS at your side

Spring is a great time to lace up your sneakers and hit the trails, the neighborhood, or even the mall. Walking is great exercise, and experts recommend a goal of taking 10,000 steps a day. UHS can help you walk your way to good health.

MALL WALKERS

One advantage of walking in the mall is escaping the cold and ice of the winter and the heat and humidity of the summer. The UHS Stay Healthy Center at the Oakdale Mall in Johnson City worked with mall management to provide resources for local mall walkers. “Early one morning, we surveyed more than 70 people who were walking in the mall,” explains Celeste M. Pazzagli-Mack, a nurse at UHS Stay Healthy. “A lot of them wondered how far they were walking, so we took some measurements and came up with a brochure that gives mileage and other information.”

BC WALKS

The regional BC Walks program encourages people to walk in their own communities and track their mileage online at bcwalks.com. The website also includes lists of local trails and upcoming fitness events.

HOSPITAL TRAILS

Employees and visitors at UHS hospitals



can take advantage of outdoor trails and indoor suggested walking routes.

PRESCRIPTION TRAILS

Healthcare providers throughout Delaware County are participating in Prescription Trails, a program that encourages providers to “prescribe” walking to their patients. The prescription invites patients to visit the getoutandwalk.org website to see a list of trails, get a log sheet, join a 1,000-mile challenge, and more.

>> **GET MOVING.** The Oakdale Mall opens early for mall walkers at 7 a.m. Monday–Saturday and 8 a.m. on Sunday. Stop by the UHS Stay Healthy Center to pick up a Mall Walkers brochure with a map and mileage chart and track your mileage at the bcwalks.com kiosk. Get your blood pressure checked and get your health questions answered while you are there.

Picture perfect

3D mammography reduces repeat screenings

Being called back for a second look after a suspicious mammogram can be terrifying. However, overlapping tissue in a standard mammogram can look like an area of concern that requires further investigation, so repeat mammograms to rule out cancer are a common occurrence.

A new technology called digital breast tomosynthesis, or 3D mammography, promises to reduce the number of anxiety-inducing callbacks while improving diagnosis of invasive cancer by 40 percent.

The technology takes a series of low-radiation X-ray images in 1-millimeter slices, then sophisticated software assembles them into a 3D image that provides a high level of clarity and detail. It’s done at the same time as a standard 2D mammogram on the same equipment, and takes just seconds longer.

>> **IS IT TIME FOR YOUR SCREENING?** 3D mammography is currently available at the UHS Breast Center in Vestal. Call **240-2847** to make an appointment.

Hard at work

Occupational medicine services now available in Norwich

“Employees are the most valued resources of any company,” says Rebecca Sedor, director of UHS Business Direct. “In a nutshell, occupational medicine is about serving the needs of employers by doing what’s right for their employees.”

To better serve residents who live or work in the Chenango County area and their employers, UHS recently opened an Occupational Medicine Express Care location at 54 E. Main St. in Norwich. This office can quickly treat work-related illnesses and injuries, as well as provide employment healthcare services, such as:

- OSHA, DOT, fitness-for-duty, new hire and other physical exams
- Physical demands testing
- Drug and alcohol screening
- Post-blood-borne pathogen exposure evaluations
- Immunizations

No appointments are needed. UHS Occupational Medicine staff are also available to facilitate work-site wellness programs, perform ergonomic evaluations, or provide services to groups at an employer’s location.

“The Norwich Express Care site is very easy to use,” says Ms. Sedor. “I’m hoping the local business community takes advantage of it.”



>> **BACK TO WORK.** Express Care is open Monday–Friday, 8 a.m.–noon and 1–4:30 p.m. Employers wishing to refer employees can call **337-4777**. Occupational medicine services are also available by appointment in Binghamton by calling **762-2333** and Walton by calling **865-2414**.

Comforts for home

Useful ideas from the Showroom

The UHS Home Care Showroom at 601 Riverside Drive in Johnson City has a wealth of home care products to make your life less painful and more comfortable. Products range from simple treatments for minor aches to those that offer the elderly or disabled greater mobility.

Whether you're a weekend warrior looking for a cold pack for your sore muscles, a grandma or grandpa who needs a bit of a boost to get out of your chair or a person who could benefit from light therapy on gloomy days, the Showroom is well-stocked to meet your needs.

The latest in clever items to make your life more livable are available at reasonable prices, so stop in today and explore. Johanna Wright, manager of the Showroom, offers these suggestions:

■ **Seat lift chairs:** These recliners are perfect for people who could use a boost getting up. Chairs range from basic two-position models to more deluxe versions that feature heat and massage functions. There are several fabric options to choose from, so they can fit into any décor.

■ **Frozenpeaz:** These nontoxic, reusable, form-fitting hot and cold packs come in multiple sizes and shapes meant to mold to different parts of the body. They include soft coverings to hold the packs with adjustable straps to keep them in place. They stay hot for 40 minutes or cold for 30.



■ **Therall arthritis gloves and booties:** These products relieve pain and improve mobility in the hands and feet with warmth and gentle compression. The gloves are form-fitting, come in multiple sizes and feature open fingertips, so users can use their hands while wearing them.

■ **Daylight sky bright light therapy:** Sitting in front of this specialized light can improve the mood of people who suffer from seasonal affective disorder during the darker months, or who are homebound.

■ **Activity tracker:** This Bluetooth-compatible activity tracker counts steps, distance and calories burned, and stores information for seven days. It also includes watch and alarm functions.



Activity tracker

We can help with your commitment

Staying in shape can be hard and, of course, it doesn't get any easier with age. To sustain physical fitness for a lifetime, a person has to have knowledge, dedication, self-awareness and even a dose of old-fashioned willpower. As UHS bariatric surgeon Peter Ojo, MD, has put it, "Commitment is everything. You have to be ready for major changes in your lifestyle."



But the payoff can be worth the effort. By motivating yourself to live a more active life — with a little help from your healthcare provider — you can reap many benefits in superior health and well-being.

And indeed that really is the good news: You don't have to go it alone. You can rely on your friends at UHS to give you the tools, resources and support you need to begin a healthier lifestyle. Through our UHS Stay Healthy Center at the Oakdale Mall, we offer a wealth of information that can help you start your journey.

If you're a mall walker, you can stop by UHS Stay Healthy for a free blood pressure reading and a brochure to help you calculate your walked miles. Plus, you can learn more about such community resources as BC Walks, hiking and walking trails in Greater Binghamton, and Delaware County's "Prescription Trails," to name just a few. Since walking is one of the best exercises, it's the perfect way for many people to get into the fitness habit.

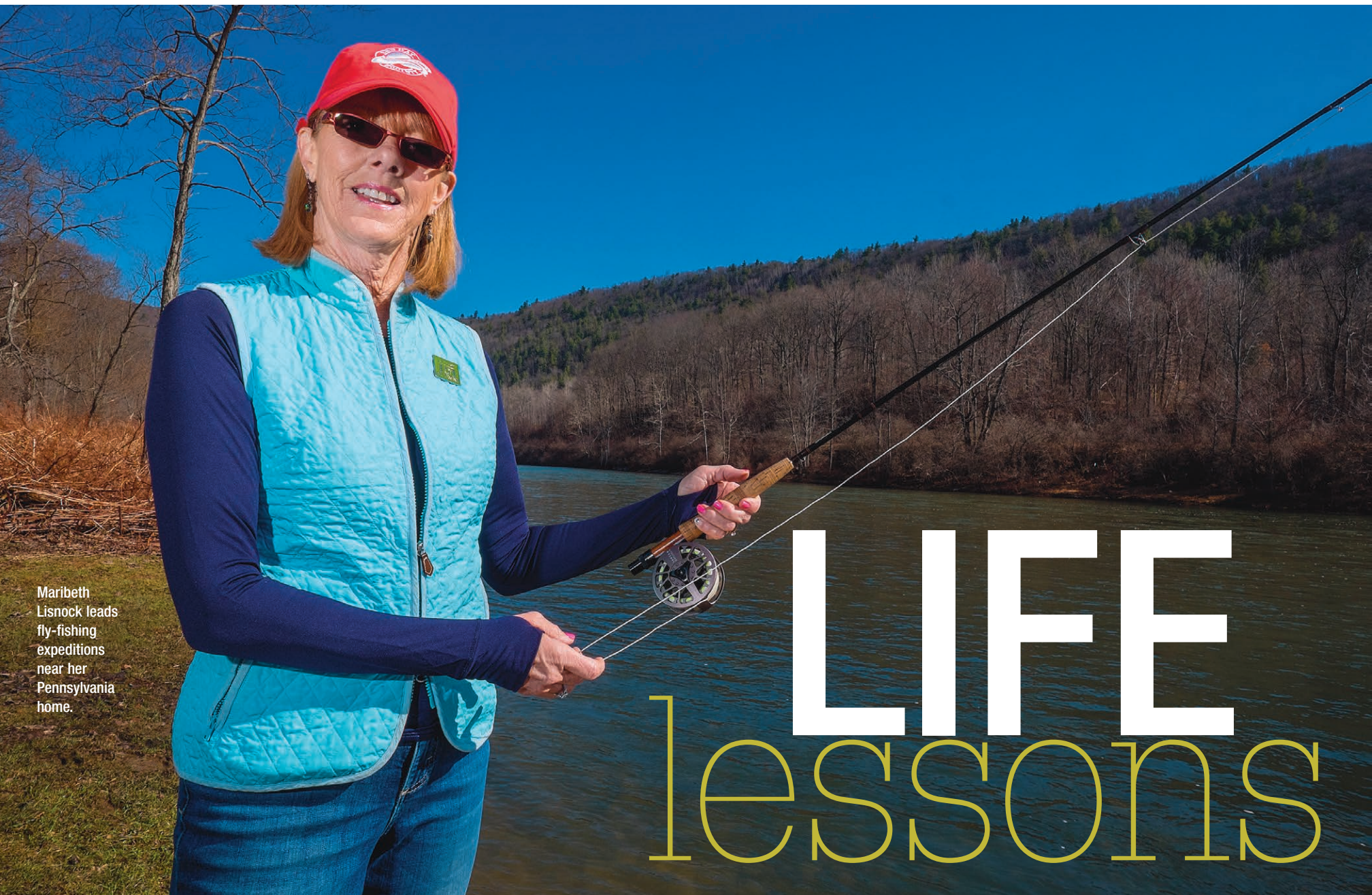
At UHS, we also offer many sound medical approaches for people who are overweight or obese. If you're concerned about your weight and about how to take safe, sensible actions to deal with the issue, our physicians, surgeons, nurses and other providers are here to help. We're home to the region's premier Comprehensive Weight Management Program, which offers bariatric surgery and other weight-loss options. We also offer a full range of programs to guide you toward the right choices in diet, exercise, smoking cessation, stress reduction and recommended health screenings.

Your commitment to a healthier lifestyle is one of the most important steps you can take. So get started today and let us know how we can help. One of the most rewarding things we do is helping you to stay healthy.

Matthew J. Salanger
PRESIDENT & CEO OF UHS



>> **STOP IN.** UHS Home Care Showrooms are located at 601 Riverside Drive in Johnson City and 26 Conkey Avenue in Norwich. Some products may be covered by insurance, Medicaid or Medicare with a physician's prescription.



Maribeth Lisnock leads fly-fishing expeditions near her Pennsylvania home.

LIFE lessons

>>UHS ORTHOPEDIC SPECIALISTS PUT PATIENTS' BONES AND JOINTS BACK TOGETHER AFTER TRAUMATIC INJURIES

Maribeth Lisnock of Starlight, Pa., had a lot of knee pain and was running late for an appointment with orthopedic surgeon Micah Lissy, MD. In her hurry, she made a mistake she will never repeat. She was backing out of her driveway when she realized she had forgotten something in the house, so she stopped the car and hopped out. What she didn't realize was that she didn't put the car in park, so when it started rolling down the driveway, she ran after it. As she was trying to leap into the driver's seat, the open door knocked her to the ground and the front wheel ran over her ankle, crushing it. "I learned a life lesson," she says. "Never try to get back into a moving vehicle."

When she arrived at the UHS Wilson Medical Center Emergency Department, Dr. Lissy happened to be the orthopedist on call and diagnosed a pilon ankle fracture. Her ankle was so badly injured, with multiple fractures in multiple bones, that she was admitted to UHS Binghamton General Hospital, where inpatient orthopedic procedures are performed. There, her leg was stabilized for five days before the swelling was reduced enough for Dr. Lissy, a sports medicine specialist, and Vivien Fongue, DO, an orthopedic trauma specialist, to operate on it.

“I had the IKEA build-a-leg set put in — plates, screws and a bone graft,” jokes Ms. Lisnock, now 66. “Dr. Lissy didn’t pull any punches about how serious it was.”

“We did a fairly sizeable procedure,” Dr. Lissy explains. “We had to open up her ankle adequately to line everything back up and pin it in place with metal plates and screws.”

PUTTING IT ALL TOGETHER

UHS Orthopedics doesn’t just put its patients damaged bones and joints back together; it brings together all the pieces needed to help its patients. The physicians coordinate with home care, rehabilitation and physical therapy providers to make sure every patient gets what they need to recover from an orthopedic injury or procedure.

“We communicate and integrate closely with physical therapy and home care. UHS is one system, where everything is connected,” says Dr. Lissy. “All the physical therapists have my direct phone number and call me

freely to discuss patient care plans. That’s a big benefit.”

After three more days in the hospital, Ms. Lisnock began a months-long rehabilitation of physical therapy and rest. “I did whatever they told me, but it was a killer for me to spend the summer on the couch with my leg elevated and in a physical therapy office. However, it paid off,” she says.

Dr. Lissy is very pleased with the outcome, and says that Ms. Lisnock’s commitment was a big factor in her recovery, which was rapid considering the extent of the injury. “The doctor’s role is pretty small compared to the work the patients have to do,” he says. “She was a very compliant patient, which always helps, and she was otherwise active and in good health. Even so, she had a miraculous outcome.”

TRAUMA SPECIALISTS

UHS Orthopedics is uniquely qualified to care for complex orthopedic injuries like Ms. Lisnock’s. The practice has recently grown and includes subspecialists in a variety of disciplines, including joint replacement, sports medicine, hand and trauma. Dr. Fongue, an orthopedic surgeon who is fellowship-trained in orthopedic trauma, recently joined UHS, and explains that as a trauma subspecialist he attempts “to return patients to normal function as quickly as possible with techniques that minimize the risk of potential complication. I can take care of more complex injuries that general orthopedic surgeons are not used to seeing.”

While Dr. Fongue can repair just about any type of broken bone, his



WEB EXCLUSIVE!

Read more about how Dr. Lissy and the doctors and staff at UHS Sports Medicine get athletes of all kinds back in the game at uhsstayhealthymag.com.

“Every day, I say thank you to everybody for helping me recover. That I have overcome these obstacles makes me really happy.”

—Maribeth Lisnock

expertise is essential in complex cases such as pelvis and hip fractures. He is also specially trained to fix poorly healed fractures.

Ms. Lisnock can now do everything she used to do, including running and fly fishing. Her aching knee, which she was on her way to see Dr. Lissy about the day of her injury, has mostly resolved on its own. Nearly a year after her accident, she spent a long day at Disneyland with her grandkids.

“I was nervous about going because I still have some pain from the screws. Thanks to my exercises, a compression sock, some Advil, good sneakers and a glass of wine now and again, I can usually control it,” she says. “However, I was surprised to find that I could handle nine hours at Disneyland! My daughter’s pedometer said we walked 17,000 steps, and at the end of the day we were tired, but I wasn’t crying. I was so happy.” **SH**

Put an end to pain

Are you experiencing foot or ankle pain? UHS Podiatry can diagnose and treat conditions such as arthritis, bunions, tendinitis, flat feet or sports injuries. Learn more at a free seminar with Bradley Hart, DPM, at 3:30 p.m. on the first Wednesday of each month.

Does your hip or knee hurt? Learn about treatments including total joint replacement and minimally invasive surgical options at a free seminar by Lawrence Wiesner, DO, of UHS Orthopedics. Join him on Thursday, May 28, July 23, October 8 or November 9 at 3 p.m.

Seminars are held at the UHS Stay Healthy Center at the Oakdale Mall. Call 763-5092 or visit uhs.net to register.

>> NO BONES ABOUT IT. UHS

Orthopedics sees patients at its offices in Binghamton, Norwich and Sidney. In 2016, a large new comprehensive orthopedic and sports medicine facility will open next door to UHS Vestal. Visit uhs.net/care-treatment/orthopedic-services for more information on UHS Orthopedics.



Carolyn Almy is back on the dance floor with her husband, Paul, after losing 156 pounds.

“We’re here to help patients change their lives for the better.**”**

—Mickey McCabe, LCSW-R, ACSW,
UHS Comprehensive Weight Management
Program coordinator

in FULL SWING

>>UHS WEIGHT MANAGEMENT PROGRAMS
OFFER SURGICAL AND LIFESTYLE SOLUTIONS

3 years ago, Vestal resident Carolyn Almy decided she was done sitting off to the side, unable to enjoy much of life due to obesity and weight-related health problems. “I was only 53, but because I was carrying around 282 pounds, I had high blood pressure, I was pre-diabetic, I had a bad back ... and I was headed for disaster,” Ms. Almy recalls. “It was time to get proactive. So I went to UHS, and made a commitment to their weight management program. I attended support groups, talked to the weight management team and learned everything I could about my choices.”

That was 2013. Today, after Roux-En-Y gastric bypass surgery, Ms. Almy is down to 126 pounds — a healthy weight for her petite 5'3" frame. As she lost weight, she regained her health and vigor, which spun her right out onto the dance floor. "I've always wanted to swing-dance, but never imagined it possible. Not for me."

After losing 156 pounds, Ms. Almy is right in step with Benny Goodman's "Sing, Sing, Sing" — from her high-energy style to her dresses with their cinched waists and full skirts.

THE PATH TO SUCCESS

Ms. Almy's journey toward a healthy life began by partnering with the UHS Comprehensive Weight Management Program team. The program takes a comprehensive, two-pronged approach to healthy, long-term weight loss, partnering surgical options with essential education and support.

The non-surgical portion of the program prepares patients mentally and physically for life before, immediately following and long after surgery. Program participants learn how to make proactive lifestyle changes focused on portion control, nutritious food selections and daily physical activity. They receive one-to-one consults with a licensed clinical social worker, a registered dietitian, nurses and other support staff. There are also pre-surgical group counseling sessions, weekly day and evening support groups, and family education classes.

"For many of our patients, weight management is a lifelong challenge, so our education and support system begins long before and continues long after surgery," explains the program's coordinator, Mickey McCabe, LCSW-R, ACSW.

SURGICAL SOLUTIONS

Weight loss surgery can help patients with a body mass index (BMI) over 40 — or patients with a BMI of 35–39 along with a related health condition — lose weight and resolve or improve conditions such as high blood pressure, diabetes, asthma and severe arthritis. Dedicated experts Christian

Well Advised

UHS offers a variety of classes and seminars focused on weight management, including:

IN JOHNSON CITY

The Adult Wellness Program offered at the UHS Stay Healthy Center at the Oakdale Mall in Johnson City can help you gain greater knowledge about why and how to improve your health and wellness. The free program offers monthly seminars, held on the second Wednesday of each month, from 6 to 7 p.m. An optional

group discussion follows.

Presentations examine a range of topics, with most leaning toward weight management. For example, sessions have discussed complications associated with obesity, healthy food choices and portion sizes, and the importance of staying active. For more information, contact the UHS Stay Healthy Center at **763-5555**.

IN WALTON

UHS Delaware Valley Hospital offers the Lifesteps Weight Management program, a unique 10-week class tailored to the needs of each participant. The key to Lifesteps is helping participants change behaviors that have gotten in the way of losing or maintaining a healthy weight in the past. It recognizes that

each participant comes to the program with different habits, goals, schedules and lifestyles. The class meets for one hour each week, where participants share their experiences in addition to learning about weight management. For more information, call Cathy McLachlan, certified dietician-nutritionist, at **865-2159**.

Tvetenstrand, MD; Peter Ojo, MD; and Anishur Rahman, DO, FASMBS, perform bariatric surgery at UHS Wilson Medical Center.

The UHS Comprehensive Weight Management Program offers three surgical options. It's essential to select the right surgical choice for your specific needs and goals.

LAPAROSCOPIC GASTRIC BANDING

involves placing a band around the stomach to reduce the stomach's size. The process produces a gradual, 1- to 2-pound per week weight loss, so it's typically not the recommended surgery if the patient's BMI is over 50 and co-morbidities need to be resolved quickly. It is also not recommended for patients with acid reflux. However, the procedure is a less invasive choice and does not affect digestion. In addition, patients can have the band adjusted should they begin to regain weight.

LAPAROSCOPIC GASTRIC SLEEVE is also a restrictive surgery, with part of the stomach removed in order to make it much smaller. Like the band, the sleeve restricts food intake without affecting the normal digestion process, so this procedure also produces a gradual weight loss. There is, however, no option to adjust stomach size over time.

LAPAROSCOPIC ROUX-EN-Y GASTRIC BYPASS is a combination surgery, which

involves making the stomach smaller and also altering the digestion process by bypassing some of the intestine. Often called the gold standard among weight loss surgeries, gastric bypass has been successfully performed for the longest period of time. It results in quick weight loss, with some patients losing up to 60 pounds in the first two to three months post-surgery. This element of speed may be essential for patients suffering severe comorbidities.

COMMITMENT ISSUES

Another essential element of the program centers on the patient's dedication, Dr. Ojo emphasizes. "Commitment is everything. You have to be ready for major lifestyle changes or the surgery can fail," he says.

Maintaining that level of commitment isn't always easy, Ms. Almy insists, but she knows where to turn for encouragement. "It's been three years since my surgery, and I still attend UHS support groups at least twice a week."

From its inception, the UHS Comprehensive Weight Management Program stood apart in its commitment to patients. "We're here to help patients change their lives for the better," Ms. McCabe says. "And no matter how many people we help, it never gets old. Every patient is unique, with their own battles to conquer and their own success stories." **SH**



WEB EXCLUSIVE!

Visit uhsstayhealthymag.com to get tips on starting and maintaining an active lifestyle after bariatric surgery.

>> WEIGHT NO MORE. For more information about the UHS Comprehensive Weight Management Program, call Mickey McCabe at **763-8008** or visit uhs.net/weightloss.

CLIMBING the family tree

>> HOW WELL DO YOU KNOW
YOUR FAMILY HEALTH HISTORY?

“**G**enetics is not always about blood tests and technology,” explains Luba Djurdjinovic, MS, executive director of the Ferre Institute and director of genetic programs for the NYS Teratogen Information Service. “It’s as much about writing down your family’s health history, being aware of past medical patterns and partnering with your physician to look for chronic health issues that might suggest an inherited predisposition. If your physician sees clues that certain illnesses run in your family, technology comes back into the game, with additional care or screenings to minimize, postpone or prevent the onset of certain diseases.”

ALL IN THE FAMILY

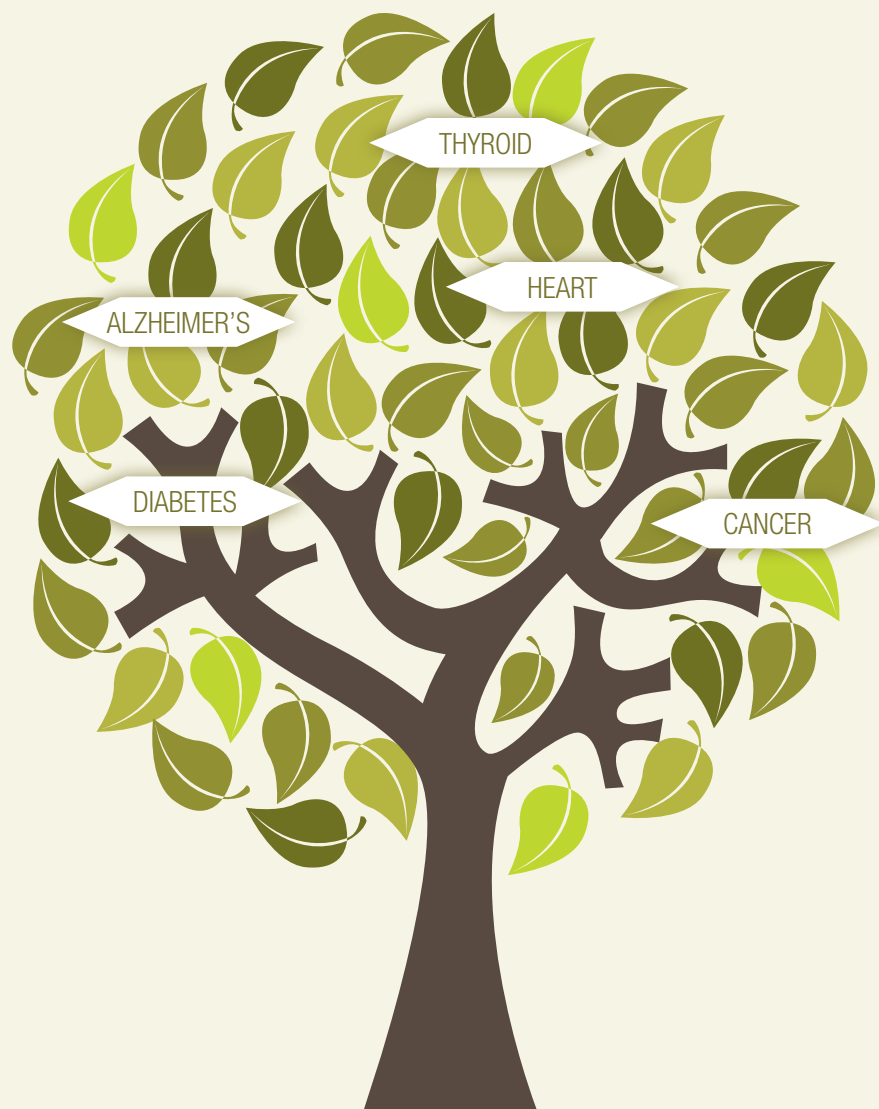
Family get-togethers are a great time to ask relatives about your family’s health history. Your physician will be looking for at least two relatives diagnosed before the age of 50 with the same disease. A family health history should include as much of the following information as possible.

- Collect health information for three generations of relatives, including parents, children, siblings, nieces/nephews, aunts/uncles, cousins and grandparents.
- Include all significant medical issues for each relative, such as birth defects, learning problems/delays, intellectual

disabilities and chronic medical conditions. Be sure to include diabetes, thyroid disease, heart disease, cancer and Alzheimer’s disease.

- Note the age when first diagnosed. This is essential, since diagnoses at or beyond 50 years of age weaken any link to genetic predisposition and may be due more to the natural aging process.
- Add details about disease type. Try to go beyond recording that a cousin had “breast cancer.” You want to also note if the cancer spread, if it was in one or both breasts, the tumor type and any additional known specifics.
- Talk about your family’s health history with as many relatives as possible. You may hear different stories, which can be the root of family health myths, or gain “secret” medical information, which previous generations chose not to discuss.
- Designate a family medical history record keeper. This gives relatives one resource where they can deliver and

WEB EXCLUSIVE! Learn how your family health history can influence recommended screening schedules for cancer, diabetes and heart disease at uhsstayhealthymag.com.



retrieve family health information. It also promotes a comprehensive family medical record that can be passed on to future generations.

A PARTNERSHIP FOR HEALTH

Ms. Djurdjinovic stresses that a family health history is a tool — not a magic bullet. “After you tease out other risk factors, like lifestyle, age and environmental factors, fewer than 15 percent of those who have a family pattern of chronic illness actually have a genetic predisposition.”

For example, if three of your grandparents died of heart disease, but they all smoked; consistently ate foods high in cholesterol, salt and fat; and were older than 50 when cardiac problems began, then genetic predisposition is not likely an issue. That, Ms. Djurdjinovic adds, is why it’s essential that you discuss your family

health history with your physician before jumping to conclusions.

Even if a family health history identifies no genetic predispositions, creating the generational medical record is still a valuable exercise, Ms. Djurdjinovic says. “We found that it’s an important way to engage people in their healthcare. So staying well is no longer only the doctor’s job — now you’re a partner, too.” **SH**

>> **LEARN MORE.** For additional information about family health history and genetic counseling, see the Ferre Institute website at ferre-genetics.org. Also visit nymacfamilyhistory.com for information about how to initiate a proactive family health history awareness discussion with relatives and health practitioners.