BEATING THE ODDS

Cutting-edge treatment at McGlinn Cancer Institute helped Danielle Blake through an aggressive cancer.

INSIDE: Expanded care for the women of Berks County / Advice on safe pain management / Efforts to prevent frequent patient returns to the ED / New psychiatric emergency department / Community health programs
New Names for Women’s Clinic

Reading Health Physician Network - Women’s Clinic and IVF-Fertility has been a longtime resource for patients seeking obstetrics, gynecology and infertility services. Now, Women’s Clinic and IVF-Fertility is becoming two separate entities — offering the same trusted healthcare but under new names. Reading Health Physician Network Advanced Care for Women is focused on obstetrics and gynecology, providing routine exams, prenatal care, surgical services and more, while Reading Health Physician Network Advanced Fertility and Reproductive Medicine is a specialized resource for fertility care. This change allows both practices to grow and extend next-level medical care to the women of Berks County and beyond. Both entities will continue to work with the same outstanding physicians and practitioners from the Doctor’s Office Building at Reading Hospital. Call 484-628-7900 for more information or to make an appointment.

OB/GYN Now in Kutztown

Reading Health Physician Network All About Women prides itself on providing high-quality and individualized healthcare. Now, All About Women is offering that exceptional care in Kutztown.

“I appreciate the atmosphere created by the all-female staff. From the time you call to make an appointment to the examination itself, there is a tone of care, concern and comfort,” says Lori C., a patient at the Wyomissing office. That same attention and consideration will be available soon to the Kutztown community.

Reading Health Physician Network Family Medicine and Reading Hospital lab, imaging and outpatient therapy are also available in Kutztown. For more information regarding All About Women, call 610-898-7560, or call 610-816-2001 to learn about Reading’s other services in Kutztown.

Mammograms Save Lives

Have you had your annual screening mammogram with tomosynthesis (3-D)? Talk to your doctor or schedule your mammogram today! To make an appointment, call 484-628-8611.

Words of Wellness is published bimonthly by the Marketing Department at Reading Health. Health information in this publication should not be substituted for medical advice offered by a physician. Always consult your physician about medical concerns and questions.

For locations and information, call 484-628-HELP (4357) or visit www.readinghealth.org.

Follow us: Facebook, Twitter, Instagram, LinkedIn.
New Therapy at McGlinn Cancer Institute Helps Save Patients’ Hair — and Self-Esteem

The Friends of Reading Hospital recently raised $50,000 to help McGlinn Cancer Institute implement Arctic Cold Cap therapy, an innovative approach to minimizing hair loss for oncology patients.

Patients put on the caps (kept at a temperature of –25°F) 45 minutes before each chemotherapy session and wear them until four hours after the end of each session. The cold caps help the scalp’s blood vessels constrict and protect hair follicles.

Although the program only began in September, Oncology Nurse Navigator Lisa DelPizzo, RN, BSN, CCM, CBPN-IC, says the results are already promising. “Patients are ecstatic to find they don’t lose their hair,” she says. “It is great for their dignity and self-esteem.”

Helping Hands

In crisis situations involving physical injuries, help from bystanders can be imperative to a victim’s survival. In 2015, the White House (along with national trauma organizations) launched the Stop the Bleed campaign, a nationwide effort to put lifesaving information in the hands of the public.

AMONG THE STOP THE BLEED TIPS:
— Take action to ensure safety for yourself and the injured party.
— Notify 9-1-1 and follow orders from public safety officials.
— Identify bleeding as a threat to life.
— Use hands to apply pressure with bandages or clothing to the bleeding site.
— If bleeding doesn’t stop, apply commercial tourniquets and pressure dressings; use improvised tourniquets as a last resort.

Reading Hospital Trauma Center sponsors a Stop the Bleed campaign with an outreach program to provide this crucial instruction to the community. Visit stopthebleedingcoalition.org or dhs.gov/stopthebleed.

ASK THE DOCTOR

WILLIAM SANTORO, MD, CHIEF, SECTION OF ADDICTION MEDICINE, DISCUSSES NARCOTICS AND SAFE PAIN MANAGEMENT

Q: My doctor prescribed narcotics for pain. I am concerned that I will become addicted.

A: Your doctor gave you the prescription because you have pain. If you have had past problems with addiction, you should discuss this with your physician and may want to consider having a responsible party control the medication. Either way, use pain medication cautiously, and only as prescribed and as needed to minimize the risks of addiction.

Much will depend on whether your pain is acute or chronic. All medications come with risks that need to be weighed against the benefits. Keep a record to monitor if your use [dose and frequency] is increasing. For treatment of acute pain [sharp or sudden pain that goes away after the injury has healed], ask your physician for advice on how much pain you should expect and how much relief should be anticipated. For chronic pain [pain that persists after the condition has healed], talk to your physician about the medication and your expectations for relief. Make sure they are in line with the physician’s expectations. Both acute and chronic pain should not be expected to be relieved 100 percent. If your expectations are not being met, or if your expectations and your physician’s expectations are not the same, ask if you should see a pain specialist.

Use your medicine as instructed, and dispose of leftover pain medication properly to keep yourself, your family and society safe.

Want to ask our physicians a question? Please send your query to help@readinghealth.org. Selected questions will be answered in these pages.
When Cancer Strikes at an Early Age

Danielle Blake was only in her 30’s when she was diagnosed with stage 3 colon cancer. Now, thanks to the state-of-the-art care she received at McGlinn Cancer Institute, she has a new lease on life.

In early 2015, Danielle Blake, a resident of Elverson, PA, was enjoying a busy life — working in her family’s business and spending free time on trips with her husband to ride their ATVs. That fall, she started to feel unusual discomfort on the left side of her abdomen. “I didn’t know if it was just digestive problems or something else,” she says.

Then, one night, as Blake was lying in bed, she felt a lump in her side. “I had an aunt who passed away from cancer, but she would have survived had she gone to the hospital sooner,” the 37-year-old says. “So I knew I shouldn’t wait.” Blake headed to an outpatient clinic the day after Thanksgiving. A week later, a CT scan revealed a large tumor in her colon.

Blake’s case was an outlier, not only because of her young age, but also because of the size of the tumor — almost 10 centimeters. “We don’t usually expect to find colon cancer in someone in her 30’s,” says Simi Rai, MD, the McGlinn Cancer Institute oncologist who treated Blake. “However, the cancers we see in younger patients tend to be more aggressive and faster growing.”

Blake had a stage 3 tumor that was almost completely blocking her colon. Dr. Rai brought Blake’s case to Reading Health System’s tumor board to consult with the hospital’s top experts. Reading Health’s highly trained oncology team works with cancer patients around the clock, providing the most scientifically advanced diagnostic care and treatment available. Soon after receiving her diagnosis, Blake underwent surgery to have the tumor removed. “After I recovered from the surgery, I did six months of chemotherapy as a preventive measure,” Blake says.

Dr. Rai suggested that Blake have chemotherapy as a precaution, because it is possible that microscopic disease can be left behind after surgery. Dr. Rai also recommended that Blake have another CT scan after chemotherapy. “Normally, the guidelines don’t call for another CT scan immediately after chemo, but I followed my instincts and had her rescanned because of her high risk,” says Dr. Rai.

Blake’s new CT scan images revealed that, in fact, the cancer had returned. “It was a shock, but my cancer was aggressive,” Blake says. So in August 2016, she underwent a second surgery, followed by another six months of chemotherapy.

Blake completed her final treatments in February 2017 and is doing well. “Her scans look wonderful,” Dr. Rai says. Blake has returned to her job at Kochel Equipment, where she works with her mother and two brothers, and is looking forward to resuming all her activities. “My husband and I have a side-by-side ATV, so I can just ride while he drives,” she says. “It’s a good way to relax and enjoy being out in nature.”

“‘We don’t usually expect to find colon cancer in someone in her 30’s. However, the cancers we see in younger patients tend to be more aggressive and faster growing.’”
— Simi Rai, MD, Oncologist
Screenings and Recommendations

Regular screening, beginning at age 50, is key to preventing colorectal cancer. The American Cancer Society recommends men and women begin screening for colorectal cancer using high-sensitivity fecal occult blood testing, sigmoidoscopy or colonoscopy beginning at age 50. “This is a curable and preventable cancer for most patients if they follow the guidelines and get their colonoscopies at 50,” Dr. Rai says. “People can be squeamish about getting a colonoscopy, but it’s much better than going through chemotherapy.”

People at higher risk of developing colorectal cancer — such as those with a personal or family history of colorectal cancer or inflammatory bowel disease — should begin screening at a younger age and may need to be tested more frequently. Ask your physician about the age you should begin screenings and the frequency of screenings that is right for you.

Dr. Rai also recommends getting checked for colon cancer if you have any suspicious symptoms, such as abdominal pain or blood in the stool.

Fortunately, people can make lifestyle changes that help reduce their risk of colon cancer. “Preventive steps include eating a diet rich in fiber, folic acid and calcium, from foods like dairy, garlic and fish,” Dr. Rai says. “Reducing red and processed meats in your diet can help, too. We believe eating charred meats, like those cooked on a grill, can increase risk.”
For Miriam Montanez-Abrev, visits to the Emergency Department at Reading Hospital were becoming all too common. Montanez-Abrev, 43, was diagnosed with heart failure. Since 2013, she has required Emergency Department treatment about six times per year, as she had trouble managing her medications and understanding dietary guidance. Thanks to Reading’s Paramedicine Program, her situation has improved greatly.

Funded by Reading Health System’s Foundation, the program assists heart failure patients who may need additional help maintaining optimal health after being discharged from the hospital. The goal is to break the cycle of repeat hospitalization and improve patients’ quality of life. The Paramedicine Program sends specially trained paramedics into patients’ homes for a series of visits following their time in the hospital. The paramedics also meet with the patients prior to discharge to evaluate their physical and social determinants of health.

“Our goal is to provide our patients with both the medical and social tools they need to maintain wellness,” says Charles Barbera, MD, Chair, Department of Emergency Medicine and author of the Paramedicine Pilot Program grant.

“The paramedics take patients through their discharge instructions and medications to ensure they understand all the information given to them,” adds EMS Outreach Coordinator Anthony Martin, BS, NR-P.

Paramedics also evaluate patients’ homes for risk of falls, assist in diet planning, and ensure timely follow-up appointments with primary care doctors and specialists. Paramedics begin with weekly visits in the first month and then check in monthly for the next three months. They are available 24/7 to patients and serve as their first point of contact when they have medical concerns.

As part of the program, Stephen Bobella, Executive Director, EMT-P, from Schuylkill Valley EMS, began working with Montanez-Abrev following her nearly three-month stay at Reading Hospital last year. He taught her how to read medication bottles and food labels, helped schedule doctor appointments, and encouraged her to check her weight daily and maintain a healthy diet.

“I was treated very well,” says Montanez-Abrev. “They are true professionals.”

“This program enables patients to do things that they couldn’t do before,” says Bobella. “Many don’t understand the disease process and don’t have support at home.”

Bobella developed a trusting relationship with Spanish-speaking Montanez-Abrev by promising to learn three words of Spanish during each of their visits. (She reciprocated by learning three English words.)

To date, Montanez-Abrev has avoided five trips to the Emergency Department thanks to immediate intervention at home.

“We can’t treat patients without additional support outside of these walls,” says Dr. Barbera. “We need to create a healing environment for patients at home.”
Reading Hospital has the busiest Emergency Department in Pennsylvania, and in recent years it has seen a sharp increase in the number of patients needing psychiatric emergency care.

For patients in crisis with conditions such as anxiety, depression, psychosis or substance abuse, the hustle and bustle of the traditional Emergency Department may be overwhelming.

To better meet patients’ needs, Reading Health System opened the Psychiatric Emergency Department on Jan. 17, 2017, a special unit within the Emergency Department at the new Reading HealthPlex for Advanced Surgical & Patient Care.

“We felt we had a responsibility to offer these specialized services.” He notes that Reading Hospital’s Emergency Department treats about 485 behavioral health patients each month.

With 10 private treatment rooms, Psychiatric Emergency Services offers high-quality, personalized emergency mental healthcare 24/7. The unit provides a quiet and secure space, with rooms that have minimal equipment and are designed for the safety of patients.

Specialized psychiatric emergency units enhance care for behavioral health patients because the units are staffed by trained specialists who can effectively and efficiently evaluate and treat patients experiencing a behavioral health crisis.

Psychiatric Emergency Services’ providers and staff are able to quickly determine the level of inpatient or outpatient care that a patient might need. Additionally, the unit’s staff collaborates with community agencies to ensure continuity of care for patients.

“We saw a need, and we’re addressing it in ways that help save lives and enhance patient health,” says Kolin Good, MD, Chair, Department of Psychiatry. “We are thrilled to offer this unique service in Berks County.”

“We have seen so many patients who need this psychiatric emergency care. We felt we had a responsibility to offer these specialized services.”

— CHARLES BARBERA, MD, CHAIR, DEPARTMENT OF EMERGENCY MEDICINE
The following programs and classes are offered in the spring by Reading Health. To learn more, call 484-628-HELP (4357), or go to www.readinghealth.org/events. Registration is required unless noted. Support groups are also available; visit www.readinghealth.org/support.

**ACTIVE AGING**

**Normal Pressure Hydrocephalus (NPH)**
NPH is a disorder in which excess fluid accumulates in the brain’s ventricle. Often confused with Alzheimer’s or Parkinson’s disease, NPH causes bladder dysfunction, and gait and memory issues. Join Raymond Truex, MD, to learn more about the causes, symptoms and treatment options for NPH. Registration required.
March 13, noon to 1 p.m.
The Highlands at Wyomissing
2000 Cambridge Avenue

**Advanced Care Planning/Living Will**
It’s important to make your wishes known by having a living will or advance care directive to help your healthcare team and loved ones make decisions for you when you are no longer able to speak for yourself. Join Vinti Shah, DO, as she discusses advance care planning, and learn how to obtain an advance care directive. Registration required.
April 10, noon to 1 p.m.
The Highlands at Wyomissing
2000 Cambridge Avenue

**DIABETES EDUCATION**

**All classes are held at 1991 State Hill Road, Wyomissing. Please call 484-628-4270 for times and dates.**

**Diabetes and You***
A 10-hour, four-class series recognized by the American Diabetes Association. The classes teach about diabetes medications, blood glucose monitoring, meal planning, diabetes-related complications and preventive measures. Registration required.

**Diabetes Review***
Two-hour review class about diabetes medications, blood glucose monitoring, meal planning, diabetes-related complications and preventive measures. Registration required.

**Gestational Diabetes Education Classes***
Gestational Diabetes class 1 is a two-hour course for women with gestational diabetes and their family members. Education includes pathophysiology, blood sugar monitoring, meal planning, problem solving and exercise.

**Gestational Diabetes class 2** is a follow-up to class 1. Registration required.

**Intro to Pump Class***
This class teaches about insulin pump technology and reviews truths and myths. Helpful for those trying to decide if an insulin pump is a good option for them. Registration required.

**Pump Class***
Series of three classes that provide insulin pump education, including carbohydrate counting, pump mechanics and problem solving. Registration required.

*Many health benefit plans cover the cost of diabetes education. Check with your benefits provider for details. These classes require a referral from your primary care physician and verification of insurance coverage.

**FITNESS**

**Aquatic Fitness***
A program for individuals looking for a cardio workout who still want the benefits of exercising in the water. Open to those with a good cardiac history who struggle with fatigue or other chronic issues. $8 per class. Registration required.
Mondays, Tuesdays and Thursdays, 8 a.m.
Reading Health Rehabilitation Hospital
2802 Papermill Road
Wyomissing

**Aquatic Fitness Plus***
A program for individuals with chronic pain who are otherwise uncomfortable exercising on land. Enjoy a heated pool while working to increase strength, improve cardiovascular conditioning, decrease pain and lose weight. $8 per class. Space is limited. Registration required.
Mondays, Wednesdays and Fridays, 10:30 a.m.; Monday–Fridays at noon; Tuesdays and Thursdays, 5 p.m.; Mondays and Wednesdays, 6 p.m.
Reading Health Rehabilitation Hospital
2802 Papermill Road
Wyomissing

**Hatha Yoga****
$10 per class. Registration required.
Wednesdays, 5 p.m.
Reading Health Rehabilitation Hospital
2802 Papermill Road
Wyomissing
Healing Yoga**
$10 per class. Registration required.
Thursdays, 6 p.m.
Reading Health Rehabilitation Hospital
2802 Papermill Road
Wyomissing

Medical Fitness
Personalized fitness training designed to manage chronic disease or disability. Includes a baseline assessment and a custom exercise plan, as well as ongoing one-on-one training and group classes to build strength, improve flexibility and functional mobility, and manage weight. Fee varies. Registration required. By appointment only.
Reading Health Rehabilitation Hospital
2802 Papermill Road
Wyomissing

Rise Up and Shine — Parkinson’s Disease**
Activities vary to help build strength, stability, mobility and flexibility. Wear comfortable clothing.
$5 per class. Registration required.
Tuesdays, 11 a.m.
Reading Health Rehabilitation Hospital
2802 Papermill Road
Wyomissing

Tai Chi**
$5 per class. Registration required.
Wednesdays, 5:30 p.m.
Reading Health Rehabilitation Hospital
2802 Papermill Road
Wyomissing

Tai Chi for Balance**
Exercises are appropriate for people with early-stage Parkinson’s disease, those recovering from stroke or anyone looking to improve balance.
$5 per class. Registration required.
Wednesdays, 3 p.m.
Reading Health Rehabilitation Hospital
2802 Papermill Road
Wyomissing

The Importance of Advance Care Directives
MAKE DECISIONS FOR THE FUTURE OF YOUR HEALTHCARE NOW

When you or a family member faces a health crisis, it can be hard to talk about the type of care you would—or would not—want at the end of your life. That’s why it is important to discuss your wishes with family and create an advance care directive (ACD) while you are physically and mentally able.

An ACD is a document that outlines a person’s medical and personal choices regarding how they want to be cared for if they become seriously ill. Vinti Shah, DO, Chief, Section of Palliative Medicine, has seen firsthand how ACDs protect a patient’s dignity. “It’s about the conversation — what you define as a meaningful life so your family, loved ones and physicians know how to best honor your wishes,” she says.

Dr. Shah suggests having a conversation with your primary care physician as well as your loved ones.

An ACD called Five Wishes® is available through Reading Health by calling 484-628-HELP (4357) or visiting www.readinghealth.org/acp. It can be completed and stored in your medical record for free. You can also get more information about ACDs at www.yourlifeyourwishes.com.

When Breath Becomes Air
Join us Saturday, March 25, at 1 p.m. for a discussion about the book When Breath Becomes Air written by the late Paul Kalanithi, MD. Paul’s widow, Lucy Kalanithi, MD, shares insights on her husband’s critically acclaimed memoir. Free. Registration required. Call 484-628-HELP (4357), or go to www.readinghealth.org/events to register.
Becoming a Big Brother/Big Sister
Please bring a stuffed animal or doll to the class. $20 per family. Registration required.
March 4 or April 1
Ages 3 to 5, 9 to 10:30 a.m.; ages 6 to 10, 11 a.m. to 12:30 p.m.
Reading Hospital
5th Avenue Conference Center

Comfort for Labor & Birth
Two-part series will focus on pain management options during labor and birth. Couples must bring two pillows and a blanket to each class. Series is offered each month in two consecutive classes. $50. Registration required.
March 13 or April 10, 2 consecutive classes. $50.

Doctors’ Birth Night
FREE. A tour of Beginnings Maternity Center is available before or after the program.
Registration required.
March 22, 5:30 to 8:30 p.m.
Reading Hospital
5th Avenue Conference Center

Cesarean Birth Night
A tour of Beginnings Maternity Center is available before or after the program. $20. Registration required.
April 26, 5:30 to 8 p.m.
Reading Hospital
5th Avenue Conference Center

Birthing Classes
$75 per couple for weekday series; $100 per couple for Saturday class. This is a three-part series that includes all the information from All About Labor & Birth and Comfort for Labor & Birth. Registration required. Weekday classes are offered for three consecutive weeks, starting on:
March 9 or April 6, 6:30 to 8:30 p.m.
Saturday, March 4 or April 1, 9 a.m. to 5 p.m.
Reading Hospital
5th Avenue Conference Center

Look Good, Feel Better
FREE. American Cancer Society program that teaches beauty techniques to women with cancer to help them combat the appearance-related side effects of cancer treatment. Registration required.
April 20, 1 to 3 p.m.
Reading Hospital
5th Avenue Conference Center

Medical Explorers
FREE. For high school students interested in learning about careers in the medical profession. Registration required.
Rehabilitation: March 16, 6:30 to 8 p.m.
Reading Health Rehabilitation Hospital
2802 Papermill Road
Wyomissing
Laboratory: April 20, 6:30 to 8 p.m.
Reading Health Rehabilitation Hospital
2802 Papermill Road
Wyomissing

WEIGHT MANAGEMENT

Weight-Loss Surgery Seminar
FREE. Registration required.
March 2, 14 or 27; April 11 or 27, 5:30 to 6:30 p.m.
Reading Hospital
5th Avenue Conference Center

School of Health Sciences Admissions Event
FREE. Attend our Program Discovery event to learn more about nursing, emergency medical services, medical imaging and surgical technology programs. Registration required.
April 1, 10 a.m. to 1 p.m.
Reading Hospital School of Health Sciences
1025 Old Wyomissing Road
West Reading

Good Thyme for Life
Annual fundraiser to benefit Co-County Wellness Services.
March 7, 5:30 to 8 p.m.
The Highlands at Wyomissing
2000 Cambridge Avenue

Matter of Balance—Concerns About Falls
FREE. Jung Sun Yoo, MD, discusses causes, prevention and treatment of musculoskeletal pain. There will be a different topic each week. Registration required.
All 5 to 6 p.m.
Shoulder Pain: March 6
Hip Pain: March 13
Knee Pain: March 20
Osteoporosis: March 27
Wrist Pain: April 3
Reading Health Rehabilitation Hospital
2802 Papermill Road

Rehabilitation Education Series
FREE. Attend our Program Discovery event to learn more about nursing, emergency medical services, medical imaging and surgical technology programs. Registration required.
April 1, 10 a.m. to 1 p.m.
Reading Hospital School of Health Sciences
1025 Old Wyomissing Road
West Reading

Rehabilitation Education Series
FREE. Jung Sun Yoo, MD, discusses causes, prevention and treatment of musculoskeletal pain. There will be a different topic each week. Registration required.
All 5 to 6 p.m.
Shoulder Pain: March 6
Hip Pain: March 13
Knee Pain: March 20
Osteoporosis: March 27
Wrist Pain: April 3
Reading Health Rehabilitation Hospital
2802 Papermill Road

Medicare Education Session
FREE. Registration required.
March 27, 5 to 7 p.m.
Reading Hospital
5th Avenue Conference Center

WELLNESS PROGRAMS

Breast and Cervical Cancer Screening
Available to those without insurance and who have not had a mammogram in the past year or a pap smear in the last 3 years.
May 16, 9 a.m. to 3 p.m.
Reading Hospital
McGlinn Cancer Institute

Contemporary Hunters
FREE. A tour of Beginnings Maternity Center is available before or after the program. Registration required.
March 22, 5:30 to 8:30 p.m.
Reading Hospital
5th Avenue Conference Center

Infant CPR
$15 per person; $25 per couple. Learn the basic skills of infant CPR and relief of choking in this one-hour class. Certified instructors use special mannequins to teach American Heart Association lifesaving techniques. Call 484-628-4357 or go to www.readinghealth.org/events

WEIGHT MANAGEMENT

Weight-Loss Surgery Seminar
FREE. Registration required.
March 2, 14 or 27; April 11 or 27, 5:30 to 6:30 p.m.
Reading Hospital
5th Avenue Conference Center

Look Good, Feel Better
FREE. American Cancer Society program that teaches beauty techniques to women with cancer to help them combat the appearance-related side effects of cancer treatment. Registration required.
April 20, 1 to 3 p.m.
Reading Hospital
5th Avenue Conference Center

Medical Explorers
FREE. For high school students interested in learning about careers in the medical profession. Registration required.
Rehabilitation: March 16, 6:30 to 8 p.m.
Reading Health Rehabilitation Hospital
2802 Papermill Road
Wyomissing
Laboratory: April 20, 6:30 to 8 p.m.
Reading Health Rehabilitation Hospital
2802 Papermill Road
Wyomissing

Medical Massage
Program for individuals with pain, muscle tension, myofascial restrictions, lymphedema and other chronic conditions. Massage therapy, performed by a licensed massage therapist trained in physical therapy, improves lymph flow and circulation, lowers blood pressure, and improves range of motion. Call 484-628-2684 to schedule an appointment. Registration required.

Nutrition Counseling Services
To schedule an appointment, call 484-628-8926. Registration required.

Appointments available
Mondays, Wednesdays and Fridays, 8:30 a.m. to 5 p.m., and Tuesdays and Thursdays, noon to 8:30 p.m.
Reading Hospital at Wyomissing
200 North Park Road

West Reading

To register, call 484-628-HELP (4357) or go to www.readinghealth.org/events.
Reading Health is committed to advancing health and transforming lives in the communities we serve. Our system includes more than 1,000 physician and healthcare providers delivering both primary and specialty care. We are proud to continue to grow, and we welcome the following providers who joined Reading Health in November and December of 2016:

Carl Burnett, DO*
Family Practice / 610-372-1140
Reading Neck & Spine
1270 Broadcasting Road
Wyomissing

Susan Hodgkins, CRNP
Hospitalist / 484-628-5455
Reading Health Physician Network
Sixth Avenue and Spruce Street
West Reading

Jill Loch, CRNP*
Palliative Medicine / 484-628-5281
Reading Health Physician Network
560 Van Reed Road, Suite 101
Wyomissing

Kathleen Peires, CRNP
Hospitalist / 484-628-5455
Reading Health Physician Network
Sixth Avenue and Spruce Street
West Reading

*Practice is accepting new patients.

For a complete listing of our providers, call 484-628-HELP (4357) or go to www.readinghealth.org/physicians.

Recognize Your Reading Health Physicians on National Doctors’ Day

Every day, our physicians provide patients with world-class, innovative, and compassionate care. Their dedication to Reading Health has helped make us the leading regional healthcare provider.

In honor of their efforts, Reading Health System’s Foundation has an initiative to recognize physicians on National Doctor’s Day, Thursday, March 30.

Grateful patients, their families and staff members can single out a physician by sending him or her a special note of appreciation, as well as by making a donation to the Foundation in honor of the physician.

Although your note will be sent to the physician, the amount of your gift to the Foundation will remain anonymous. The physician’s name will be shared throughout the hospital system. By making a gift, you will be transforming the future care of our community.

The Foundation supports the charitable programs and initiatives of Reading Health System.

Visit www.readinghealthfoundation.org to honor a physician, or call the Foundation at 484-628-2243 for more details.
Talk to Your Son About Growing Up

Reading Health System cordially invites you to attend Boys to Men, a special event for boys 9 to 13 years of age and a parent or caregiver that provides a venue to learn about the physical and emotional changes that occur in the male body during puberty.

WHO: Lee Radosh, MD
Reading Hospital
Family Health Care Center

WHEN: Tuesday, April 18, 6 to 8 p.m.
Registration and appetizers: 6 p.m.
Program begins at 6:30 p.m.

WHERE: Crowne Plaza Reading Hotel
1741 Papermill Road, Wyomissing

INFO: Registration required.
Call 484-628-HELP (4357) or go to www.readinghealth.org/events to register.

Digestive Health Seminar

Wednesday, March 15, 6 to 8:30 p.m.
Crowne Plaza Hotel Reading or Online

A healthy digestive system is the key to optimal health. It’s often taken for granted until your digestive health becomes a problem. Join experts from Reading Hospital at the Crowne Plaza or Online as they discuss common gastrointestinal conditions, steps you can take to maintain good digestive health, and the importance of colon cancer screenings.

Program is FREE. Registration required for program at the Crowne Plaza or to join the webinar. Call 484-628-HELP (4357) or go to readinghealth.org/digestivehealth to register. Light refreshments will be served.