ADVANCES

YOUR HEALTH, YOUR LIFE

SPRING 2017

Trust Accredited

HEART CARE

THE DOCTOR IS IN:
WELCOME NEW PROVIDERS

DO YOU HAVE GALLSTONES?

PHOENIXVILLE HOSPITAL

NAPBC
NATIONAL ACCREDITATION PROGRAM FOR BREAST CENTERS
ACCREDITED BREAST CENTER

ACCREDITED

ACCRREDITED

AMERICAN COLLEGE OF RADIOLGY
MRI, Breast MRI, Mammography, Breast Ultrasound, CT

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DO YOU HAVE GALLSTONES?
WHEN DO YOU NEED EMERGENCY CARE?

Call 911 or visit the emergency room if you experience severe or life-threatening symptoms or any of these illnesses or injuries:

- broken bone
- chest pain or discomfort
- deep cuts or a wound that won’t stop bleeding
- difficulty breathing
- fever that is high or accompanied by a rash
- head or eye injury
- heart palpitations
- lack of bowel movements combined with vomiting
- numbness isolated to one side of the body or to any upper body part
- seizures without previous epilepsy diagnosis
- serious burns
- severe cold or flu symptoms
- severe pain, especially in the abdomen or back
- stroke symptoms, such as facial drooping, arm weakness or difficulty speaking
- serious burns
- severe cold or flu symptoms
- severe pain, especially in the abdomen or back
- stroke symptoms, such as facial drooping, arm weakness or difficulty speaking
- unconsciousness

Phoenixville Hospital’s emergency department is here when you need us.

Phoenixville Hospital offers the 30-Minutes-Or-Less ER Service Pledge. For average wait times in our ER, visit PhoenixvilleHospital.com and select “Services” then “Emergency Department.”

Kids. 24/7 pediatric care in the E.R.

EMERGENCY CARE FOR THE AGE YOU ARE. NOT THE AGE YOU ACT.

Because seniors have unique healthcare needs, we’ve designed a senior-friendly ER/Observation Unit. This new unit features private rooms with lower, softer beds, brighter lighting, seating for the family and more. Assistive listening devices and service for specialized diets are available. We also coordinate follow-up care with doctors and senior living facility partners.

To learn how our ER has seniors in mind, visit PhoenixvilleHospital.com and select “Services” then “SeniorER.”
During a heart attack, time is muscle. Seek immediate care from a hospital that provides evidence-based, quality cardiac treatment.

Hospitals that have accreditation from the Society of Cardiovascular Patient Care have the tools and protocols in place to immediately care for heart attack patients. The level of accreditation can vary based on the treatments available at the hospital, but when you visit an Accredited Chest Pain Center, you can expect:

- emergency medical services (EMS) and Accredited Chest Pain Centers to communicate while transporting you to the hospital to ensure resources are available when you arrive
- follow-up care offered early after discharge so your heart health can continue to be monitored, as recommended by the care team
- outcomes to be tracked and evaluated to help inform evidence-based guidelines that Accredited Chest Pain Centers follow

Patients report feeling more satisfied with the health care they received at an Accredited Chest Pain Center. Other benefits include:

- fewer readmissions and dollars spent on healthcare
- improved times for the door-to-balloon procedure, or the first device used to restore blood flow to the heart, which should take place within 90 minutes
- shorter hospital stays

This approach to cardiac care extends beyond the hospital to the community through outreach programs to teach preventive health. When it comes to chest pain, it means educating community members about how to spot a heart attack and what to do in the first critical moments.

For more information about cardiac care at Phoenixville Hospital, visit PhoenixvilleHospital.com, and select “Services” then “Cardiac Care.”
SCREENING.

LUNG CANCER SCREENING AT PHOENIXVILLE HOSPITAL

Early detection is key. According to the American Cancer Society, lung cancer is the leading cause of cancer-related death among men and women in the U.S., resulting in more deaths than colorectal, prostate and breast cancers combined. Unfortunately, it is most often discovered at a late stage after symptoms appear and when treatment options are limited. Screening is critical, because early detection increases the chance for effective treatment and cure.

You can reduce this risk. Recent scientific studies have determined that lung cancer screening with low-dose computed tomography (CT) can reduce the risk of lung cancer death by 20 percent. This 15-minute procedure is a painless, noninvasive test using low-dose X-rays.

Who qualifies?* You qualify if you meet all of the following criteria:

• 55–77 years of age
• current smoker or quit smoking within the last 15 years
• no signs or symptoms of lung cancer
• smoking history of at least 30 pack years (for example, one pack a day for 30 years or two packs a day for 15 years)

*Lung cancer screening requires a prescription. So, if you think you are at risk for developing lung cancer, talk with your doctor about the Lung Cancer Screening Program at Phoenixville Hospital. To schedule your screening, call (610) 983-1100. To speak to the lung navigator, call (610) 983-1912.

Don’t Wait UNTIL YOU’RE SICK TO GET TESTED

When something is obviously wrong — from swollen tonsils to a broken bone or a fever — you know it’s time to see the doctor. However, an important part of staying healthy is getting health screenings before you feel sick.

1. Colonoscopy
   Everyone age 50 and older is at risk for developing polyps — benign masses that can lead to colorectal cancer. You need a colonoscopy at age 50 and every 10 years after, according to the American Cancer Society. Depending on family history, you may need a screening sooner.

2. Blood pressure and cholesterol tests
   Heart disease is the leading cause of death in the U.S., according to the Centers for Disease Control and Prevention, and these leading risk factors often have no symptoms. Beginning at age 20, get your blood pressure tested every two years, and your cholesterol every four to six years, according to the American Heart Association.

3. Depression
   This condition is a leading cause of disability and is linked to increased mortality. You should be screened for depression at least once after age 18 and possibly more frequently based on family history.

4. Cervical cancer
   This is one of the most common cancers in women. Most women between ages 21 and 65 should have a Pap test every three years.

Only your primary care doctor can tell you the exact screenings and exams you need based on your personal health history. Call your doctor to schedule your annual physical today.
Phoenixville Hospital is pleased to welcome Scott D. Richard, M.D., as a member of the medical staff. Dr. Richard is an associate professor at the Sidney Kimmel Medical College, department of obstetrics & gynecology, division of gynecologic oncology at Thomas Jefferson University. Prior to joining Jefferson Health, Dr. Richard was the clinical service chief of gynecologic oncology at Hahnemann University Hospital and a member of the teaching faculty at Drexel University College of Medicine.

Dr. Richard specializes in the medical and surgical management of cancers of the female reproductive system, including ovary, uterine, cervical and vulva. He is a highly skilled minimally invasive surgeon and has performed more than 500 robotic surgeries. His research interests include bloodless medicine and the development of novel treatment approaches for gynecologic cancers.

Dr. Richard served on the medical staff at Magee Women’s Hospital at the University of Pittsburgh, where he completed a gynecologic oncology fellowship in 2008. He is a graduate of Albany Medical College and completed his residency at Saint Barnabas Medical Center. Dr. Richard has a record of presentations and publications, including a chapter in a book titled *Current Clinical Oncology: Intraperitoneal Cancer.*

Dr. Richard is currently seeing patients in Phoenixville and performs surgical procedures at Phoenixville Hospital. Call (610) 983-1033 to schedule an appointment. He is an independent member of the medical staff at Phoenixville Hospital.
COMMUNITY HEALTH EDUCATION AND OUTREACH EVENTS

MAY–SEPTEMBER 2017

For more information or to register for classes or programs, visit PhoenixvilleHospital.com or call (610) 983-1288.

CPR and Safety

Infant CPR for New Parents (CPR Anytime®) & Car Seat Safety
This course emphasizes how to prevent emergencies and when to use rescue breathing and CPR. All participants receive a kit with mannequin, booklet and DVD to continue the learning experience at home. The car seat safety portion of the evening is presented by Safe Kids Chester County.
June 1, Aug. 3, 7–8:30 p.m.
Phoenixville Hospital Medical Office Building II, Third Floor Conference Center, Room 300, 826 Main St., Phoenixville
Cost: $45* (Heartsaver CPR/AED/First aid)
$30* (Heartsaver CPR only)
$20* (Heartsaver First Aid only)
$35* (Healthcare Provider)

Heartsaver® CPR/AED/First-Aid Skills and Basic Life Support (BLS) for Healthcare Provider Skills
Saturdays: June 10, Aug. 12, half-hour time slots beginning at 9 a.m. until noon (must schedule an appointment)
Phoenixville Hospital Medical Office Building II, Third Floor Conference Center, Room 300, 826 Main St., Phoenixville
Cost: $55/couple

Diabetes Education Screening
This three-session group education series offers information about a variety of topics concerning people diagnosed with diabetes and their families. Covered by most insurance plans, doctor prescription and preregistration are required to attend. Call for dates. Program series offered monthly.
Phoenixville Hospital Medical Office Building II, Third Floor Conference Center, Room 300, 826 Main St., Phoenixville

Free Mammogram Program
Mammograms are available for uninsured persons. Call Health Care Access Mammogram Program at (610) 935-3165 for more information about this free program.

Safe Sitter® Babysitting Certification
This nationally recognized Safe Sitter Babysitting Certification Course is for children ages 11 years and older. A great class for an older sibling. Safe Sitter prepares young adolescents for the profound responsibilities of nurturing and protecting children. All courses include how to care for a choking infant or child, basic first aid, personal safety for the babysitter, injury prevention, how to care for children (feeding, diapering, etc.), preventing problem behavior, behavior management, ethics and babysitting as a business.
June 10, July 17, Sept. 23, 9 a.m.–4 p.m.
Phoenixville Hospital Medical Office Building II, Third Floor Conference Center, Room 300, 826 Main St., Phoenixville
Cost: $60/person

Healthy Woman
Connect with other women in the area and register to become a member of Phoenixville Hospital’s community of women at PhoenixvilleHospital.com/HealthyWoman

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Phoenixville Hospital Medical Office Building II, Third Floor Conference Center, Room 300, 826 Main St., Phoenixville

Free Mammogram Program
Mammograms are available for uninsured persons. Call Health Care Access Mammogram Program at (610) 935-3165 for more information about this free program.

Smoking Cessation Course
This eight-session weekly program, Freedom From Smoking (a program of the American Lung Association), incorporates lecture, discussion, videos, tapes and group support to help participants stop smoking. Helpful hints to avoid weight gain and increase exercise are discussed.
Cost: Free
New class starting Thursdays in July and Sept.: 7–8:30 p.m., Hospital Cafeteria, 140 Nutt Rd., Phoenixville
New class starting Wednesdays in June and Aug.: 4–5:30 p.m., Medical Office Building I, Suite 202, 824 Main St., Phoenixville

Sibling Preparation Class
If you have children between ages 3 and 8 who are about to become big brothers or sisters, we will help them get acquainted with what to expect with a new baby. Children are encouraged to bring a baby doll to the class. Please register by the seventh month of pregnancy. Class includes tour of the Maternity Unit, schedule permitting.
Saturday: Sept. 9, 9–10:15 a.m.
Phoenixville Hospital Medical Office Building II, Third Floor Conference Center, Room 300, 826 Main St., Phoenixville
Cost: $25/family

Healthy Birthing, Healthy Baby Programs

Birthing Preparation — Three-Week Program
This course teaches the expectant mother and her support person about the process of labor and coping strategies for labor and delivery. Postpartum issues are also discussed. Couples practice relaxation and breathing techniques designed to help during labor and delivery. Three consecutive Mondays starting July 10, Aug. 14 and Sept. 18: 7–9 p.m.
Phoenixville Hospital Conference Center Rooms A and B
Cost: $90/couple

Birthing Preparation — One-Day Class
This class is offered to expectant mothers and their support people as an alternative to our three-week program. The course covers the mother’s physical and psychological changes, the process of labor, coping strategies for labor and delivery, and newborn care. Includes booklet to take home and continue learning on-line at home. Tour of Maternity Pavilion included.
Please pack a lunch, drinks and snacks. Lunch is a working lunch on-site to allow enough time to cover all the material.
Third Saturdays: May 20, June 17, July 15, Sept. 16, 9 a.m. to 4 p.m.
Phoenixville Hospital Medical Office Building II, Third Floor Conference Center, Room 300, 826 Main St., Phoenixville
Cost: $90/couple

*Skills fees are payable to Phoenixville Hospital. Please note: American Heart Association fees for Part I session are as listed on its website: OnlineAHA.org.

Please note for all CPR programs, CPR training sessions involve close physical contact with fellow participants. Please call (610) 983-1288 to postpone CPR training and reschedule for another class if you:
• are in the active stages of an infectious disease and/or
• have reason to believe you have been exposed to an infectious disease and/or have sores on the hands, mouth or face

From Smoking (a program of the American Lung Association), incorporates lecture, discussion, videos, tapes and group support to help participants stop smoking. Helpful hints to avoid weight gain and increase exercise are discussed.
Cost: Free
New class starting Thursdays in July and Sept.: 7–8:30 p.m., Hospital Cafeteria, 140 Nutt Rd., Phoenixville
New class starting Wednesdays in June and Aug.: 4–5:30 p.m., Medical Office Building I, Suite 202, 824 Main St., Phoenixville
Support Groups

**Breast Cancer Support Group**
Fourth Tuesdays: 5:30–7 p.m.
Phoenixville Hospital's Senior Wellness Center, Medical Office Building I, 2nd floor, Room 202, 824 Main St., Phoenixville
For more information, call the Breast Cancer Center at (610) 983-1989.

**Cardiac Connect Network**
Please join us for this monthly networking group to learn more about living with heart disease, such as heart failure, heart attack, angina and atrial fibrillation, and the treatment options available.
Second Thursday, every other month: June 8, Aug. 10, 2–3 p.m., Medical Office Building II, Third Floor Conference Center

**Diabetes Support Groups**
These groups meet monthly to discuss issues related to having diabetes.
**Diabetes Support Group I**
First Tuesdays: June 6, Aug. 1, Sept. 5, 7–8:15 p.m.
Phoenixville Hospital Medical Office Building II, Third Floor Conference Center, Room 300, 826 Main St., Phoenixville

**Diabetes Support Group II**
Third Mondays: June 19, July 17, Aug. 21, Sept. 18, 10:30–11:30 a.m.
Medical Office Building I, Suite 202, 824 Main St., Phoenixville

**Easy Breathers Support Group**
A support group for anyone with a chronic lung condition, programs are held every other month.
Second Tuesday, every other month: July 11, Sept. 12, 2:30–4 p.m.
Phoenixville Hospital Cardiac/Respiratory Rehab Unit 1st Floor, South Tower

**Heart Failure Support Group**
Thursday: July 13, Sept. 14, 10:30 a.m.
Medical Office Building I, Suite 202, 824 Main St., Phoenixville

**LGBT Support Group**
Second Wednesday: June 14, July 12, Aug. 9, Sept. 13, 7–8 p.m.

**Parkinson's Disease Support Group**
Join us for a monthly educational/support group for people with Parkinson's disease and their loved ones.
Second Mondays: June 12, July 10, Aug. 14, Sept. 11, 1–3 p.m.
Medical Office Building I, Suite 202, 824 Main St., Phoenixville

**Postpartum Adjustment Group**
This educational and support group for new mothers offers a forum for support, networking and education to help guide them through the prenatal and postpartum periods and beyond.
Fourth Wednesdays: May 24, June 28, July 26, Aug. 23, Sept. 27, 6:30–8 p.m.
Phoenixville Hospital Medical Office Building II, Third Floor Conference Center, Room 300, 826 Main St., Phoenixville

**Stroke Support Group**
Thursday: June 8, Aug. 10, 10:30 a.m.
Medical Office Building I, Suite 202, 824 Main St., Phoenixville

**Tobacco Free Support**
A group for those wishing to remain tobacco free and for those desiring to quit tobacco.
Fourth Mondays: May 22, June 26, July 24, 7 p.m. (no Aug. meeting)
Phoenixville Hospital cafeteria

Please advise if special accommodations must be made for you to attend any program.

Our Classes Cancellation Policy:
For all preregistered programs, a partial refund will be given if notification occurs four days prior to program.
Programs may be canceled due to inadequate preregistration.
In the case of inclement weather, please call the hospital's main number (610) 983-1000, as the operator will have any cancellation information.
Head to toe, there are a variety of reasons you might need an orthopedic specialist.

Do you live with joint pain? Are you a weekend warrior who overdoes it? Whatever your complaint, if it involves joints, ligaments or muscles, there’s a good chance a doctor specializing in orthopedics can help.

FAST FACT
According to the Centers for Disease Control and Prevention, orthopedic surgeons perform more than 1 million joint replacement procedures per year — and that’s only part of their job description.

1. HEAD AND NECK PAIN
A stiff or painful neck may be a neck sprain, caused by anything from car accidents to simple falls when playing with children or grandchildren, and can lead to pain, muscle spasms, headache and even sore throat.

Your doctor will likely recommend non-steroidal anti-inflammatory drugs (NSAIDs) as treatment, along with ice and massage. More severe sprains may require a soft collar to support your neck while it heals.

2. SHOULDER PAIN
Are you active? If you’ve played sports at some point in your life, particularly those that require contact or overhead motion of the arm, you’ve probably done some damage to your labrum — the ring of cartilage that lines your shoulder joint. Symptoms include pain in the front of the shoulder and difficulty raising the arm overhead.

While it’s difficult to prevent, the good news is that not every labrum tear requires surgery. Many cases can be treated through physical therapy to strengthen the muscles surrounding the tear. If surgery is necessary, it may be minimally invasive and performed arthroscopically.

3. KNEE PAIN
Osteoarthritis of the knee can cause severe pain, interfering with daily life.

NSAIDs and ice to reduce inflammation are typically the first line of treatment. Physical therapy is also used to strengthen the muscles around your knee and reduce stress on the joint. On occasion, osteoarthritis pain may be severe enough to require injections to relieve pain and inflammation, or joint replacement surgery may be an option.

ORTHOPEDIC SURGEON MICHAEL J. MESSINA, M.D., JOINS VALLEY FORGE ORTHOPAEDICS
Dr. Messina has highly subspecialized fellowship training from Harvard University in comprehensive management of shoulder pathology on a full spectrum from sports related injuries to advanced arthritis requiring reconstructive, joint replacement surgery. Additionally, he has a particular interest in orthopedic sports medicine of the entire body, and he uses advanced, minimally invasive arthroscopic surgical techniques.

He completed his orthopedic surgery residency training at the University of Colorado and received his medical degree from Drexel University College of Medicine.

Dr. Messina will see patients in Phoenixville, Limerick and Paoli and will perform procedures at Phoenixville Hospital and Paoli Hospital, as well as the Surgery Center of the Main Line and Surgery Center at Limerick. With a practice philosophy of collaborative, personalized, patient-centered care and joint decision-making, Dr. Messina welcomes new patients and accepts most major insurance programs.

Call (610) 365-4382 to schedule an appointment with Dr. Messina.

Patient results may vary. Consult your doctor about the benefits and risks of any surgical procedure or treatment.
The Bloodless Medicine and Surgery program at Phoenixville Hospital provides care for patients for whom blood transfusion is not an option, due to religious beliefs or personal preferences. Our multi-disciplinary team works together to evaluate the patient’s medical and blood management needs and develop a personalized plan of care.

**I AM HAVING SURGERY. WHAT CAN I EXPECT?**

**Before surgery:** Based on the results of a patient’s blood test, doctors may recommend a regimen of medications and dietary supplements to help maintain optimal levels of hemoglobin, an oxygen carrying protein, in red blood cells.

**During surgery:** Surgical technologies such as blood salvage, volume expanders, hemodilution and electrocautery may be used to conserve blood and help minimize blood loss.

**After surgery:** Blood loss will be minimized and blood production enhanced through medication, technology and reducing the amount of blood testing.

**HOW CAN I BE SURE I RECEIVE BLOODLESS CARE?**

The specially trained staff of the Bloodless Medicine & Surgery Program provides patients with information and counseling on bloodless care and assists them in completing appropriate documents. Individuals are then identified as “NO BLOOD TRANSFUSION” patients throughout their hospital stay, allowing physicians, nurses and other members of the healthcare team to honor this request.

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**DIAGNOSTIC IMAGING.**

At Phoenixville Hospital and our Outpatient Imaging Center at Limerick, we use advanced diagnostic imaging to create graphic depictions of the structures and functions of the body’s organs and other internal systems. These images are used to examine and diagnose certain medical conditions.

- Our team includes board-certified radiologists who are members of the Department of Radiology at the University of Pennsylvania and technologists certified by The American Registry of Radiologic Technologists® and specialty certified for each imaging modality.
- Accredited by the American College of Radiology for magnetic resonance imaging (MRI), breast MRI, 3-D mammography, breast ultrasound, computed tomography (CT), positron emission tomography (PET).
- All images and reports are available within 24 hours of the completed exam.
- All reports are faxed to your referring doctor.

To learn more about diagnostic imaging at Phoenixville Hospital and our Outpatient Center at Limerick, visit PhoenixvilleHospital.com. Call (610) 983-1100 to schedule your study.
FAMILY HEALTH

Although asthma can cause absences from school or play dates, a little planning and management can be the ounce of prevention that helps keep kids happy, well and active.

Asthma is a principle cause for school-aged children to miss classes, affecting more than 7 million nationwide, according to the Centers for Disease Control and Prevention. The symptoms are similar to a cold with a nagging cough, so the key is to know asthma signs, which may include:

- nighttime coughing
- prolonged coughing
- shortness of breath
- weakness or fatigue
- wheezing

**DIAGNOSIS AND TREATMENT**

The first step in diagnosing asthma is a complete physical examination, which includes measuring lung function with a peak flow meter. Asthma can have a variety of causes, so the doctor may ask whether any immediate family members also have the disease, if there was a recent illness before the onset of symptoms, or if the child's environment includes exposures to second-hand smoke or other potential allergens, such as mold, pet dander or pollen.

Once the doctor determines an asthma diagnosis, treatment options vary depending upon the severity of the disease, and patients may be referred to a pulmonologist or allergist for further care. According to the American Academy of Allergy, Asthma and Immunology, the most prescribed medications for asthma in children include inhaled medications — which may be either for long-term management of symptoms or short-term “rescue inhalers” for immediate relief, oral medications for preventive care, or allergy injections to control allergies that could trigger an asthma attack.

Although asthma isn’t curable, it is a treatable and manageable disease. With medication and minor lifestyle changes for both parents and children, kids can have more days to learn and play without flare-ups.

**AVOIDING ASTHMA TRIGGERS**

- Keep an asthma journal. Track when symptoms arise, what triggers an attack, and how long it lasts. Share the information with your child’s doctor to help develop a more thorough plan of care and avoid future asthma attacks.
- Encourage hand-washing to avoid colds, which could turn into asthma flare-ups.
- Exercise to build lung strength and capacity. Some sports, such as walking, baseball, softball, golf or gymnastics, may be better suited for kids with asthma.
- Eat more asthma-friendly foods that can help reduce symptoms. Foods high in vitamins A, B6 and C—such as avocados, oranges, apples, broccoli and spinach—may lower the release of histamines and help decrease the risk of flare-ups.
- Use a dehumidifier to dry the air for easier breathing.
- Dust and vacuum often to keep dust particles out of the air.
- Keep pet dander to a minimum. Frequent bathing and grooming of pets and vacuuming away pet hair can help.
- Change air filters regularly.

**THAT COUGH THAT WON’T GO AWAY**

If you believe you are experiencing a life-threatening emergency, please call 911 or go to the nearest Emergency Department as soon as possible.

Need a pediatrician? Visit PhoenixvilleHospital.com. If your child needs emergency care, choose Phoenixville Hospital’s ER, where physicians from Nemours DuPont Pediatrics are available 24 hours a day, 7 days a week.
A MEDICAL MYSTERY
What causes gallstones is still not completely understood. While it is known that 80 percent of gallstones are made up of mostly cholesterol, there is still uncertainty as to why some people get them while others do not.

Known risk factors include:
• being obese with a large amount of fat around the waist
• eating an unhealthy diet
• having diabetes
• having high triglycerides
• having low HDL (good) cholesterol
• living a sedentary lifestyle
• losing weight at a rapid pace
• pregnancy

If you have risk factors for gallstones, you don’t have to wait for painful symptoms to seek help. Contact your primary care doctor who can conduct a screening or make a referral to a gastroenterologist. This is the best way to detect gallstones before they cause problems.

FAST FACT
If you experience these symptoms, you may need to seek help.
According to the National Institutes of Health, an estimated 20 million Americans have gallstones — hard crystals that form in the gallbladder. Most of this affected population have “silent gallstones,” meaning they don’t show any signs or symptoms and, therefore, don’t require treatment.

Unfortunately, not all gallstones are silent. The gallbladder stores bile (a liquid created by the liver that helps break down fatty foods). When gallstones become stuck in the narrow duct that carries bile to the small intestines, the gallbladder can become inflamed.

If gallstones cause a blockage, you may experience the following symptoms:
• indigestion when eating certain foods that are high in fat or protein
• pain in the right shoulder blade
• severe, sudden pain in the upper-right abdomen that lasts anywhere from 30 minutes to several hours

If the duct is completely blocked by a gallstone, a gallbladder attack may occur and is considered a medical emergency. Signs include:
• abdominal pain that lasts around five to six hours
• clay-colored stool
• fever
• nausea and vomiting
• yellow hue to the skin and whites of the eyes

REASON FOR REMOVAL
While silent gallstones may remain undetected, the ones that lead to noticeable symptoms often require treatment. This can mean surgically removing the gallbladder. Gallbladder surgery can often be done through laparoscopic methods — meaning quicker recovery and smaller scars when compared to traditional, open surgery.

Once the gallbladder is removed, most patients can return to normal activities. A low-fat diet may be recommended for the first few weeks after surgery.

20 million Americans have gallstones — do I?

Do You Have GALLSTONES?

If you experience these symptoms, you may need to seek help.

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If your symptoms require surgery, the skilled surgeons at Valley Forge Surgical Associates are experienced with open, laparoscopic and robotic surgery. Call (610) 983-1540 to schedule a consultation.

Patient results may vary. Consult your doctor about the benefits and risks of any surgical procedure or treatment.
The road to recovery runs right through Phoenixville.

The Regional Rehab Center at Phoenixville Hospital was recently named among the top 10 percent of rehab facilities in the United States, according to Uniform Data System for Medical Rehabilitation. We use a multidisciplinary team approach under the direction of a doctor. Patients affected by stroke, neurological disease, orthopedic issues, amputations, traumatic injury or debilitating illness receive individualized care that may include physical, occupational or speech and language therapy, or prosthetics and orthotics. Featuring all private rooms and gym facilities, the Center is designed to help restore patients’ good health, independence, and productivity.

For more information, or to schedule a tour of our accredited rehab facility, call (610) 983-1611.