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Patients access MyLGHealth from a password protected website. The connection is encrypted for security, so you can rest assured knowing that the only people who can view your information are you and your doctor.

Not computer savvy? You can name a family member or caregiver to serve as a proxy to access your account.

More than 20,000 people are already active partners in their care with the system, and more than 1,000 new users are joining the network each month.

For more information, go to MyLGHealth.org.

Reaching Out to Columbia Children

Isaiah is just one of the many children at Columbia's Twin Rose Family Medicine who is benefiting from **Reach Out and Read**, a national literacy program partnering doctors with parents to reinforce the importance of reading to children from an early age.

Since 2010, every child between 6 months and 5 years of age who comes to Twin Rose for a well visit goes home with a new, developmentally appropriate book. Exam rooms are also stocked with gently used books any child may have.



Isaiah, a patient at Twin Rose Family Medicine, selects a book from Dr. Heidi Kistler.

Twin Rose physician Dr. Heidi Kistler is the driving force behind the program.

"I was first introduced to Reach Out and Read when I was a resident at Lancaster General Hospital and am passionate about its benefits," said Dr. Kistler. "Research shows children whose parents read aloud to them enter kindergarten with larger vocabularies and stronger language skills and are more likely to achieve their potential. Ultimately, this makes it less likely the child will live in poverty as an adult."

If you would like to participate by donating new or gently used books to the Reach Out and Read program at Twin Rose Family Medicine, or volunteering to read to children in the practice's waiting room, contact Dr. Kistler at (717) 684-9106 or hekistler@lghealth.org.

For more information on Reach Out and Read, go to www.reachoutandread.org.

- More than 34 percent of American children enter kindergarten without the basic language skills they need to learn to read.
- Fewer than half of the parents in the U.S. read to their young children daily.
- Children who live in print-rich environments and are read to during their first years of life are more likely to enter school prepared to succeed.

Look inside to enter drawing for...



Breaking the Habit Before it Starts



Eighth grade students from the Columbia School District learn about the hazards of smoking from LG Health wellness educator Felicia Knowlton.

When eighth grade students in Ms. Lindsay Myerowitz's class at Columbia Borough Junior/Senior High School looked inside a model of a giant cigarette, they were shocked by what they saw -- rat poison, moth balls, batteries, bug spray and other items containing harmful, cancer-causing chemicals.

The exercise is part of LifeSkills, a Lancaster General Health-sponsored substance abuse prevention program. With age-appropriate curriculum for third through eighth graders, LifeSkills has been in place in more than 43 other area schools since 2002.

- Each day in the United States, more than 3,800 young people under 18 years of age smoke their first cigarette.
- More than 90 percent of adult smokers lit up their first cigarette before they turned 18.

According to a new report just released by the Office of the Surgeon General, teen smoking has reached epidemic proportions in this country, making prevention efforts like LifeSkills more important than ever.

While the overall rate of tobacco use has drastically declined since the first surgeon general's report more than 40 years ago, the recent report shows children as young as 10 are developing a deadly tobacco addiction. More than 600,000 middle school students and 3 million high school students currently smoke.

"Children are experimenting with tobacco at younger and younger ages. Even before they actually try a cigarette they develop attitudes about smoking," explained Sue Lackmann, a wellness educator with LG Health. "Research shows education in middle school or high school can be too late. We need to start in elementary school to counteract the strong influence of society and the media."

The data backs up this approach. LG Health's outcomes mirror national norms, showing LifeSkills is reducing tobacco use among adolescents by 87 percent, alcohol use by 60 percent and marijuana use by 75 percent.

The benefits, however, are even more far-reaching. Beyond its focus on the dangers of tobacco and drug abuse, LifeSkills promotes healthy alternatives to risky behaviors.

For more information, contact Sue Lackmann, LifeSkills Coordinator, at (717) 544-3284 or selackma@lghealth.org.

Break Free

LG Health's Freedom from Smoking program is open to anyone in the community who is trying to quit smoking. Developed by the American Lung Association specifically for adults, the free program is a group clinic that has helped thousands of smokers quit for good. The eight-week course provides support and tools, as well as access to free nicotine replacement therapy.

For more information, or to schedule a class, call 1-888-LGH-INFO (544-4636) or go to www.LancasterGeneralHealth.org.

Warm Weather activity tips

From the Physical Therapy Department at Columbia Outpatient Center

Returning to a walking program:

- If you did not continue a walking program over the winter months, start slowly, walking maybe $\frac{1}{4}$ to $\frac{1}{2}$ of your normal distance.
- After walking for about 5-10 minutes, be sure to stop and stretch. This allows your body to warm up prior to stretching.
- Increase the distance or time gradually (by about 10%) each day you walk until you are back to your normal routine.

Yard/garden work:

- Be sure to break up activities requiring a lot of bending or kneeling.
- Perform activities for short periods to start, maybe 15- 20 minutes and then take a break.

- If you will be kneeling, use a kneeling pad or stool to sit on to reduce pressure on the knees.
- If performing activities requiring overhead reaching, try to use a ladder, if it is safe, to reduce stress on the shoulders and neck.
- When cleaning up yard waste, only fill bags $\frac{1}{4}$ to $\frac{1}{2}$ way, depending on what you are putting in the bag, to make sure they are not too heavy to lift.
- If you are not used to physical labor-type activities wear work gloves to protect your hands.

More general tips:

- Be sure to always apply sunblock prior to any outdoor activity and stay well hydrated as the weather starts to warm up.



Physician Focus – Twin Rose Family Medicine

This issue of Columbia Connection spotlights Heidi Kile Kistler, physician with Twin Rose Family Medicine.

Years in practice at Twin Rose: 4 1/2

Medical Education:

Lancaster General Family Medicine Residency

Penn State University College of Medicine
(Hershey, PA)

Carleton College (Northfield, MN)

Reason I became a doctor: I like the mix of art and science that the practice of family medicine provides. You get the privilege of developing long-term relationships with people, getting to know their life stories, and helping them through what can be very vulnerable times in their lives. At the same time, you are engaged in life-long learning, as you must keep up with the ever-changing advancements of modern medicine, and figure out how to best adapt them to each individual patient.

Health tip I'd like to share: Try to limit or avoid sweetened beverages. I encounter so many patients who are drinking hundreds of calories in sodas, iced teas or juices each day. Many of them are surprised to learn how harmful this can be to their health. Water and low-fat milk are the best choices for most people. Drinking these instead of drinks loaded with sugar will make it easier to achieve or maintain a healthy weight, and therefore decrease the risk of developing diabetes and heart disease.

What I like most about Columbia: The patients here have always made me feel very welcome. And, even after working here for several years, I am still discovering intriguing new things about this town.

My hobbies and interests: I enjoy travel, hiking, and spending as much time as possible with family. In recent years, I have also become an advocate for early childhood literacy, which led to the start of the Reach Out and Read program at Twin Rose. (See story on page 1)

Favorite book and movie: Can't choose just one, but books I have enjoyed recently are "The Book Thief" and "Cutting for Stone." As for movies... I'd have to say "Amelie," although "Ferris Bueller's Day Off" has held a special place in my heart since my early days.

People would be surprised to know: You might say medicine is somewhat of a family business—I am the 5th consecutive generation in a long line of Kistler doctors—mostly general practitioners and family physicians. I'm told that my grandfather's grandfather was one of five brothers, all of whom became doctors—each helping to put the next through medical school—and the tradition of medicine has continued ever since.

Located in the Columbia Outpatient Center, 306 North 7th Street, and in Wrightsville at 6415 Lincoln Highway, the Twin Rose Family Medicine practice of 10 physicians and a physician assistant is part of Lancaster General Medical Group. The Columbia office can be reached at (717) 684-9106, and Wrightsville at (717) 252-1200.

See You at the Women's Expo*

Saturday, April 21, 9 a.m. – 3 p.m.

Lancaster Bible College, 901 Eden Road, Lancaster

Visit our LG Health booths and learn about topics of interest to women:

- Maternity Services
- daVinci® Surgical Options
- Genetics Counseling
- Headache Management
- Urinary Incontinence
- ...and much more!

Stop by the Internet Café and learn about our convenient online services.

Visit www.aGreatWayToSpendMyDay.com for expo details. Smart Health for Women members get in **FREE** by showing their membership card at the door or by registering online with promo code LGH12.

*Lancaster General Health is the presenting sponsor of this event, hosted by On-Line Publishers, Inc.



Enter to win four tickets to The Turkey Hill Experience

We hope you enjoy reading *Columbia Connection*. As your neighbor, Lancaster General Health invites you to learn more about the health topics of interest to you and your family. Sign up to receive **FREE** electronic health e-newsletters and enter to win four tickets to The Turkey Hill Experience located at 301 Linden St., Columbia.

Columbia Connection Spring 2012—Four tickets to The Turkey Hill Experience

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| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Mind & Body | <input type="checkbox"/> New & Expectant Parents (English/Spanish) |

Partnership Spotlight — Columbia's Community Connection



Community Life Network (CLN) at 510 Walnut St. in Columbia serves as a central resource for residents who are facing financial and societal hardships. CLN connects with more than 70 organizations

that provide access to healthcare, counseling, social services, food, clothing, education and life-skills training for those in need.

In addition to representation on the advisory board, Lancaster General Health (LG Health) provides rent assistance for CLN and support through its Wellness Center. "Community Life Network addresses the needs of the total person," said Dr. Bret A. Daniels, Twin Rose Family Medicine

and CLN advisory board member. "This is a place people can come to with their problems and know they will be helped with caring and compassion."

An important service CLN provides is helping people with internet-based job searches. Volunteers and interns from area colleges teach clients to write resumes, search and apply for jobs and prepare for interviews.

"Developing social skills is so important to an individual's success in the job market and in life," said Jeffrey Helm, Health and Code Enforcement Officer with Columbia Borough.

Helm serves as president of the 12-member CLN Board of Directors, comprised of volunteers from the school district, area businesses, social services, Twin Rose Family Medicine, the local government and faith communities. CLN operates through generous support from the Columbia Healthcare Foundation, and through donations from individuals and the faith community.



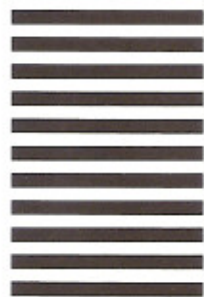
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For a brochure about
services provided through
Community Life Network,
call (717) 684-8094.

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