



# Health Happenings



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The Mission of Welsh Mountain Medical & Dental Center:

To provide quality, family-centered care to all members of the community, especially those who encounter barriers to care.

# Summer Sing 2009

Are you looking for a great way to spend an evening? **We are pleased to announce the Third Annual Summer Sing Gala at the Lancaster Host Resort!** On Saturday, August 22nd, you can have a great meal, enjoy some of the best talent in the region, and support the mission of Welsh Mountain Medical and Dental Center. WMMDC works to provide health care for people in our community who experience barriers to care. Summer Sing is an event that involves a singing competition, dinner, and a silent auction. Consider giving event tickets to someone for a birthday gift. Tickets are \$50.00 per person and space is limited.



**Five Finalists for 2008 Competition**

Centered around the singing competition, over a dozen of the area's best performers will compete for a top prize of \$1,000. In previous years, over 100 singers have been auditioned from which 40 contestants were chosen to compete in front of an audience and a panel of local celebrity judges. The judges and the audience will vote for the finalists to sing in the final round. From those finalists, the judges will get to choose a winner who will receive \$1,000 and bragging

rights for a year. To find out more about Summer Sing, call Harlow Flory at 354-4711 ext.136 or go to [www.welshmountain.com](http://www.welshmountain.com)

## H1N1 Virus

Your good health is important to Welsh Mountain Medical and Dental Center (WMMDC)! Due to the outbreak of Swine Flu A (H1N1) in the United States, the Center is taking a proactive stance on prevention at both of our locations and practices.

For the protection of all, commonly shared items in the waiting rooms, such as magazines and toys, will be removed until such time as the situation resolves itself.

You can help prevent the spread of infection by adopting certain practices that are listed on the Center for Disease Control and Prevention's website. WMMDC has placed a link to this website on its own homepage: [www.welshmountain.com](http://www.welshmountain.com)



# From the Director's Desk...

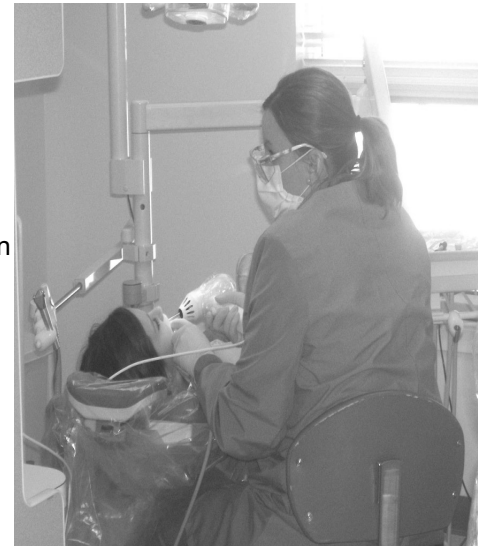


*"Caring for You,  
Caring for Our  
Community"* (T.M.)



Welsh Mountain Medical & Dental Center and the Community Health Centers within the United States are sailing in uncharted waters. The Health Center movement is over 38 years old and with the economic downturn, many Federally Qualified Health Centers (FQHC) are experiencing growth in the uninsured unlike any other time. In response to the current economic crisis, Congress passed -- and President Obama signed -- an unprecedented economic stimulus package. The American Recovery and Reinvestment Act of 2009 (ARRA) ("the stimulus package") includes an historic investment in Community Health Centers of \$2 billion.

WMMDC recognizes the role it has to play in the Lancaster County community in responding to the financial opportunities offered by the ARRA to help our neighbors. In March the Center completed an application and was awarded \$173,257 to assist in the areas of uninsured low income family health care services, Amish & Old Order Mennonite services through the Horse and Buggy Outreach and to recruit a new dentist and support team to broaden our ability to serve more dental patients. Funding was allocated for a 24 month period.



The Center will also be eligible for a significant grant to improve our organization's infrastructure for the future. WMMDC was incorporated in 1973 and for 36 years has worked to cover its capital needs. The FQHCs are being recognized as the backbone of health care for the low income and uninsured members of our community. Investing in facilities, equipment and information technology poises us for the future. Regardless of how you feel about the American Recovery and Reinvestment Act, please join us in our efforts to use these resources wisely so that Welsh Mountain Medical & Dental Center can continue to meet the needs of our friends and neighbors while stabilizing our assets for the next 30-40 years.

*Terri*

Terri Trimble, Executive Director

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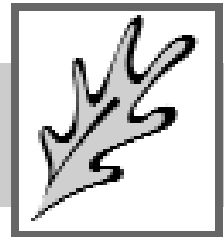
Welsh Mountain Medical and Dental Center is registered with the Department of State's Bureau on Charitable Organizations. A copy of the official registration and financial information can be obtained from the PA Department of State by calling toll-free 1-800-732-0999. Registration does not imply endorsement. Affiliated with United Way of Lancaster County and Ephrata Community Hospital. Welsh Mountain Medical and Dental Center is dedicated to serving all people, regardless of age, gender, race, religion, sexual orientation, or disability. Equal Opportunity Employer.

## Interested in Volunteering?

There are ALWAYS opportunities to donate your much needed time to Welsh Mountain Medical & Dental Center. Currently, we need the following:

- \* **Group Collating Projects**
- \* **Waiting room greeters**
- \* **Misc. Needs**

If you would like to volunteer, please contact our Director of Community Outreach at 354-4711, ext. 136.



## Welsh Mountain Medical and Dental Center Receives Highmark Foundation Grant

Welsh Mountain Medical and Dental Center received a \$113,718 grant from the Highmark Foundation to support its dental services program. This grant will enable Welsh Mountain to install a state-of-the-art digital x-ray system that will benefit its dental patients. The new system has numerous benefits, including the ability to diagnose and treat dental conditions in a timely manner and improved patient outcomes.

“Welsh Mountain participated in a competitive Request for Proposals process to assist safety-net providers; which resulted in Welsh Mountain receiving a grant to help with capacity building to serve at-risk populations. The Highmark Foundation is proud to support Welsh Mountain’s commitment to making dental care more accessible to those most in need,” said Yvonne Cook, president of the Highmark Foundation. “The ultimate goal is to significantly improve patient care with the addition of digital x-ray technology.”

“We are thankful to the Highmark Foundation for awarding this grant,” said Terri Trimble, Executive Director. “Welsh Mountain will now have the ability to provide more cost effective dental care to its patients.” Welsh Mountain Medical and Dental Center’s goal through the Highmark Foundation’s grant award is to intervene in the process of taking patient diagnostic x-rays with traditional film-based technology. WMMDC’s strategy is to prevent exposure for individual patients to unnecessary radiation through the purchase and implementation of a digital x-ray system. In 2007-2008, WMMDC billed for 2,757 x-ray procedures that resulted in the taking of 9,784 individual films using the traditional film-based x-ray method. It has been estimated that use of a digital x-ray system would reduce the average radiation dosage experience with traditional film-based x-rays by approximately 95 percent.

Other benefits of digital x-ray technology include:

- Instant radiographic images
- Enhanced images for improved diagnostics
- No development costs or chemicals
- No disposal costs for hazardous chemicals
- Immediate secure image storage and retrieval
- Improved patient education and case acceptance
- Facilitates expedient patient processing
- Reduced labor costs



Traditional Dental X-Rays Will Soon Be A  
Memory at WMMDC

The Highmark Foundation, created in 2000 as an affiliate of Highmark Inc., is a charitable organization and a private foundation that supports initiatives and programs aimed at improving community health. The foundation’s mission is to improve the health, well-being and quality of life for individuals who reside in the Pennsylvania communities served by Highmark Inc. The foundation awards two types of grants: Highmark Healthy High 5, which includes a focus on the health and well-being of children in the areas of physical activity, nutrition, self-esteem, bullying and grieving; and its traditional four areas of general health focus, which include chronic disease, communicable disease, family health and service delivery systems. Where possible, the foundation looks to support evidence-based programs that impact multiple counties and work collaboratively to leverage additional funding to achieve replicable models.

For more information about the Highmark Foundation, visit [www.highmark.com](http://www.highmark.com).



## Medical Insight

Early diagnosis and appropriate management of arthritis, including self-management activities, can help people with arthritis decrease pain, improve function, stay productive, and lower health care costs.

**Learn Arthritis Management Strategies**—Learning techniques to reduce pain and limitations can be beneficial to people with arthritis. Self-management education, such as the Arthritis Foundation Self Help Program (AFSHP), or the Chronic Disease Self Management Program (CDSMP) help you develop the skills and confidence to manage your arthritis on a day to day basis.

For example, the Arthritis Foundation Self-Help Program helps people learn and practice the different techniques needed to build an individualized self-management program and gain the confidence to carry it out. The 6-week course consists of weekly 2-hour sessions guided by two trained instructors who follow a detailed protocol. There is a robust science base that demonstrates the positive impacts of participation in the Arthritis Foundation Self-Help Program: participants report a 20% decrease in pain, and a 40% decrease in physician visits, even 4 years after course participation. To find out about availability in your area you can check with the Arthritis Foundation.

## Arthritis Basics

**Be Active**—Research has shown that physical activity decreases pain, improves function, and delays disability. Make sure you get at least 30 minutes of moderate physical activity at least 3 days a week.

**Watch Your Weight**—The prevalence of arthritis increases with increasing weight. Research suggests that maintaining a healthy weight reduces the risk of developing arthritis and may decrease disease progression. A loss of just 11 pounds can decrease the occurrence of knee osteoarthritis.

**See Your Doctor**—Although there is no cure for most types of arthritis, early diagnosis and appropriate management is important, especially for inflammatory types of arthritis. For example, early use of disease-modifying drugs can affect the course of rheumatoid arthritis. If you have symptoms of arthritis, see your doctor and begin appropriate management of your condition.

**Protect Your Joints**—Joint injury can lead to osteoarthritis. People who experience sports or occupational injuries or have jobs with repetitive motions like repeated knee bending have more osteoarthritis. Avoid joint injury to reduce your risk of developing osteoarthritis.

**Source:** [www.familydoctor.org](http://www.familydoctor.org)



## Recipes for Your Health

### Fireside Beef Stew

#### Ingredients

- 1-1/2 pounds boneless beef chuck pot roast
- 1 pound butternut squash, peeled, seeded, and cut into 1-inch pieces (about 2-1/2 cups)
- 2 small onions, cut into wedges
- 2 cloves garlic, minced
- 1 14-ounce can reduced-sodium beef broth
- 1 8-ounce can tomato sauce
- 2 tablespoons Worcestershire sauce
- 1 teaspoon dry mustard
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon ground allspice
- 2 tablespoons cold water
- 4 teaspoons cornstarch
- 1 9-ounce package frozen Italian green beans

**Source:** [www.bhg.com](http://www.bhg.com)



#### Directions for Preparation

1. Trim fat from meat. Cut meat into 1-inch pieces. Place meat in a 3-1/2- to 4-1/2-quart slow cooker. Add squash, onions, and garlic. Stir in beef broth, tomato sauce, Worcestershire sauce, dry mustard, pepper, and allspice.
2. Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.
3. If using low-heat setting, turn to high-heat setting. In a small bowl, combine cold water and cornstarch. Stir cornstarch mixture and green beans into mixture in slow cooker. Cover and cook about 15 minutes more or until thickened. Makes 6 (1-1/3 cup) servings.



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Practitioner

# Child's First Dental Visit



A child's first set of teeth, the primary teeth, are very important in helping your child to chew food easily, learn to speak clearly and build self-esteem. A child's first dental visit also is very important in launching your child on a lifetime of good dental health. The following information outlines important information regarding a child's first dental visit.

You should take your child to the dentist because your child's general health may be affected if diseased and broken primary teeth are not treated early. If a primary tooth is lost too soon, your child may need to wear a space maintainer until the permanent teeth erupt. Otherwise permanent teeth may come in crooked and possibly require lengthy and more expensive corrective treatment later.

Ideally, it's best to take your child to the dentist between six and twelve months of age. The earlier you begin, the better chance your dentist has to prevent problems. The dentist will look for decay, teach you how to properly clean your child's teeth daily, evaluate adverse habits such as thumbsucking and identify your child's fluoride needs. It is generally recommended that children visit the dentist every six months. Since children's dental needs differ, your dentist is the best one to recommend how often that child should be seen based on his or her individual needs and habits.

Tell your child that the dentist is a friendly doctor who will help the child stay healthy. Talk about the visit in a positive, matter-of-fact way as a pleasant, new adventure. Do the following:

- Try to make dental visits enjoyable for your child.
- Let your child go into the treatment room alone if the dentist prefers.
- Set a good example by brushing and flossing daily and visiting the dentist regularly.

Don't do the following:

- Bribe your child into going to the dentist.
- Use a dental visit as punishment.
- Let the child know you feel anxiety about the dental visit.
- Let anyone tell your child scary stories about dental visits.

Source:[www.padental.org](http://www.padental.org)

## Sealant Saturday-February 7, 2009

Once again WMMDC conducted its annual "Sealant Saturday" at Welsh Mountain Medical and Dental Center on February 7, 2009. The weather was on our side. It was sunny and relatively warm for February.

Schools in our area received flyers plus additional information about this event. The schools made sure that they sent the material home with the children. Parents called and scheduled appointments and showed up promptly. Six hygienists, three doctors and one expanded function dental assistant volunteered their professional services. Five additional volunteers helped with set up and clean up. Thirty-one children were seen and the professionals were able to place sealants on twenty four of them. The average age of the children was eight years old. In all, one hundred and two sealants were placed and multiple fluoride varnish treatments were given. In addition, ten children with cavities were referred for treatment. This was a very productive four hours.



Parents were extremely grateful that WMMDC was able to help their children. Most families had multiple children and were unable to afford the expense of preventative dental care. Others were unable to find dentists that would take their dental insurance.

Thanks to all who volunteered to give up their Saturday morning to help these children. Also thanks to all the people that planned and put this special day together.

By **Janet Kuhne, EFDA**



Zoe Johnstone, DMD  
Dental Director



Anagha Pathak, DMD  
Dentist



Breyon Justice, DMD  
Dentist



# Abnormal Uterine Bleeding

A hormone imbalance may cause abnormal uterine bleeding. Polyps or fibroids in the uterus can also cause bleeding as well as cancer of the uterus and infection of the cervix. Sometimes a thyroid problem causes bleeding. The most likely cause of abnormal uterine bleeding depends on your age.

For women in their 20s and 30s, a common cause of abnormal bleeding is pregnancy. Birth control pills can also cause abnormal bleeding. If an egg isn't released during your menstrual cycle, you might have either light spotting between periods or heavy bleeding during your period.

Women in their 40s and early 50s, in the years before menopause, have months when they don't ovulate. This can cause abnormal uterine bleeding. Thickening of the lining of the uterus is another cause of bleeding in women in their 40s. This thickening can be a warning of uterine cancer.

Hormone replacement therapy is often a cause of uterine bleeding after menopause. Other causes include a thickened uterine lining and uterine cancer. Uterine cancer is more common in older women, but cancer is not always the cause of abnormal uterine bleeding.

The tests your doctor orders may depend on your age. If you could be pregnant, your doctor may order a pregnancy test. If your bleeding is heavy, in addition to other tests, your doctor may want to check your blood count to make sure you don't have anemia (low iron) from the blood loss.

An ultrasound exam of your pelvic area shows both the uterus and the ovaries. It may also show the cause of your bleeding. Your doctor may want to do an endometrial biopsy. This is a test of the uterine lining. Another test is a hysteroscopy. A thin tube with a tiny camera in it is put into your uterus. The camera lets your doctor see the inside of your uterus.

The treatment for abnormal uterine bleeding depends on the cause. If the cause is a hormone imbalance, your doctor may suggest you take birth control pills or progesterone. If the bleeding is related to hormone replacement therapy, your doctor may change the amount of estrogen you take. If a thyroid problem is causing your bleeding, treatment of that problem itself may stop the bleeding. You may need surgery if you have endometrial hyperplasia (an overgrowth of normal cells in the uterus) or cancer. **Source: [www.familydoctor.org](http://www.familydoctor.org)**

## Benign Prostatic Hyperplasia (BPH)

Benign prostatic hyperplasia (also called BPH) is a condition that affects the prostate gland in men. The prostate is a gland found between the bladder (where urine is stored) and the urethra (the tube urine passes through). As men age, the prostate gland slowly enlarges. As the prostate gets bigger, it may press on the urethra and cause the flow of urine to be slower and less forceful. "Benign" means the enlargement isn't caused by cancer or infection.

Most symptoms of BPH start gradually. One symptom is the need to get up more often at night to urinate. Another symptom is the need to empty the bladder often during the day. Other symptoms include difficulty in starting the urine flow and dribbling after urination ends. The size and strength of the urine stream may decrease.

**Source: [www.familydoctor.org](http://www.familydoctor.org)**

After your doctor takes a complete history of your symptoms, a rectal exam is the next step. In a rectal exam, your doctor checks your prostate by putting a gloved, lubricated finger into your rectum to feel the back of your prostate gland. This exam allows your doctor to feel the size of the prostate gland.

To make sure that your prostate problem is benign, your doctor may need to look at a sample of your urine for signs of infection. Your doctor may also do a blood test. An ultrasound exam or a biopsy of the prostate may help your doctor make the diagnosis.

Once your doctor is sure that your symptoms are caused by benign growth of the prostate gland, treatment can be recommended. However, your doctor may suggest that you wait to see if your condition gets better if the symptoms are mild.



If your symptoms get worse, your doctor may suggest another treatment option.

Drug treatments are available. Finasteride and alpha-blockers can help the symptoms of BPH, but they do not help all patients. Ask your doctor about the side effects associated with these medicines. In both cases the side effects end when you stop taking the medication.

Surgery is considered the most effective treatment and is used in men with strong symptoms that persist after other treatments are tried. This is also the best way to diagnose and cure early cancer of the prostate. Surgery is usually done through the urethra, leaving no scars. Surgery does have risks, but these risks are generally small.



# Fears and Anxieties in Children

Everyone, from the youngest child to the oldest adult, experiences anxieties and fears at one time or another. However, with kids, such feelings are not only normal, they're also necessary. Experiencing and dealing with anxieties can prepare young people to handle the unsettling experiences and challenging situations of life.

## Anxieties and Fears Are Normal

Anxiety is defined as "apprehension without apparent cause." It usually occurs when there's no immediate threat to a person's safety or well being. However, a little bit of anxiety can actually help people stay alert and focused. Having fears or anxieties about certain things can also be helpful because it makes kids behave in a safe way. For example, a kid with a fear of fire would avoid playing with matches.

## Anxieties/Fears Change Over Time

- Babies have stranger anxiety towards people they don't recognize.
- Toddlers experience separation anxiety when one or both parents leave.
- Kids ages 4 through 6 have anxiety about things that aren't based in reality, such as fears of monsters and ghosts.
- Kids ages 7 through 12 often have fears that reflect real circumstances that may happen to them, such as bodily injury and natural disaster.

## Parents Can Help Kids Cope

- Recognize that the fear is real. It feels real to your child.
- Never belittle the fear as a way of forcing your child to overcome it.
- Don't cater to fears, though. Provide support as you approach the feared situation with your child.
- Teach coping strategies. Ask your doctor about techniques that can help your child overcome anxieties and fear.

Source: <http://kidshealth.org>

## Some Signs That a Child May Be Anxious

- becoming clingy, impulsive, or distracted
- nervous movements, such as temporary twitches
- problems getting to sleep and/or staying asleep longer than usual
- sweaty hands
- accelerated heart rate and breathing
- nausea
- headaches
- stomach aches

Lending a sympathetic ear is always helpful, and sometimes just talking about the fear can help a child move beyond it.

# Sleep Changes in Older Adults

## Senior's Health



### How much sleep do older adults need?

Most adults need 7 or 8 hours of sleep each night to feel fully alert during the day. This is usually also true for people age 65 or older. But as we get older, we might have more trouble sleeping. Many things can get in the way of sleeping well or sleeping long enough to be fully rested.

### What sleep changes are common in older adults?

Older adults might get sleepy earlier in the evening. Older adults may have trouble falling asleep when they go to bed at night or they might not stay asleep all night (called insomnia). They might wake up very early in the morning and not be able to go back to sleep.

### What causes sleep problems?

A number of things including sleep disorders like sleep apnea, restless leg syndrome, and periodic limb movement can cause sleep problems. However, in general, by the time an adult is over 65 years old, his or her sleep-wake cycle may not seem to work as well as it did when he or she was younger.

As we age, our body makes less of the chemicals and hormones that help us sleep well (growth hormone and melatonin). Some lifestyle habits (such as smoking and drinking alcohol or caffeinated drinks) can cause sleep problems. Sleep problems may be caused by illness, by pain that keeps a person from sleeping or by medicines that keep a person awake.

### What can I do to sleep better?

- Go to bed and get up at the same time every day.
- Do not take naps longer than about 20 minutes.
- Use your bedroom for sleep only.
- Avoid caffeine about 8 hours before bedtime.
- Avoid nicotine and alcohol in the evening.
- Don't lie in bed for a long time trying to go to sleep.
- After 30 minutes of trying to sleep, get up and do something quiet in a different room. Try again to fall asleep in bed.
- Ask your doctor if any of your medicines could be keeping you awake at night.
- Ask your doctor for help if pain or other health problems keep you awake.
- Try to exercise a little every day. Exercise helps many older adults sleep better.

Source: [www.familydoctor.org](http://www.familydoctor.org)



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# Summer Sing 2009

## Potential Summer Sing Contestants!

Welsh Mountain Medical and Dental Center will be holding additional auditions for its third annual Summer Sing.

Auditions are by appointment only, and there is a \$10.00 processing fee due prior to the audition date. Check for the new audition date and location on

[www.welshmountain.com](http://www.welshmountain.com)

Contestants should come prepared with an accompaniment CD (minus main vocal track) and be prepared to sing one 3-minute song. To register for an audition time, call Harlow Flory at 354-4711 ext.136.

### July

Fri, July 3 - Independence Day Holiday  
Center Closed

Sat, July 4 - Independence Day Holiday  
Center Closed

### August

Sat, August 22 - Summer Sing

### September

Mon, Sept 7-Labor Day  
Center Closed

### Emergency Contact Information:

If the Center is closed, there is a 24 hour emergency service available to you. You will reach an operator at our answering service who will take your information and contact the provider on call. The provider will return your call in 15-30 minutes.

**Medical Emergency or Dental Emergency**

**717-354-4711**