



Health



Seminar discusses medical, legal aspect

Health care professionals from institutions throughout the Eastern U.S. will gather in Scranton this month to participate in a major conference on a subject that is in the forefront of tensions in the health care field today.

Medical and legal aspects of granting privileges to physicians and other health professionals to practice within the hospital will be

explored in an upcoming seminar sponsored by an area law firm and a medical center.

"Medical Credentialing", presented by O'Malley, Harris & Schneider, P.C., a Scranton law firm, and Community Medical Center, will be held Wednesday, Oct. 23, from 2 to 5 p.m. at the Hilton at Lackawanna Station. The conference is open to physicians,

hospital administrators and trustees, lawyers and medical directors, free of charge. A reception will follow.

Coordinating the program are Atty. Irwin Schneider, president of O'Malley, Harris and Schneider, a Scranton law firm, and Dr. William Black, neurosurgeon and CMC medical director.

Presenting "Accreditation and

Credentialing Problems: viewpoint of the hospital's defense attorney" will be Atty. Schneider. "Denial of privileges: case for the physician's plaintiff" will be discussed by Atty. Alan Schwartz, Philadelphia, law lecturer, Temple University School of Law, and Jefferson Medical College.

Reservations for the credentialing seminar are limited. Information is available by contacting the CMC community relations department, 969-8980.

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Do you sometimes feel that things are so out of hand that you're going to have a "nervous breakdown"? That if one more thing goes wrong, you'll go right off the deep end? Relax, you're not alone. It happens to a lot of us.

According to the October Reader's Digest, within any six-month period, approximately 30 million Americans experience some form of mental disorder. Says Dr. Morton Silverman of the National Institute of Mental Health: "Everyone at some point in life may find himself or herself in a situation that could result in symptoms of mental dysfunction."

Pressures can come on suddenly and hit hard. And when they do, the key is to stay cool and apply a little "psychological first-aid," says mental health experts. "In all mental disturbances, you lose your balance because you magnify something so much your feelings throw your thinking and behavior into chaos," says Con Keogh, co-founder of GROW, Inc., one of several self-help groups around the country that teach people how to keep their balance when under stress.

The Digest asked GROW and the other groups what you should do when your troubles seem unbearable. Here are some of their recommendations.

— Relax your muscles, change your thoughts. Do things that will make you less tense. Go for walks, dig in the garden. Most of all, think positive.

— Don't lapse into self-pity, hating or blaming others. This only coddles your feelings and keeps you stuck.

— Go by what you know, not by what you feel. In any panic, there are inaccurate facts and distorted imaginings. So don't dramatize your feelings.

— Improve thinking and acting, and feelings will get better. Live one day at a time until you have your life back under control.

Above all, remember you aren't alone. Whatever is troubling you is something that happens to others too.

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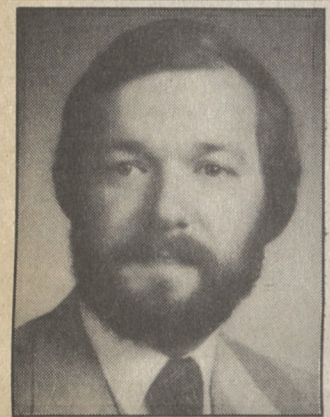
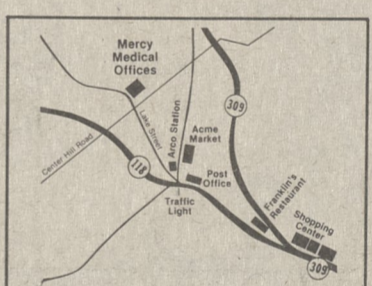
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is an unnatural state which is called disease or lack of normal body function. It may or may not be accompanied by symptoms. Chiropractors are not concerned with treating or removing disease or symptoms, but with restoring health. Chiropractors do not cure anything, only the body cures. Because the nervous system coordinates the functions of the entire body, a nervous system free of nerve interference is a prerequisite to normal body function. It is the chiropractor's task to remove nerve interference to allow the body to heal itself.

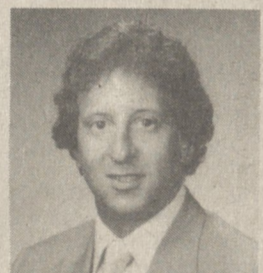
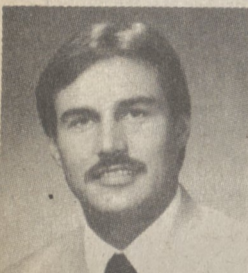
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RICHARD G. COSLETT, DMD

CHARLES T. BRAND, DMD

Dr. Richard G. Coslett and Dr. Charles T. Brand are pleased to announce the opening of their office for the practice of General and Family Dentistry at The Main Line, 121 South Memorial Highway in Shavertown.

Dr. Coslett is a graduate of Wyoming Valley West High School. He attended Moravian College where he graduated Magna Cum Laude with a bachelor's degree in chemistry. Dr. Coslett received his dental degree from Temple University where he was a member of the Periodontal and Oral Surgery Honor Society and elected to Omnicron Kappa Upsilon Academic Honor Society.

After graduation from dental school, Dr. Coslett was selected to participate in the dental residency program at Geisinger Medical Center, Danville, Pa. In addition to practicing General and Family Dentistry at Geisinger, Dr. Coslett received training in the management and treatment of traumatic injuries to the teeth and associated structures; the detection of oral cancer, and the dental management of medically compromised patients.

Dr. Coslett is a staff member at Nesbitt Memorial Hospital in the Dept. of Oral Maxillofacial Surgery. Dr. Coslett is a member of the American Dental Assoc., the Penna. Dental Assoc., and the Academy of General Dentistry.

Dr. Coslett is the son of Mr. and Mrs. George Coslett, 78 S. Landon St., Kingston.

Dr. Brand is a graduate of Wyoming Valley West High School. He attended the University of Pittsburgh, where he graduated Cum Laude with a bachelor's degree in science. Dr. Brand received his dental degree from the University of Pennsylvania School of Dental Medicine. While at Penn, Dr. Brand was a member of Alpha Omega Dental Fraternity and completed clinical training at Albert Einstein Hospital and at Coatesville Medical Center.

After graduation from dental school, Dr. Brand was selected to participate in the dental residency program at the VA Medical Center in Wilkes-Barre. Along with practicing General Dentistry, Dr. Brand received training in the early recognition and diagnosis of oral cancer, and the restoration of severely compromised dentitions.

Dr. Brand has been awarded 250 hours of continuing education credits by the Academy of General Dentistry for the completion of his residency. Dr. Brand is a member of the American Dental Assoc., the Penna. Dental Assoc., the Luzerne County Dental Society, and the Academy of General Dentistry.

Dr. Brand is the son of Mr. and Mrs. Julius Brand, 574 Warren Ave., Kingston.

Dr. Coslett and Dr. Brand are accepting new patients in their practice of General and Family Dentistry. Day, Evening and Saturday appointments are available by calling 696-3868. Emergency care is available at all hours, parking on premises, Blue Shield and Insurances accepted.

Auxiliary meets

The Executive Board of the Nesbitt Memorial Hospital Auxiliary will conduct its monthly meeting on Friday, Oct. 25, at 1 p.m. in the Third Floor Lounge, Nesbitt Medical Arts Building, 534 Wyoming Avenue, Kingston.

Plans will be discussed for the auxiliary's upcoming Holiday Fair to be held on Wednesday, Nov. 6 from 10 a.m. to 8 p.m. Handmade crafts, homemade foods and baked goods as well as holiday gifts and decorations will be featured. A free health fair will also be conducted. Mrs. Richard Coutts will preside.

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