



Health



Seminar completed

Girls between the ages of 11 and 18 recently completed a four-hour babysitting seminar coordinated by Wilkes-Barre General Hospital's Volunteer Services Department. The course familiarizes them with proper care of children, household safety measures and kidnap prevention. Pictured above, from left, are Nikki Motichka, Shavertown; Diana Morgan, R.N., instructor; Carla Webb, Harveys Lake; Jennifer Arrendell, Wilkes-Barre; and Cindy Williams, Wilkes-Barre.



Employees honored

Wilkes-Barre General Hospital recently honored 12 employees who were recognized during the past year as being "Extra-Special People (ESP's)" in their roles as hospital employees. The employees, all recipients of a monthly ESP award in 1985, were hosted at a reception where they were presented with plaques. Margo Swan, R.N., an instructor in the Education Department, was given special recognition for being voted by fellow employees as "ESP of the Year." Pictured above are General Hospital's "Extra-Special People" of 1985. From left seated, Theresa Seravage, Environmental Services, Plains; Margo Swan, Education Department, Sweet Valley; Mary Lou Bartz, Social Service, Pittston; and Ann Ward, Nursing Services, Ashley. Standing, Bernadine Mikolaichik, Environmental Services, West Pittston; Emily Bartosewich, Volunteer Services, Edwardsville; Mike Levandowski, Nursing Services, Nanticoke; June McNulty, Nursing Services, Harveys Lake; and Jed Drogalis, Pharmacy, Old Forge. Absent at the time of the photo were Mildred Jones, Nursing Services, retired, Wilkes-Barre; Theresa Buckley, Nursing Services, Wilkes-Barre; and Bob Burns, Jr., Nursing Services, Wilkes-Barre.

Elderly populace growing

The congressional Office of Technology Assessment recently reported that the elderly population has grown from four percent of the population of 1900 to more than 11.5 percent in 1983. Their projection is that the number of those over 65 will grow from today's 26 million to 39.3 million by 2010, when they will comprise about 14 percent of the U.S. population. According to Dairy, Food and Nutrition Council, as the number increases so do the nutritional concerns for older Americans.

With advancing age, bone health can often decline due to a variety of factors, such as insufficient calcium intake and lack of exercise. However, one factor that had seemed to be diminishing as a cause of bone disease - vitamin-D deficiency - may be resurfacing as a problem, especially in the elderly.

Vitamin D, also known as the "sunshine" vitamin, is essential from infancy right through old age for calcium absorption and healthy bone metabolism. Vitamin D is available in the food supply from fortified milk or fish liver oils.

The body can make its own vitamin D when the sun's ultraviolet radiation activates a chemical naturally present in the skin. Over the course of several days, that chemical is converted to usable vitamin D by the liver and kidneys.



Pharmacist speaks

Nesbitt Memorial Hospital's Cardiac Rehabilitation Club met recently in the Medical Arts Building, Kingston. Ann Bowman, R.Ph., Dallas, presented a program on "What You Should Know About Your Medications," for cardiac patients and their families. The free program also included a walking session and low calorie-low cholesterol snacks. Carl Seitz, exercise specialist, is the club's coordinator. Shown here, from left, are Barbara Hromision, member; Ann Bowman, speaker; Carl Seitz, coordinator; and Anne Gadello, member.

Geisinger seeks study participants

Geisinger Medical Center is still looking for young women with eating disorders to take part in a research study. The study will evaluate strategies to reduce binge eating and purging in women ages 13 to 30. The study is directed toward bulimics, not obese or overweight women.

Bulimia, an eating disorder characterized by binge eating and self-purging, typically begins in late adolescence when a woman fails to lose weight after trying several diets. Bulimics eat large quantities


of "junk food" high in carbohydrates and then induce vomiting or use laxatives to eliminate the food they have eaten. If untreated, bulimia can lead to chronic sore throats, chemical imbalances, and even death from starvation.

It is estimated that 5 to 30 percent of all college women have problems with binge eating and purging. An increased incidence of bulimia is attributed to America's growing emphasis on weight control and appearance, especially for women.


"Society is telling women that to be thin is to be beautiful, powerful and sexually attractive," says Paul Kettlewell, Ph.D., director of the Anorexia and Bulimia groups at Geisinger. "These women are doing a lot of physical harm to be socially acceptable. We want to help them."

Many bulimics binge and purge in private. Many of their family and friends are not aware of their problem.

For more information on the research study, call (717) 271-8255.



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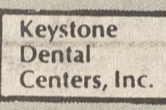
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Some dental problems can be prevented

The cost of dental care is a concern to many families who are trimming their household expenditures. Yet many people underestimate their control over dental costs. The key to reducing dental expenditures is prevention.

Although prevention is not a new concept in dentistry, it still works. Many people, for example, try to save money on dental bills by not seeing the dentist until they have serious problems.

Further information about consumer tips for dental care can be found in the pamphlet, "How to Become a Wise Dental Consumer." For a free copy write to the Pennsylvania Dental Association, Dental Consumer, Post Office Box 3341, Harrisburg, Pennsylvania 17105.

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11 A.M. to 3 P.M.

- Medicare Update - presented by Marion Vanston, Home Health coordinator 11:30 AM and 1:30 PM
- Health Care Products Displays
- Free Blood Pressure and Sugar Testing

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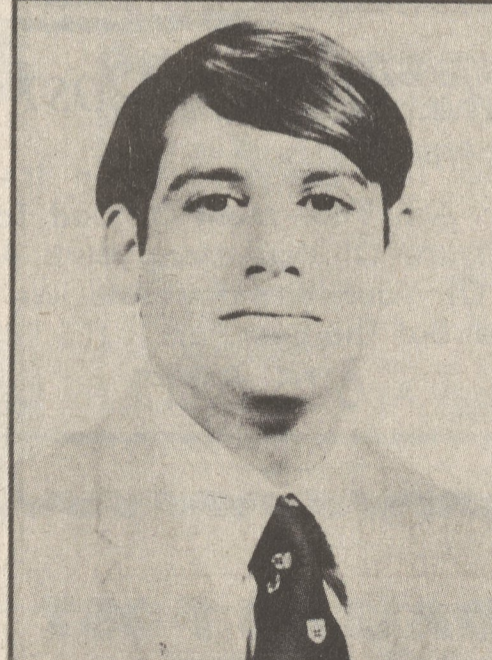
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DR. HARRY G. GLEN JOINS PUGLIESE EYE CLINIC



Harry G. Glen, M.D. has recently joined the Joseph Pugliese Eye Clinic in Kingston. Dr. Glen will be practicing general ophthalmology at the Eye Clinic.

Dr. Glen graduated Cum Laude from Franklin and Marshall in Lancaster. He was appointed to the faculty of the physics department of Harvard College prior to receiving his medical degree from the Bowman Gray School of Medicine of Wake Forest University in Winston-Salem, North Carolina. His externship was served at the Massachusetts Eye and Ear Infirmary of the Harvard Medical School.

Dr. Glen completed his internship at the New Hanover Memorial Hospital in Wilmington, North Carolina, and his eye surgery residency at the Georgetown University Center for Sight in Washington, D.C., where he was chief resident. He was appointed clinical instructor of ophthalmology at West Virginia University.

Dr. Glen is board certified and a diplomat of the American Board of Ophthalmology, a member of the American Academy of Ophthalmology, a diplomat of the National Board of Medical Examiners of the United States of America.

Dr. Glen was associated with the Golden Medical Group and Memorial General Hospital in Elkins, West Virginia from 1983, until the time he joined the Eye Clinic.

Dr. Glen will be taking appointments Monday through Saturday in addition to Wednesday evenings at the Eye Clinic in Kingston, **288-7405**. He will also be taking new patient appointments daily Monday through Friday at the Eye Clinic's two new satellite locations in Bloomsburg, **784-4777** and Berwick, **752-1000**.

Since the addition of Dr. Glen, the Eye Clinic staff now consists of seven ophthalmologists and three optometrists covering the following subspecialists: Joseph F. Pugliese, M.D. - Cataract and Lens Implant Surgery; Thomas G. Sharkey, M.D. - Pediatric and Glaucoma Surgery; Donald J. Savage, M.D. - Retina - Vitreous Surgery; Anthony J. Kameen, M.D. - Medical Ophthalmology; Larry A. Litscher, M.D. - Cornea and Refractive Surgery; Richard A. Lane, M.D. - General Ophthalmology; Jay L. Endrusick, O.D., Kurt J. Moody, O.D., and Gail A. Evans, O.D. - Specialty in Contact Lens Fittings, Refractions, and Low Vision.