

Health & Fitness

Rehab brings VerHuel back

It was the day before Thanksgiving, everyone was in a hurry to get their turkeys from the supermarket and to start Christmas shopping the following day. But for Nora VerHuel this day would bring something unexpected, something that would change her life forever.

For Nora, a driver with a local van service who transports children with special needs to schools in the Wilkes-Barre district this was not a regular day. It began as a normal school morning just like any other, but when Nora was loading one of the children onto the van, suddenly her hand and index finger were crushed in the wheelchair lift.

Nora was rushed to the Wilkes-Barre, General Hospital and under the supervision of Thomas Byron, M.D., Orthopedic Surgeon, who had Nora lifelighted to Thomas Jefferson Hospital Philadelphia for emergency surgery. After seven long hours of extensive surgery a team of surgeons from Thomas Jefferson repaired her injury, but could not save Nora's



Nora VanHuel works on one of the special exercises that helped her recover from an injury to her fingers.

index finger on her right hand.

In several days Nora returned to the specialized care of Dr. Byron for surgery to have her finger removed. Nora would now only have three fingers and thumb on her right hand.

Dr. Byron sent Nora to Riverside Rehabilitation Center, Plains, to start therapy with Linda Latoski, Registered and Licensed Occupational Therapist. Her uphill battle would begin, things that

all of us take for granted, buttoning a shirt, tying a shoe, holding a cup of coffee, writing a letter, would all seem impossible for Nora.

Nora is slowly returning to work as a driver for the van company, and continues to attend occupational therapy. She says after everything she has gone through it does not bother her to work the wheelchair lifts, working with the children makes her forget the pain she felt

Office adds non-surgical alternatives

Plastic & Reconstructive Surgeons, Ltd. now offers laser surgery and tumescent liposuction to their full array of surgical and non-surgical alternatives to enhance your appearance.

Liposuction, the permanent removal of localized areas of fat, is the most commonly-performed aesthetic surgery. The procedure is popular in removing the fullness of saddlebags and hips, inner thighs, abdomen, and neck. The tumescent method involves the subcutaneous infusion of large-volume, dilute lidocaine with epinephrine so that liposuction can be performed without general anesthesia and with minimal blood loss.

The board-certified plastic surgeons also perform the latest laser treatment for the elimination of facial wrinkles and acne scarring. In addition, they perform the minimal scarring endoscopic brow/forehead lift, breast augmentation, and abdominoplasty. Hair transplants and spider vein treatments are also available.

As a non-surgical alternative to a youthful appearance, an experienced and licensed esthetician in the Facial Spa at the Plastic Surgery Center offers a broad scope of skin care services such as pre and post-operative skin care regimens to maximize laser treatment, glycolic acid peels, deep pore cleansings, lymphatic drainage, treatment of mild hyperpigmentation, acne control, anti-aging hydration, and relaxation treatments. Permanent eyebrow, eyeliner, and lip enhancement is also available.

Plastic & Reconstructive Surgeons is the oldest and largest plastic surgery group in Northeastern Pennsylvania. The group is comprised of C. K. Chung, M.D.; George F. Speace, M.D.; Ira C. Krafchin, M.D.; and Gerald J. Levandoski, Jr., M.D.

The group is located at The Plastic Surgery Center at 1130 Highway 315 in Wilkes-Barre, and at 241 Northern Boulevard in Clarks Summit.

One-to-One adds facilities

As health care struggles to achieve affordability and accessibility to the masses, Bill Ranieri, CSCS and President of One to One Fitness & Rehab Center has developed a medical/fitness model which primarily serves to educate and motivate patients and clients through a seemingly endless maze of obstacles toward good health and fitness.

"One to One's mission has always been to help people through their injuries and into a self-sustaining fitness program. By including medicine and chiropractic, we have been able to reach a whole segment of pain patients who might not have been able to tolerate even the slightest movements previously," says Bill.

A patient would mistake any of the facilities as high tech fitness centers, but with x-ray equipment, medical/chiropractic treatment rooms, physical therapy modalities and massage tables and therapists it's clear that this group is determined to help you.

One to One Fitness Center now operates under the growing shades of N.E. pain and Rehabilitation facilities in Dallas, Tunkhannock and plans to open in Kingston and Scranton by the end of the summer.

The purpose of providing such a comprehensive service at convenient locations is to guide people into a productive fitness lifestyle, according to Ranieri. If you'd like more information regarding pain relief, rehabilitation and/or fitness you can contact Bill at (717) 836-2535 or 1-800-837-1271.

Share the Experience!

WYOMING VALLEY HEALTH CARE SYSTEM

Sunday, August 18, 1996

Presented by Pocono Northeast Triathlon Association

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Plastic & Reconstructive Surgeons offer the full array of surgical and non-surgical alternatives to enhance your appearance.

Our board-certified plastic surgeons perform:

- Laser resurfacing for the elimination of facial wrinkles and improvement of acne scarring
- Tumescent liposuction under local anesthesia
- Minimal scarring endoscopic brow/forehead lift
- endoscopic breast augmentation
- endoscopic abdominoplasty
- Hair transplants
- Spider Vein Treatments

As a non-surgical alternative to a youthful appearance, our experienced and licensed esthetician in our Facial Spa at the Plastic Surgery Center offers:

- glycolic acid peels
- deep-pore cleansings
- lymphatic drainage
- treatment of mild hyperpigmentation
- acne control
- anti-aging hydration
- relaxation treatments

Permanent eyebrow, eyeliner, and lip enhancement is also available

Call for information and appointment.

PLASTIC & RECONSTRUCTIVE SURGEONS
Aesthetic • Hand • Plastic & Reconstructive Surgery

C.K. Chung, M.D.
George F. Speace, M.D.
Ira C. Krafchin, M.D.
Gerald J. Levandoski, Jr., M.D.

The Plastic Surgery Center
1130 Highway 315
Wilkes-Barre 821-2820

241 Northern Boulevard
Clarks Summit 586-5000

Are you concerned that your elderly loved one may need more care?

INTRODUCING RIVERSIDE'S Geriatric Assessment Team

<p>Our team will perform the following services:</p> <ul style="list-style-type: none"> • visit from a social worker • complete physical examination • nursing consultation • psychological evaluation <p style="text-align: center;">Call 824-3444 to schedule an appointment</p> <p style="text-align: center;"><i>"Where Caring People Care for People"</i></p>	<p>If your elderly loved one shows signs of:</p> <ul style="list-style-type: none"> ✓ being overly forgetful ✓ not sleeping at night ✓ wandering ✓ difficulty with walking ✓ other unidentified symptoms
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220 South River Street,
Plains, PA 18705

ONE TO ONE FITNESS (N.E. PAIN & REHAB)

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"OK Jim, you've had your little joke. Now get your foot off the scale."

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