IN THE BEST OF HANDS

Reading Hospital’s Level III NICU offers compassionate care for at-risk moms and babies

INSIDE: Screening for successful in vitro fertilization / Medical Weight Management program provides solutions and support / Botox for chronic migraine relief / Community health programs
Reading Anesthesia Associates is Now Reading Health Physician Network Anesthesiology

Reading Anesthesia Associates has joined Reading Health Physician Network, enhancing the network’s ability to provide the community with state-of-the-art anesthesia services. Established in 1984, Reading Anesthesia Associates includes 28 board-certified anesthesiologists and two certified registered nurse anesthetists. As part of the network, the practice will deliver anesthesia services for both inpatient and outpatient procedures at Reading HealthPlex for Advanced Surgical & Patient Care and the Reading Hospital SurgiCenter at Spring Ridge. In addition, the group will provide anesthesia services to ambulatory surgery centers throughout the region.

“Aligning Reading Anesthesia Associates and our physician group exponentially increases our ability to provide our clients with the full continuum of services,” says Amit Powar, MD, CEO of Reading Health Physician Network. “Broadening our repertoire with such a highly respected practice is an extremely positive development.”

Reading Receives Federal Grant to Address Care Gap

Reading Health is one of 20 organizations across the country to receive a $4.5 million federal grant to help test the Centers for Medicare & Medicaid Services’ Accountable Health Communities (AHC) care model. Studies show that medical outcomes are improved when social needs such as housing stability, food availability and transportation are met. The AHC care model seeks to address these needs for local Medicare and Medicaid patients, while reducing costs associated with emergency care or hospitalizations.

Under the five-year pilot program, Reading Health and the Berks Community Health Center will offer a quick survey to Medicare and Medicaid patients who receive medical treatment. If patients’ answers indicate they have unmet social needs, a Reading Health team specifically dedicated to this initiative will work to link patients with the appropriate social services.

“The fact that Reading Health was chosen speaks highly of our employees, medical staff and the local social services agencies that agree to join forces with us,” says Desha Dickson, Director of Community Health and Engagement for Reading Health System.

Words of Wellness is published bimonthly by the Marketing Department at Reading Health. Health information in this publication should not be substituted for medical advice offered by a physician. Always consult your physician about medical concerns and questions.

For locations and information, call 484-628-HELP (4357) or visit www.readinghealth.org.

Follow us: }
Heartburn or Heart Attack?

Call 9-1-1

Heart attack signs and symptoms are sometimes confused with heartburn. Both situations can feel very much alike. The longer you wait to seek medical assessment of your symptoms, the greater your risk of heart damage should you be experiencing an actual heart attack.

Don’t second-guess your symptoms. Call 9-1-1 immediately if you experience any of these warning signs:

— Gradual onset of chest discomfort (mild or severe pressure, squeezing, fullness, pain, or a feeling like heartburn or indigestion) that lasts more than a few minutes or comes and goes
— Discomfort or pain that extends to one or both arms, back, neck, jaw or stomach
— Shortness of breath, even if your chest doesn’t hurt
— Cold sweat, feeling nauseous or lightheaded
— Unusual tiredness, without a cause

Care begins as soon as Emergency Medical Services (EMS) arrive. Remember, timely care lowers the risk of permanent heart damage and increases the chance for survival.

Q&A

ASK THE DOCTOR

CHRISTINE CHO, DO, PLASTIC AND RECONSTRUCTIVE SURGERY

Q: I’m self-conscious about my double chin, but I don’t want surgery. Are there any alternatives?
A: Nonsurgical options for improving the appearance of the neck are available. Kybella is an injectable prescription medicine commonly utilized as an alternative to neck contouring or liposuction surgery for many adults. Kybella is the only FDA-approved injection for moderate to severe fat below the chin. Kybella is made of deoxycholic acid, which causes the breakdown and permanent reduction in the number of fat cells at the injection site. When injected into the fat under the chin, Kybella results in an improved contour of the area.

Kybella injections are administered by your surgeon. Multiple treatments may be required to achieve optimal results, with most patients needing at least two treatments to see a nice improvement. Injections are administered at least one month apart. Each treatment involves the use of a topical anesthetic, and takes only a few minutes to complete. Minimal downtime is required, and there are no restrictions on activities after the treatment. Patients can expect to see results in about four weeks.

Patients may also consider fat-reduction machines as a noninvasive option for reducing fullness under the chin. CoolSculpt and SculpSure are both FDA-approved noninvasive procedures intended to reduce the volume of fat at the treatment site.

For those unable to adjust their schedules or lifestyles to account for the downtime and restrictions associated with surgical options, Kybella injections or noninvasive fat-reduction procedures may be a great alternative. As with all cosmetic procedures, discuss your goals and expectations with your surgeon.

Want to ask our physicians a question? Please send your query to help@readinghealth.org. Selected questions will be answered in these pages.
Care for At-Risk Moms and Babies

READING HEALTH’S MATERNAL-FETAL MEDICINE PROGRAM AND LEVEL III NICU GO THE EXTRA MILE FOR MOTHERS-TO-BE AND BABIES WITH SPECIAL NEEDS

Coaly Verdine is a very busy 1-year-old. He loves listening to classic children’s books like Good Night Moon. He got two new teeth just before his first birthday. And he wants to walk — right now. “Coaly pulls himself up and falls over, then does it again and again,” says his mom, Kiera Verdine, 37, of Boyertown. “He is determined to do what his 4-year-old big brother, Caden, can do.”

But this thriving little boy — and his wonderfully normal life — is a miracle. Born at just 24 weeks at Reading Hospital, Coaly was four months premature and weighed 1 pound, 5 ounces. “Babies born this early work hard just to survive,” says Nicholas Obiri, MD, Section Chief of Neonatology at the hospital. “Their lungs, digestive system and heart are immature. They have a lot of growth and development ahead and face huge challenges.”

In fact, approximately 40 percent of all babies born at 24 weeks do not survive. That was the case for Coaly’s twin sister, Ryleigh, who died from lung-related complications one day after the babies’ birth in April 2016. Parents Kiera and Ricky Verdine say the compassionate, advanced care provided by Reading Health System’s maternal-fetal medicine specialists and by the hospital’s Level III neonatal intensive care unit (the only Level III NICU in the region) supported the family through the difficult days after the twins’ birth — and through Coaly’s 121 days in the NICU.

“We have primary nursing in our NICU, where two to three nurses often do most of the care for a baby. This creates close bonds.”
— NICHOLAS OBIRI, MD

“The level of care was outstanding,” says Ricky, 38. “The communication we had with Coaly’s doctors and nurses was amazing. If we had a question and were not at the hospital, we could just call up and talk with his nurse. We had confidence our son was where he needed to be.”

EARLY LABOR AND DELIVERY
Kiera’s obstetrician recommended a maternal-fetal medicine consultation early in her pregnancy because she was having twins. “Multiples face higher risk for growth problems before birth, so we want to measure both babies and check the brain, heart, and other organs and anatomy early with ultrasound,” explains maternal-fetal medicine specialist Timothy Boley, MD. (Expectant mothers, and women planning a pregnancy, may also work with maternal-fetal medicine specialists if they or their babies are at risk for health complications or if a baby is at risk for genetic anomalies.)

Kiera’s ultrasound was normal, but something “felt weird” on a Tuesday afternoon in mid-April, she says. Her obstetrician referred her to Reading Hospital, where she learned she was in labor. “We’d had some false alarms before Caden was born, so I didn’t even go with her,” Ricky says. “But this was the real thing.” Over the next few weeks, the couple and their families lived through deep sorrow for Ryleigh and growing joy for Coaly as he made progress.

A ventilator and constant flow of oxygen helped him breathe, despite immature lungs and chest muscles. He received calories and nutrients intravenously to bypass his still-growing digestive system. His isolette — a specially equipped bassinet — was kept warm, quiet and in low light to
Multiples face higher risk for growth problems before birth, so we want to measure both babies and check the brain, heart, and other organs and anatomy early with ultrasound.

—TIMOTHY BOLEY, MD

Ricky and Kiera Verdine hold their son, Coaly, surrounded by caring members of the NICU staff and Nicholas Obiri, MD (far right).

simulate conditions in the womb, fostering growth. “We finally got to hold Coaly about 10 days after he was born,” Kiera says. “It was wonderful. He had to stay quiet and still. If his heart rate went up or his blood oxygen level dropped, it was time to go back [in the isolette].” The couple spent nurturing “kangaroo care” time, frequently holding Coaly skin to skin during his four months in the NICU. When they weren’t at the hospital, they could watch their son via NICView, the NICU’s innovative, password-protected webcam service that was funded by The Friends of Reading Hospital. “We watched him on the TV in our bedroom,” Ricky says. “It was really reassuring.”

LIKE FAMILY
Throughout Coaly’s stay, the NICU staff treated the baby boy and his parents like family. The family donated a book cart, stocked with beloved children’s books, to the NICU in memory of Ryleigh. “We have primary nursing in our NICU, where two to three nurses often do most of the care for a baby,” Dr. Obiri says. “This creates close bonds. Every baby is unique and important to us, and Coaly became a household name in the NICU. We continue to track his progress, as we do for early and low-birthweight babies, and he’s doing really well.”

Coaly was discharged from the NICU on August 13, 2016. “We had a parade with balloons, family and NICU staff out to the car,” Ricky says. “Our baby was coming home at last.”

”Multiples face higher risk for growth problems before birth, so we want to measure both babies and check the brain, heart, and other organs and anatomy early with ultrasound.”

—TIMOTHY BOLEY, MD

NICU SERVICES
In addition to providing top-level medical care, the NICU offers:

— Lactation support services
— Physical, occupational and speech therapy
— Massage therapy
— Parent support groups
— Cuddlers (volunteers who provide comfort to infants)
In vitro fertilization is already an emotionally fraught process for many couples and one that can become even more complicated for women over 35. Fewer than half of the embryos developed in IVF patients older than 35 have the standard number of chromosomes. But a test called pre-implantation genetic screening (PGS) — which identifies the healthiest embryos — can boost the chances of a successful pregnancy.

PGS screens embryos prior to implantation to determine whether they are euploid (with a normal number of chromosomes) or aneuploid (abnormal number). “The embryos that we see at day three, day four, day five of development might look good by sight, but good-looking embryos do not always have good chromosome numbers,” says Shahab Minassian, MD, Chief of Reproductive Endocrinology/Infertility. “An aneuploid embryo may not implant, or if it does implant, may cause a miscarriage. Selecting even a single euploid embryo to transfer to the patient increases her implantation rates and reduces miscarriage rates, in some studies to as low as 5 percent.”

The screening especially benefits women between 35 and 40, those who have had multiple miscarriages, and those who have had a miscarriage related to chromosome number. It may also help younger IVF patients reduce their chances of a multiple birth.

Women working with IVF and Fertility Services at Reading Hospital may also undergo additional screenings. “We screen endocrine hormonal abnormalities, endometrial cavity abnormalities, and sperm and seminal fluid abnormalities,” Dr. Minassian says. “We try to eliminate as many variables as possible to put the couple into the optimal position to go through IVF. Our embryologist is the best that I’ve ever worked with.”

Couples undergoing IVF should discuss pre-implantation genetic screening with their reproductive endocrinologist to see if it is right for them. “In some studies, we’ve seen 60 to even 80 percent [success rates] for a single embryo transfer procedure resulting in a live birth,” Dr. Minassian says.

How PGS Works

- Eggs are removed from the ovaries and fertilized with sperm, typically with injectable fertility medications.
- Embryos begin to form in the incubator, growing into a mature blastocyst after about five days.
- An embryologist performs a biopsy of the embryo, removing four or five cells (with no harm to the embryo).
- The embryo cells are sent to the lab to determine the number of chromosomes.
- Embryos with the normal chromosome numbers are implanted.

“We try to eliminate as many variables as possible to put the couple into the optimal position to go through IVF.”
— SHAHAB MINASSIAN, MD
New Medical Weight-Loss Option

"Although weight-loss surgery is a great option for many people suffering from obesity, we are delighted to add medical weight loss options for people who prefer to try medications to lose weight and become healthier," says Stephan Myers, MD, bariatric surgeon and Medical Director of Reading Hospital Weight Management Center. Taken under a doctor’s supervision, weight-loss medication combined with lifestyle changes may help patients achieve lasting results.

“The options as far as medications for obesity have broadened in the last few years,” says Pamela Brandt, DO, who chooses the best option for each patient. In addition to medication management, the Weight Management Center is working to develop a meal replacement program as another course of therapy for our patients.

Patients first undergo a health evaluation to pinpoint any underlying health concerns, such as metabolic issues that might make weight loss difficult. “We will order blood work, a sleep study or whatever is appropriate,” Dr. Brandt says.

“The patient meets with a dietitian, who provides dietary guidance and creates an exercise plan,” says Jerome Lazor, MD.

The patient gets plenty of support, which continues after the weight is gone. “The most difficult part is keeping weight off,” Dr. Brandt says. “Our practice is to see patients at least every three months so you have someone in your corner who can help.”

For more information about the Medical Weight Management program, call 484-628-5673. Patients can be referred to the program by their physician or may self-refer.

ARE YOU A CANDIDATE?

People who have a body mass index (BMI) between 30 and 50 are the best candidates for medical weight management.

Advanced Relief for Chronic Migraines

REGULAR BOTOX INJECTIONS HELP PREVENT DEBILITATING MIGRAINE SYMPTOMS

Botox — widely used as a cosmetic procedure to minimize facial wrinkles — is increasingly used to treat certain neurological conditions, including chronic migraines. By inhibiting nerve endings in the skin from transmitting pain signals, botox has been shown to reduce chronic migraine frequency by up to 50 percent.

According to Richard Lukose, DO, a neurologist with Reading Health Physician Network, “chronic migraines are a vicious cycle of headaches, causing a range of symptoms that include throbbing head pain, nausea, visual changes, and sensitivity to light and sound. By inhibiting the body’s pain-sensing nerves located in the superficial layers of the skin of the face, head and shoulders, botox helps break that vicious cycle of chronic migraine in ways that traditional medications cannot.”

Offered as an outpatient procedure at Reading Health Physician Network, Neurology, botox injections are recommended for migraine sufferers who are least 18 years of age and suffer from chronic migraine headaches. Injections are performed every three months; patients tend to see results between the second and third rounds of injections. Side effects are rare, Dr. Lukose says, but can include allergic reactions, local discomfort and muscle weakness. It is a safe procedure, and since FDA approval in 2010 more than 100,000 people have been treated with botox for chronic migraines.

“Botox is a highly effective treatment,” Dr. Lukose says. “We are often able to reduce or discontinue other headache medications as a result of the reduction in headache frequency and severity.” Most importantly, Dr. Lukose says, it is imperative that this procedure be done under medical supervision.
The following programs and classes are offered in the spring by Reading Health. To learn more, call 484-628-HELP (4357), or go to www.readinghealth.org/events. Registration is required unless noted. Support groups are also available; visit www.readinghealth.org/support.

COMMUNITY HEALTH PROGRAMS

ACTIVE AGING

Thoracic Aortic Aneurysms
A thoracic aortic aneurysm is an abnormal enlargement of the aorta. If it is left untreated, it can be life threatening. Join cardiothoracic surgeon Maxim Gluhovsky, MD, to learn more about causes, symptoms and treatment options. $10, includes lunch. Registration required.
July 10, noon to 1 p.m.
The Highlands at Wyomissing
2000 Cambridge Avenue

Joint Replacements
Don’t let joint pain slow you down. Join Stephen Longenecker, MD, to learn about joint replacement surgery.
$10, includes lunch. Registration required.
August 14, noon to 1 p.m.
The Highlands at Wyomissing
2000 Cambridge Avenue

DIABETES EDUCATION

All classes are held at 1991 State Hill Road, Wyomissing. Please call 484-628-4270 for times and dates.

Diabetes and You*
A 10-hour, four-class series recognized by the American Diabetes Association. The classes teach about diabetes medications, blood glucose monitoring, meal planning, diabetes-related complications and preventive measures. Registration required.

Diabetes Review*
Two-hour review class about diabetes medications, blood glucose monitoring, meal planning, diabetes-related complications and preventive measures. Must complete the full Diabetes and You class series for eligibility. Registration required.

Supermarket Tour
$10. A tour at the local Redner’s Market, guided by a registered dietitian, teaches you how to make the healthiest choices in every aisle. The tour focuses on healthy food choices. Registration required.
August 4, 1 to 2 p.m.
Redner’s Warehouse Market

1149 Berkshire Boulevard
Wyomissing

Gestational Diabetes Education Classes*
Gestational Diabetes class 1 is a two-hour course for women with gestational diabetes and their family members. Education includes pathophysiology, blood sugar monitoring, meal planning, problem solving and exercise. Gestational Diabetes class 2 is a follow-up to class 1. Registration required.

Intro to Pump Class*
This class teaches about insulin pump technology and reviews truths and myths. Helpful for those trying to decide if an insulin pump is a good option for them. Registration required.

Pump Class*
Series of three classes that provide insulin pump education, including carbohydrate counting, pump mechanics and problem solving. Registration required.

*Many health benefit plans cover the cost of diabetes education. Check with your benefits provider for details. These classes require a referral from your primary care physician and verification of insurance coverage.

FITNESS

Aquatic Fitness*
A program for individuals with chronic pain who are otherwise uncomfortable exercising on land. Enjoy a heated pool while working to increase strength, improve cardiovascular conditioning, decrease pain and lose weight. $8 per class. Space is limited. Registration required.
Mondays, Wednesdays and Fridays, 10:30 a.m.; Monday–Fridays at noon; Tuesdays and Thursdays, 5 p.m.; Mondays and Wednesdays, 6 p.m.
Reading Health Rehabilitation Hospital
2802 Papermill Road
Wyomissing

Aquatic Fitness Plus*
A program for individuals looking for a cardio workout who still want the benefits of exercising in the water. Open to those with a good cardiac history who struggle with fatigue or other chronic issues. $8 per class. Registration required.
Mondays, Tuesdays and Thursdays, 8 a.m.
Reading Health Rehabilitation Hospital
2802 Papermill Road
Wyomissing

To register, call 484-628-HELP (4357) or go to www.readinghealth.org/events.
Hatha Yoga**
$10 per class. Registration required.
Wednesdays, 5 p.m.
Reading Health Rehabilitation Hospital
2802 Papermill Road
Wyomissing

Healing Yoga**
$10 per class. Registration required.
Thursdays, 6 p.m.
Reading Health Rehabilitation Hospital
2802 Papermill Road
Wyomissing

Medical Fitness
Personalized fitness training designed to manage chronic disease or disability. Includes a baseline assessment and a custom exercise plan, as well as ongoing one-on-one training and group classes to build strength, improve flexibility and functional mobility, and manage weight. Fee varies. Registration required. By appointment only.
Reading Health Rehabilitation Hospital
2802 Papermill Road
Wyomissing

Rise Up and Shine — Parkinson’s Disease**
Activities to help build strength, stability, mobility and flexibility. Wear comfortable clothing. $5 per class. Registration required.
Tuesdays, 11 a.m.
Reading Health Rehabilitation Hospital
2802 Papermill Road
Wyomissing

Tai Chi**
$5 per class. Registration required.
Wednesdays, 5:30 p.m.
Reading Health Rehabilitation Hospital
2802 Papermill Road
Wyomissing

Tai Chi for Balance**
Exercises are appropriate for people with early-stage Parkinson’s disease, those recovering from stroke or anyone looking to improve balance. $5 per class. Registration required.
Wednesdays, 3 p.m.
Reading Health Rehabilitation Hospital
2802 Papermill Road
Wyomissing

**12 aquatic classes for $80.
**Wear comfortable clothing. Yoga attendees, bring a cover-up and mat or towel.

Safe Ways to Keep Bugs at Bay

Summer brings warm weather, clear skies and, unfortunately, bugs. While bugs and insects play a valuable role in the world, that doesn’t mean that bug bites are fun for anyone, especially kids. Protect your kids from insects’ attention with:

— **Insect repellents with DEET.** The American Academy of Pediatrics has officially ruled that repellents with DEET are safe for children as young as 2 months. However, you should not apply any product with more than a 10 to 30 percent concentration of DEET. Repellent with DEET should also not be applied more than once a day, and be sure your child washes with soap and water once he or she returns indoors. Carefully read the label and follow the instructions for safe application.

— **Natural repellents.** If you are looking for something DEET-free, look for repellents made with plant oils such as citronella, lemongrass, peppermint and cedarwood. These repellents don’t last as long as those with DEET, but they can be reapplied more frequently.

— **Other techniques.** Dressing children in muted colors and in long-sleeved shirts and long pants can help them avoid the notice of insects. Don’t use scented soap, lotion or perfume on your child because those can attract insects. Keep kids inside in the early morning and dusk, when the most bugs are out.

“Avoid combination sunscreen/insect repellent products, because sunscreen needs to be reapplied every two hours, but insect repellent should not be reapplied.”

— LISA GALLAGHER, DO
who qualify. Registration required. July 5 or August 2, 6:30 to 8:30 p.m.
Reading Hospital
5th Avenue Conference Center

Your Newborn Baby
$25. This class is designed to help guide new parents during the newborn period. You will learn about routine care, including feeding your baby, sleeping patterns, how to comfort a crying baby, bathing your baby, safety concerns, playing with your baby and much more. Registration required.
July 25 or August 15, 6:30 to 8:30 p.m.
Reading Hospital
5th Avenue Conference Center

Becoming a Big Brother/Big Sister
$20 per family. Age-appropriate information to prepare children for the arrival of a new baby. Children will learn about Mom’s trip to the hospital, what a new baby is like, things a baby can and cannot do, ways to help, and safety around newborns. This class includes a tour of Beginnings Maternity. Please bring a stuffed animal or doll to the class. One parent must remain with their child during the program. Registration required.
July 1 or August 12
Ages 3 to 5, 9 to 10:30 a.m.; ages 6 to 10, 11 a.m. to 12:30 p.m.
Reading Hospital
5th Avenue Conference Center

Comfort for Labor & Birth
$50. Two-part series will focus on pain management options during labor and birth. Couples must bring two pillows and a blanket to each class. Series is offered each month in two consecutive classes. Registration required.
July 12 or August 7, 6:30 to 8:30 p.m.
Reading Hospital
5th Avenue Conference Center

Doctors’ Birth Night
FREE. Questions about the road to childbirth and parenting will be answered by various medical professionals. A tour of Beginnings Maternity Center is available before or after the program. Registration required.
July 26, 6:30 to 8:30 p.m.
Reading Hospital
5th Avenue Conference Center

Cesarean Birth Night
$20. This class will tell you all you need to know to make a Cesarean birth as pleasant and comfortable as possible. A tour of Beginnings Maternity Center is available before or after the program. Registration required.
August 23, 6:30 to 8 p.m.
Reading Hospital
5th Avenue Conference Center

Giving Birth Classes
$75 per couple for weekday series; $100 per couple for Saturday class. This three-part series is a traditional childbirth preparation program that includes all the information from All About Labor & Birth, and Comfort for Labor & Birth. Participants should bring a pillow and blanket to each class. Registration required. Weekday classes are offered for three consecutive weeks, starting on:
July 10 or August 3, 6:30 to 8:30 p.m.
Saturday, July 1 or August 5, 9 a.m. to 5 p.m.
Reading Hospital
5th Avenue Conference Center

Infant CPR
$15 per person; $25 per couple. Learn the basic skills of infant CPR and relief of choking in this one-hour class. Certified instructors use special mannequins to teach basic CPR. Call 484-628-4357 or go to www.readinghealth.org/events for dates and times.

Weight Management

Heart Failure and Nutrition
$5. Your choices can make a difference. Learn how making changes to what you eat and drink can help control signs and symptoms of heart failure.
July 11, 4 to 5 p.m.
Reading Hospital
5th Avenue Conference Center

Nutrition Counseling Services
To schedule an appointment, call 484-628-8926. Registration required.
Appointments available Mondays, Wednesdays and Fridays, 8:30 a.m. to 5 p.m., and Tuesdays and Thursdays, noon to 8:30 p.m.
Reading Hospital at Wyomissing
200 North Park Road
West Reading

Medical Massage
For individuals with pain, muscle tension, myofascial restrictions, lymphedema and other chronic conditions. Massage therapy, performed by a licensed therapist trained in physical therapy, improves circulation and lymph flow, lowers blood pressure, and improves range of motion. Call 484-628-2684 for an appointment. Registration required.

To register, call 484-628-HELP (4357) or go to www.readinghealth.org/events.
Reading Health is committed to advancing health and transforming lives in the communities we serve. Our system includes more than 1,000 physician and healthcare providers delivering both primary and specialty care. We are proud to continue to grow, and we welcome the following providers who joined Reading Health in March and April of 2017:

**Nami Khwakhali, CRNP***
Psychiatry / 484-628-8070
Reading Health Physician Network Psychiatry
Sixth Avenue and Spruce Street
West Reading

**Danielle Williams, PA-C***
Neurosurgery / 484-628-8900
Reading Health Physician Network Spine & Brain Neurosurgery
601 Spruce Street
West Reading

**Heather Yannuzzi, CRNP***
Geriatric Medicine / 484-628-2525
Reading Health Physician Network Geriatric Medicine
560 Van Reed Road, Suite 101
Wyomissing

*Practice is accepting new patients.

For a complete listing of our providers, call **484-628-HELP (4357)**, or go to www.readinghealth.org/physicians.

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**Family Medicine and Internal Medicine Practices Receive Prestigious National Recognition**

Reading Health System’s long-standing family medicine and internal medicine practices recently received the National Committee for Quality Assurance’s Patient-Centered Medical Home Recognition at Level 3, the highest level of recognition available.

Patient-centered medical home is a care delivery model that emphasizes care coordination and communication in primary care practices. Research has shown that medical homes can lead to higher quality and lower costs and can improve patients’ experience of care.

With guidance from Reading Health’s Patient-Centered Medical Home leadership team, including Marnita Hartline, Paul Muzopappa, Dawn Dreibelbis and Suzanne Wenderoth, MD, FACP, the practices have developed a sustainable model of collaborative, patient-focused care.

This includes daily team huddles, pre-visit planning to fill care gaps in preventive care and active management of high-risk patients with the assistance of nurse navigators.

The National Committee of Quality Assurance is a private, nonprofit organization dedicated to improving healthcare quality.

But most importantly, this recognition acknowledges the countless hours of hard work and commitment on the part of the Patient-Centered Medical Home’s employees and physicians. By incorporating the principles of first-rate, patient-focused healthcare into their daily operations, these dedicated team members consistently offer exceptional care and contribute to Reading Health’s overall clinical excellence.
Don’t let joint pain slow you down. Join a panel of experts from Reading Hospital Joint Care Center for a **FREE** seminar and learn firsthand about the latest advancements in joint replacement surgery – including minimally invasive techniques for total hip and knee replacement.

**WHEN:**
Wednesday, July 19
Registration and Light Refreshments, 6 p.m. Program, 6:30 to 8 p.m.

**WHERE:**
Crowne Plaza Hotel Reading
1741 Papermill Road
Wyomissing

**INFO:**
Admission is **FREE**. Registration required. To register, call **484-628-HELP (4357)** or go to [www.readinghealth.org/joints](http://www.readinghealth.org/joints).

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**Save the Date!**

**PINK POWER BRUNCH**
Sunday, October 1
DoubleTree Hotel Reading