

One Woman's Breast Cancer Story

Lynn Petzold calls herself a 'thrivor' when talking about her breast cancer, choosing not to use the word 'survivor.' "It has a connotation for me of resiliency vs. tolerance," says the 44-year old Port Allegany native.

Lynn truly has shown remarkable resilience in her recovery from breast cancer, diagnosed in September 2006 after the discovery of a lump in her breast sent her to her gynecologist for further investigation.

Her work takes her to faraway wilderness locations where she leads sea kayaking and backpacking expeditions and she remembers that Charles Cole's Dr. Michael Haraschak, who did the biopsy of the suspected tumor, was helpful in getting the test results back before she was set to embark on a work-related trip to Chile. "He was great," she says.



The trip to Chile was cancelled when the diagnosis of Class III cancer was made. Treatment began immediately with Charles Cole's medical oncologist who

worked closely with Lynn's breast surgeon at Magee Women's Hospital in Pittsburgh.

Lynn had chemotherapy at Charles Cole's Patterson Cancer Care Center, followed by a mastectomy. A month later she began six weeks of daily radiation therapy back at the Patterson Cancer Care Center.

Lynn believes her positive relationship with her caregivers, along with her personal approach to the disease, has contributed to her recovery. "I have always been physically active and it was a total shift to accept treatment. I honored what my body needed."

The cancer care team at the Patterson Cancer Care Center was sensitive to Lynn's needs. "All the people at Charles Cole are very approachable and very positive. And they were great with my barrage of questions," she says with a grin. "Michelle Burdick, the breast health specialist, was my centering point, I talked with her every step of the way from the first mammogram forward."

Lynn looked at all aspects of treatment and chose to combine homeopathic and complementary therapies as part of her recovery. In addition to Therapeutic Touch, offered to all at the Patterson Cancer Care Center, Lynn also walked, used the Hospital's Wellness Center and practiced yoga. In addition, physical therapy at the Irwin Rehabilitation Center helped increase her range of motion and build strength, key to the prevention of lymphedema.

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Breast Cancer Awareness Year-Round

October is Breast Cancer Awareness Month but helping to raise awareness of the many breast health services available at Charles Cole Memorial Hospital is a year-round focus.

Michelle Burdick, R.N. is the breast health educator at Charles Cole. "We want to be a resource for women, a place where women can have their questions answered. We have free programs available for women without insurance or for women whose insurance doesn't pay the cost of breast cancer screenings."

One of the programs to which she refers offers free clinical breast exams, performed by Tammy Huey, C.R.N.P. and mammograms at the Women's

Health Center. This program also provides gas cards for participants.

Funded by the Susan G. Komen Fund, this program will be offered on September 18 and October 16 and at other times throughout the year.

"We don't want any woman to go without care because of worries about how to pay. I encourage any women with breast health concerns to contact me at the Women's Health Center," Ms. Burdick says.



**For more information, contact
Michelle Burdick, 814-260-5375 or
Women's Health, 814-274-5470**

Leader's Column Scholarships For Tomorrow

The end of summer marks the beginning of a new school year for area students who have chosen to embark on training for a career in health care.

Some of these health care providers of tomorrow have participated in our school-to-work program and have learned firsthand about the many opportunities in health care. Others are adults looking for new challenges and opportunities in a difficult economy.



But with these new beginnings, comes the financial burden of paying for the needed education.

At Charles Cole Memorial Hospital, we have long recognized that the best way to encourage young people and adults to obtain the training they need to move into the health care jobs of tomorrow is to offer scholarship assistance. The Hospital's Strategic Plan calls for renewed efforts to provide scholarship assistance, with the recognition that it's a key to provide for a skilled and committed workforce for our future.

Our Hospital Auxiliary has stepped forward to help fund a revitalized scholarship program, committing the proceeds from this year's Charles Cole Golf Classic as well as ongoing support for scholarships. Our Fund Development Department also welcomes donations from the public for the scholarship program. You can find the details in this edition of *Charles Cole Today*.

Details about our various scholarship opportunities are available by contacting the Human Resources Department at 814-274-5431 or send an e-mail to human.resources@charlescoleshospital.com.

Tom Noe
Executive Director
Corporate Support Services



CharlesColeHospital.com is undergoing an extreme makeover! The Hospital plans to unveil the web site at the end of September with new and upgraded features.

"We are excited about our new web site. The redesign process was truly a team effort and we're proud of the final product," says Janene Dunn, Director of Public Relations. "When visiting www.charlescoleshospital.com, users will find an eye-pleasing, user-friendly site with updated and expanded information including a comprehensive listing of health care providers, patient education materials, online giving, news and outreach events, history, hospital services, and contact information.

"In addition to learning more about Charles Cole, we hope visitors will find our site to be a valuable health care resource," Ms. Dunn concludes.

Charles Cole Memorial Hospital
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Coudersport, PA 16915

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To Your Health CALENDAR OF EVENTS

SEPTEMBER

Healthy Aging Month

Ovarian Cancer Awareness Month Prostate Cancer Awareness Month

8 Come & Play begins for pre-school children at the CCMH Wellness Center, Monday & Wednesday, 9:30 a.m., \$3/child. 814-274-5353.

13 Smethport Rotary Comprehensive Blood Analysis/Health Fair, 6 - 10 a.m. at the Smethport Firehall. Appointment necessary. 877-274-8200 to schedule.

16 "Man To Man" Cancer Support Group, 7 p.m. at the Millstream Inn (across from the Hospital). "Keeping Well In Mind & Body" with Tammy Huey, CRNP. 814-274-8554 for information.

18 Free mammography for uninsured or underinsured women, funded by Susan G. Komen Fund at the Women's Health Center. 877-274-8200 to schedule.

22 Community Blood Bank Blood Drive, 11 a.m. - 5 p.m. at the Port Allegany Community Health Center. 814-260-5550 for information.

23 Ostomy Club, 10 a.m. in the Hospital Conference Room. 814-274-9301, ext. 1130.

Senior Center Program: The Importance of Immunizations For Senior Citizens

Sept. 9 - Shinglehouse • Sept. 15 - Ulysses
Sept. 18 - Galeton • Sept. 24 - Coudersport

Charles Cole Memorial Hospital Community Benefit Advisory Councils meet this month

OCTOBER

Healthy Lung Month

National Breast Cancer Awareness Month National Physical Therapy Month National 'Talk About Prescriptions' Month

3 Community Blood Bank Blood Drive, 1-6 p.m. at the Austin Area School. 814-260-5550 for information.

9 Community Blood Bank Blood Drive, 10 a.m. - 4 p.m., Hospital Conference Room. 814-260-5550 for information.

9 Charles Cole Memorial Hospital Annual Corporation Meeting, 5 p.m., Community Wellness Center. Public invited and welcome!

10 CCMH & Cole Care participating in the Potter County Senior Expo at the Roulette Firehall, 9 a.m. - 1 p.m.

12 11th Annual Marian J. Wettrick Pink Ribbon 5K Walk/Run. 814-274-5470 for information.

16 Free mammography for uninsured or underinsured women, funded by Susan G. Komen Fund at the Women's Health Center. 877-274-8200 to schedule.

21 Ostomy Club, 10 a.m., Hospital Conference Room. 814-274-9301, ext. 1130.

Coming This Fall . . .

Therapeutic Touch Instruction Certification

814-274-9301, ext. 1487

The Family Fitness Challenge Second Round

814-274-5204

Free Flu & Pneumonia Vaccine

Charles Cole Memorial Hospital and the Potter County Area Agency on Aging have partnered with the Pennsylvania Department of Health to offer free influenza and pneumococcal vaccines this fall.

Watch for announcement of times and dates for free clinics at Senior Centers in Coudersport, Ulysses, Shinglehouse and Galeton and at locations in Genesee and Austin as soon as vaccine is available.

Physician Profiles: Dr. Ekta Khanna Joining The Pediatric Team



Ekta Khanna, M.D., MPH has joined the pediatric practice of Dr. Mary Ann Rigas and Dr. Marlene Wust-Smith.

After earning a master's degree in public health and medical degree at George Washington University, Dr. Khanna completed her pediatric residency at Advocate

Christ Medical Center/Hope Children's Hospital in Oak Lawn, Ill.

Q: Tell us how your training has helped to prepare you for a busy pediatric practice in a rural area.

Although I was trained in an urban setting in a suburb of Chicago, it was a community hospital serving the needs of children throughout the south side of Chicago. Hope Children's Hospital has the third highest volume of pediatric patients in the greater Chicago area and thus a busy clinical practice is by no means a new concept to me!

I was involved in caring for patients with both common pediatric ailments as well as complex multidisciplinary conditions requiring input from a variety of subspecialists.

I am excited about joining the well-regarded and experienced pediatric team of Dr. Rigas and Dr. Wust-Smith here at Charles Cole.

Q: Can you tell us a little about how you build relationships with your young patients and their parents?

I believe that the relationship between a child and his/her pediatrician is truly a unique one that cannot be duplicated by any other discipline. As a physician, not only do you get to be involved with the health of your patient from birth to adolescence, but you also have the opportunity to serve as a counselor/mentor as children progress through the various complex stages of life.

The doctor not only has to build bonds with patients but also with their parents. I think the most important approach to building a healthy re-

lationship between the doctor, patient and parents is to maintain open, honest communication at all times. Parents must feel that their child's doctor is approachable and available at all times.

Once a pediatrician is able to win the confidence of the patient's parents, then the child also views the doctor as someone he/she can trust. This trust becomes most important during adolescence when teenagers experience a multitude of social and physical changes and occasionally seek guidance/advice in confidence.

Q. Drs. Rigas and Wust-Smith have been involved in initiatives to address childhood obesity. Tell us about your approach to this all-too-common health concern.

As a resident I was actively involved with a childhood obesity program initiated at Hope Children's Hospital. Based on BMIs and interest, patients and their parents were invited to participate in an eight-week program designed to educate families on childhood obesity, provide ideas for healthy nutrition/diet and address the psychosocial impact of obesity. Each session was then followed by an hour of exercise led by an exercise physiologist. This is very similar to Charles Cole's Family Fitness Program.

Childhood obesity is one of the leading preventable public health concerns today. It is vital that we address this issue now as it stands to have tremendous negative impact on the health and well-being of adults in the future. I have a strong interest in public health and the overall health and well-being of children. Prior to medical school, I obtained a master's degree in public health and worked with rural communities in helping to improve their public health systems while targeting community-specific health concerns.

I hope to contribute to the work started by Drs. Rigas and Wust-Smith on childhood obesity and hope that I can also implement an initiative to encourage literacy in the early years.



For more information contact
Ekta Khanna, M.D., 814-274-9198

Hospital Provides Scholarships For Health Care Providers

Scholarships totaling \$75,000 will be awarded in 2008 by Charles Cole Memorial Hospital to 15 students pursuing careers in nursing and allied health professions. "Since 1971, the Hospital has awarded more than 160 scholarships and this year brings a renewed emphasis with the generous donation of \$50,000 by the Hospital Auxiliary," says Tom Noe, Executive Director, Corporate Support Services.

The Hospital looks to its scholarship program to help with recruiting the next generation of health care workers. Students accepting scholarships must sign an agreement to return to the Hospital to work for a minimum of two years following graduation. "Today, we have 42 former recipients who are still employed here," Noe notes.

The Hospital will employ eight returning students in 2008 and 2009, with 16 more in the following years. A nursing scholarship student who has spent the summer working as a nurse's aide expressed her appreciation, "You have truly been there for me, from opening up connections for a job, to helping with the scholarship information. The knowledge I have gained will be a big help as I continue my schooling in the nursing program."

In addition to the \$50,000 donation, representing proceeds from the Charles Cole Golf Classic, the Auxiliary has pledged \$5,000 annually to the Hospital Scholarship Fund. "We're hoping the public will join in supporting the Hospital's scholarship program which has an added benefit of keeping our young people in the community," Noe notes.



For more information,
Fund Development,
814-274-5204

Enclosed is my donation of \$ _____ for the Charles Cole Memorial Hospital Scholarship Fund.

Name _____

Address _____

City, State, Zip _____

Please send to Charles Cole Memorial Hospital, Fund Development, 1001 E. Second St., Coudersport PA 16915. Please make checks payable to Charles Cole Memorial Hospital Scholarships.

One Woman's Breast Cancer Story (continued from front page)

The cancer care team honored Lynn's unique approach to her illness. "She's such a positive person, and her attitude makes all the difference," a staff member remarks.

June 6, 2007 marked the end of treatment for Lynn and in August of that year, she was back at work in the wilderness, leading backpacking and sea kayaking expeditions for NOLS (the National Outdoor Leadership School). "Someone said to me that cancer is not a death sentence - it's a life sentence," Lynn says. Today she is in training as a yoga instructor and continues her active outdoor lifestyle. She is an advocate for the Susan G. Komen Foundation and participated in their snowshoe fundraiser in Vermont last February.