



300 Schuylkill Medical Plaza  
Pottsville, PA 17901  
570-621-9500  
www.schuylkillrehab.com

**Our Goal is to Help You Meet Yours**

- |                           |                      |
|---------------------------|----------------------|
| Psychology Services       | Occupational Therapy |
| Speech Therapy            | Physician Services   |
| Sports Medicine           | Lymphedema Therapy   |
| Aquatic Therapy           | Work Rehabilitation  |
| Prosthetics and Orthotics | Job Site Evaluation  |
| Hand Therapy              | Functional Capacity  |
| Golf Program              | Evaluations          |

*Schuylkill County's Only Accredited Outpatient Rehabilitation Center*



Schuylkill Rehabilitation Center  
300 Schuylkill Medical Plaza  
Pottsville, PA 17901

# Schuylkill Rehabilitation News

**COMMUNITY EDUCATION**

**Evening Lectures:**

**Living with Lymphedema**  
Tuesday, October 23, 2012 @ 6:00 p.m.  
Presenters: Patty Gregas, OTR/L  
Certified Lymphedema Therapist  
Learn how a Lymphedema program can help control this condition and enhance one's quality of life.

**Orthopedic Concerns of the Foot**  
Wednesday, Nov. 7, 2012 @ 6:00 pm  
Presenters: Thomas B. Wheeler, MD,  
Orthopedic Surgeon, Robert Dusel, LPT  
Learn what treatment options are available for orthopedic foot issues such as fractures, tendon tears, bunions, hammer toe, turf toe, claw toes & Morton's Neuroma.

**Back Safety for the Holiday/Winter Season**  
Thursday, Nov. 29, 2012 @ 6:00 p.m.  
Presenter: Katy Heckman, OTR/L  
Learn about proper body mechanics to help keep your back healthy for the holidays and winter season.

**Support Groups**

**Amputee**  
2<sup>nd</sup> Monday of the Month @ Noon:  
Oct. 8, Nov. 12, Dec. 10

**Fibromyalgia/Chronic Pain**  
1<sup>st</sup> Wed. of the Month @ 6:00 p.m.:  
Oct. 3, Nov. 7, Dec. 5

**Multiple Sclerosis (MS)**  
4<sup>th</sup> Friday of the Month @ 1:00 p.m.:  
Oct. 26, Nov. 30, Dec. 28

**Parkinson's Disease**  
1<sup>st</sup> Friday of the Month @ 1:00 p.m.:  
Oct. 5, Nov. 2, Dec. 7

**Brain Injury & Stroke**  
3<sup>rd</sup> Friday of the Month @ 12:30 p.m.:  
Oct. 19, Nov.16, Dec. 21

\*\*Support groups are open to all individuals, family, and caregivers of those experiencing Amputation, Fibromyalgia/Chronic Pain, MS, Parkinson's, Stroke, and TBI.

*\*ALL PROGRAMS HELD AT  
SCHUYLKILL REHABILITATION  
CENTER. FOR QUESTIONS, CALL (570)  
621-9500. CHECK OUT OUR CALENDAR  
OF EVENTS AT : [www.schuylkillrehab.com](http://www.schuylkillrehab.com)*

**FYI**

**LIVING WITH LYMPHEDEMA**



In honor of October being National Breast Cancer Awareness Month, **Schuylkill Rehabilitation Center** will be hosting an evening lecture on our **Lymphedema** program, entitled "**Living with Lymphedema.**" on Tuesday, **October 23, 2012 at 6:00 p.m.**

Lymphedema is a condition resulting primarily from blocked fluid in the upper and/ or lower extremities when lymph vessels or lymph nodes are impaired or removed from the body. Due to this, lymphedema may occur as a side effect of breast cancer treatment that results in the accumulation of protein-rich fluid or chronic arm swelling. Symptoms of lymphedema may include: a full sensation in the arm/leg, skin feeling tight, decreased flexibility in joints of the affected extremity, difficulty fitting into clothing in one specific area and ring/watch tightness. Lymphedema may be mild, moderate, or severe. It may arise

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**IN THE SPOTLIGHT**

**ORTHOPEDIC CONCERNS OF THE FOOT**



**Thomas B. Wheeler, MD**  
*Orthopedic Surgeon*



**Robert Dusel, Jr., LPT**  
*Physical Therapist*

**The foot plays an important role for our body as it is the foundation for movement for the lower extremity.** The foot consists of a complex structure of twenty-four bones that form two crossing arches. These bones are primarily held together by ligaments and a lean, strong tissue known as the plantar fascia. When one experiences pain in the foot, ankle, and in some cases even the lower back; it may be a concern with either the interaction of internal foot structures or with how the foot is interacting with external influences. Indicators such as how and when the pain occurs and location of the pain are primary clues as to what may

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## NOVEMBER IS NATIONAL DIABETES MONTH

There are 20.8 million children and adults in the United States living with diabetes; while 6.2 million are unaware that they even have the disease.

Diabetes is a disease in which the body is unable to produce or unable to properly use and store glucose (a form of sugar). Glucose backs up in the bloodstream, causing one's blood glucose or "sugar" to rise too high.

### Diabetic Side Effects:

- ✿ Foot Ulcers
- ✿ Poor Circulation (Slows Wound Healing Process)
- ✿ Neuropathy (Nerve Damage)
- ✿ Blindness

**Type 2 Diabetes Support Group:**  
Upcoming Meetings at 7:00 a.m.

**October 4, November 1 &  
December 6**

**Schuylkill Medical Center-  
South Jackson Street,  
Conference Room B**

For any questions, call Ruby Paris, RN,  
CDE at 621-5020 or Diane Ehlinger,  
RN, BS CDE at 621-4367



Join Schuylkill  
Health on Saturday,  
**October 27** at Stoyer's  
Dam/Bubeck Park,  
Schuylkill Haven, PA for a  
**5k Walk/Run** to Benefit  
Diabetes Education  
Programs at the Schuylkill  
Medical Centers.

RUN – 10:00 a.m.  
WALK – 10:15 a.m.

**Call 570-621-5555  
for more details.**

## INFORMATION

### CONTROL YOUR HEALTH: “Stroke Risk Factors & Warning Signs”

Every year there are approximately 750,000 Americans that have a new or recurrent stroke and 160,000 Americans that die from stroke. Stroke is one of the most preventable of all life-threatening health problems. Risk factors fall into two categories: those that can be controlled through lifestyle changes or medication, and those that cannot.

There are several risk factors for a stroke that are controllable. Treatable medical disorders, which include high blood pressure, heart disease and high cholesterol, and atrial fibrillation, are factors which contribute to strokes every year. You can easily decrease your risk by making an appointment with your doctor to get a physical check up and make sure that you do not have any of the above conditions that need medical prevention.

There are also several lifestyle changes that you can make to decrease your risk of having a stroke. The first is smoking. Smoking doubles your risk for a stroke by damaging blood vessel walls, raising blood pressure and making your heart work harder. If you smoke you should quit immediately. Another risk is alcohol; drinking more than two drinks a day may increase your risk for a stroke by almost half. Limit your alcohol consumption to reduce your risk. Lastly, is being overweight. Excess weight puts a strain on the entire circulatory system. It also makes people more likely to have other stroke risk factors such as high cholesterol, high blood pressure, and diabetes. Everyone should exercise at least 3 to 5 times a week for approximately 20 to 30 minutes. Walking is a great form of exercise and can benefit your health in many ways.

When signs of a stroke appear, every second counts. Symptoms may include numbness of the face or limbs, difficulty with speech or cognition, trouble walking, confusion, loss of balance, visual disturbances, and a severe headache. Even though most strokes occur at age 65 or older, they can and do happen at any age. **If you think someone is showing signs of a stroke, act FAST:**

- ✿ **F - Face:** Ask the person to smile. Does one side of the face droop?
- ✿ **A - Arm:** Ask the person to raise both arms. Does one arm drift downward?
- ✿ **S - Speech:** Ask the person to repeat a simple phrase. Does the speech sound slurred or strange?
- ✿ **T - Time:** If you observe any of these signs, it's time to call 9-1-1

**To find out more about strokes, risk factors, and prevention;  
Schuylkill Rehabilitation Center hosts a  
“Brain Injury and Stroke Support Group”  
on the third Friday of every month at 12:30 p.m. at the center. The group is  
open to stroke survivors, caregivers, or anyone who is interested in more  
information on strokes. For further information, please contact us at  
(570) 621-9500.**

## INFORMATION (continued)



### .... Foot Concerns (continued from page 1)

be causing the pain. Internal factors creating issues with the foot are primarily due to arthritis, body misalignment, and nerve issues. These factors can result in such foot conditions as bunions, hammer toe, turf toe, claw toes, plantar fasciitis and Morton's Neuroma. External factors such as falling, tripping, running and playing sports may also cause injury to the foot resulting in fractures and tendon tears. **Please join Dr. Thomas B. Wheeler, Orthopedic Surgeon and Robert Dusel, Jr., Physical Therapist, on Wednesday, November 7, 2012 at 6:00 p.m. at Schuylkill Rehabilitation Center's Education Room to learn more about these orthopedic foot conditions and what treatment options are available.** Reservations are suggested but not required.



### BACK SAFETY FOR THE HOLIDAY/WINTER SEASON

Once again it's that time of year when we start preparing for the Holidays and Winter Season. Shopping, wrapping, decorating, baking, and yes, even “shoveling” are some of the tasks that will be upon us before we know it! In order to complete these physical activities safely, it requires one to maintain a “healthy back.”

**Schuylkill Rehabilitation Center** would like to take this opportunity to invite you to a community educational lecture that focuses on back safety during the holidays and winter months. Please join Katy Heckman, OTR/L, on Thursday, November 29, 2012, at 6:00 p.m. to learn about proper body mechanics for your back and their benefits to keeping you healthy.



### .... Lymphedema (continued from page 1)

immediately after treatment or not show up for years. Any person with lymph node removal or impairment possesses a lifelong risk of developing lymphedema.

Lymphedema is not curable, however, it is manageable. Our program at **Schuylkill Rehabilitation Center** has two certified lymphedema therapists that can provide you with the proper tools and education to control this condition, thus leading to an enhanced quality of life. If you or someone you know has been diagnosed with Lymphedema, please join Patty Gregas, OTR/L, Certified Lymphedema Therapist, to learn more about this condition.

Please refer to [www.schuylkillrehab.com](http://www.schuylkillrehab.com) for a copy of our Bill of Rights, Privacy Statement, Code of Ethics, Mission Statement, and Outcome Reports. You can also complete satisfaction and strategic planning surveys. In addition, feel free to e-mail your ideas for upcoming education seminars or check the calendar for scheduled events.