



PennState Health
St. Joseph

Our Passion. Your Health.



Someone Near You is Bleeding Uncontrollably, Would You Know How to "Stop The Bleed"?

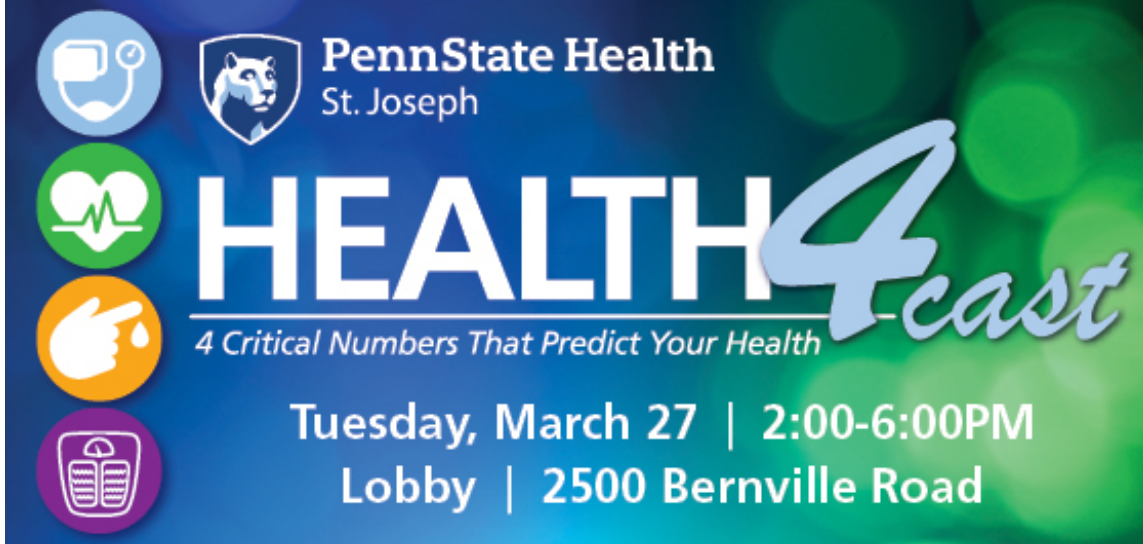
Soon staff at Berks County School Districts will know how to handle the situation! This month we're rolling out a national program that provides education and training to stop blood loss and save lives. A partnership with the Penn State Health St. Joseph Emergency Department and the Berks County Scholastic Athletic Trainers Association will teach easy-to-learn techniques and donate equipment to all Berks County School Districts.

[Learn more here](#)

Have some more time? See how hospitals prepare for emergencies in their communities...



Health Today 2-20-18

The poster features the Penn State Health St. Joseph logo at the top left, including a tiger head icon. Below it are four circular icons: a blue one with a person and a speech bubble, a green one with a heart and pulse line, an orange one with a hand pointing, and a purple one with a pill bottle. The main title 'HEALTH4cast' is in large white and blue letters, with the subtitle '4 Critical Numbers That Predict Your Health' below it. The event details 'Tuesday, March 27 | 2:00-6:00PM' and 'Lobby | 2500 Bernville Road' are at the bottom.

Free HEALTH4cast Event!

Stop by the hospital lobby on Tuesday, March 27th between 2-6PM and in 20 minutes or less have a real-time screening + health recommendations. [Book your appointment online](#), we have several spots open! Not sure of your plans? We're also accepting walk-ins!

New to the experience is FIT150 where we'll get you "fitting" in 150 minutes of exercise a week with free exercise class passes from our fitness partners [CORPS FITNESS](#), [BLDG. 7 YOGA](#) and [YMCA](#).

Never been to a yoga class? No problem! BLDG. 7 YOGA will be on-site doing yoga demonstrations so you know what to expect at your first class!

Here's what a past HEALTH4cast participant had to say about his experience "the staff advised me firmly and nicely how to do this and preserve my health," Walter from Boyertown.



HEALTH4cast -video

[Get started here](#)

Wishing you Good Health, Good Luck and Happiness this St. Patrick's Day!

Start your day off with a healthy and festive breakfast that harnesses super powerful - and appropriately colored - spinach.



Feeling a little bit too green...

Feeling a bit too **Green** today, our Urgent Cares are at the ready...

 **PennState Health**
St. Joseph

For locations and hours visit...
thefutureofhealthcare.org/urgent-care

Our Urgent Cares are open until 9PM during the week and 8-4PM on the weekends.

[See Where They're At](#)



Connection through Support Groups Provide Hope, Encouragement for Patients and Their Families

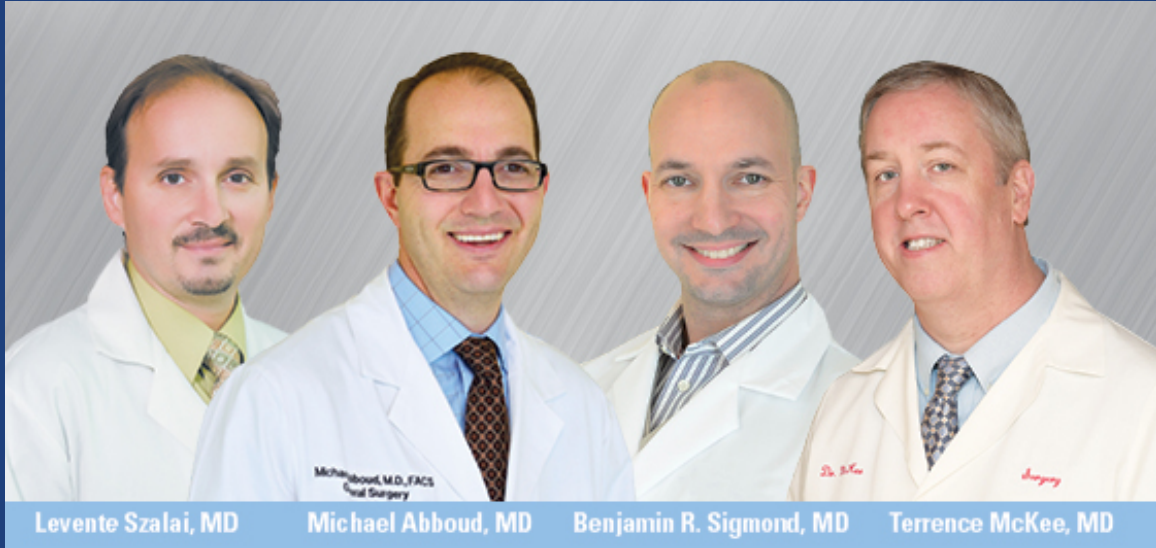
A brain tumor can be an especially difficult diagnosis to face - both for the patient and family members and friends.

Nearly 80,000 people in the United States are diagnosed with primary malignant and non-malignant brain and spinal cord tumors each year, according to the Central Brain Tumor Registry of the United States. Brain tumor symptoms and treatment often are difficult to cope with, but patients and family members can find

encouragement at a Brain Tumor Support Group offered by Penn State Health St. Joseph's Department of Neurosurgery.

[See how we're providing support](#)

Getting to Know Our Services: General Surgery



Levente Szalai, MD

Michael Abboud, MD

Benjamin R. Sigmond, MD

Terrence McKee, MD

Our Practice is Growing! Welcome Dr. Terrence McKee.

The General Surgery practice of Penn State Health St. Joseph provides state-of-the-art care for all routine and complex general surgery problems. All our General Surgeons are board-certified in surgery by The American Board of Surgery and are Fellows of the American College of Surgeons (FACS).

We specialize in both traditional open surgery as well as minimally invasive laparoscopic and robotic-assisted surgery. Patients who have laparoscopic or robotic-assisted surgery instead of "open" surgery may experience less pain and recover more quickly depending on the type of surgery.

Have a surgery in the future? We'd love to chat!

[Visit our website](#) or call 610-378-7900.

***Passionate About Health:* Join the Penn State Health Idea Exchange community today!**

At Penn State Health, we continually look for ways to better serve our patients and families. That's why we'd like you to join over 1,800 other patients in the Penn State Health Idea Exchange! It's an exciting new online community of people like you - private and secure.

We want your ideas and input about engaging our community on healthcare and hospital service decisions, wellness and prevention programs, new services and much more. Penn State Health Idea Exchange is simply a way for us to hear from you better and faster than ever before.

The first step is simple: take a quick survey so we can get to know you better. We know your time is limited, so this is easy to complete.

[Click now to take the survey and join Idea Exchange](#)

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