

IBD Newsletter

PENN STATE INFLAMMATORY BOWEL DISEASE CENTER

hmc.pennstatehealth.org/inflammatory-bowel-disease

IBD Direct Line 717-531-3998

IBD Center Ribbon Cutting *We are in our new space!*

The staff of the Penn State IBD Center is proud to announce that we are officially in our new space at the University Physician Center.

On May 25th, the staff of the IBD Center and hospital administrators, along with Peter Carlino, long-time supporter of IBD research and Penn State Health Board of Directors, officially opened our center with a ribbon cutting ceremony. Dr. A. Craig Hillemeier, Dean, CEO and Senior Vice President of Health Affairs, shared a few words of support and praise for our director, Walter Koltun, M.D. Dr. Koltun acknowledged his team including associate directors Emmanuelle Williams, M.D. and Andrew Tinsley, M.D.

We are excited to be in a dedicated space where medical providers, surgeons, advanced practice providers, and nursing staff work hand-in-hand to provide state-of-the-art services to our patients with inflammatory bowel disease.



Dr. Robert Aber, Mr. Peter Carlino, Dr. A. Craig Hillemeier, Dr. Walter Koltun, and Mr. Alan Brechbill.



Our IBD multidisciplinary care team.

IBD Patient Experience *We Get Letters*

"I wanted to thank you and the entire staff whom I encountered during my first visit to the new IBD center for a very positive experience! In the past 18 years since I was diagnosed (Yikes? It's really been that long!) I've had the pleasure, and sometimes displeasure, of visiting many offices and encountering many staff members.

Every person involved in dealing with a patient makes a difference. Even the physical space can make a difference.

The IBD Center was clean, decorated in a way that made it pleasing and calming. It allowed for privacy without forcing the issue with signs saying things like 'Stay behind the yellow line'.

I was greeted with a smile and treated like a person, not a leper who must speak to others only through a whole in a glass pane, or from 3 feet away.

The person who took my vitals introduced herself and had an idea of what IBD entailed, so she was able to intelligently interact and gather the information she needed. She seemed happy to be working there, happy to do her job.

Until they find a cure for Crohn's, I'm going to need to visit the IBD Center on a regular basis. Thank you for making it as pleasant as possible, rather than something to be endured and dreaded. Please thank your staff for making me feel like they were part of my team, fighting with me not against me."

- IBD Center Patient, June 2016

Pediatric Corner

Summer is finally here!

The summer is finally here! While you pack the sunblock and flip flops, it's important to remember to stay hydrated. When you sweat, you



lose water and salt (scientifically called electrolytes). This happens even more if you have a flare and diarrhea or vomiting. If you only drink water, you're not replacing everything your body lost. You can make your own rehydration solution by adding 6 level teaspoons of sugar, ½ a level teaspoon of salt to 33 ounces of water. Or you can dilute sports drinks (which usually have too much sugar) by adding 3 parts water, 1 part sports drink to replace the fluid your body is using. You can even make ice pops from this mix. Pediatric oral rehydration ice pops are available in stores, which adults can also use. The best way to stay hydrated is to drink fluids throughout the day. If you wait until you are thirsty, you are already getting dehydrated. Stay healthy!

Community Support for Penn State IBD Center

Our community members have continued to show their support for our efforts to improve care and advance the science of managing inflammatory bowel disease. Over the past year we have been fortunate to have had members of our community donate to our Carlino Fund for IBD Research.

Locally, the Messiah College women's soccer team raised over \$3,500 when they hosted a game in honor of their senior stand-out, Holly Burgard. Holly appeared in our ABC27 special and shared her story of her IBD journey.

In response to Brian Volinski's unfortunate passing, a philanthropic fund has been created that allows any interested parties to make a gift to support education and research for young faculty in the Penn State IBD Center. To donate, visit Engage.PennStateHershey.org and list the IBD Center as the recipient.

Our Penn State IBD Walk Team raised \$7,500 this year for the CCFA Take Steps Walk held in Harrisburg. Many of the walkers are active members of our IBD support group.

UPCOMING EVENTS

Annual Penn National Charity Golf Classic to Support the Carlino Fund for IBD Research

- August 1, 2016, Hershey Country Club

Penn State IBD Center Support Group Meeting, UPC 4200, Hershey, 6:00 p.m. – 8:00 p.m.

- September 7, 2016 (Patient Testimonial)
- November 2, 2016 (Social Work in IBD Clinic)

IBD Center Support Group in Elizabethtown, 1 Continental Drive, Elizabethtown, 6:00 p.m. – 8:00 p.m.

- August 3, 2016 (Data: How Do We Use It?)
- October 5, 2016 (IBD and Medical Compliance)

CCFA Take Steps Walk

- September 18, 2016, City Island, Harrisburg

IBD Patient Symposium: What is New in IBD Management

- October 15, 2016, University Conference Center

IBD Conference for Advanced Practice Clinicians

- October 21, 2016, University Conference Center

Visit PennStateHershey.org/ibd for more information on upcoming events!

