Women’s Health and Wellness at Hanover Hospital

Hanover Hospital
At the heart of good health.
Expectant mothers can experience the joy of birth with the comfort and knowledge that they are receiving first-rate maternity care. The staff at Hanover Hospital believes in personal integrity and family-centered care with individualized planning.

**ABOUT OUR FACILITY:**
- Each new mother can enjoy the comfort of a private room with a shower.
- We encourage you to have your baby “room in” with you.
- Lactation services are available from our Certified Lactation Consultant and our staff of specially trained nurses. For support or questions on breastfeeding, you can also call the 24-hour WARM help line.
- We offer a variety of pre- and post-birth classes so that mothers are comfortable in their new parenting roles – including an online birthing class! Call (717) 316-2996 or visit “Maternity” in the Our Services tab of the hospital website to learn more.

It’s comforting to know that you can call us when you need to. After you are discharged, a nurse will call and follow up with you to see if you have any questions or concerns. You can call us any time at (717) 316-2262 for your postpartum and newborn concerns – a nurse is available 24 hours a day to answer your questions.
Family health and primary care represent the first level of the health care system. They encompass preventive care, health maintenance, identification and management of common conditions, and coordination of consultations and referrals.

For your convenience, Hanover Medical Group primary care offices are located throughout Hanover and in Littlestown, Spring Grove, New Oxford and McSherrystown. We offer both family medicine and adult (internal) medicine.

**HANOVER MEDICAL GROUP PRIMARY CARE OFFICES**

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<thead>
<tr>
<th>Office Name</th>
<th>Address</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Hanover Family Medicine</td>
<td>310 Stock Street, Suite 4</td>
<td>(717) 633-3555</td>
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<tr>
<td>Littlestown Family Medicine</td>
<td>300 W. King Street</td>
<td>(717) 359-9214</td>
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<tr>
<td>South Hanover Family Medicine</td>
<td>1404 Baltimore Street, Suite 4</td>
<td>(717) 637-0470</td>
</tr>
<tr>
<td>Spring Grove Family Medicine</td>
<td>2030 Thistle Hill Drive</td>
<td>(717) 225-9869</td>
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<tr>
<td>McSherrystown Family Medicine</td>
<td>70 Academy Street</td>
<td>(717) 637-4188</td>
</tr>
<tr>
<td>New Oxford Family &amp; Adult Medicine</td>
<td>5615 York Road</td>
<td>(717) 624-1337</td>
</tr>
<tr>
<td>Grandview Family &amp; Adult Medicine</td>
<td>3130-A Grandview Road</td>
<td>(717) 632-2088</td>
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<tr>
<td>Adult Medicine</td>
<td>Multi Specialty Group</td>
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About 20% of women ages 15-64 experience difficulties with incontinence, and the statistics only increase as you get older. Incontinence can be embarrassing and may lead to feelings of frustration, isolation and depression, but there are treatment options available and Hanover Hospital can help. A licensed physical therapist with specialized training in women’s health will work with you to develop a treatment plan for diagnoses including urinary incontinence, bowel incontinence or constipation, pelvic pain, pain with intercourse or prenatal/post-partum musculoskeletal complications.

Call the Rehab Center in Littlestown at (717) 359-4078 for more information.
Lab and Imaging Services

Please visit “Imaging” and “Laboratory” in the Our Services tab of the hospital website to learn more about the technology and services available at each of our locations.

LAB & IMAGING SERVICES

Hanover Hospital
300 Highland Avenue
Hanover, PA 17331
Imaging Services: (717) 316-2200
Mammography Center: (717) 316-3500
Lab: (717) 316-2149

Hillside Medical Center
250 Fame Avenue, Suite 104
Hanover, PA 17331
Lab & Imaging: (717) 316-7981

New Oxford Medical Center
5615 York Road
New Oxford, PA 17350
Lab & Imaging: (717) 624-0058

South Hanover
1404 Baltimore Street
Hanover, PA 17331
Lab & Imaging: (717) 316-6717

Thistle Hill
2030 Thistle Hill Drive, Suite 101
Spring Grove, PA 17362
Lab & Imaging: (717) 225-7211

Eichelberger Professional Building
195 Stock Street, Suite 119
Hanover, PA 17331
Lab only: (717) 316-2054

Littletown Professional Center
300 W. King Street
Littletown, PA 17340
Lab only: (717) 359-8291

Breast Care Services

GE Digital Mammography is provided at the Mammography Center and Hillside Medical Center. All-digital mammograms offer many advantages, including:

- Faster, more efficient exams with fewer retakes
- Quick turnaround time
- Comfortable, patient-friendly design and easy wheelchair access.

We are excited to announce that in the coming months, we will be offering breast tomosynthesis at Hanover Hospital and Hillside. While digital mammography is still one of the most advanced technologies available today, it is a two-dimensional picture of the breast. Tomosynthesis, also called 3-D Mammography, is a special kind of mammogram that produces a 3-dimensional image of the breast by using several low dose x-rays obtained at different angles.

Our Breast Care Navigator provides coordination and follow up care for our Breast Imaging patients, including scheduling biopsies and consultations, explaining procedures and answering any other questions. She not only provides the technical aspects of breast care to patients, but also a personal level of care and assistance through all stages of breast health.
The new Total Wound Care Center, a member of the HealogicsTM network, provides typical wound care treatment including procedures such as wound debridement and medication therapies. Additionally, the center introduces hyperbaric oxygen therapy to the community, which is proven to be effective in promoting improved healing of complicated wounds. Using the latest technology and wound care products, a team of wound experts will guide and direct a comprehensive personalized wound care treatment plan for each patient.

Hanover Medical Group General Surgery
310 Stock Street, Suite 8
Hanover, PA 17331
(717) 646-7165

Hanover SurgiCenter
250 Fame Avenue, Suite 130
Hanover, PA 1731
(717) 633-1600

Same Day Surgery
300 Highland Avenue
Hanover, PA 17331
(717) 316-7837

Cherry Tree Cancer Center (in partnership with WellSpan)
773 Cherry Tree Court,
Hanover, PA 17331
(717) 633-9573

Total Wound Care Center
3130 Grandview Road
Hanover, PA 17331
(717) 316-6999
Nutrition Counseling can help to prevent and control a number of chronic diseases. The registered dietitians in Nutrition Services perform a comprehensive nutrition assessment for each client, determining an individualized nutrition plan that addresses specific needs with an accompanying plan of action and goals. Registered dietitians monitor and evaluate an individual’s progress during follow-up visits.

EAT WELL WITH HEALTH eCOOKING®
Click the banner on the hospital’s website for hundreds of tasty, easy-to-follow recipes and access to fun, three-minute cooking videos.

Diabetes education is essential to the care and management of patients struggling with the disease. Diabetes education and support are offered to children, adolescents, and adults in the community.

Diabetes counseling is provided by registered nurses and a dietitian who specialize in diabetes management and are certified diabetes educators. The full service Diabetes Puzzle self management and education program is recognized by the American Diabetes Association.

Our endocrinologist offices also treat complex conditions, including diabetes, such as thyroid diseases, metabolic disorders, osteoporosis, cholesterol disorders, hypertension and infertility. The Metabolic Wellness Program is one of the services offered here.
Whether you are recovering from an injury, looking for a special exercise routine during pregnancy, need specialized therapy for your child or just want to stay fit and active as you age, we have facilities and programs that will meet your needs.

Hanover Hospital’s Physical Medicine and Rehabilitation services are the most comprehensive and respected in our region, and we specialize in getting people back to an active and productive life. Our skilled and licensed staff provides treatment for a variety of diagnoses, pathologies and disabilities. Some patients are seen for only a few visits in acute care, while others may be seen on an outpatient basis for several months. All of our programs are tailored to meet your needs.

The Medical Fitness Center is designed to promote health and fitness to individuals with medical conditions, as well as to those seeking general conditioning. Its primary function is to assist members in reducing the occurrence and/or severity of chronic conditions by formulating individualized, medically supervised, health-related exercise programs – both aquatic and land-based – and providing healthy living education.

HANOVER HOSPITAL REHAB CENTERS

Cherry Tree
785 Cherry Tree Court
Hanover, PA 17331
(717) 316-7030

Hanover Hospital
300 Highland Avenue
Hanover, PA 17331
(717) 316-2155

Hillside & Human Performance Lab
250 Fame Avenue
Hanover, PA 17331
(717) 316-7330

Littlestown
300 W. King Street
Littlestown, PA 17340
(717) 359-4078

Spring Grove
2030 Thistle Hill Drive
Spring Grove, PA 17362
(717) 225-6671

Pediatric Specialty Therapy
400 York Street
Hanover, PA 17331
(717) 316-7337

Hanover Medical Fitness Center
250 Fame Avenue, Suite 100
Hanover, PA 17331
(717) 316-3488

NEW LOCATION
We are excited to announce that the Pediatric Specialty Therapy program has a new home! Services for children struggling with developmental, neurological and orthopedic issues are provided by pediatric therapists with experience and commitment to ongoing learning, many of whom have specialized certifications in their areas of expertise.

Aquatic therapy services are under renovation. When complete, this pool will serve both adult and pediatric patients. We plan to offer distinct days and times for adult and pediatric aquatic therapy.

The “Joint Replacement Journey” was created to help patients understand their knee or hip replacement surgeries. Hanover Hospital is proud to offer this unique class as a way to ease patients’ fears and concerns as they prepare for their operations. The program, taught by Orthopedic Nursing, Rehab and Care Management Staff, is held two to three weeks prior to surgery and explains what to prepare for before, during and after surgery. It covers topics like:

- pre-op checklist
- what to do upon discharge from the hospital
- pain management
- nutrition
- therapy

Attendees receive a binder containing all of the information discussed in class that they can use as a reference while at their homes and during their hospital stays. The resource materials also include a list of important phone numbers should patients have any further questions.

To find a Hanover orthopedist, please call our DocFinder service at 888-693-6234 or check it out online: www.HanoverDocFinder.com.
Heart disease is the number one killer of women, but symptoms of heart disease in women are often different than those in a man. These are the most common warning signals for heart attack:

- Pain or discomfort in the center of the chest that lasts more than a few minutes or goes away and comes back
- Chest discomfort with sweating
- Pain that spreads from the chest to the arm, neck, or jaw
- Shortness of breath, tiredness, or upset stomach

All women can prevent heart disease by knowing the risk factors and practicing a healthy lifestyle. The American Heart Association has identified the following risk factors that can be modified, treated or controlled by changing your lifestyle or taking medication.

- Tobacco smoke  ·   High blood cholesterol
- High blood pressure  ·   Physical inactivity
- Obesity and being overweight  ·   Diabetes

Between our excellent cardiologists, strong support team, newly constructed Cath Lab, pediatric echo program, heart and vascular rehab program, affiliations with WellSpan Health and University of Maryland Medical System and many heart-related events we host each year, Hanover Hospital is working tirelessly to offer a full range of heart and vascular services to the Hanover community.
From the first moments of life, most of us have enjoyed the ability to breathe without effort or forethought. But for some, breathing can be hindered for a variety of reasons. Those who experience difficulty may breathe a little easier, thanks to a wide array of community programs and state-of-the-art diagnostic and therapeutic services offered by the Lung & Sleep Center.

- Pulmonary (lung) consultations and follow-up
- Diagnostic testing: pulmonary function testing (spirometry), asthma evaluations, exercise testing, etc.
- Pulmonary rehabilitation
- Sleep disorder initial assessment and treatment (sleep testing is performed at the Sleep Lab at Hanover Hospital)
- Lung and sleep disorder community education and support programs such as Tobacco Cessation, Better Breathers (COPD) and A.W.A.K.E. (Sleep Apnea)

Nicotine, the active substance in cigarettes and other tobacco products, is as addictive as any hard drug, such as heroin or cocaine. But, if you want a chance at breathing more easily and living a full quality of life, you have to quit. When you are ready to do it, you have resources available to help you succeed! Hanover Hospital offers a variety of options to help members of the community in their efforts to adopt tobacco-free lifestyles, including the Freedom From Smoking group course and one-on-one counseling sessions for youth and adults.
Skip the waiting room!

Reserve your place in line with HOLD MY SPOT our new online check-in system. Visit www.HHExpressCare.org for more information or to hold your spot!

Hanover Apothecary
310 Stock Street, Suite 1
Hanover, PA 17331
(717) 630-8835

For all your prescription and over-the-counter medication needs. Free local deliveries.

Monday–Friday........8 a.m. - 11 p.m.
Saturday................10 a.m. - 4 p.m.
Sunday........................Closed

Holiday Hours........10 a.m. - 4 p.m.
(Holidays include: New Year’s Day, Memorial Day, July 4th, Labor Day, and Thanksgiving)

DocFinder

You can Examine the Best Local Providers

888-693-6234 or www.HanoverDocFinder.com