



#GeisingerGrateful

Janet Reed honors her care team at Geisinger Medical Center

For 64-year-old Janet Reed of Mifflinburg, running is more than just exercise — it's stress relief, it's fun and it's a way of life. Having only just taken up running when she was 62, Janet was already completing 5K races and making regular gym visits a part of her routine. On Aug. 8, 2016, wanting to get out for a run, Janet headed for a popular running and biking trail near her home.



The trail crosses many side roads, and the intersections, while well-marked, are often obstructed by bushes. Drivers must be extra cautious. But accidents still happen — as Janet found out.

“The elderly couple that hit me didn’t even know I was there until I was on their car’s hood,” Janet said.

She was thrown back onto the road by the impact, and lay there as the driver and people in the area came to her aid — conscious the whole time, but unaware of how badly she was injured. When the ambulance arrived, Janet was asked where she wanted to be taken. Not thinking she was in serious trouble, she suggested her local community hospital. However, one of the bystanders happened to be a nurse, and told Janet, “You are a trauma patient. You need to go to Geisinger.”

“I remember all of the ambulance ride to Danville. That’s when I started to really feel the pain, and it became clear to me that I was quite hurt.”

Upon arrival at Geisinger Medical Center’s Emergency Department, Janet was immediately evaluated. Her husband soon joined her. “I got really worried when the chaplain came out to meet him!”

The trauma team, headed by Ashok Bhanushali, MD, assessed her condition: a head wound, a torn rotator cuff, broken vertebrae, a shattered pelvis and internal bleeding.

“Dr. Bhanushali saved my life right then and there. He found the internal bleeding, and I was rushed into surgery to stop it.”

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That was just the beginning. Her head wound was stapled and her shoulder was stabilized, but Janet's pelvis still had to be reconstructed. Daniel Horwitz, MD, completed that second surgery, putting a metal plate and screws "from hip to hip" on Janet's pelvis.

"During my time in the hospital and after, everyone was just so nice! So kind and so caring. There was even one lovely young lady who washed my hair for me! I felt so cared for."

Eight days later, Janet was healing well enough to be transferred to a nursing home close to where she lived to continue her recovery. But she had three months in a wheelchair ahead of her, along with lots of physical therapy. Multiple visits back to see Dr. Horwitz and his physician assistant, Michael Hufnagle, PA-C, were also required.

Janet credits all their advice for speeding her recovery: "Take it slow. Don't try to do too much too soon."

Following those words to the letter, Janet was out of the wheelchair as soon as she was allowed to be, and walking with just one crutch. Remarkably, Janet was back in the gym by January 2017 and back to running by March.

"I'm doing 5Ks again and have literally no pain at all!"

Now enjoying the arrival of her fifth grandchild, Janet states that the biggest impact the accident had on her was not physical, but the lesson that the most important things in her life are her family, including the Geisinger family she came to love, too. Janet chose to honor the team of caregivers who gave her the ability to run again. Her gifts to Geisinger help ensure that other trauma patients will be able to get the same great care she did.

"I feel so blessed that I had Geisinger to go to. I am so Geisinger grateful for the skilled care, competency and kindness I received. They saved my life!"